



Important Dates

2/4 - Happy 5th Birthday

Whitefish

2/5 - Made in Minnesota

2/6 - Lifelong Learning

2/11 - Valentine Social

2/14 - Dementia Group

2/14 - Valentine's Day

2/18 - Welcome Meeting

2/19 - Resident Council

2/25 - Birthday Party

2/28 - Food Council

Valentine's Day

Valentine's Day is a celebration of love and affection that transcends borders, ages, and cultures. Observed on February 14th each year, it is a day dedicated to expressing feelings of love and appreciation to significant others, family, friends, and even oneself. Whether you're a hopeless romantic, a pragmatic partner, or a self-care advocate, Valentine's Day offers opportunities to spread joy and celebrate relationships.

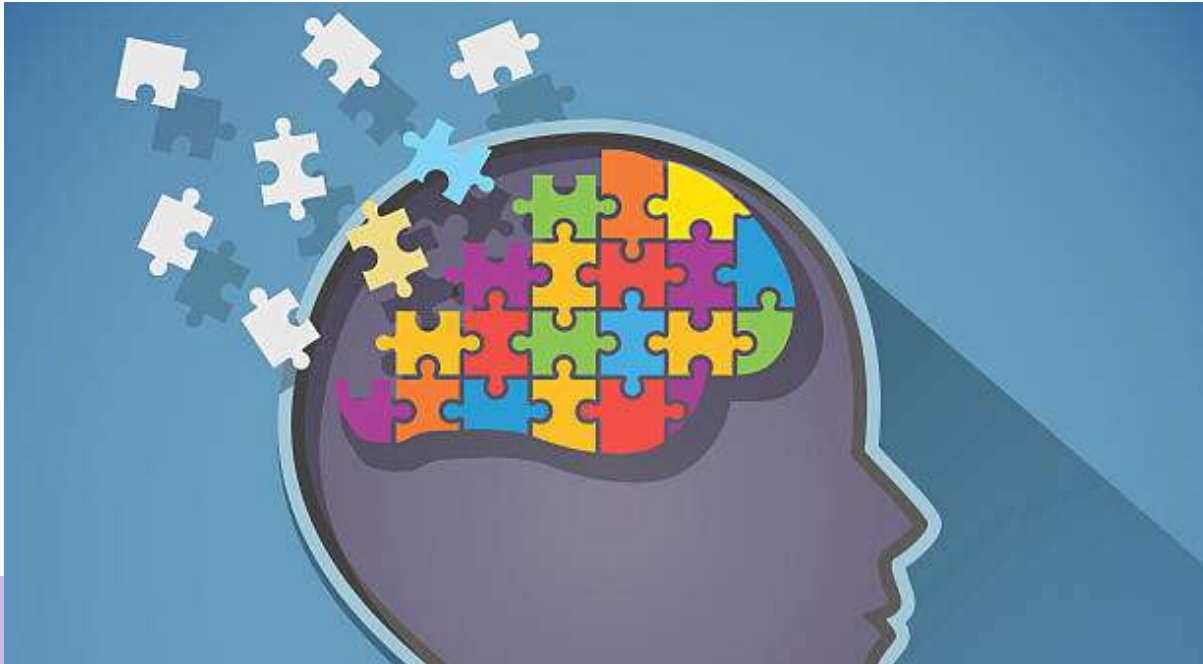
The origins of Valentine's Day are rooted in ancient Roman traditions. The holiday is named after Saint Valentine, a priest who is said to have performed secret marriages during a time when Emperor Claudius II forbade them. Valentine's defiance of the emperor's orders and his dedication to love led to his martyrdom and subsequent sainthood. Over centuries, Valentine's Day

evolved, blending Christian and Roman traditions before becoming the modern celebration of love we know today, on wisdom, and transformation.

Valentine's Day is celebrated differently across the globe, reflecting cultural nuances and traditions. In Japan, women gift chocolates to men, with the favor returned a month later on White Day. In Finland and Estonia, February 14th is "Friend's Day," focusing on celebrating friendships rather than romantic relationships. Meanwhile, in Italy, couples lock padlocks on bridges as a symbol of their eternal love. These diverse expressions underscore the universal appeal of love and connection.

At its core, Valentine's Day is about cherishing connections and spreading love. It's a reminder to take a moment to express gratitude for the people who make our lives meaningful. Whether through grand gestures or simple acts of kindness, this day is a beautiful opportunity to celebrate love in all its forms.

Dementia Corner: Understanding the Different Types of Dementia



Dementia is a term used to describe a group of symptoms affecting memory, thinking, and social abilities severely enough to interfere with daily life. It is not a specific disease but rather a general term for the impaired ability to remember, think, or make decisions that impact daily activities. While Alzheimer's disease is the most common cause of dementia, there are several other types, each with its own set of symptoms and underlying causes. This article explores the various types of dementia to promote understanding and awareness.

1. Alzheimer's Disease
2. Vascular Dementia
3. Lewy Body Dementia (LBD)
4. Frontotemporal Dementia (FTD)
5. Mixed Dementia
6. Parkinson's Disease Dementia
7. Other Types

Other less common types of dementia include:

- Creutzfeldt-Jakob Disease (CJD): A rare and rapidly progressing condition caused by prion proteins.
- Huntington's Disease: A genetic disorder that causes progressive brain degeneration.
- Wernicke-Korsakoff Syndrome: Associated with severe thiamine deficiency, often due to chronic alcohol misuse.

Understanding the different types of dementia is essential for early diagnosis and appropriate care. While there is no one-size-fits-all treatment, a combination of medical interventions, lifestyle changes, and support systems can significantly improve the quality of life for individuals and their families.

Dementia is a complex and multifaceted condition, but increased awareness can lead to better outcomes through early intervention and tailored care. If you or a loved one are experiencing symptoms, consult a healthcare professional for guidance and support.



Happy Birthday!!!

2/1 Ardis Haglin

2/2 Rory Raymond

2/13 Judith Laudise

2/15 Stephen Roe

2/20 Lois Gibbs

2/1 Sharon Duncan

2/7 Robert Ryan

2/14 Margaret Ryan

2/16 Judith Engen

2/22 Douglas Fahey

Traveling History; Paris: The Timeless City of Light

Paris, the enchanting capital of France, effortlessly combines history, art, and romance. Its iconic landmarks, such as the Eiffel Tower, Notre-Dame Cathedral, and the majestic Arc de Triomphe, are symbols of timeless elegance. Walking along the Seine River, you'll encounter charming bridges, bookstalls, and views that inspire poets and painters alike.

For art lovers, the Louvre houses masterpieces like The Mona Lisa, while

the Musée d'Orsay showcases impressionist treasures. Parisian cuisine is an experience in itself—indulge in buttery croissants at a quaint café or savor world-class dishes at a Michelin-starred restaurant.

The city's neighborhoods, or arrondissements, each tell their own story. Stroll through Montmartre for bohemian vibes, visit the Marais for boutique shopping, or relax in the lush gardens of Luxembourg. By night, Paris transforms, its streets glowing under twinkling lights, embodying its nickname, "The City of Light."

Whether you're exploring its cobblestone streets or marveling at its architectural wonders, Paris promises memories as enduring as its charm. Bon voyage!



Some updates/activities from the last month

1



Goodies with Gals

Join our women's club, Goodies with Gals, for a fun and flavorful gathering with Community Life! This month, we'll enjoy a special treat—Patty's homemade lemon shortbread cookies. Come for the goodies, stay for the great company and conversation.

2



Pies with Guys

Our Men's Club is all about pie, great conversations, and a side of classic dad jokes! This month, we treated ourselves to Lemon Meringue pie, blueberry pie, and vanilla ice cream. It was a delightful afternoon of good company, sweet treats, and simple, meaningful chats!

3



Celebration of Life

We gathered to honor and celebrate the lives of our residents who passed in the past year. This heartfelt event was made special by the support and involvement of our residents. We are deeply grateful for the opportunity to share this meaningful time together.

4



Annual Winter Wonder Ball

Our Annual Winter Wonder Ball is always a night to remember, filled with delicious food, great company, and Tami Lou's fantastic DJ music. Unfortunately, due to unexpected circumstances, we had to cancel and postpone this year's event. Stay tuned for updates—we look forward to celebrating with you soon!



Whitefish Above and Beyond Award Recipient

We are thrilled to take a moment to celebrate Merissa and all the incredible qualities she brings to our team! Her unwavering dedication and contagious positivity truly set her apart, making her an invaluable part of our community. Merissa is the kind of person who not only shows up but shows up ready to make a difference in the lives of everyone she encounters.

From providing exceptional care to our residents with compassion and kindness to stepping in to support other departments whenever needed, Merissa exemplifies teamwork and commitment. She is the kind of colleague who listens with empathy, lends a helping hand without hesitation, and juggles multiple responsibilities with grace and professionalism.

You'll often see her working tirelessly every other weekend, and she frequently picks up shifts during the week, going above and beyond to ensure everything runs smoothly. No matter the day, Merissa radiates energy and enthusiasm, greeting everyone with her warm smile and uplifting spirit.

Merissa, your kindness, creativity, and tireless efforts inspire all of us. Thank you for all that you do to make our community feel like home—your impact is felt every single day, and we are so lucky to have you on our team!



Spiritual Section

My life has been the poem I would have writ; But I could not both live and utter it.
-Henry David Thoreau

We have come around again to the month of valentines and hearts, flowers and chocolates and sentimental sayings. We share words of love with others, and perhaps we also feel grief when remembering those loves we've lost. This year, consider offering some words of love to yourself. If your life, like Thoreau's were a poem, what words would it include? What parts of you would it celebrate? Have you persevered through a challenge? Survived a heartbreak? Risen to a challenge? What words would you use to describe what is most lovable about you? How would you put into words the arc of your life? Poems don't have to rhyme, and they don't even have to be long. Try writing a short love poem to yourself this month. And if you're feeling brave, find someone to share it with! Love grows when we share it with others.

Centennial Wisdom: Celebrating Three Residents Over 100 Years Old

Our facility holds a remarkable secret—three of our residents have achieved the incredible milestone of living over 100 years! Meet Jack, Irene, and Shirley K., whose life stories and words of wisdom are both inspiring and enlightening.

Jack, a proud veteran and retired cable splicer, recalls his greatest achievement as becoming the top cable splicer for a telephone company in 1950. He fondly remembers a slower-paced life when streetcars in Minneapolis cost just a dime. Cribbage remains his favorite pastime, a skill he humorously credits to skipping school in kindergarten. While he modestly claims not to know the secret to a long life, his advice is simple: "Stay out of trouble."

Irene spent 30 years as a dedicated nurse in Walker, Minnesota, a career she treasures as her proudest accomplishment. She vividly remembers two defining moments in history: the assassination of JFK and the 9/11 attacks. Her advice for younger generations is clear and straightforward: "Keep working and take care of yourself." She credits this mindset as her key to longevity.

Shirley, at an impressive 102 years old, cherishes raising her son and daughter as her greatest achievement. She, too, remembers 9/11 and often finds herself looking to the sky when planes fly overhead. Shirley's hobbies include crocheting prayer shawls, blankets, and other heartfelt gifts for loved ones. Her timeless advice: "Love one another, no matter who they are," and her secret to long life is equally thoughtful: "Take today as it is, and don't criticize others—just be kind."

These centenarians are living testaments to resilience, kindness, and the value of embracing life's journey. Their stories remind us that every day is a gift, and a little wisdom can go a long way.

Whitefish at the Lakes





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

Due to the building's design and recent fire safety education, all hallway doors without magnetized doorstops must remain closed to ensure fire prevention. These doors serve as essential fire safety barriers and should not be propped open, including apartment doors and common area doors.

3



From the Marketing Director

Happy Birthday to Whitefish at the Lakes! It's crazy that 5 years ago, February of 2020, we welcomed our first residents. It was an interesting, to say the least, first year with the on-set of Covid coming just a month after we opened. We are blessed to still have the following "Founding Members", as we called the first 25 apartments filled: Ralph Taylor (our very first resident along with his late wife, Carole), Jeff Swenson, Maggie/Bob Ryan, Ardie/Wayne Haglin. We've come along way since then and look forward to all that's ahead—thank you for joining us here- we appreciate all of you!

4



From the Executive Director

Random Acts of Kindness Day is observed on February 17th each year. It provides an opportunity for people worldwide to come together and make the world a better place through their thoughtful actions.

1. Gift a Book: Share a favorite book with someone, passing on the joy of reading.
2. Share a Recipe: Pass on a cherished family recipe to a younger generation or a neighbor.
3. Compliment Freely: Offer genuine compliments to those around, brightening their day.
4. Donate to Charity: Make a small donation to a favorite charity or cause, making a difference in someone's life.

Let's challenge each other on this day to create kindness, gratitude and thankfulness.



from the Nursing Director

As we step into February, we celebrate Heart Month, a time dedicated to raising awareness about heart health and the importance of taking care of our hearts. Our hearts work tirelessly for us every day, and it's essential to give them the attention they deserve. Here are some tips and activities to help us all maintain a healthy heart.

1. Eat Heart-Healthy Foods

A balanced diet is crucial for heart health. Incorporate plenty of fruits, vegetables, whole grains, and lean proteins into your meals. Foods rich in omega-3 fatty acids, such as salmon and walnuts, are particularly beneficial. Let's enjoy some delicious and nutritious meals together in our dining hall this month!

2. Stay Active

Regular physical activity helps keep our hearts strong. Join us for our daily exercise classes, whether it's gentle yoga, walking, or chair exercises. Every little bit of movement counts and can make a big difference.

3. Manage Stress

Stress can take a toll on our hearts. Take time to relax and engage in activities that bring you joy. Whether it's reading a book, listening to music, or spending time with friends, finding ways to unwind is essential.

4. Monitor Your Health

Keep track of your blood pressure, cholesterol levels, and other vital signs. Our nursing staff is here to help you with regular check-ups and to answer any questions you may have about your heart health.

5. Stay Connected

Social connections are vital for our overall well-being. Participate in our community events and activities to stay engaged and connected with your fellow residents. A strong support system can positively impact your heart health.

Upcoming Events

Heart-Healthy Cooking Class: Learn how to prepare delicious meals that are good for your heart.

Walking Club: Join us for a stroll around the garden every morning.

Stress Management Workshop: Discover techniques to manage stress and improve your heart health.

Let's make February a month of heart-healthy choices and activities. Together, we can support each other in maintaining a healthy heart and enjoying a vibrant life.

Wishing you all a happy and healthy Heart Month!

Whitefish at the Lakes Shift Leads



Day Shift Leads:

Joanna Richards & Pam Boomgarden

Afternoon Shift Leads:

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

Marketing Director: Linda Pfaff

Maintenance Director: Dave Cameron

Culinary Director: Kathy Thomas

Administrative Assistant: Luz Wanstall

Community Life Director: Katie White

Nurses: Bobbi Richards, Merissa Durbin, & Heather Webster



Get in
touch

Contact Us

(218) 210-0770

Katie.White@lifesparksl.com

www.whitefishatthelakes.com

Our Location

35625 Ostlund Ave

Crosslake, Minnesota,

56442