



Important Dates

- 8/2 - Dementia Group**
- 8/6 - Voting Registration**
- 8/9 - Annual Car Show**
- 8/7 - Made in Minnesota**
- 8/14 - Loon Tour**
- 8/20 - Welcome Meeting**
- 8/21 - Resident Council**
- 8/22 - Support Group**
- 8/23 - Food Council**
- 8/27 - Birthday Party**
- 8/28 - Let's Go Fishing**

Friendship Day is August 4th

Human beings are social creatures and have always valued the importance of friends in their lives. To celebrate this noble feeling it was deemed fit to have a day dedicated to friends and friendship. Accordingly, the first Sunday of August was declared as a holiday in the US in honor of friends by a Proclamation made by US Congress in 1935. Since then, World Friendship Day is being celebrated every year on the first Sunday in the month of August. Friendship Day was first proposed in Paraguay in 1958 by Joyce Hall. It was a holiday involving the celebration of friendships through a global holiday. To honor Friendship Day, in 1998, Nane Annan named Winnie the Pooh the world's Ambassador of

Friendship at the United Nations. The event was co-sponsored by the U.N. Department of Public Information and Disney Enterprises, co-hosted by Kathy Lee Gifford. The idea of a Global Friendship Day was first proposed on 20 July 1958 by Dr. Ramon Artemio Bracho during a dinner with friends in Puerto Pinasco, a town on the River Paraguay about 200 miles (320 km) north of Asuncion, Paraguay. During said meeting, the World Friendship Crusade was born. The World Friendship Crusade is a foundation that promotes friendship and fellowship among all human beings, regardless of race, color or religion.



Happy Birthday!!!

Jackie W - 8/1

Greg R - 8/2

Michael L - 8/8

Gregg M - 8/6

Peter D - 8/13

Marilyn K - 8/15

Father Paul - 8/17

Irene H - 8/18

Dale F - 8/20

Ken E - 8/27

Richard F - 8/28

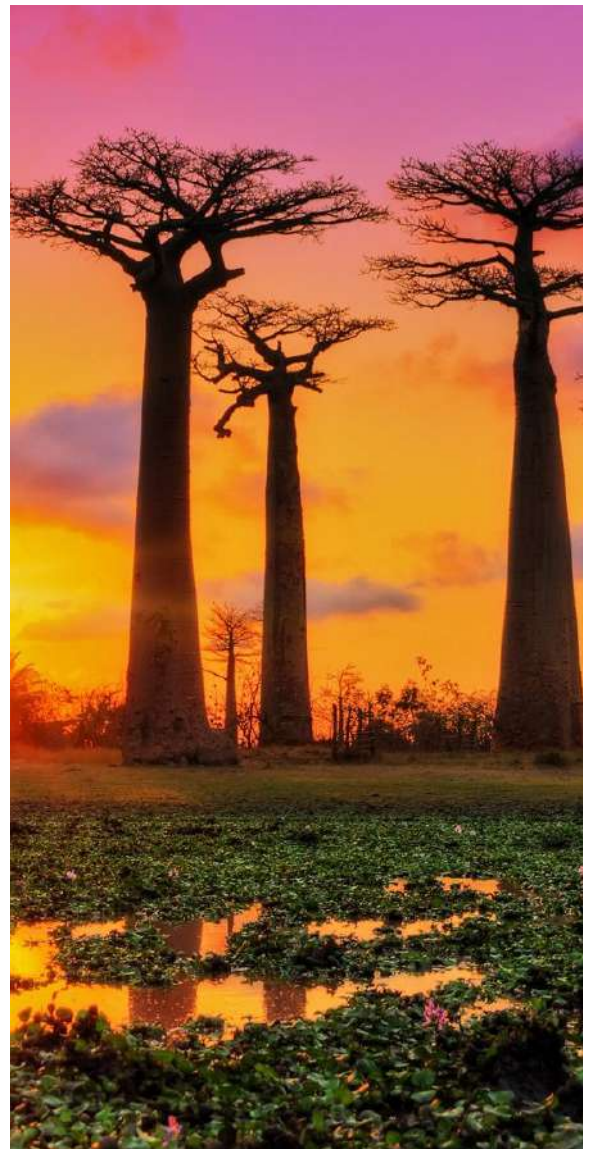
Darlene P - 8/29

Traveling, here is some information on Madagascar

Madagascar is a huge island nation off the southeast coast of Africa.

Madagascar is the fourth largest island in the world, after Greenland, New Guinea, and Borneo. It's home to thousands of animal species, such as lemurs, found nowhere else, plus rainforests, beaches and reefs. Near the busy capital, Antananarivo, is Ambohimanga, a hillside complex of royal palaces and burial grounds, as well as the "Avenue of the Baobabs," a dirt road lined by massive centuries-old

trees. The hot, wet season extends from November to April and the cooler, drier season from May to October. The climate is governed by the combined effects of the moisture-bearing southeast trade and northwest monsoon winds as they blow across the central plateau. The trade winds, which blow throughout the year, are strongest from May to October. July is the coolest month, with mean monthly temperatures around the island ranging from the low 50s F (low 10s C) to the high 70s F (mid-20s C), and December is the hottest month, with temperatures between the low 60s and mid-80s F (mid 10s and high 20s C). Temperatures generally decrease with elevation, being highest on the northwest coast and lowest on the plateau.



Some updates/activities from the last month

1



Let's Go Fishing Pontoon Outing

Residents were taken out on Rice Lake on the Let's Go Fishing Pontoon, Residents enjoyed fishing and making memories. Thank you Rick, Steve and Cathy for taking us out for a wonderful afternoon.

2



Valeri Ann's Lunch Outing

Residents enjoyed a homemade lunch at Valeri Ann's. Resident enjoyed a beautiful ride to Merrifield, MN. Residents commented on all the beautiful decor throughout the restaurant.

3



Footloose Play Outing

The Pequot Lakes Community Theatre put on a wonderful production of 'Footloose the musical'. Residents enjoyed this fun event and were excited to go somewhere new!

4



Grip Games Competition

Our very own, Whitefish Lakers, started the Grip Games competition this passed month. Our very first competition of the season we took our first win by collectively pumping 38.2 gallons in 4, 5 minute waves. Come check us out on Tuesdays at 1pm in the fireside lounge!



Whitefish Above and Beyond Award Recipient

Patty has received the Whitefish above and beyond award for always smiling, bringing energy and laughter to our team and residents and her dedication to making each day filled with new memories. Patty has been a great addition to the community life team for about 8 months and has been a superstar since day one. She helps plan and prepare outings, events and crafts for the residents and is always getting staff and families to engage and make memories with their loved ones here at Whitefish.

Patty states she enjoys coming to work and engaging with the amazing staff and wonderful residents. Seeing all the smiles and hearing all the laughter is really fun to be around. The residents have truly made a difference in my life! I am proud to say that I am a member of the Whitefish at the Lakes community.



Spiritual Section

“The spiritual life is not a life before, after, or beyond our everyday existence. No, the spiritual life can only be real when it is lived in the midst of the pains and joys of the here and now.” – Henri Nouwen

Have you experienced pains in your life, as well as joys? It's common for us to think about the joys as part of our spiritual lives that draw us nearer to the sacred or to our understanding of God. What about the pains? What does your faith tell you about suffering? Is it also part of a spiritual life? Or perhaps you understand pain to be part of the human physical experience, separate from spirituality.

Each of us might consider the nature of suffering differently – depending on our faiths or on our personalities or on our lived experience. And yet, we all experience it. This month, may you find joy intermingled with the pains, and may you find spiritual meaning wherever you look.

Skin TLC: The Care and Feeding of the Body's Largest Organ

Skin is just a few millimeters thick, yet it's the largest organ of the body, covering an area of roughly 20 square feet. Its primary purpose is to protect our insides from microbes, toxins, and other environmental elements, but it also helps regulate body temperature and allows us to experience the world through nerve endings.

To do its job well, skin needs to stay hydrated, but with age, skin tends to become thinner and drier, the result of factors that can include too much time in the sun, not drinking enough fluids, the natural loss of oil and sweat glands, certain medications, smoking, and Minnesota's notoriously dry winters and air-conditioned summers.

Fortunately, there are steps you can take to protect your skin. As recommended by the American Academy of Dermatology:

- Wash with a gentle, fragrance-free soap*, using warm (not hot) water, and keep baths and showers short.
- Apply a fragrance-free moisturizer* right after bathing and throughout the day.
- Use a humidifier when the air feels dry.
- Wear gloves while doing housework and gardening.
- Use sunscreen (SPF 30 or higher) and protective clothing on sunny and cloudy days.

*Ingredients that can help reduce dryness include glycerin, hyaluronic acid, and lanolin.





Shared Memories, Heartfelt Connections

Step into a world of cherished memories and vibrant community life with our special photo showcase. From joyful gatherings to serene landscapes, each picture celebrates the rich experiences and enduring spirit of our residents. Join us as we highlight the beauty of our senior living community, where every snapshot tells a story of friendship, resilience, and the joy of living fully.





Whitefish at the Lakes Shift Leads

Day Shift Leads:

Joanna Richards & Keara Sawyer

Afternoon Shift Leads:

Heather Gade & Le Ann Halverson

NOC Shift Lead:

Ellie Drexler

Our Leadership Team

Executive Director: Ali Meyer

Director of Health Services: Megan Lintner

Assistant Director of Health Services: Katrina Herzog

Nurse: Bobbi Richards & Merissa Durbin

Marketing Director: Linda Pfaff

Maintenance Director: Dave Cameron

Culinary Director: Kathy Thomas

Administrative Assistant: Luz Wanstall

Community Life Director: Katie Steuernagel



**Get in
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