



Important Dates

- 1/3 - Dementia Group**
- 1/8 - Made in Minnesota**
- 1/28 - Birthday Party**
- 1/14 - Tryathlon Kickoff**
- 1/15 - Resident Council**
- 1/20 - Celebration of Life**
- 1/21 - Welcome Meeting**
- 1/24 - Food Council**
- 1/28 - Birthday Party**
- 1/31 - Winter Wonder Ball**

Lunar New Year 2025: Year of the Snake

The Lunar New Year in 2025 welcomes the Year of the Snake, according to the Chinese lunar calendar. Celebrated by millions around the world, this holiday is a time for cultural traditions, family reunions, and hopes for good fortune in the coming year.

In 2025, Lunar New Year falls on January 29, marking the beginning of the 16-day Spring Festival. As we transition from the energetic and dynamic Year of the Dragon, the Snake brings a shift toward wisdom, intuition, and transformation—offering opportunities for personal growth and change.

Lunar New Year, also known as Chinese New Year or the Spring Festival, signals the start of a new zodiac cycle. The Chinese Zodiac operates on a 12-year cycle, with

each year represented by a different animal. The Snake, the sixth animal in this cycle, is known for its cleverness, calmness, and introspection.

According to Chinese mythology, the zodiac animals' order was decided by a Great Race hosted by the Jade Emperor. The strategic Snake cleverly coiled around the Horse's hoof, finishing just ahead of the Horse to claim sixth place.

For those born in a Snake year, 2025 is their Ben Ming Nian—a year believed to bring challenges due to a conflict with Tai Sui, the God of Age.

Embrace the Snake's energy in 2025, a year that invites reflection, wisdom, and transformation.

Dementia Corner: Information about change



What is Dementia?

Dementia is a broad term used to describe a decline in cognitive function severe enough to interfere with daily life and activities. Rather than being a single disease, dementia encompasses a collection of symptoms resulting from various conditions that affect the brain. It primarily impacts memory, thinking, reasoning, and social abilities. People with dementia often experience challenges with memory, language, problem-solving, and perception. As the condition progresses, it can also affect behavior, emotions, and a person's ability to perform basic tasks.

The most common cause of dementia is Alzheimer's disease, which accounts for 60-80% of cases. However, other types of dementia exist, including vascular dementia, Lewy body dementia, and frontotemporal dementia. Some causes of dementia, such as vitamin deficiencies or medication interactions, can be reversible. However, many types are progressive and incurable.

Dementia is marked by a range of symptoms that impact memory, thinking, and behavior, and these symptoms typically worsen over time. Early signs may include memory loss, particularly regarding recent events, conversations, or familiar names and places. Individuals with dementia might have difficulty with language, such as finding the right words or following conversations. They may also struggle with problem-solving and decision-making. As the condition advances, changes in personality and mood become common, leading to confusion, irritability, or apathy. Disorientation and difficulty in navigating familiar places often occur, along with struggles in managing routine tasks, such as handling finances or cooking. Ultimately, these symptoms significantly impact daily life, reducing a person's ability to live independently as the disease progresses.



Happy Birthday!!!

- 1/7 Marvel Fisher
- 1/16 Jim Goulet
- 1/16 Annabelle Ess
- 1/17 Dorothy Schmidt
- 1/23 Harley Eggen
- 1/28 Robin Prigge

Traveling History; here is some information on Seattle, WA

Seattle, perched on the southeastern shore of Puget Sound, is a city defined by its natural beauty and vibrant history. The waterfront, shaped by the Duwamish River and smaller streams, features a mix of industrial channels and coastal lowlands. Early 20th-century projects carved the city's distinctive landscape of rolling hills and steep ridges. Flanked by the Olympic Mountains to the west and the Cascades to the east, Seattle enjoys a temperate climate with cool summers (highs around 75°F/24°C) and mild winters (highs near 48°F/8°C). Freezing temperatures are rare, occurring just 10–15 days annually.



The city's roots trace back to Pioneer Square, its oldest neighborhood and now a historic district. Once residential, its redbrick buildings now host art galleries, restaurants, and boutique shops. This area is home to Yesler Way, or "Skid Road," where logs were once sent downhill to a waterfront sawmill. Towering over the square is the 42-story Smith Tower, which became the tallest building in the American West upon completion in 1914.

Seattle thrives as a cultural hub, known for its diversity, dedication to the arts, and status as a regional economic powerhouse. Its coffee culture is legendary—Seattleites consume more coffee per capita than anywhere else in the U.S. Iconic brands like Starbucks originated here, alongside countless independent cafes. The city's cloudy, drizzly weather is said to have fueled this obsession, with cozy coffeehouses offering a warm retreat from the damp.

Whether exploring historic streets, enjoying arts and culture, or sipping world-class coffee, Seattle blends charm, creativity, and natural beauty into an unforgettable destination.



Some updates/activities from the last month

1



1st & 2nd Graders Blessings

Mr. Cutkay's class from Crosslake Community School visited Legacy Court to share handmade blankets and handwritten letters with our residents. Mr. Cutkay read *The Quiltmaker's Gift* before presenting each gift to the residents, creating a heartfelt and emotional experience filled with pride.

2



Legacy Court Christmas Gifting

This is our third year adopting a Legacy Court senior. Staff members adopt a resident, purchase gifts, and deliver them on Christmas Day. We hope to see this program grow!

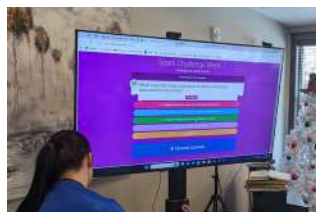
3



Holiday Party with Santa & Cookies

Santa paid us a visit during our celebration, spreading holiday cheer with his "ho ho hos" and a merry Christmas! Everyone enjoyed singing, dancing to holiday classics, and savoring homemade cookies from staff and residents.

4



Lakers Finish Strong This Season!

This season, the Lakers placed 6th in the division—a fantastic achievement! Our last event against the Highland Flyers was a blast. We pumped nearly 20 gallons in just 10 minutes and scored an impressive 170 out of 180 on the quiz. Our athletes dedicated countless hours to studying, reviewing books, articles, notes from our weekly deep dives, and competition rulebooks. Their hard work and determination paid off, making this season one to remember. Great job, Lakers! Let's keep that momentum going!



Whitefish Above and Beyond Award Recipient

This year, we are thrilled to present the Whitefish Above and Beyond Award to none other than Kate S. from Community Life!

Kate, you've consistently gone above and beyond for our residents and teammates, bringing innovative ideas and boundless energy to make every day brighter. Since day one, you've been a true shining star, and we know your light will continue to inspire and uplift everyone around you. We are beyond grateful for the love, charisma, and dedication you bring to the team, the environment, and most importantly, the residents. Thank you for everything you do—you make a difference every single day! Let's all celebrate Kate's incredible contributions and cheer her on as she continues to shine!

Special Reading by Kate

On 12/22/24, during our daily devotionals, Kate shared a heartfelt reading that deeply resonated with our residents. The message was impactful and relatable, exemplifying the care and thoughtfulness she brings to everything she does. We're honored to share this meaningful piece with you all as a reflection of Kate's enduring commitment to our community.

Late-in-Life Friends

These are not the friends who swapped campfire stories and ate s'mores with me. They are not the ones whose kids' played hide-and-seek with mine on black-velvet nights. In fact, You won't discover them until the last few chapters of my life story. They are late-in-life friends whose paths have crisscrossed with mine here at the senior center. They have their own stories, their own souvenirs, their own friends from the past. But all of us need late-in-life friends to come alongside as we complete the journey. O Lord, keep me from staying holed up in my room, using it as a self-imposed prison. Don't let me shut the door on new relationships. Nudge me to come out and be a late-in-life friend.

Psalm 10:16-17

Romans 1:11-12

Spiritual Section



John Wesley, a faith leader in eighteenth century England and co-founder of the Methodist movement, was known for beginning each year with a covenant renewal ritual. The idea behind this annual renewal was to use the transition from year to year as a time check in with one's own spirit, to renew one's faith, and to evaluate and re-commit to one's values and consider how to live them out in the year ahead. If you were creating your own renewal ritual for this new year, 2025, what would you include? What do you believe in? What do you value? Is there anything from 2024 that you need to release so that your spirit can be at peace? What will ground you in the year ahead? How can the people around you in this community support and encourage you in being the person you choose to be...and how can you support your neighbors in the same way? May this month of January be for each of us another moment where we can begin, become, and believe! Happy new year!

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The Benefits Of Pilates For Seniors

Pilates is a low-impact exercise method that was developed in the early 20th century by Joseph Pilates. Known for its focus on improving core strength, flexibility, and posture, Pilates has gained popularity among people of all ages. For seniors, in particular, it offers numerous health and wellness benefits, supporting an active and independent lifestyle. Because Pilates exercises emphasize controlled movements, proper alignment, and breath control, they are gentle on the body while delivering noticeable results.

1. Improved Posture
2. Increased Flexibility
3. Enhanced Balance and Coordination
4. Strengthened Muscles



In addition to these core advantages, Pilates also supports mental well-being. The emphasis on breath control, mindfulness, and relaxation can reduce stress, improve focus, and foster a sense of calm. Group Pilates classes can also offer a social component, helping seniors stay connected with peers and enjoy a sense of community.

Seniors interested in starting Pilates should consult with their healthcare provider to ensure it's a suitable activity for their fitness level and health conditions. It's best to begin with classes designed for older adults or one-on-one sessions with a certified Pilates instructor. Many exercises can be modified to accommodate individual needs and limitations, making Pilates an accessible and beneficial practice for seniors at any fitness level.

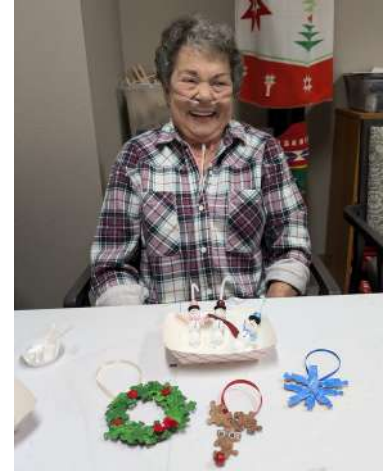
By incorporating Pilates into their regular routine, seniors can enjoy better posture, greater flexibility, improved balance, and stronger muscles—all key elements for maintaining health, independence, and quality of life.





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

We invite you to join us for our monthly Food Council meetings to discuss recent menu changes and share your feedback. Meetings are held on the fourth Friday of each month at 2:00 PM in the Bistro. Your input helps shape our dining experience, and we look forward to hearing your thoughts!

2



From the Maintenance Director

Just a friendly reminder; Please close garage door when you pass underneath, it's cold outside so we would like to save as much energy as we can.

Update on Peggy; she is recouping fine and she misses everybody. She says hi to all of you.

3



From the Marketing Director

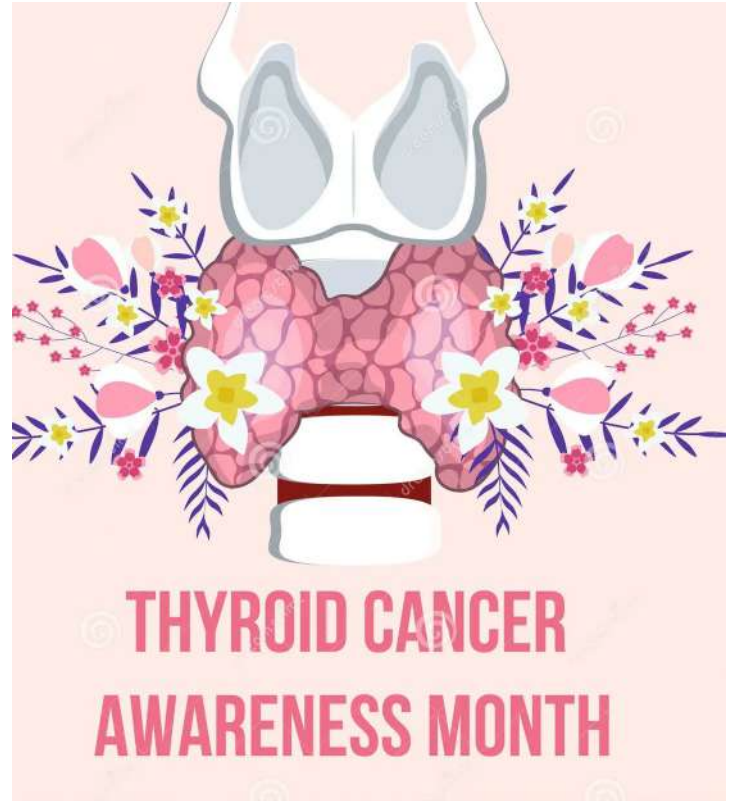
HAPPY 2025!!!!
Whew- I'm always relieved when the Holidays are over and everything goes back to "normal". Not sure if other's agree, but the hustle and bustle and baking and shopping and decorating and entertaining are fun but also exhausting, as well as expensive! Now it's time to think of things to do to get through winter, like joining in the many activities we have here at Whitefish at the Lakes. We have an AWESOME Activities staff, and they are here to make sure you are as involved as you want to be in the various activities and entertainment they've planned. Whether it's the book club, crafting, happy hours or devotionals, bingo, card games or movie nights, and more--there is so much to do!
I love telling the story of shortly after Wayne H. moved in. He asked me, "What time is coffee club?" and I replied, "What coffee club?" He said, "We need to start a Coffee Club!" That's how it started! Coffee Club every morning at 9am with coffee, fruit and pastries in the Bistro
If there is something you are interested in or an activity you would like us to do, let's find out if we can get it going!

4



From the Executive Director

Happy 2025 Whitefish Community!
January is National Soup Month. What a great month to celebrate all of the amazing soup recipes out there. Soups not only warm us up on cold winter days, but they fulfill our need for nutrients. A cup of soup full of vegetables, minerals and oils replenishes the energy lost. Chicken noodle soup is known for its healing properties, as well. What better way to stay healthy than to eat a bountiful bowl of chicken tortilla or tomato soup? Soup is On!



from the Nursing Director

January marks Thyroid Awareness Month, a time dedicated to raising awareness about thyroid health and the importance of early detection and treatment of thyroid diseases. The thyroid, a small butterfly-shaped gland located in the lower neck, plays a crucial role in regulating the body's metabolism, heart function, body temperature, and more¹.

Why is Thyroid Awareness Important?

Thyroid diseases, such as hypothyroidism and hyperthyroidism, affect millions of people worldwide. In the United States alone, over 20 million people are living with thyroid disease, and more than half are unaware of their condition¹. Symptoms can be wide-ranging and non-specific, making early detection challenging but essential for effective management.

Key Points to Remember:

Thyroid Function: The thyroid produces hormones that influence every cell, tissue, and organ in the body. It regulates metabolism, heart rate, and body temperature¹.

Common Disorders: Hypothyroidism (underactive thyroid) and hyperthyroidism (overactive thyroid) are the most common thyroid disorders. Both conditions are treatable with proper medical care¹.

Symptoms: Symptoms of thyroid disease can include fatigue, weight changes, mood swings, and more. Awareness of these symptoms can lead to early diagnosis and treatment¹.

Screening and Testing: Simple blood tests can help detect thyroid issues before symptoms become severe. Regular check-ups are encouraged, especially if you have a family history of thyroid disease¹.

How to Participate:

Educate Yourself and Others: Learn about thyroid health and share information with friends and family.

Get Screened: If you experience symptoms or have a family history of thyroid disease, talk to your healthcare provider about getting tested.

Support Research: Consider donating to organizations that fund thyroid research and support those affected by thyroid diseases.

By spreading awareness and encouraging early detection, we can help improve the lives of those affected by thyroid disease. Let's make January a month of education, support, and proactive health management.



Whitefish at the Lakes Shift Leads

Day Shift Leads:

Joanna Richards

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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