



## Important Dates

- 10/2 - Made in Minnesota
- 10/4 - Dementia Group
- 10/8 - Spark Challenge Kick-off
- 10/15 - Welcome Meeting
- 10/16 - Resident Council
- 10/22 - Oktoberfest
- 10/24 - Support Group
- 10/25 - Food Council
- 10/29 - Birthday Party
- 10/31 - Halloween Parade

## Halloween is October 31st

Halloween, a holiday observed on October 31 and noted for its pagan and religious roots and secular traditions. In much of Europe and most of North America, observance of Halloween is largely nonreligious, celebrated with parties, spooky costumes, jack-o'-lanterns, pumpkin carvings, and the giving of candy. But the holiday also marks the beginning of Allhallowtide, a three-day Christian triduum dedicated to remembering the dead that begins with Halloween (October 31) and is followed by All Saints' Day (November 1) and All Souls' Day (November 2). Halloween had its origins in the festival of Samhain among the Celts of ancient Britain and Ireland. During the Samhain festival the souls of those who had died were believed to return to visit their homes, and those who had died during the year were believed to journey to the otherworld. People set bonfires on hilltops for relighting their hearth fires for

the winter and to frighten away evil spirits, and they sometimes wore masks and other disguises to avoid being recognized by the ghosts thought to be present. It was in those ways that beings such as witches, hobgoblins, fairies, and demons came to be associated with the day. The period was also thought to be favourable for divination on matters such as marriage, health, and death. When the Romans conquered the Celts in the 1st century CE, they added their own festivals of Feralia, commemorating the passing of the dead, and of Pomona, the goddess of the harvest. As a secular holiday, Halloween has come to be associated with a number of activities. One is the practice of pulling usually harmless pranks. Celebrants wear masks and costumes for parties and for trick-or-treating, thought to have derived from the British practice of allowing the poor to beg for food, called "soul cakes."

# Fall Prevention: Simple tips to prevent falls

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***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.***

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## 2. Keep moving

Physical activity can go a long way toward fall prevention. With your health care provider's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. These activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you're afraid it will make a fall more likely, tell your health care provider. Your provider may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility and muscle strength.

## 3. Wear sensible shoes

Consider changing your footwear as part of your fall prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy, flat shoes with nonskid soles. Sensible shoes may also reduce joint pain.

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# Happy Birthday!!!

Kathy A - 10/4

Al K - 10/16

Wayne H - 10/18

Yvonne H - 10/20

Hazel Y - 10/27

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## Traveling History; here is some information on Scotland

Scotland, most northerly of the four parts of the United Kingdom, occupying about one-third of the island of Great Britain. The name Scotland derives from the Latin Scotia, land of the Scots, a Celtic people from Ireland who settled on the west coast of Great Britain about the 5th century. An austere land, subject to extremes of weather, Scotland has proved a difficult home for countless generations of its people, who have nonetheless prized it for its beauty and unique culture. "I am a Scotsman," the poet and novelist Sir Walter Scott wrote in the 19th century; "therefore I had to fight my way into

into the world." Historically one of Europe's poorest countries, Scotland has contributed much to political and practical theories of progress: forged in the Scottish Enlightenment in the hands of such philosophers as Francis Hutcheson, Adam Smith, and David Hume, who viewed humankind as a product of history and the "pursuit of happiness" as an inalienable right, this progressive ideal contributed substantially to the development of modern democracy. Scots have also played a vital role in many of the world's most important scientific and technological innovations, with inventors, engineers, and entrepreneurs such as Alexander Graham Bell, James Watt, Andrew Carnegie, and John McAdam extending Scotland's reach far beyond the small country's borders. Scotland's relations with England, with which it was merged in 1707 to form the United Kingdom of Great Britain, have long been difficult. Although profoundly influenced by the English, Scotland has long refused to consider itself as anything other than a separate country.

Whitefish at the Lakes



# 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 a short ride up the Mississippi River passed one of our residents previous home with his wife.

2



## A&W Lunch Outing

Residents enjoyed two lunch outings to the local A&W. We enjoyed some delicious food and even a root beer float. The Nisswa A&W, located in downtown Nisswa since 1966. Locally owned and operated.

3



## Music in the Park

The summertime in Crosslake, there is so many fun things going on, including live music in the park on Fridays in Town Square. Residents would walk over to sit and enjoy the music in the evenings.

4



## Mini Golfing at Nisswa Falls

We journeyed over to a new mini golf course in Nisswa called Nisswa Falls Mini Golf. The golf course has 18 holes but the first 7 and the last 2 are more easily accessible and on more level ground for golfers of all ages. We even had one of our residents get a hole in one on the 5th hole.



## Whitefish Above and Beyond Award Recipient

Bobbi has received the Whitefish above and beyond award for having the biggest heart for our residents. She is always finding new ways to make our residents smile, laugh and feel supported and loved. She brings so much knowledge and energy to our team. Thank you Bobbi for being you and bringing such a warm, bubbly energy to our home.

Bobbi says....

I became a nurse because of my dad and his illness late in life. Up until then I would have never considered working in healthcare. He made me who I am and because of him I was introduced to a career that has given more purpose in life than I could ever imagine. This month he has been gone for 15 years. I continue to see his presence in my life and thank God for his guidance. It is my pleasure and privilege to care for our residents at Whitefish.



## Spiritual Section

"If your compassion does not include yourself, it is incomplete." – Jack Kornfield

You may have heard the phrase, "I am my own worst critic." Do you find that to be true about yourself? Do you struggle to find compassion for yourself, even in situations where you would easily take compassion on someone else? To have compassion for ourselves, we must be able to recognize our own humanity and love ourselves, flaws and all. We must trust in our belovedness, even when we don't always feel it. When we share community together, we can help by showing compassion to one another, reminding each person, including ourselves, that we belong here. We belong together. We are strong, we have purpose, and we belong. May you experience compassion today, both inward and outward.

## Let's Get Physical: Staying Active and Independent

Unless your goal is to run a 10K, physical exercise doesn't need to be exhausting. The goal is to keep your joints limber, build muscle strength, maintain a healthy weight, and slow down the loss of lean muscle mass.

Going for walks in your neighborhood, down the hall, or even around your living room all count as exercise. Ditto working with a stretchy band or lifting objects, such as soup cans, a laundry detergent jug, or bags of cat food. Both walking and weight resistance get your blood moving and keep the muscles engaged. If you feel a little sore the next day,

that just means your muscles got a good workout. Keep at it and the soreness will go away.

Here are some easy ways to incorporate physical activity into your everyday life:

- Stand up and sit down five times during each TV commercial break.
- Do bicep curls using water bottles or soup cans when you're watching TV.
- Do leg lifts while watching TV or talking on the phone.
- Walk around the living room, down the hall, or in the stairwell.

Bottom line, staying active can help you live a happier, healthier, more independent life!

- Benefits of grip strength
- Improved athletic performance
  - Reduced risk of injury
  - Improved functional strength
  - Enhanced grip endurance
  - Better hand health
  - Improved confidence
  - Improved posture
  - Improved cardiovascular health





# 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

Just a reminder : During a fire emergency, please remember to stay inside your room. If you need to be relocated , the Aids will inform you where to go that's safe. Severe thunderstorms and tornado warnings, the lower level in or by the garage is the safest place in the building..

3



## From the Marketing Director

Wow --we had a great turn-out for our Whitefish at the Lakes Alzheimer's Walk on Sept 18th! Thank you to everyone who participated, donated and enjoyed root beer floats, all to help raise awareness and funds for the Alzheimer's Association. Between our Car Show Bake Sale and our Root beer Float fundraiser, we raised \$866.75. GREAT work everyone!

4



## From the Executive Director

Happy Autumn Whitefish Community!  
Did you know if you were born in Autumn, a study of the Journal of Aging Research found that people born in autumn may live longer. As Autumn is among us here in the Beautiful Crosslake area we can expect some cooler nights but overall, it's a wonderful time to get outside and enjoy the warmth of the sun and take in all of beautiful fall colors with your family and friends. No matter where you are in the world, the weather is just simply wonderful, with nature putting on a full display for all who step outdoors.  
Enjoy this beautiful Month Whitefish Community!  
Whitefish at the Lakes



## From the Nursing Director

October is Breast Cancer Awareness Month, a vital time to raise awareness about breast cancer and the importance of early detection. Breast cancer is one of the most common cancers affecting women, with approximately 1 in 8 women diagnosed in their lifetime. While the statistics can be daunting, advancements in research and treatment have significantly improved survival rates. Early detection through regular screenings, such as mammograms, is key to successful treatment. In addition to screenings, adopting a healthy lifestyle can help reduce the risk of breast cancer. Experts recommend a balanced diet, regular exercise, and limiting alcohol consumption as effective preventive measures. As we observe Breast Cancer Awareness Month, let's unite to support those affected by this disease and promote a future where breast cancer is no longer a threat. Together, we can make a significant impact!



## **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

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## **Our Leadership Team**

Executive Director: Ali Meyer

Director of Health Services: Megan Lintner

Assistant Director of Health Services:

Nurse: Bobbi Richards & Merissa Durbin

Marketing Director: Linda Pfaff

Maintenance Director: Dave Cameron

Culinary Director: Kathy Mahowald

Administrative Assistant: Luz Wanstall

Community Life Director: Katie Steuernagel



**Get in  
touch**

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