



Important Dates

- 4/3 - Lifelong Learning**
- 4/7 - Armchair Travels**
- 4/9 - Trip to Highland SL**
- 4/11 - Support Group**
- 4/15 - Welcome Meeting**
- 4/23 - Resident Council**
- 4/25 - Food Council**
- 4/29 - Birthday Party**

Easter: A Celebration of Renewal and Joy

Easter is one of the most significant holidays in Christianity, commemorating the resurrection of Jesus Christ.

Celebrated on the first Sunday after the first full moon following the spring equinox, Easter marks the culmination of the Lenten season, a period of reflection and fasting observed by many Christians.

Traditions and Symbols

Easter is celebrated with a mix of religious and cultural traditions. Church services, including sunrise services and special masses, are central to the holiday. Families gather for festive meals, and children participate in Easter egg hunts, a tradition believed to symbolize new life. The Easter Bunny, a beloved figure, is said to bring baskets filled with treats and eggs to children.

Global Celebrations

Around the world, Easter is observed in various ways. In the United States and many Western countries, decorated eggs, chocolate bunnies, and family gatherings are common. In Spain and Latin America, elaborate religious processions take place. Greece celebrates with midnight church services, feasts, and the cracking of red-dyed eggs.

The Message of Easter

Beyond the festivities, Easter carries a profound message of hope, renewal, and redemption. It serves as a reminder of faith, love, and the promise of new beginnings, making it a cherished holiday for millions around the world.

Dementia Corner: Vascular Dementia



Vascular dementia is a common form of dementia caused by reduced blood flow to the brain. It often results from strokes, small vessel disease, or other conditions that damage blood vessels, leading to cognitive decline. This condition affects millions worldwide and is the second most common form of dementia after Alzheimer's disease.

Vascular dementia develops due to conditions that block or narrow blood vessels, reducing oxygen supply to the brain. Common causes include strokes, high blood pressure, diabetes, high cholesterol, smoking, and heart disease. Certain lifestyle factors, such as poor diet and lack of exercise, can also increase the risk of developing vascular dementia. Additionally, a history of cardiovascular disease or atrial fibrillation raises the likelihood of cognitive decline.

Symptoms of vascular dementia vary based on the severity and location of brain damage. Early signs may include difficulty with problem-solving, memory lapses, confusion, and trouble concentrating. As the condition advances, individuals may experience mood swings, personality changes, and difficulty with movement or balance. Unlike Alzheimer's, which progresses steadily, vascular dementia often follows a stepwise decline, where cognitive abilities deteriorate suddenly after a stroke or vascular event.

Diagnosing vascular dementia involves a combination of brain imaging, cognitive assessments, and medical history reviews. MRI and CT scans help identify vascular damage, while memory tests evaluate cognitive function. Although there is no cure, treatment focuses on managing risk factors and slowing progression. This includes controlling blood pressure, cholesterol, and diabetes, adopting a heart-healthy diet, engaging in regular exercise, and quitting smoking. In some cases, medications such as blood thinners or those used to treat Alzheimer's symptoms may be prescribed to help manage cognitive impairment.

Caring for a loved one with vascular dementia can be challenging. Establishing a structured routine, providing clear communication, and creating a safe environment can help manage symptoms. Encouraging social engagement and mental stimulation, such as puzzles or music therapy, can also improve quality of life. As the condition progresses, professional caregiving services and support groups can offer valuable assistance for families navigating the complexities of dementia care.

Vascular dementia is a serious, life-altering condition, but proactive management can help slow its progression. Early detection, lifestyle changes, and medical intervention play crucial roles in preserving cognitive function. Raising awareness and advancing research efforts are essential in improving care and finding more effective treatments for those affected by vascular dementia.



Happy Birthday!!!

4/3 Annette Russell

4/7 Mary Ann Guerin

4/6 Dave Sauer

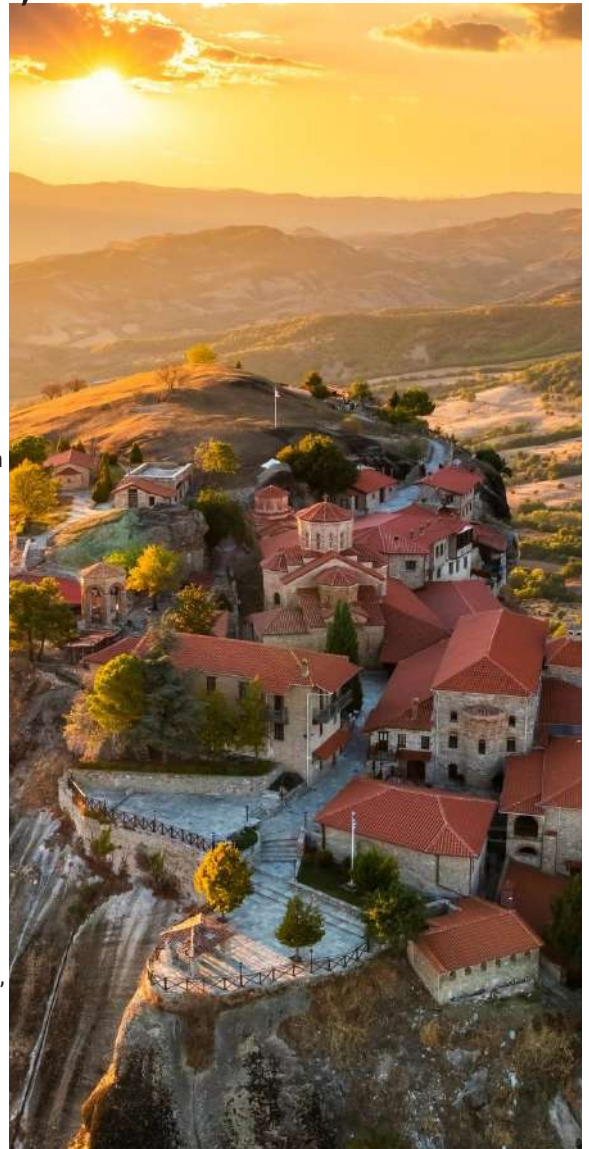
4/14 Betty Nordlund

4/23 Judith Schiller

Traveling History; Exploring Meteora, Greece: A Journey to the Sky

Meteora, Greece, is a breathtaking destination where nature and history intertwine. Famous for its towering rock formations and centuries-old monasteries, Meteora offers an unforgettable experience for travelers seeking adventure, spirituality, and stunning landscapes. Perched atop immense rock pillars, the monasteries of Meteora date back to the 14th century. Originally built by monks seeking solitude and protection, only six of the original 24 monasteries remain active today. Visitors can explore these architectural marvels, admire religious

frescoes, and take in panoramic views of the surrounding valley. Beyond its historical and spiritual significance, Meteora is a haven for hikers and climbers. Well-marked trails wind through the rock formations, offering spectacular viewpoints. Rock climbing enthusiasts can challenge themselves on Meteora's unique sandstone cliffs, while nature lovers can enjoy serene walks through the lush landscape. Spring and autumn are the ideal seasons to visit Meteora, offering mild temperatures and vibrant scenery. Summer brings warmer weather, while winter offers a quieter, misty atmosphere that adds a mystical touch to the landscape. Meteora is more than just a travel destination—it's a place of wonder, history, and natural beauty. Whether you're exploring its ancient monasteries, hiking through dramatic rock formations, or simply soaking in the breathtaking views, a visit to Meteora promises an experience like no other.



Some updates/activities from the last month

1



Whitefish Lakers

This Tryathlon season was an absolute blast—and to top it off, we won \$900 for our residents to spend as they wish! Now, get ready for even more excitement as we kick off the Forklift Races this month in the bistro. This crowd-favorite event is a must-see, bringing out the competitive spirit in both residents and staff. Don't miss the fun!

2



St. Patty's Day Parade

The 51st annual St. Patty's Day Parade was a beloved tradition for our residents, and this year was no exception! Our very own King Denny and Queen Vonnie rode in style, joined by friends who got to experience the parade from a whole new perspective. Though the weather wasn't on our side, we stayed cozy on the bus and still had a fantastic time celebrating this festive event!

3



Shamrock Cookie

Decorating

The Shamrock Cookie Decorating was a smash hit! As always, we couldn't resist sneaking a few bites while we worked, thanks to the delicious cookies crafted by our amazing dietary team. And with homemade icing to top it all off, every bite was even sweeter! We truly enjoyed this festive event and the tasty treats that made it extra special.

4



Garden Group

In March, our gardening group came together to brainstorm and plan for the garden beds, setting the stage for a season of growth and beauty! A huge thank you to Diane for leading the charge and rallying residents to bring this vision to life. These garden boxes are already a vibrant highlight, and we can't wait to see all the hard work bloom into something truly special!



Whitefish Above and Beyond Award Recipient

This month, we are proud to celebrate Raelynn, the recipient of the Whitefish Above and Beyond Award! Raelynn has been recognized by both her fellow teammates and leadership as a true asset to our community. Her dedication, hard work, and positive attitude make her an incredible team member who consistently goes the extra mile.

As a Home Health Aide, Raelynn is always willing to step in where needed, whether it's picking up extra shifts, working both day and evening hours, or offering support to her colleagues. No matter the time of day, she is often seen with a pep in her step and a warm smile on her face, bringing joy and encouragement to those around her.

What truly sets Raelynn apart is her compassion and commitment to our residents. She not only provides excellent care but also takes the time to listen, comfort, and uplift those who need it most. Whether it's a kind word, a reassuring presence, or simply being there as a shoulder to lean on, Raelynn embodies the spirit of service and dedication that makes our community so special.

Please join us in thanking Raelynn for her incredible contributions. Your hard work, kindness, and unwavering support do not go unnoticed, and we are so grateful to have you as part of our team!



Spiritual Section

But I also say this: that light is an invitation to happiness, and that happiness, when it's done right, is a kind of holiness, palpable and redemptive. -Mary Oliver

What was the happiest day of your life? What made it a happy day? Were you alone, or were others there? According to Psychology Today, reminiscing with others can make you happier in the moment. Studies show that thinking about happy memories can interrupt negative thoughts and boost our sense of satisfaction. Making time to remember and share stories about our happiest days can have a significant impact on our overall happiness today and can even help us to bounce back when we face inevitable challenges. Reminiscing is good for the spirit and choosing to share and receive stories of happiness together is one way of experiencing holiness and healing. This month, try making time each day to share a happy story with someone, and see what happens!

Enhancing Communication in Our Community with the QUILTT App



In today's digital world, communication and technology play a crucial role in senior living communities. These advancements not only enhance residents' well-being, safety, and social engagement but also improve operational efficiency.

Lifespark has partnered with QUILTT, a platform that provides our facility with digital displays, newsletters, calendars, and an advanced communication system. Recently, we have been exploring the full range of communication benefits available through QUILTT to ensure our community stays informed and connected.

Why Download the QUILTT App?
To stay updated on important community information, including building updates, activities, menus, and even local weather, we strongly encourage staff, residents, and family members to download the QUILTT app on their smart devices.

Key Benefits of the App:
Emergency Notifications – In the event of a fire alarm or other urgent situations, staff are being trained to send emergency messages to all users.

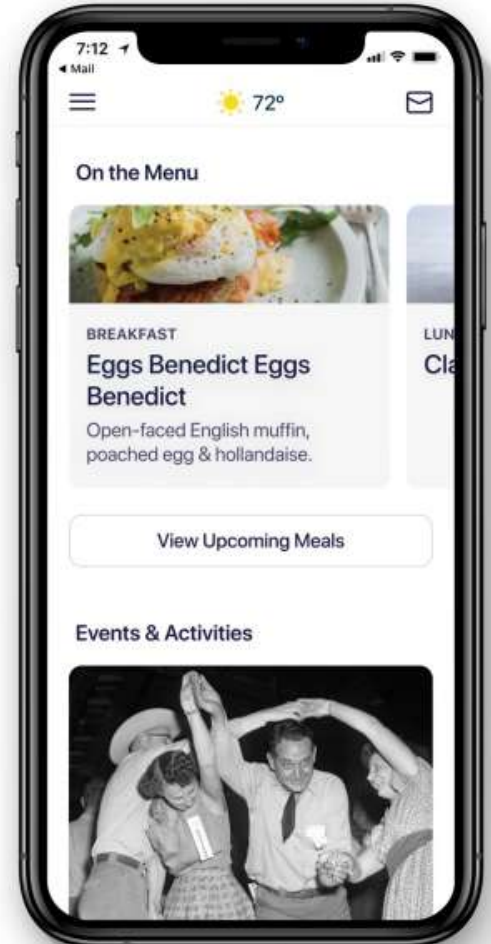
Activity Updates – If an event is canceled or rescheduled, instant notifications can be sent out.

Real-Time Information – Stay informed with the latest updates about community events, schedules, and announcements.

Improved Communication – A streamlined system to ensure all members of the community stay connected.

As technology continues to evolve, we are committed to finding innovative solutions to improve communication within our community.

For any questions about the app, please reach out to our Community Life Director, Katie. Otherwise, scan the QR code provided, download the app, and input the code JOELP to access all updates. Don't forget to turn on notifications to stay informed!





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

Spring is upon us ! Unfortunately so is severe weather season. There will be statewide severe weather drill on April 10th at 1:45 and again at 6:45 . Just a reminder, when severe weather is predicted for our area, Stay indoors , stay away from windows, go to an interior room with no windows. If it is a Tornado Warning, make your way down to the garage, again, stay away from windows.

3



From the Marketing Director

It's time for our Annual Whitefish at the Lakes Art Show!

We have so much artist talent at Whitefish at the Lakes, so if you would like to highlight your artwork, enjoy seeing others artwork, or grace us with some of your musical talent mark Monday, April 14th from 12:30-2:30pm on your calendar! We will enjoy music, art demonstrations, and wonderful local talent, as well as great conversations.

4



From the Executive Director

Happy April!

Looking forward to Spring and warmer weather coming our way. Challenge for April is to get out and walk. National walking day is April 7th and would love to see all of us out for a walk inside or outside of the facility. Walking is a boon to your overall health.

ALCOHOL AWARENESS MONTH

APRIL

from the Nursing Director

Welcome to April Health Awareness Month! This month, we are focusing on Alcohol Awareness and how it impacts our health.

Alcohol can have significant effects on the body, especially as we age. It increases the risk of liver disease, high blood pressure, heart disease, digestive issues, and certain cancers. Long-term alcohol use can weaken the immune system, making it harder to fight off infections. It also affects brain health, contributing to memory loss, mood swings, and a higher risk of depression and anxiety. Additionally, alcohol impairs balance and coordination, increasing the likelihood of falls and serious injuries. It can also interfere with medications, reducing their effectiveness or causing harmful side effects.

If you are looking to reduce alcohol consumption, consider setting personal limits, staying hydrated, and finding alternative activities such as walking, reading, or joining a hobby group. Seeking support from healthcare providers or joining a support group can also be beneficial.

Let's make April a month of awareness and healthier choices. Together, we can support each other in living healthier, happier lives!



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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