



**Whitefish
at the Lakes**
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

April Showers bring May Flowers



May has many special days to honor and celebrate. I would like to Honor all of the amazing people in our community, residents and staff. Thank you to all of our amazing Nurses here at Whitefish. May 6th is Nurse's Day. Thank you to all of the Mother's, May 12th is Mother's Day. Thank you to everyone that has served our Country and sacrificed for all of our Freedom.

Thank you to everyone at Whitefish. We continue to have an amazing community.



Monthly Recipe: Grapefruit Yogurt Cake



Directions:

Step 1: Preheat oven to 350°. Whisk together flour, baking powder and salt. Combine next 7 ingredients. Gradually stir flour mixture into yogurt mixture, then pour into a 9-in. round baking pan coated with cooking spray.

Step 2: Bake until a toothpick inserted in center of cake comes out clean, 25-30 minutes. Cool.

Step 3: For glaze, mix confectioners' sugar with enough grapefruit juice to reach desired consistency; drizzle glaze over top, allowing some to flow over sides. Top cake with grapefruit and mint if desired.

Servings: 12 Servings

Ingredients:

- 1-1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 3 large eggs, room temperature
- 1 cup fat-free plain yogurt
- 1/3 cup sugar
- 5 tablespoons grated grapefruit zest
- 1/4 cup agave nectar or honey
- 1/2 teaspoon vanilla extract
- 1/4 cup canola oil

Glaze:

- 1/2 cup confectioners' sugar
- 2 to 3 teaspoons grapefruit juice
- Optional: Grapefruit wheels and fresh mint leaves

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.” ~Henry Ford

Birthdays and Special Events

Happy Birthday to our Residents

5/1 - Kay J 5/5 - Don H
 5/8 - Les F 5/12 - Lucy F
 5/17 - Mary W 5/17 - Ruth S
 5/27 - Wanda G 5/30 - Vangie F

Happy Birthday to our Staff

5/13 - Keara S 5/24 - Franny F
 5/27 - Katie L 5/29 - Krystle M
 5/29 - Paige P

Special Events

Made in Minnesota 5/1/24
Mother's Day Event 5/6/24
Cinco De Mayo Happy Hour 5/7/24
Summer Kick-Off 5/13/24 - With Gary & Blue84 Samples
The Roarin' '20s Happy Hour 5/14/24 - with Alan
Resident Council 5/15/24
Family Council 5/20/24
Seasons of Change Support Group 5/23/24
Food Council 5/24/24
Happy Hour Birthday Party 5/28/24 - With Mike & Jan
Welcome Meeting 5/28/24

Leadership Team

Executive Director: Ali Meyer
Director of Health Services: Megan Lintner
Assistant Director of Health Services: Katrina Herzog
Nurse: Bobbi Richards
Marketing Director: Linda Pfaff
Maintenance Director: Dave Cameron
Dietary Director: Kathy Thomas
Administrative Assistant: Luz Wanstall
Community Life Director: Katie Steuernagel



Resident Spotlight

Nancy Schmidt

Nancy enjoys talking about camping and gardening, her family used to take yearly trips to Montana and stay in a remote cabin for two weeks in Yellowstone National Park. She was an elementary teacher for 32 years in the Anoka/Hennepin school district. In her spare time, she would volunteer at the local library. She loves interacting with animals, especially dogs. Her family had a Saint Bernard at one point. She loves visiting with neighbors and being with family. Her husband, Del, served in the National Guard and comes to visit with her every day. They have two children and two grandchildren. Nancy enjoys watching older movies, DIY shows and the hallmark channel. She also enjoys a cup of tea and sitting outside in the nice weather.

From the Marketing Director

I want to thank you for your continued warm welcoming to all our new residents! We have the best bunch of people here at Whitefish at the Lakes and I always love when people tell me "how nice everyone here is".

April move-in's were:

June Schafer - #112

Rory & Greg Raymond - #325

We are soooo close to summer with May finally here! Let's get in the mood with a

Summer Kick-off Social on May 13th at 2pm!

In addition to orange sherbet floats, we'll have Music by Gary and also from 1-4pm we'll have a T-shirt/Sweatshirt/Hat Sale by Laurie Seracki and Becky Nelson, so feel free to invite your family and friends!

Thank you! - Linda Pfaff



Made in Minnesota - April Kemps

It didn't start with the cows. It didn't start with milk or ice cream. It started with company founder, William Kemps, and the principles he learned from his parents on their 80-acre farm in the late 19th century. William Kemps and Walter Lathrop joined together to form the Lathrop-Kemps Ice Cream Company in 1914, at 222 Fifth Street, Minneapolis. It is considered the birthplace of Kemps. In 1916, The Lathrop-Kemps Ice Cream plant was producing 30 tons of ice per day and averaged 260 gallons of ice cream per hour. In 1961, Crescent, Kemps, and Marigold Dairies of Wisconsin merged and became one company - Marigold Foods. The merger would modernize and expand each brand. From 1961 to 1967, Marigold Foods doubled in size. As of 2002, Marigold Foods formally changed its company name to Kemps.

From the Culinary Director

Please join me at our monthly food council meetings to discuss recent menu changes and feedback. This monthly meeting happens on the fourth Friday of each month at 2:00pm in the Bistro.



Employee of the Month - April Leadership Team

The Staff here at Whitefish nominated the Leadership Team as whole for this past month. Each person takes an active role in helping and bettering the community. We are very honored to be here to support the residents, staff and families.

From the Maintenance Director

Reminder that the stove top is not to be used for storage or any decorations due to it being a fire hazard. If you do not use your stove in your apartment, let me know and we can unplug it for you to use for storage/decorations.

Spiritual Section

May Chaplain Article

“What drains your spirit drains your body. What fuels your spirit fuels your body.” — Caroline Myss

According to the National Institutes of Health, research has a link between positivity and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life. Conversely, research also shows that unresolved trauma can be the hidden cause of preventable illness. Our bodies and our spirits are interrelated, and so it matters that we attend to our spiritual health as well as our physical health. In fact, attending to our spirits is a key part of attending to our bodies.

What kinds of practices make your spirit well? Perhaps meditation, prayer, being outdoors, listening to music, reading a sacred text. Maybe you have a hobby that feeds your spirit. Whatever it is, may you find that practice that gives your spirit fuel in this season of life.

Health & Wellness



Benefits of Pineapple

- Rich in fiber, which helps regulate digestion
- Calcium and manganese makes bones and teeth stronger
- Contains vitamin A and Vitamin C, which fight against viruses
- Neutralizes acidity
- Keeps gums healthy and strong
- Prevents muscular degeneration
- Reduces pain of arthritis
- Beta carotene improves eyesight
- Contains phosphorus and potassium

Relaxation Techniques: An Antidote to Stress

Stress is an all-too-common human condition. Work, kids, bills, illness—all potential sources of stress throughout adulthood. While many of these stressors disappear in retirement, older adults often face new stresses, such as isolation, changes in health, loss of a loved one, and moving to a new home.

Whatever the trigger, chronic stress can take a toll on your body, resulting in symptoms that range from insomnia to high blood pressure. While medication may be appropriate for certain health conditions, relaxation techniques, or meditation, can be effective in reducing chronic stress, improving sleep, boosting a sense of wellbeing, lowering blood pressure, and potentially improving memory.

Spend a few minutes every day doing some form of relaxation, and you're almost guaranteed to feel less stressed. To get started, try these two simple relaxation techniques.

Body scan

- While sitting or lying down, close your eyes.
- Starting with your toes, focus on one body part at a time.
- What sensations can you detect? Pressure? Temperature? Pain?
- If your mind begins to wander, gently bring it back.
- When you reach the top of your head, start back down.

Breath counts

- Sit or lie comfortably with your eyes closed.
- Slowly count to 4 as you breathe in through your nose.
- Hold your breath for another 4 counts.
- Release your breath through your mouth as you count to 8.
- Repeat for 10 breaths.

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Dementia Corner

Caring for a loved one with dementia poses many challenges for families and caregivers. Here are some practical strategies for dealing with the troubling behavior problems and communication difficulties often encountered when caring for a person with dementia:

- Set a positive mood for interaction: Your attitude and body language communicate your feelings and thoughts more strongly than your words do. Speak to your loved one in a pleasant and respectful manner. Use facial expressions, tone of voice, and physical touch to convey your message and show your feelings of affection.
- Get the person's attention: Limit distractions and noise. Turn off the radio or TV, close the curtains, or move to quieter surroundings. Before speaking, make sure you have their attention. Address them by name, identify yourself, and use nonverbal cues to help keep them focused.
- State your message clearly: Use simple words and sentences. Speak slowly, distinctly, and in a reassuring tone. Refrain from raising your voice; instead, pitch your voice lower. If they don't understand the first time, repeat your message or question using the same wording. If needed, rephrase the question.
- Ask simple, answerable questions: Ask one question at a time; yes or no answers work best. Use the names of people and places instead of pronouns or abbreviations.



Croatia:

Croatia is an Eastern European country with a long coastline on the Adriatic Sea. Encompassing more than a thousand islands, it's also crossed by the Dinaric Alps. Its inland capital, Zagreb, is distinguished by its medieval Gornji Grad (Upper Town) and diverse museums. The major coastal city Dubrovnik has massive 16th-century walls encircling an Old Town with Gothic and Renaissance buildings. Croats speak Croatian, a South Slavic language of the Indo-European family. Croatian is quite similar to Serbian and Bosnian, but political developments since the collapse of Yugoslavia have encouraged the three ethnic groups to emphasize the differences between their languages. The clearest distinction between the Croatian and Serbian variants of what was previously called the Serbo-Croatian language is the script, with Croatian written in the Latin alphabet and Serbian in the Cyrillic. Distinctions of grammar and pronunciation also

occur, as do more striking differences in vocabulary, which result partly from differential historical patterns of foreign domination. For Croats, this has resulted in a sprinkling of German, Hungarian, and (in Dalmatia and Istria) Italian vocabulary, while the Serbs' speech shows Turkish and Russian influences. In addition, there have been various movements to "purify" the Croatian language, which have led to further differences.



Easter:

Easter, which celebrates Jesus Christ's resurrection from the dead, is Christianity's most important holiday. It has been called a moveable feast because it doesn't fall on a set date every year, as most holidays do. Instead, Christian churches in the West celebrate Easter on the first Sunday following the full moon after the vernal equinox on March 21. The use of painted and decorated Easter eggs was first recorded in the 13th century. The church prohibited the eating of eggs during Holy Week, but chickens continued to lay eggs during that week, and the notion of specially identifying those as "Holy Week" eggs brought about their decoration. The egg itself became a symbol of the Resurrection. Just as Jesus rose from the tomb, the egg symbolizes new life emerging from the eggshell. In the Orthodox tradition eggs are painted red to symbolize the blood Jesus shed on the cross. Easter egg hunts are popular among children in the United States. First lady Lucy Hayes, the wife of Pres. Rutherford B. Hayes, is often credited with sponsoring the first annual Easter egg roll (an event where children and their parents were invited to roll their eggs on the Monday following Easter) on the White House lawn, in 1878. Since 1878, American presidents and their families have celebrated Easter Monday by hosting an "egg roll" party. Held on the South Lawn, it is one of the oldest annual events in White House history. It has changed and

evolved through the years and each First Family has put their stamp on the popular public event. The custom of associating a rabbit or bunny with Easter arose in Protestant areas in Europe in the 17th century but did not become common until the 19th century. The Easter rabbit is said to lay the eggs as well as decorate and hide them. In the United States the Easter rabbit also leaves children baskets with toys and candies on Easter morning. In a way, this was a manifestation of the Protestant rejection of Catholic Easter customs. In some European countries, however, other animals—in Switzerland the cuckoo, in Westphalia the fox—brought the Easter eggs.

From the Director of Health Services

May is Mental Health Awareness Month. This month take a moment to find 3 things you are grateful for. Changing your mindset and helping others to remember the gratitude in their life can make a difference in someone's mental health. May is an opportunity for all of us to come together and remember the inherent value we each hold — no matter our diagnosis, appearance, socioeconomic status, background, or ability. We want every person out there to know that if all you did was wake up today, that's more than enough. No matter what, you are inherently worthy of more than enough life, love and healing. Showing up, just as you are, for yourself and the people around you is more than enough.

Thank you!
Megan Lintner
Director of Health Services, RN



Easter Bunny Door Hanger



Pies with Guys



Weekly Thursday Hymn Sing



Music with Gary & Kelsi

"I have reached an age when, if someone tells me to wear socks, I don't have to." – Albert Einstein