



Important Dates

- 12/3 - Axe Competition**
- 12/6 - Dementia Group**
- 12/10 - Axe Competition**
- 12/17 - Cookie Exchange**
- 12/17 - Birthday Party**
- 12/17 - Welcome Meeting**
- 12/18 - Resident Council**
- 12/24 - Jingle & Mingle**
- 12/25 - Holiday Bingo**
- 12/26 - Door Decoration Winner**
- 12/27 - Food Council**
- 12/31 - New Years Rave**

Christmas on December 25th

Christmas Day, celebrated on December 25th, honors the birth of Jesus Christ, though the exact date of His birth is not known. The date was selected by early Christians to coincide with existing pagan festivals, like the Roman Saturnalia, which celebrated the winter solstice. Over time, Christmas evolved from a strictly religious observance to a more festive celebration, with feasts, music, and gift-giving. By the Middle Ages, Christmas was widely celebrated in Europe with various traditions, including decorating homes with holly, performing nativity plays, and singing carols.

During the Victorian era, Christmas traditions like the Christmas tree, introduced by Prince Albert, and the publication of Charles Dickens' A Christmas Carol in 1843, played a major role in shaping modern Christmas customs. This period also emphasized the values of family togetherness and charity, reinforcing the holiday's focus on kindness and generosity.

By the late 19th and early 20th centuries, Christmas became more commercialized, especially in the United States, with the rise of holiday shopping, Christmas cards, and mass-produced decorations. The figure of Santa Claus, derived from the Dutch Sinterklaas and popularized through poems and illustrations, became a central symbol of Christmas, further fueling its commercialization.

Today, Christmas is celebrated globally with a mix of religious and secular traditions. In some cultures, it remains a religious observance focused on church services and nativity scenes, while in others, it is a time for family gatherings, gift exchanges, and festive meals. The holiday continues to promote themes of kindness, charity, and family, adapting to local customs and continuing to bring joy to people of all backgrounds.

Fall Prevention: Simple tips to prevent falls



5. Light up your living space

Keep your home brightly lit to avoid tripping on objects that are hard to see. Also:

Place night lights in your bedroom, bathroom and hallways.

Place a lamp within reach of your bed in case you need to get up in the middle of the night.

Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.

Turn on the lights before going up or down stairs.

Store flashlights in easy-to-find places in case of power outages.

6. Use assistive devices

Your health care provider might recommend using a cane or walker to keep you steady. Other assistive devices can help, too.

For example:

Handrails for both sides of stairways

Nonslip treads for bare-wood steps

A raised toilet seat or one with armrests

Grab bars for the shower or tub

A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down

If necessary, ask your health care provider for a referral to an occupational therapist. An occupational therapist can help you brainstorm other fall prevention strategies. Some solutions are easily installed and relatively inexpensive. Others may require professional help or a larger investment. If you're concerned about the cost, remember that an investment in fall prevention is an investment in your independence.



Happy Birthday!!!

Renee A - 12/1

John S - 12/7

Ron R - 12/7

Judy R - 12/9

Beryl R - 12/13

Marti D 12/22

Donna L - 12/23

Grace W - 12/23

Steve P - 12/26

Rick K - 12/29

Jack A - 12/29

Bev P - 12/31

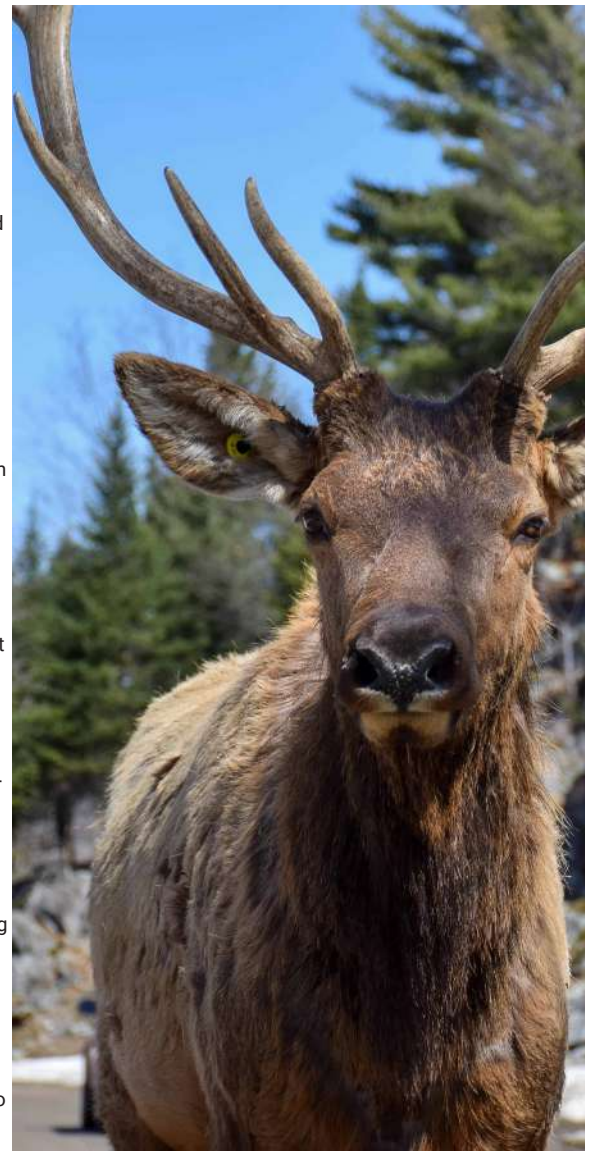
Traveling History; here is some information on Canada

Canada, the second largest country in the world in area (after Russia), occupying roughly the northern two-fifths of the continent of North America.

Despite Canada's great size, it is one of the world's most sparsely populated countries. This fact, coupled with the grandeur of the landscape, has been central to the sense of Canadian national identity, as expressed by the Dublin-born writer Anna Brownell Jameson, who explored central Ontario in 1837 and remarked exultantly on "the seemingly interminable line of trees before you; the boundless wilderness around you; the

mysterious depths amid the multitudinous foliage, where foot of man hath never penetrated...the solitude in which we proceeded mile after mile, no human being, no human dwelling within sight." Although Canadians are comparatively few in number, they have crafted what many observers consider to be a model multicultural society, welcoming immigrant populations from every other continent. In addition, Canada harbours and exports a wealth of natural resources and intellectual capital equaled by few other countries.

Canada is officially bilingual in English and French, reflecting the country's history as ground once contested by two of Europe's great powers. The word Canada is derived from the Huron-Iroquois *kanata*, meaning a village or settlement. In the 16th century, French explorer Jacques Cartier used the name Canada to refer to the area around the settlement that is now Quebec city. Later, Canada was used as a synonym for New France, which, from 1534 to 1763, included all the French possessions along the St. Lawrence River and the Great Lakes. After the British conquest of New France, the name Quebec was sometimes used instead of Canada. The name Canada was fully restored after 1791, when Britain divided old Quebec into the provinces of Upper and Lower Canada.



Some updates/activities from the last month

1



Veterans Day Ceremony

Our community gathered on Veterans Day to honor residents and spouses who served in the Armed Forces. A moment of silence, accompanied by a moving TAPS performance, paid tribute to their courage and sacrifice.

2



BINGO

Our residents enjoy playing BINGO twice a week, where the game is taken seriously with everyone aiming to win prizes like ducks, treats, and quarters. It's a lively, fun-filled time that adds a little extra excitement to the week!

3



Quiz Show Competition

The Spark Challenge quiz show is turning out to be a tough event for the Lakers, but everyone is having a blast! Teams are studying hard and cheering each other on as they compete to some groovy beats. It's a fun, exciting challenge that keeps the energy high!

4



Daily Devotionals

Daily devotionals in Legacy Court are a crowd favorite among our residents. They enjoy coming together to pray, sing hymns, and discuss a variety of topics, fostering a sense of community and spiritual connection.



Whitefish Above and Beyond Award Recipient

Hannah is truly a shining star in our community! She consistently steps up to support the team, going above and beyond to ensure both residents and staff feel cared for and valued. No matter the task or challenge, Hannah always approaches it with a positive attitude, a warm smile, and a willingness to help wherever she's needed.

Her ability to make every interaction personable and heartfelt is one of her many gifts. Whether she's sharing a laugh, checking in to make sure everyone is having a good time, or simply being there for someone, Hannah has a way of brightening the day for everyone around her.

Thank you, Hannah, for your unwavering dedication, your kindness, and for being such an important part of our community. You make a difference every single day, and we're so grateful to have you on the team!



Spiritual Section

December, for a variety of reasons, brings many celebrations. It's a time for honoring traditions and for making new ones! What is something that you always do in December? Has that tradition changed in more recent years?

Celebrations are an important part of our shared rituals and routines. When we live together in community, we share one another's struggles, to be sure. And we also have the privilege of celebrating together! Since you've come to senior living, have you learned about any of your neighbors' favorite traditions or celebrations? You just might discover it a blessing to your spirit when you share celebrations. May this be a season of great purpose for you, and may you finish this year knowing the blessings of belonging in community.

Are there Health Benefits to Drinking Green Teas

Many health benefit claims have been made about green tea for centuries. Traditionally, in China and India, green tea was a medicine for controlling bleeding, aiding digestion, and regulating body temperature. In modern times, research has been able to demonstrate some of its health benefits more solidly than others.

Heart health:

One large study in Japan followed 40,000 adult participants over 11 years and showed that daily consumption of green tea was linked to a low risk of death from cardiovascular diseases. In particular, the study examined the link between polyphenols (antioxidants) in green tea and cardiovascular diseases. The minimum daily consumption required to see this benefit was 5 cups per day.



Diabetes:

Green tea can help regulate your blood sugar levels. It lowers your fasting blood sugar and your HbA1c when you have type 2 diabetes.

Stroke prevention:

Another large Japanese study, this one following more than 82,000 participants over 13 years, showed that higher consumption rates of green tea were associated with a reduced risk of stroke. Participants who drank 4 cups per day or more saw the highest benefit.

Benefits for your skin:

Studies show green tea may have anti-inflammatory and anticancer benefits that may help you have healthier skin. Their findings suggest skin products with green tea in them may be good for you. But more research is needed.

Weight loss:

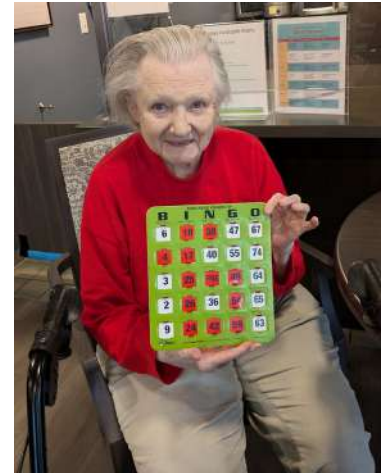
Some studies show that green tea and ginger may help with weight loss. In one study, weight loss capsules containing green tea, ginger, and capsaicin (the spicy component of chili peppers) were significantly more effective in promoting weight loss than a placebo.





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
As the weather changes and snow begins to fall, please remember that snow removal is essential to keep our sidewalks safe and accessible. If you notice any areas that need attention, please inform a staff member so we can address it promptly. Also, be mindful of slippery spots when walking outside. Your safety is our priority—let's work together to keep our pathways clear!

3



From the Marketing Director
What a wonderful tribute to our Veterans as we honored them and all who have served in our Military during our Veteran's Day event on November 11th! In addition to our staff providing a delicious lunch for the Fifty Lakes/Crosslake American Legion Color Guard beforehand, Moments Hospice was here to oversee the event and provide personalized certificates, hats and pins to our all our veterans. Quilts and knitted afghans, donated by the Homeless and Wounded Warriors of MN, were provided to the veterans and to spouses of veterans. The event ended with Richard Roberts playing "Taps" on the bugle, as a tribute to those who have died for their country. What a moving afternoon for everyone who was able to attend. A BIG "Thank you" to Katie for organizing it all!

4



From the Executive Director
December the 12th month of the year! How did the year go by so fast! December is an exciting month to celebrate, and we can all look forward to 2025!
December
D is for decorating
E is for beautiful evergreen trees
C is for Caroling with family and friends
E is for all if the excitement that December brings
M is for making memories and wishing you all a Merry Christmas
B is baking cookies
E is for enjoying time with family and friends
R is for Rudolph the Red Nose Reindeer
Happy Holidays Everyone



from the Nursing Director

As the days grow shorter and the temperatures drop, it's important to recognize that December is Seasonal Affective Depression (SAD) Awareness Month. This time of year, can be particularly challenging for many, as the lack of sunlight and colder weather can significantly impact our mood and overall well-being. What is Seasonal Affective Depression? Seasonal Affective Depression, often referred to as SAD, is a type of depression that occurs at a specific time of year, usually in the winter months.

Tips for Managing SAD

Maximize Sunlight Exposure: Try to spend time outdoors during daylight hours. Even a short walk can make a difference.

Light Therapy: Consider using a light therapy box, which mimics natural sunlight and can help alleviate symptoms.

Stay Active: Regular physical activity can boost your mood and energy levels.

Healthy Diet: Eating a balanced diet rich in fruits, vegetables, and whole grains can improve your overall well-being.

Stay Connected: Social interactions are crucial. Reach out to friends and family, or consider joining a support group.

Seek Professional Help: If your symptoms are severe, don't hesitate to consult a healthcare professional. Therapy and medication can be effective treatments.

If you know someone who might be struggling with SAD, here are a few ways you can offer support:

Listen: Sometimes, just being there to listen can make a big difference.

Encourage Professional Help: Gently suggest they seek help from a healthcare provider.

Stay Connected: Regular check-ins can help them feel less isolated.

Plan Activities: Invite them to join you for activities that can lift their spirits, like a walk in the park or a coffee date.

Remember, you are not alone. SAD is a common condition, and there are many resources and strategies available to help manage it. Let's support each other through the winter months and beyond.



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: Samm 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
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