



Important Dates

- 11/1 - Dementia Group
- 11/1 - All Saint's Mass
- 11/4 - Made in Minnesota
- 11/7 - Reeds Trip
- 11/11 - Veteran's Day Ceremony
- 11/19 - Welcome Meeting
- 11/20 - Resident Council
- 11/21 - Trip to the Library
- 11/22 - Food Council
- 11/26 - Birthday Party
- 11/28 - Thanksgiving Day

Thanksgiving is November 28th

Thanksgiving Day, annual national holiday in the United States and Canada celebrating the harvest and other blessings of the past year. Americans generally believe that their Thanksgiving is modeled on a 1621 harvest feast shared by the English colonists (Pilgrims) of Plymouth and the Wampanoag people. The American holiday is particularly rich in legend and symbolism, and the traditional fare of the Thanksgiving meal typically includes turkey, bread stuffing, potatoes, cranberries, and pumpkin pie. With respect to vehicular travel, the holiday is often the busiest of the year, as family members gather with one another.

Thanksgiving Day did not become an official holiday until Northerners dominated the federal government. While sectional tensions prevailed in the mid-19th century, the editor of the popular magazine Godey's Lady's Book, Sarah Josepha Hale, campaigned for a

national Thanksgiving Day to promote unity. She finally won the support of President Abraham Lincoln. On October 3, 1863, during the Civil War, Lincoln proclaimed a national day of thanksgiving to be celebrated on Thursday, November 26.

The holiday was annually proclaimed by every president thereafter, and the date chosen, with few exceptions, was the last Thursday in November. President Franklin D. Roosevelt, however, attempted to extend the Christmas shopping season, which generally begins with the Thanksgiving holiday, and to boost the economy by moving the date back a week, to the third week in November. But not all states complied, and, after a joint resolution of Congress in 1941, Roosevelt issued a proclamation in 1942 designating the fourth Thursday in November (which is not always the last Thursday) as Thanksgiving Day.

Fall Prevention: Simple tips to prevent falls



4. Remove home hazards

Take a look around your home for potential fall hazards. To make your home safer:

Remove boxes, newspapers, electrical cords and phone cords from walkways.

Move coffee tables, magazine racks and plant stands from high-traffic areas.

Secure loose rugs with double-faced tape, tacks or a slip-resistant backing — or remove loose rugs from your home.

Repair loose, wooden floorboards and carpeting right away.

Store clothing, dishes, food and other necessities within easy reach.

Immediately clean spilled liquids, grease or food.

Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.



Happy Birthday!!!

David H - 11/1

Judy L - 11/16

Sue J - 11/23

Ralph T - 11/28

Char H - 11/10

Annette K - 11/19

Judi S - 11/26

Traveling History; here is some information on Peru

Peru, country in western South America.

Except for the Lake Titicaca basin in the southeast, its borders lie in sparsely populated zones. The boundaries with Colombia to the northeast and Brazil to the east traverse lower ranges or tropical forests, whereas the borders with Bolivia to the southeast, Chile to the south, and Ecuador to the northwest run across the high Andes. To the west, territorial waters, reaching 200 miles (320 km) into the Pacific Ocean, are claimed by Peru.

Peru is essentially a tropical country, with its northern tip nearly touching the Equator.

Despite its tropical location, a great diversity of climates, ways of life, and economic activities is brought about by the extremes of elevation and by the southwest winds that sweep in across the cold Peru Current (or Humboldt Current), which flows along its Pacific shoreline.

The immense difficulties of travel posed by the Andes have long impeded national unity. Iquitos, on the upper Amazon, lies only about 600 miles (965 km) northeast of Lima, the capital, but, before the airplane, travelers between the cities often chose a 7,000-mile (11,250-km) trip via the Amazon, the Atlantic and Caribbean, the Isthmus of Panama, and the Pacific, rather than the shorter mountain route.

Peru is traditionally described in terms of three broad longitudinal regions: the arid Costa on the west; the rugged Sierra, or Andes, system in the centre; and the wet and forested Amazonia—the tropical Amazon Basin—on the east.



Some updates/activities from the last month

1



National Quality Award - Bronze

In October of 2024, Whitefish was awarded the National Quality Award Bronze for commitment to quality! Whitefish was also selected to move forward to the next level of quality award.

We also want to congratulate our very own Ellie Drexler for being awarded the Pipe Line Grant to get her CNA!

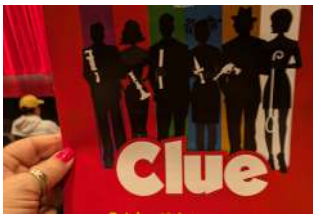
2



Gilby's Apple Orchard

Residents enjoyed an outing to Aitkinn, MN apple orchard, Gilby's. Residents tasted apples with some history and education on the apples, a hayride and a picnic lunch. We sang songs in our hour bus ride like Sweet Carolina.

3



Clue Play Outing

The Pequot Lakes High School put on a play about the long loved board game, Clue. Residents watched as all the cast embodied their characters and brought them to life! We sure enjoyed watching and learning who killed who with what and where!

4



Spark Challenge Quiz Show

Our very own, Whitefish Lakers are competing again for another competition. This time is the Spark Challenge Quiz Show. We start with Deep Dives on Tuesdays, competition Wednesdays and even the really big show on Fridays. Come check us out at 1pm for some rowdy fun!



Whitefish Above and Beyond Award Recipient

We are thrilled to announce that Cindy has received the Above and Beyond Award! Her unwavering love for our residents and her incredible support for other departments truly set her apart. Cindy's positive attitude is infectious; she brightens the day of everyone she meets with her warm smile and uplifting spirit. Her dedication and commitment do not go unnoticed, and we are so grateful to have her as part of our team. Thank you, Cindy, for all that you do! You inspire us all to reach higher and be better every day.

Cindy says....

Working as a culinary assistant at Whitefish brings me joy and fulfillment. I love connecting with the residents during mealtimes, hearing their stories and seeing their smiles makes my day. Working here is more than just a workplace to me, it feels like a community where everyone cares for one another and I'm proud to be a part of it.



Spiritual Section

Kindness matters. It's a simple phrase, but doesn't it ring so deeply true? Can you remember a time when someone's random act of kindness toward you completely changed your day? You've probably discovered that it doesn't take much – no grand gestures needed. A simple smile, a compliment, or a little help can make all the difference in our days.

November 13 is World Kindness Day, and it seems fitting that in this month when we are so focused on gratitude, we would also remember that kindness matters. After all, our kindness to others often increases when it is a response to our own gratitude. When we find reasons to be grateful, we also discover reasons to be kind. And it matters. May you surprise someone with kindness this month, and in so doing, may you also be blessed.

The Benefits of Red Light Therapy

Red light therapy (RLT) is a therapeutic technique that uses low level wavelengths of red light to help treat skin conditions, such as wrinkles and psoriasis. Though the treatment seems promising, more research is needed.

Red light therapy (RLT) is a type of phototherapy that may help:

- treat skin issues, like stretch marks and wrinkles
- treat skin conditions, such as psoriasis, scars, and acne
- reduce inflammation or edema
- repair muscle tissues
- promote healthy aging

RLT works by repetitively exposing your skin to low levels of red and near-infrared light for a certain period of time. At low wavelengths, red light doesn't generate heat and penetrates the skin between 1 and 2 millimeters ^{Trusted Source}, according to 2013 research.

This red light exposure may produce a positive biochemical effect in your cells that strengthens the mitochondria, which is where the cell's energy is created. RLT may do this by increasing ^{Trusted Source} the transportation of electrons, oxygen consumption, and your levels of ATP (adenosine triphosphate).

By increasing the energy of the mitochondria, cells may function more efficiently, as well as rejuvenate and repair themselves.

LEDs are gaining popularity over lasers as the chosen RLT light source because they're nonablative and nonthermal. Plus, according to the 2013 research, they may help ^{Trusted Source}:

- increase blood flow
- reduce inflammation
- increase levels of collagen
- increase the production of fibroblast

However, more research is needed to support these claims.





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

A reminder that the weather is cooling off and the heat has been turned on. Please be mindful when using the garage that the door is being shut immediately after entering or exiting. Please do not leave it to close on its own.

3



From the Marketing Director

Congratulations to Betty O'Brien for winning the "Guess how many shingles it took to reroof Whitefish at the Lakes"! With her guess of 45,000, she was only 360 off with the correct number being 45,360. I'm wondering if she was a roofing contractor in her younger days????

Betty, enjoy your \$10 gift card to Reed's Grocery Store!!!

4



From the Executive Director

November is a time to be thankful and reflect on what you are grateful for. Gratitude can help you feel more positive, improve your health, and build strong relationships. As the Executive Director at Whitefish I am grateful for all of you that live in our community, I am grateful for all of the wonderful staff that make this community amazing, and I am grateful for my family and friends. Let's all show our gratitude to everyone around us each and every day.



From the Nursing Director

As we step into November, it's a great time to focus on diabetes awareness and management, especially with the holiday season approaching. For many, the holidays are a time of joy, family gatherings, and delicious food. However, for those managing diabetes, it can also be a challenging period. Here are some tips and insights to help you navigate the season while keeping your health in check. Diabetes is a chronic condition that affects how your body turns food into energy. There are two main types: Type 1, where the body doesn't produce insulin, and Type 2, where the body doesn't use insulin properly. Managing diabetes involves monitoring blood sugar levels, maintaining a healthy diet, and staying active. Managing diabetes during the holidays doesn't mean you have to miss out on the fun. With a little planning and mindful choices, you can enjoy the season while keeping your health a priority. Let's make this November a month of awareness, support, and healthy living. Tips for a Healthy Holiday Season:

Plan Ahead: Before attending holiday gatherings, plan your meals. Know what foods will be available and decide in advance what you will eat. This can help you avoid impulsive eating.

Stay Active: Incorporate physical activity into your holiday routine. A brisk walk after a meal can help manage blood sugar levels.

Monitor Your Blood Sugar: Keep a close eye on your blood sugar levels, especially if you indulge in holiday treats. Adjust your medication as needed, in consultation with your healthcare provider.

Healthy Alternatives: Opt for healthier versions of your favorite holiday dishes. Use sugar substitutes, whole grains, and plenty of vegetables.

Stay Hydrated: Drink plenty of water. Sometimes, thirst can be mistaken for hunger, leading to overeating.

Managing diabetes during the holidays doesn't mean you have to miss out on the fun.

With a little planning and mindful choices, you can enjoy the season while keeping your health a priority. Let's make this November a month of awareness, support, and healthy living.



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: Samantha Kline

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 touch

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