



Important Dates

- 3/6 - Lifelong Learning**
- 3/14 - Dementia Group**
- 3/15 - St. Patty's Day Parade**
- 3/17 - St. Patricks Day Social**
- 3/18 - Welcome Meeting**
- 3/19 - Resident Council**
- 3/25 - Birthday Party**
- 3/28 - Food Council**

Celebrating St. Patrick's Day

St. Patrick's Day, celebrated on March 17th, honors St. Patrick, the patron saint of Ireland who brought Christianity to the Irish people. Originating as a solemn religious occasion, it has evolved into a global celebration of Irish culture, complete with parades, music, and plenty of green. Born in Roman Britain, St. Patrick was kidnapped at 16 and brought to Ireland as a slave. After escaping, he returned as a missionary, using the shamrock to explain the Holy Trinity. By his death on March 17th, 461 AD, he had left a lasting legacy. The holiday became more festive in the United States in the 18th century, thanks to Irish immigrants who introduced parades and public celebrations.

Today, St. Patrick's Day celebrates all things Irish with:

Wearing Green: A nod to Irish folklore, it's said to ward off leprechauns.

Parades: Cities like Dublin, New York, and Chicago host vibrant parades.

Food and Drink: Corned beef, soda bread, and Irish beers are staples.

Green Rivers: Chicago dyes its river green annually, attracting crowds.

Celebrate with crafts, baking, treasure hunts, or sharing Irish legends. These activities bring the spirit of the holiday to all ages.

St. Patrick's Day unites people worldwide. Iconic landmarks, like the Sydney Opera House and Eiffel Tower, are illuminated in green during the "Global Greening" initiative.

Whether attending a parade or sharing a traditional meal, St. Patrick's Day celebrates history, culture, and community. Embrace the festivities this March 17th and toast to good health. Sláinte!

Dementia Corner: Alzheimer's Dementia



Alzheimer's dementia, the most common form of dementia, accounts for 60-80% of cases and is a progressive neurological condition that significantly impacts memory, thinking, and behavior. It develops due to the accumulation of amyloid plaques and tau tangles in the brain, which disrupt neuronal communication and lead to cell death. Symptoms often begin subtly, with early-stage issues like forgetting recent events, difficulty finding words, and minor disorganization. As the disease progresses, individuals experience heightened confusion, disorientation, challenges with problem-solving, and difficulty recognizing loved ones. In its late stages, Alzheimer's can cause severe memory loss, loss of physical abilities, and an inability to communicate effectively.

Several factors contribute to the risk of Alzheimer's, including genetic predispositions like the APOE-ε4 gene and lifestyle influences such as cardiovascular health, physical inactivity, and diet. Diagnosis typically involves a thorough assessment of medical history, cognitive tests, brain imaging, and biomarker analysis to confirm the presence of the disease. Though there is no cure, various treatments help manage symptoms and improve quality of life. Medications like cholinesterase inhibitors and memantine can slow cognitive decline, while lifestyle interventions, including regular exercise, mental stimulation, and social engagement, support overall well-being.

Caregiving for someone with Alzheimer's poses significant challenges, making caregiver support vital. Resources such as support groups, respite care, and educational programs offer practical help and emotional relief. Ongoing research into early detection methods, prevention strategies, and innovative treatments continues to provide hope. Advances in understanding Alzheimer's may one day lead to breakthroughs that transform the lives of those affected by this devastating disease.



Happy Birthday!!!

3/3 John Mitchell

3/8 Vonnie Taylor

3/12 Dale Blosberg

3/18 Gregory Reichelt

3/4 Judith Kidder

3/10 Dennis Taylor

3/18 Helen Skare

Traveling History; The Nile River: Egypt's Timeless Lifeline

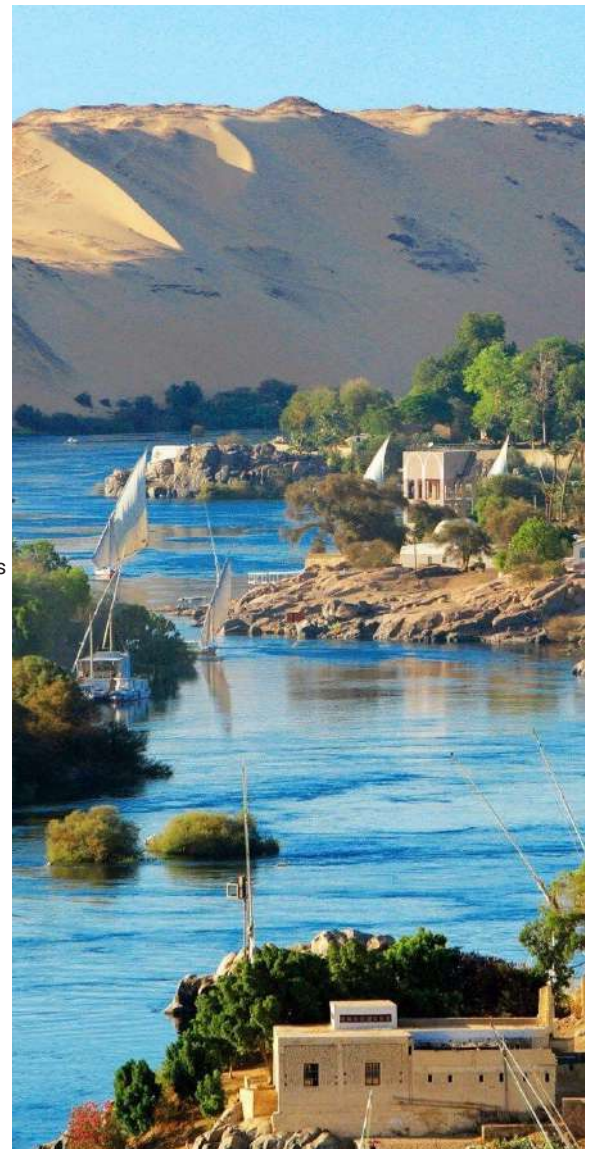
The Nile River is more than just a body of water—it's the heart of Egypt, flowing through history, culture, and breathtaking landscapes. Stretching over 4,100 miles from East Africa to the Mediterranean Sea, it is the longest river in the world and has sustained Egyptian civilization for thousands of years. From the time of the pharaohs to the present day, the Nile remains a source of life, inspiration, and adventure.

One of the best ways to experience the Nile is by taking a cruise, offering a front-row seat to some of Egypt's most iconic landmarks. As

you sail between Luxor and Aswan, you'll pass by ancient wonders like the Karnak and Luxor Temples, the grand tombs of the Valley of the Kings, and the mesmerizing Abu Simbel. Traditional feluccas, wooden sailboats powered by the wind, provide a more intimate way to explore the river, allowing travelers to soak in the peaceful atmosphere and admire the lush green fields that line its banks.

Beyond its historical significance, the Nile is a haven for nature lovers. Its waters attract a variety of wildlife, from majestic herons and kingfishers to the occasional Nile crocodile. At sunset, the river transforms into a golden ribbon, reflecting the fiery hues of the sky—a sight that leaves visitors in awe.

A journey along the Nile is not just a trip through Egypt; it's a voyage through time. Whether marveling at the grandeur of ancient temples, drifting on a felucca, or simply watching daily life unfold along its shores, the Nile offers an experience unlike any other—a timeless adventure through the heart of history.



Some updates/activities from the last month

1



Whitefish Lakers at the Tryathlon

The Lakers are showing up strong, crushing goals, and having a blast! We've already surpassed one milestone and are closing in on the next, with an impressive 20.9 miles across three events—including a 10-mile standout performance! The energy is high, the competition is fierce, and the fun never stops. Catch us in action on Tuesdays and Thursdays for some loud, rowdy excitement! Let's keep pushing, Lakers!

2



Music with Gary & Kelsi

This past month, we had the pleasure of welcoming Kelsi and Gary for a special performance, and what a treat it was! Their beautiful harmonies, fun banter, and infectious energy brought so many smiles to our residents. Listening to them sing classic tunes was truly a timeless experience, filling the room with joy and nostalgia. We can't wait to have them back again for more music, laughter, and unforgettable moments!

3



Crowning Whitefish King & Queen

We are thrilled to crown Denny and Vonnie as our 2025 Whitefish King and Queen! A huge thank you to Bob and Maggie for passing down the crowns—Denny and Vonnie wear them with pride and excitement. Be sure to cheer them on in the St. Patty's Day Parade, where they'll have a special seat on the bus for a new perspective of the infamous Crosslake parade!

4



Valentine's Ball

Our Valentine's Day Ball was nothing short of spectacular! With this being our highest attended event in history, it was an occasion worth celebrating. Taking the place of our traditional Winter Wonder Ball, the evening was filled with great music from Tami Lu's DJ, delicious appetizers, specialty drinks, and a whole lot of fun. The highlight of the night? Our very own Sarah from the Culinary Crew wowed the crowd with karaoke, while Jeff and Renee brought the house down with their dance moves, adding a personal touch to the event that everyone loved. It was truly an unforgettable night of joy, laughter, and community spirit!



Whitefish Above and Beyond Award Recipient

This March, we are proud to honor Maddy as the recipient of the Whitefish Above & Beyond Award! Maddy's dedication, enthusiasm, and kindness make her an invaluable part of our team, and we couldn't be more excited to recognize her hard work.

Maddy is known for her caring nature and uplifting presence. She brings a contagious smile and cheerful attitude to every shift, making a positive impact on both her teammates and our residents. No matter the task at hand, she remains motivated and engaged, ensuring that each day runs smoothly and that everyone feels supported.

One of Maddy's greatest strengths is her commitment to teamwork. She consistently advocates for her colleagues, stepping up to help whenever needed. Whether it's picking up extra shifts or staying additional hours, she goes above and beyond to ensure her team is supported. Her willingness to adapt and assist in different areas of the building showcases her flexibility and dedication.

Maddy's presence is truly felt throughout our community, especially in the second half of the day, where she can often be found lending a helping hand wherever it's needed most. Her dedication to both residents and fellow staff members embodies the spirit of the Whitefish Above & Beyond Award.

Thank you, Maddy, for your hard work, positivity, and unwavering commitment! We appreciate everything you do to make our community a better place.



Spiritual Section

“A quiet conscience makes one strong!” – Anne Frank

One of the three components of resilience, according to the Spark Model, is strength. Often, we think of strength as being big, loud, and commanding. Sometimes it is! And other times, strength is found in the quiet people and places, in doing the right thing day after day. Strength is seen in persistence when facing challenges and in perseverance through troubling times. Throughout our lives, as we collect experiences and come to understand the world in bigger, broader ways, we develop strength of conscience. In elderhood, we have the unique benefit of a lifetime of building this strength. May we seek opportunities to share this strength by building community, encouraging others, and choosing to do the right thing with each new day.

What is a Resident Council and Why is it Important?

A Resident Council is a group of community members who represent and advocate for residents, organize activities, and communicate with management. They play a vital role in ensuring concerns are heard, needs are met, and the overall living experience is enhanced.

Key Roles

Advocacy: Addressing resident concerns, voicing suggestions for improvement, and ensuring fair policies are upheld.

Community Engagement: Organizing social, recreational, and educational activities to build a sense of belonging and camaraderie.

Liaison with Management: Facilitating communication between residents and facility administrators to promote transparency and responsiveness.

Problem-Solving: Identifying and addressing common challenges such as maintenance issues, meal planning, and service enhancements.

Importance

Resident Councils empower individuals by giving them a voice in decision-making, fostering collaboration, and strengthening community relationships. They contribute to a more engaged, satisfied, and harmonious living environment. Additionally, they provide administrators with valuable insights that lead to improved services and a more responsive management approach, ensuring a better quality of life for all residents.



Your
Voice
Matters





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

Our team conducts daily checks to ensure sidewalks are clear and safe. For your safety and to prevent injury, we kindly ask that residents do not shovel or salt the sidewalks. We partner with a property management company to maintain accessibility, and our staff is dedicated to keeping walkways clear.

3



From the Marketing Director

It's that time of year again! The famous Crosslake St. Patrick's Day parade is almost here! Mark your calendars for Saturday, March 15th. This year the parade will start an hour earlier than previous years. Start time will be 1pm, so if you plan to ride the bus, be sure to sign up in the Bistro. All information on when the bus will leave and estimated return time will be posted so join in the fun and remember EVERYONE is Irish for the day!!!!

4



From the Executive Director

March is the month that encourages you to make up your own Holiday. If you could make up one Holiday what Holiday would you create and celebrate? Let's Vote for a special holiday for Whitefish. Share your ideas with us so we can create a Whitefish Holiday in March to celebrate. Happy Voting!

MARCH IS NATIONAL

KIDNEY

AWARENESS MONTH



from the Nursing Director

Kidney Health Awareness Newsletter

Dear Residents,

This month, we are focusing on the importance of kidney health and how we can prevent kidney disease. Our kidneys play a crucial role in keeping our bodies healthy by filtering waste and extra fluids from our blood. Here are some key points to help you understand and take care of your kidneys:

Why Kidney Health Matters

Your kidneys filter all of your blood up to 25 times a day, removing waste and extra fluids. They also help regulate blood pressure, produce red blood cells, and maintain healthy bones

1. Keeping your kidneys healthy is essential for your overall well-being.

Tips for Maintaining Kidney Health.

Stay Active: Regular exercise can lower the risk of chronic kidney disease and improve heart health.

Eat a Balanced Diet: Choose fresh fruits, vegetables, whole grains, and low-fat dairy products. Limit salt and added sugars

Monitor Blood Pressure: High blood pressure can damage your kidneys. Aim for a healthy blood pressure reading of 120/80.

Manage Blood Sugar: If you have diabetes, keep your blood sugar levels under control to prevent kidney damage.

Stay Hydrated: Drink plenty of water to help your kidneys function properly.

Avoid Smoking and Limit Alcohol: Smoking and excessive alcohol can harm your kidneys.

2. Know Your Risk

Certain conditions like diabetes, high blood pressure, and heart disease increase the risk of kidney disease. If you have any of these conditions or a family history of kidney disease, talk to your healthcare provider about getting tested

3. Regular Check-Ups

Early detection is key to preventing kidney disease. Regular check-ups with your healthcare provider can help catch any issues early and keep your kidneys healthy



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

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 White



**Get in
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