



Important Dates

5/1 - Lifelong Learning
5/5 - Armchair Travels
5/5 - Cinco De Mayo
5/7 - Made in Minnesota
5/9 - Support Group
5/11 - Mother's Day
5/19 - Family Council
5/20 - Welcome Meeting
5/21 - Resident Council
5/23 - Food Council
5/26 - Memorial Day
5/27 - Birthday Party
**5/28 - Summer Kick-Off with
Banana Splits**

May in Minnesota: A Time of Renewal & Exploration

As the snow melts and days get longer, May in Minnesota signals the start of spring. The cool mornings gradually give way to warmer days, with temperatures ranging from the mid-50s to low 70s. This month marks the arrival of blooming wildflowers and fresh greenery, transforming the state's landscapes into vibrant displays of color.

May is the perfect time to explore Minnesota's outdoors. The state's lakes are ideal for boating, fishing, and kayaking, while parks and trails offer hiking, biking, and camping opportunities. Popular state parks like Itasca and Gooseberry Falls provide stunning views of nature's springtime beauty. The Mississippi River also

offers water sports and scenic hikes along its banks.

Festivals begin to fill the calendar in May, with the colorful May Day Parade in Minneapolis and the start of the Minnesota Renaissance Festival.

Farmers' markets across the state open their doors, offering fresh local produce like asparagus and rhubarb, which inspire seasonal dishes at local restaurants.

May also brings Memorial Day, a time of reflection and celebration as Minnesotans honor military service members with parades and ceremonies.

In Minnesota, May is a month of renewal, offering a chance to embrace nature, enjoy local festivities, and appreciate the beauty of the season.

Dementia Corner: Lewy Body Dementia (LBD)



Lewy Body Dementia (LBD) is a progressive brain disorder that affects cognitive function, movement, and behavior. It is the second most common type of dementia after Alzheimer's disease but is often under-recognized. LBD is caused by abnormal protein deposits called Lewy bodies in brain cells, which disrupt normal brain activity. The disease usually appears in two forms: Dementia with Lewy Bodies (DLB), where cognitive symptoms like memory loss emerge first, and Parkinson's Disease Dementia (PDD), which develops after Parkinson's disease motor symptoms, such as tremors and rigidity.

The symptoms of LBD vary but generally include cognitive issues like memory loss and confusion, motor problems similar to Parkinson's disease (e.g., tremors, stiffness, shuffling gait), and psychiatric symptoms such as depression, anxiety, and vivid visual hallucinations. Sleep disturbances, such as acting out dreams, are also common.

Diagnosing LBD can be difficult because its symptoms overlap with other forms of dementia. Diagnosis involves a detailed medical history, neurological exams, cognitive tests, and brain imaging. A specialist, such as a neurologist, may be needed for a more accurate diagnosis.

While there is no cure for LBD, treatments focus on symptom management. Medications like cholinesterase inhibitors can help with cognitive symptoms, while Parkinson's medications may aid movement. Antipsychotic drugs may be used cautiously for hallucinations, but they can worsen motor symptoms. Therapy, including physical, occupational, and speech therapy, can help maintain skills and improve quality of life. Support for caregivers is also critical in managing the challenges of caring for someone with LBD.

Though LBD presents challenges for both individuals and their families, early diagnosis and intervention can help manage symptoms and improve quality of life. With a combination of medication, therapy, and strong caregiver support, those with LBD can maintain independence longer. If you or a loved one are experiencing symptoms, seeking medical advice early is important to exploring treatment options and improving quality of life.



Happy Birthday!!!

- 5/1 Kay Jipp
- 5/8 Les Franz
- 5/12 Lucy Franz
- 5/17 Mary Weis
- 5/17 Ruth Sanders
- 5/21 Colleen Schneider
- 5/27 Wanda Ganske
- 5/30 Vangie Fedor

Traveling History; The Great Lakes

The Great Lakes, a remarkable chain of five freshwater lakes—Superior, Michigan, Huron, Erie, and Ontario—form the largest freshwater system in the world by total area. Spanning across both the United States and Canada, these vast bodies of water are surrounded by stunning natural landscapes and offer an abundance of outdoor activities. Whether you're drawn to boating, fishing, kayaking, or hiking, the Great Lakes region provides the perfect setting for every adventure. Lake Superior, known for its crystal-clear waters and dramatic cliffs, offers scenic hikes and awe-inspiring views, while the sandy beaches of Lake Michigan are ideal for swimming, sunbathing, and beach games. The lush forests and rolling hills around Lake Ontario make it a great destination for birdwatching and nature walks.

Beyond its natural beauty, the Great Lakes region is steeped in history. Historic lighthouses, museums, and charming towns dot the landscape, offering a glimpse into the area's past. Mackinac Island, for instance, is a step back in time with its preserved 19th-century architecture and car-free streets. The lakes also played a crucial role in trade and industry, and visitors can explore this rich history at various historical sites and exhibits throughout the region.

The Great Lakes are also known for their diverse cultures and local cuisine. Cities like Chicago, Detroit, and Toronto are vibrant cultural hubs with world-class dining, entertainment, and arts scenes. Fresh fish from the lakes, such as whitefish and perch, feature prominently in local dishes, offering visitors a true taste of the region. Festivals and events, from music and art festivals to local food fairs, also draw visitors year-round, adding to the area's dynamic charm. Whether you're seeking adventure on the water, exploring charming towns, or indulging in local cuisine and culture, the Great Lakes region has something for everyone. Its natural beauty, rich history, and vibrant communities make it an unforgettable destination, ideal for travelers looking to experience the best of North America's freshwater landscape.



Some updates/activities from the last month

1



Whitefish Lakers

The NFRL season is off to a thrilling start! Join us every Tuesday at 1 PM in the Fireside Lounge, where the Lakers gather to race remote control forklifts and stack boxes in a fast-paced team competition. Stop by and cheer us on!

2



April Fools

April Fools' Day brought plenty of laughs this year! The culinary team served up a hilarious "car litter cake" dessert, complete with Tootsie Rolls for a fun surprise. Meanwhile, the staff teamed up to cover Ali's office with photos of team members and a flock of mini flamingo ducks. It was a day full of creativity and good humor!

3



Annual Art Show

Our Annual Art Show was a huge success! Guests enjoyed a wonderful afternoon filled with live art demonstrations and beautiful piano music. This public event highlighted the incredible creativity of both past and current artwork created by residents — including three residents who had never picked up a paintbrush until discovering their talents in our very own Artscapes room on the third floor!

4



Trip to Highland Senior Living

Residents Hit the Road for Fun and Friendship! This past month, our residents traveled to Highland Senior Living in Little Falls, with a lunch stop at Perkins in Brainerd. They enjoyed a lively afternoon of socializing, music, happy hour, and a mystery auction. A few even hit the dance floor, showing off their groovy moves to some well-loved polka tunes!



Whitefish Above and Beyond Award Recipient

Shoutout to Linda, our Whitefish Above and Beyond Award recipient from Housekeeping!

Linda is the embodiment of dedication, positivity, and exceptional service. Every day, she approaches her work with a smile and a can-do attitude, consistently going above and beyond to make a positive impact on everyone she encounters. Working during the second half of the week, Linda plays a vital role in maintaining the cleanliness and comfort of our Legacy Court, where she not only ensures the unit is spotless but also meets the specific housekeeping needs of the residents. Her attention to detail and commitment to creating a welcoming environment is evident in every corner she cares for.

But Linda doesn't stop there—she regularly extends her help to the entire building, stepping in wherever needed with a spirit of collaboration and a drive to ensure everything runs smoothly. Whether she's tackling housekeeping matters throughout the facility or offering support to her colleagues, Linda's positive energy and dedication are felt by everyone around her. She never hesitates to lend a hand, and her infectious smile makes even the busiest days brighter.

Linda's unwavering commitment, hardworking nature, and kind heart make her an irreplaceable member of our team. We are incredibly grateful for all that she does and are proud to honor her with this well-deserved recognition!



Spiritual Section

Many of us are well-acquainted with grief. Indeed, as we have experienced losses and changes and endings, we may experience grief as a constant companion – one that sometimes stirs suffering within us. Author Kate Bowler shares a blessing for us in times of grief, recognizing that grief is a holy space in which we can encounter the presence of the divine and the compassion of others. Receive this excerpt from this blessing from Kate's book *Good Enough*: Blessed are you, dear, dear one, doing this holy work of suffering what must be suffered. Of grieving what has been lost. Of knowing the unthinkable truth that must be known. This grief can make you feel on the other side of glass from the world around you, a force field separating your different realities. Yet blessed are you in your reality, for yours is the one most seen by God, who breathes compassion upon you, even now. Who has walked this path, and who leans toward you, gathering you up into the arms of love. Rest now, dear one. You are not alone.

Exciting Updates to Saturday Quarter BINGO!

Due to the growing interest in Saturday Quarter BINGO, we're making a few changes to help the game run more smoothly and keep the fun going strong!

Slower Calling and Card Checks: We will slow down the calling pace and add frequent breaks to allow players time to check their cards carefully and confirm any BINGOs.

New Progressive BINGO Feature: We're introducing Progressive BINGO to make the game even more exciting!

In Week 1, if a player gets a BINGO within 55 numbers or fewer, they will win \$1.25!

If no one claims it, the regular \$1 prize for a coverall BINGO will still be awarded.

Each following week, the jackpot will increase by \$0.25 and one more number will be allowed (Week 2: \$1.50 prize for a BINGO within 56 numbers, and so on) until someone wins the progressive prize.

Extra Cards Are Available: If we have more players than green cards, no worries! We have extra cards with chips available to make sure everyone can play.

These changes are designed to create a more relaxed and exciting experience for everyone. Thank you for playing and making BINGO so much fun!





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 here and so is severe weather. We already had the state wide drill, but I would like to remind everyone about some things to do to keep safe. When there is a severe thunderstorm warning or a tornado watch, everybody should close the blinds and keep your distance from windows. If there is a tornado warning, you can go to the garage. That is the safest place in the building. On other things, if you want a screen on your balcony door, please write your name down in the notebook at the front desk. I will be putting them on when the weather is finally warm at night.

3



From the Marketing Director

We made it through another Winter in Minnesota!!!!

It's always so nice when the weather turns warm and we have lots of days with bright sunshine. To celebrate and kick off to summer, join us and invite your friends and family too!

May 28th at 1:30 for our Banana Split Social!

Music, banana split's and a guaranteed day of nice weather (fingers crossed!)

4



From the Executive Director

Spring is indeed a fun time, and in May, we celebrate both the season and Mother's Day, a special day to honor mothers and maternal figures. Mother's Day is celebrated on the second Sunday of May, it's a day to show appreciation for mothers and their contributions. May is the month that marks the transition to warmer weather and is often associated with spring activities and celebrations. Spring signifies renewal of growth, and it's time for many to enjoy the outdoors activities and the beauty of nature around us. As you are in Crosslake, you can enjoy the Spring Weather and perhaps plan some local activities for Mother's day. As always Thank you for being part of this amazing community!



from the Nursing Director

May is Mental Health Awareness Month, a time to focus on our emotional well-being and support each other.

Mental health is just as important as physical health, and taking care of it can lead to a happier, more fulfilling life.

Tips for Maintaining Mental Health:

Stay Connected: Spend time with friends and family. Social interactions can boost your mood and reduce feelings of loneliness.

Stay Active: Physical activity, even gentle exercises like walking or stretching, can improve your mental health.

Stay Mindful: Practice mindfulness or meditation to help manage stress and stay present in the moment.

Stay Positive: Focus on positive thoughts and activities that bring you joy.

Resources Available:

Counseling Services: Our facility offers counseling services for anyone who needs to talk.

Support Groups: Join our weekly support groups to share experiences and find comfort in community.

Activities: Participate in our scheduled activities designed to promote mental well-being.

Remember, it's okay to ask for help. We're here to support you.



Whitefish at the Lakes Shift Leads

Day Shift Leads:

Joanna Richards & Pam Boomgarden

Afternoon Shift Leads:

Le Ann Halverson & Maddy Hastings

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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