



Important Dates

- 9/4 - Made in Minnesota
- 9/6 - Dementia Group
- 9/17 - Welcome Meeting
- 9/18 - Walk to End Alzheimer's at Whitefish
- 9/18 - Resident Council
- 9/23 - Wine Tasting
- 9/24 - Birthday Party
- 9/26 - Support Group
- 9/27 - Food Council

Labor Day is September 2nd

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. In the United States, Peter J. McGuire, a union leader who had founded the United Brotherhood of Carpenters in 1881, is generally given credit for the idea of Labor Day. In 1882 he suggested to the Central Labor Union of New York that there be a celebration honouring American workers. On September 5 some 10,000 workers, under the sponsorship of the Knights of Labor, held a parade in New York City. There was no particular significance to the date, and McGuire said that it was chosen because it fell roughly halfway between the Fourth of July holiday and Thanksgiving.

In 1884 the Knights of Labor adopted a resolution that the first Monday in September be considered Labor Day. The idea quickly spread, and by the following year Labor Day celebrations were being held in a number of states. Oregon became the first state, in 1887, to grant legal status to the holiday (although the state initially celebrated it on the first Saturday in June). In 1894 the Pullman strike in Illinois, as well as a series of unemployed workers' riots on May Day in Cleveland, prompted U.S. Pres. Grover Cleveland to propose a bill that would make Labor Day a national public holiday. The bill, which was crafted in part to deflect attention from May Day (an unofficial observance rooted in socialist movements), was signed into law in June of that year.

Fall Prevention: Simple tips to prevent falls



Falls put you at risk of serious injury. Prevent falls with these simple fall prevention measures, from reviewing your medications to hazard-proofing your home.

1. Make an appointment with your health care provider

Start by making an appointment with your health care provider. To assess your risk and discuss fall prevention strategies, your health care provider may want to talk about the following:

Your medications. Make a list of your prescription and nonprescription medications and supplements, or bring them with you to the appointment. Your health care provider can review your medications for side effects and interactions that may increase your risk of falling. To help with fall prevention, your health care provider may consider weaning you off medications that make you tired or affect your thinking, such as sedatives, antihistamines and some types of antidepressants.

Any previous falls. Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time. Details such as these may help your health care provider identify specific fall prevention strategies.

Your health conditions. Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk? Your health care provider may evaluate your muscle strength, balance and walking style (gait) as well.



Happy Birthday!!!

Delores B - 9/5

Caroline B - 9/11

Shirley K - 9/12

Betty O - 9/13

Dave D - 9/25

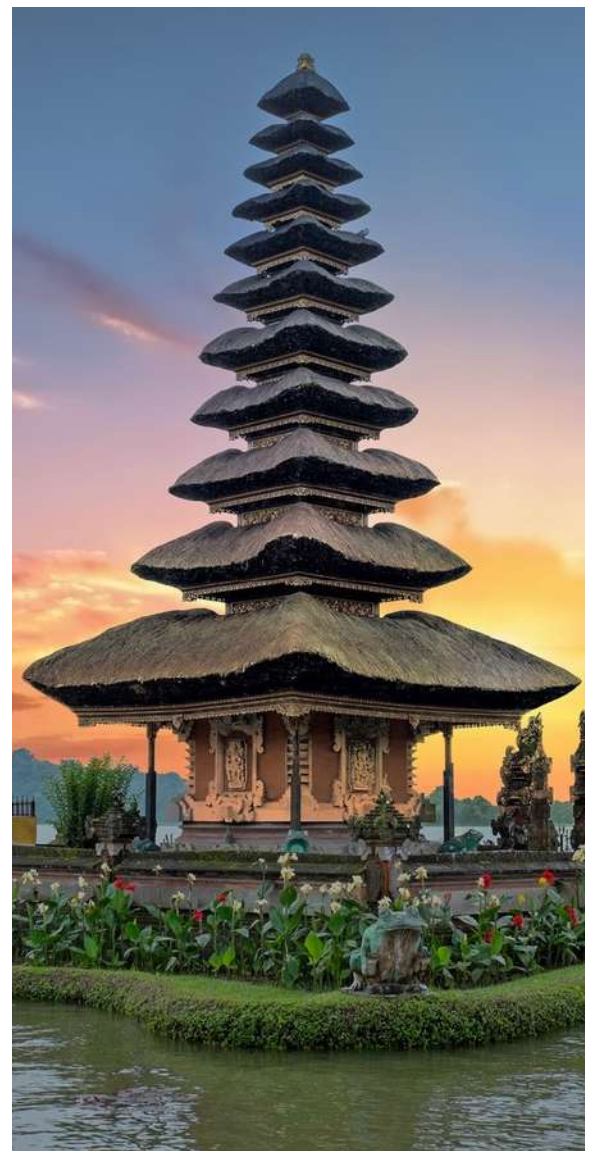
Marlene O - 9/25

Shirley Z - 9/26

Traveling, here is some information on Bali

A trip to Bali can be filled with culture, nature, art, the spiritual or, even better, all of these. Apart from the wealth of Bali attractions, from the spectacular beaches of Kuta, Nusa Dua and Seminyak, or Ubud's cultural heart and picturesque terraced rice fields, the northeastern coastal towns and Lombok Island are hidden gems awaiting discovery. The west coast of Bali is still off the beaten path, with tapering ranges of mountains covered in lush forests, wet rice fields and bountiful vegetation. Bali attractions also comprise historical

sites and buildings that stand the tests of time, and a range of museums and art galleries all offer a different glimpse of Bali, be it for the curious traveler or honeymooners looking for their memorable scene in Bali. Most of Bali is mountainous (essentially an extension of the central mountain chain in Java), the highest point being Mount Agung, or Bali Peak, 10,308 feet (3,142 metres) in height and known locally as the "navel of the world." It proved to be an active volcano, erupting in 1963 (after a dormancy of 120 years), killing more than 1,500 persons and leaving thousands homeless. The main lowland is south of the central mountains. The period of the southeast monsoon (May to November) is the dry season. Bali's flora (mostly hilly tropical rain forest) and fauna resemble those of Java. Some teak grows on Bali, and the giant banyan (waringin) trees are held sacred by the Balinese. Tigers are found in the west, and deer and wild pigs are numerous.



Some updates/activities from the last month

1



Annual Car Show

Residents enjoyed a trip down memory lane as they viewed multiple cars from many years. They were also able to enjoy some sunshine, music by Mike and Jan and some food and baked goods. We raised over \$500 for the Walk to end Alzheimers.

2



State Fair Kick-Off

Residents were able to play some Minnesota State Fair BINGO, enjoy some fair foods and even play a round for Duck Pond! We also learned some facts about the Minnesota State Fair including that the very first fair was in 1859.

3



Cards 500 Crew

Our residents have initiated a cards group. They started playing once every 2 weeks, to now playing 4 times a week. These resident share the love of the game 500. We have slowly grown and we are still spreading the word. If you're a player or an observer, come join us for some good laughs.

4



Grip Games Competition

Our very own, Whitefish Lakers, have reached their personal goal of 10 gallons in 5 minutes! Whoop Whoop! Go Lakers. We sure enjoying gripping to the song 'Stayin Alive' and trying new techniques. Come out on Tuesdays at 1:00pm to watch us compete!



Whitefish Above and Beyond Award Recipient

Ellie has received the Whitefish above and beyond award for showing outstanding leadership and growth. Ellie is always looking for ways to make the facility run smoothly and efficiently. She cares for the residents and loves making them smile. She has been working NOC shift and is our newest edition to our Leads.

Ellie says....

In 2023, I experienced significant changes that would lead me to redefine my way of living. Moving back to the Crosslake area felt like returning to my roots, a place that resonates with my spirit and just feels like home. Throughout this journey, I've always felt a deep calling to help others, yet I struggled to pinpoint how I could make the most impact. As I embraced this new chapter, I discovered various avenues to pursue my passion, allowing me to connect with people in meaningful ways. The fulfillment I find in my work reaffirms that I am on the right path, and I genuinely enjoy every moment of contributing to the lives of those around me. Also, I welcomed a baby boy into the world earlier this year in April and sharing the joy with residents makes me so happy.



Spiritual Section

“It is in pardoning that we are pardoned.” – St. Francis of Assisi

Nearly every major religious tradition has some understanding of forgiveness, even if they might approach it in different ways. And anyone who has lived as long as we have has probably had to offer forgiveness at some point, and to ask for forgiveness as well, right?

When you look back on your life, are there any unresolved grievances that you are carrying? How do they affect you from day to day? What would it take to find some resolution, whether pardon or forgiveness, or simply no longer giving them power over your spirit? What does it feel like when you are genuinely sorry and have been offered pardon? Is there anyone you seek pardon from? May you find strength in relationships that are tense or challenged, and may you find belonging in this community that welcomes and accepts you for who you are.

Handy Tips for Stiff and Aching Hands

If you're no stranger to stiff, painful, or weak hands, you're in good company. Roughly 50 percent of adults, age 65 and older, experience enough joint pain to make everyday activities—opening a jar, turning a doorknob, slicing an apple—feel as strenuous as hand-to-hand combat. To relieve symptoms such as dull joint pain or stiffness in your hands, Cleveland Clinic recommends:

- Physical therapy (PT) to learn strengthening and stretching exercises.
- Hot and cold packs (cold to reduce pain and swelling, and heat to reduce stiffness) for up to 20 minutes at a time.
- Regular rest periods to help relieve pain and inflammation in your joints.
- Healthy eating and diabetes management
- Occupational therapy (OT) to learn how to use tools that make dressing or preparing food easier.



Benefits of Sunshine on Health

- Generating the production of vitamin D
- Supporting bone health
- Lowering blood pressure
- Preventing disease
- Promoting good mental health
- Helping to prevent cancer
- Helping with depression
- Helping to kill bacteria





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.



Department Updates

1



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.

2



From the Maintenance Director

September is emergency preparedness month. Reminder that in the event of a fire, we shelter in place until a staff comes to get you. For severe weather, our garage is our shelter space. The elevators will work in the event of severe weather.

3



From the Marketing Director

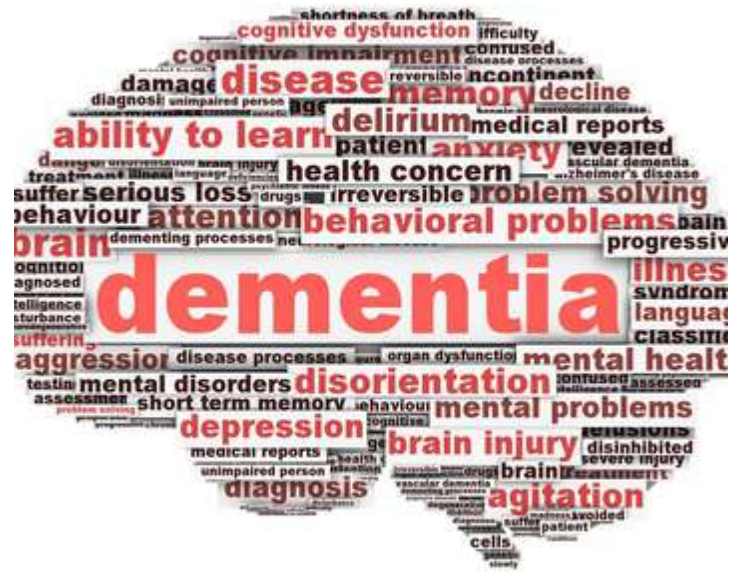
What a blast we had at our 2nd Annual Car Show! Thank you for attending, participating, and enjoying the day with family and friends! September brings the Walk to End Alzheimers on the Saturday the 21st in Brainerd, with more info to follow on how Whitefish at the Lakes can participate. We also have Crosslake Days the last weekend of September, with lots of activities around town and the "Chili Cook-off" where Diane and Kathy will come up with an award-winning recipe, I am SURE!

4



From the Executive Director

September is a month of transition. As summer fades away, the leaves start changing color, and the days get shorter. This is a month of pure gratitude to enjoy and take in all of the amazing things that Fall brings to us in Crosslake. Thank you for being part of our community.



Dementia Corner from the Nursing Director

Celebrate Healthy Aging Month This September!

September marks a special time in the health calendar – it's Healthy Aging Month! This annual observance is dedicated to empowering and inspiring adults to prioritize their well-being as they age. It's a call to action for individuals to embrace new activities, learn, explore, and make positive lifestyle changes that can lead to a fulfilling and vibrant life.

As we step into September, let's focus on the positive aspects of growing older. Whether it's picking up a new hobby, exploring ways to stay physically active, or connecting with loved ones and community, every step counts towards a healthier, happier you. Remember, it's never too late to reinvent yourself, to start a new career, or to pursue a passion that's been waiting in the wings.

Healthy Aging Month is more than just a celebration; it's a reminder that taking control of your health and happiness has no age limit. So, let's use this month as motivation to take stock of our health and set goals that will lead us to a brighter, healthier future.



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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