

# Staff Directory

**Michelle Demcho - Executive Director**

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**Darla Bissener - Director of Health Services**

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**Joan Gruetzmacher - Assistant Executive Director**

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**Mary Kay Dropps - Administrative Assistant**

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**Jeanne Jones - Marketing Director**

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**Tracy Balfe - Assistant Director of Health Services**

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**Holly Simonette- Memory Care Coordinator**

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**Alyssa Morales - Activities Director**

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**Kim Tieben - Memory Care Activities Coordinator**

*Kimberly.Tieben@lifesparkSL.com*

**Craig Greenwald - Maintenance Assistant**

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**David Robbins- Dietary Manager**

*David.Robbins@lifesparkSL.com*



**All Saints**  
SENIOR LIVING  
A Lifespark Community

*Age Magnificently*



## Our Community Newsletter

### Let's Celebrate Staff !

#### Staff Birthdays

Cassy C. Nov. 8th

Maria E. Nov. 8th

Musu B. Nov. 10th

Amaiya I. Nov. 16th

Elvis D. Nov. 17th

Trusilah M. Nov. 17th

Kim T. Nov. 21st

Ayman H. Nov. 23rd

Darlene P. Nov. 24th

#### Staff Anniversaries:

Mary Kay D. 3 Years!

Syprine O. 2 Years!

Rebecah N. 1 Year!

### Let's Celebrate You !

#### Resident Birthday's

Don E. 11/21

## New Residents

### New Resident HAPPY HOUR

Third Thursday of the Month  
Meet in Dining Room

### Recent Move-ins:

#### October

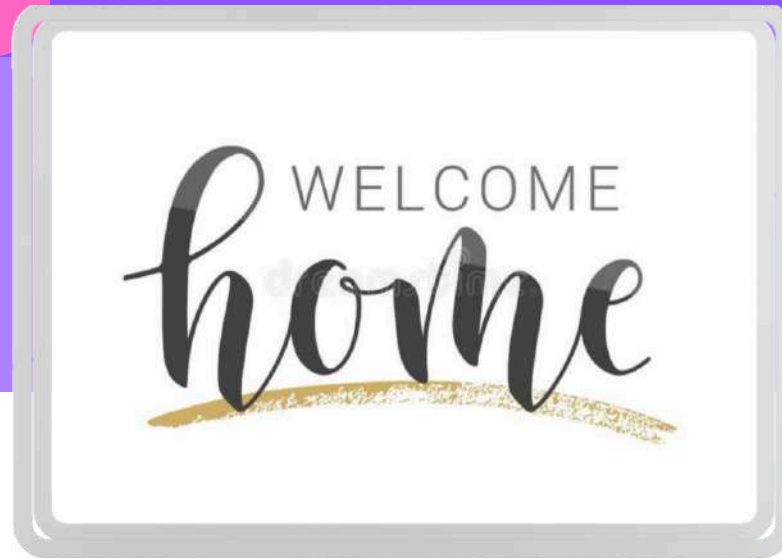
Terry & Mary G. #112

Will A. #226

Selvin M. #16

Don & Barb E. #06

Marilyn B. #03



## Resident Updates

### Trip to the Movies!

On Tuesday November 12th we will be making a trip to the movie theater to see The Best Christmas Pageant Ever. About The Herdmans six siblings who have a reputation for being the worst kids in the world. However, when they take over the local church pageant during the holidays, they just might teach a shocked community the true meaning of Christmas.

## State Services for the Blind

State Services for the Blind. Services for Seniors Experiencing Vision Loss. A Formula for Success! Has vision change begun to influence how you live, work or enjoy you life? Discover new ways to do old things. Are you experiencing difficulty? Reading mail, books or magazines, Cooking, sewing or knitting, Writing checks or other writing tasks, Reading the newspaper, Understanding your eye condition, Getting out and about safely, Using your eye condition, Using your phone, computer or tablet to communicate, With feelings of isolation With fears about losing your independence or becoming dependent, With feeling self confident If so, contact the State Services for the Blind-Senior Services .

Katie Viaene- Blind Rehab Specialist at 651-539-2327  
Services available throughout Minnesota: Talk one-on-one with a staff member knowledgeable about vision loss. Determine if you can benefit from using magnifiers, reading machines and many other devices. Learn how you and your family can cope with vision loss. Learn how to travel safely in your community. Learn practical skills as how to safely cook, and effectively perform other daily activities. Learn how to use assistive and adaptive technology, including smart phones, computers and tablets. These services are provided at no cost, by a professional staff person right in your area. State Services for the blind is a program of the Minnesota Department of Employment and Economic Development. State Services for the Blind [Www. mnssb.org](http://www.mnssb.org)

## Sunday Cinema Showings

### SUNDAY CINEMA

Every Sunday at 2pm. Meet in Chapel for a movie and popcorn!



#### Movie Listings:

11/3 - Sister Act

11/10 - Mrs. Doubtfire

11/17 - Sleepless in Seattle

11/24 - Overboard

## Holiday Cookies!

During the months of November and December we want your favorite holiday cookie recipes! We will be choosing one recipe to feature every week during happy hour leading up to the holidays. There will be a box in the dining room for you to place your recipes in. We look forward to collaborating with you on this and can't wait to see what fun recipes we get!!

## 1st Floor Renovations

### Carpet, Paint and 1st Floor Renovations

Some wonderful news to share. We are beginning the process of updating our building. After 10 years, we are seeing some wear and tear and are thoughtfully trying to coordinate a multi-year process to make some necessary improvements. Beginning in November (specific dates are still TBD), we will be replacing the 1st floor hallway, Library, stairs Care Suites and entry flooring as well as painting. These upgrades will occur on the 1st floor only. It will be nice to see such a new fresh look. With such a large project there will be some juggling that will have to happen to ensure the project gets complete with little disruption to daily life. As we get more information on timing and phases for this 1st part of the project we will communicate further. Please know that projects can get a little messy, but the end result will be good.

We will do our very best to keep the project plan communicated and updated. Earlier this year we painted Memory Care and are working on purchasing some updated furniture. Next year we will recarpet, and paint 2nd floor and the following year will be 3rd floor. There will hopefully be some furniture and decor updates as well, while we are trying to keep the building 'feel' similar.

## Note From Darla

Dizziness is a leading factor in falls among older adults. An often overlooked but significant cause of dizziness is inner ear (vestibular system) problems.

In fact, between 35% and 61% of seniors with a history of falls suffer from balance disorders.\*

The good news is that physical therapy can greatly reduce vestibular system-related dizziness. Based on the individual's diagnosis, Lifespark Home Health physical therapists develop a customized treatment plan incorporating balance retraining therapy exercises. With practice, clients can improve their ability to walk, climb stairs, bathe, and dress themselves without losing their balance.

Did you know? ... Nearly 40,000 older adults die from preventable falls each year, and roughly 2.9 million are treated in emergency departments. Even nonfatal falls can be devastating, often resulting in loss of independence and a lower quality of life. Let staff know if you are interested in working with physical therapy.

Also remember flu/Covid Clinic here at All Saints on 11/12/24 ask Mary Kay for the registration forms.

## Note From Michelle

### Decorating for the Holidays

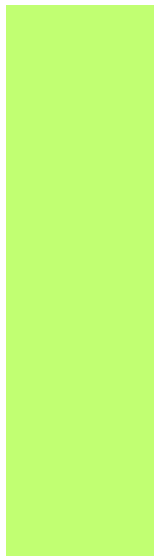
The holiday season will be upon us soon enough. It can be such a joyous season filled with many traditions. As we enter the season of decorating, I wanted to share a quick reminder regarding the safety of our building.

Real wreaths, trees or live decorations are not allowed for decoration purposes. These decorations create a fire risk, thus leading to the decision not to allow them. Candles are also not allowed for the fire risk they possess. Please use the artificial items for your decorating purposes.

I look forward to seeing the building so festively decorated and sharing in the holiday cheer.



# October Memories



# Meet our Lifespark Provider

## Meet your Advanced Practice Provider

### Dr. Mara Mendonza, DNP-NP

Healthcare runs in Dr. Mara's family – her mother, now retired, was a nurse at Mayo Clinic for 40 years. Mara's love for the field of healthcare grew as she worked first as a Registered Nurse for 7 years in a variety of settings including inpatient (cardiac ICU), outpatient/primary care, and public health, before becoming an Advanced Practice Provider.

After obtaining her Master's degree and getting certified as a Nurse Practitioner (NP), Mara worked as adjunct faculty at St. Catherine University while obtaining her Doctor of Nursing Practice (DNP) degree. Her doctoral research focused on closing the breast health equity gap for women of color. Becoming a Doctor of Nursing Practice-Nurse Practitioner (DNP-NP) allowed her to combine her foundation and passion for the art of nursing with her interest in the science of medicine, with an additional doctoral lens of research/academia, leadership, and changemaking.

Now joining Lifespark, Dr. Mara is excited to spend time with, and learn from, the clients she serves. Learning about their personal history, stories, families, hobbies, hopes, and dreams – as well as their health – will allow her to get to know her clients more deeply. The whole-person approach of getting to know clients in an unrushed manner in the comfort of their own homes, is one of the reasons Dr. Mara wanted to join the team after a clinical rotation with Lifespark during her DNP-NP program. She looks forward to taking a more holistic, customized approach to helping her clients achieve their desired quality of life, wherever that may lie along the illness-wellness continuum.

Dr. Mara's time away from work is often time spent with family or in the great outdoors. She enjoys kayaking, ice skating, cooking and baking, yoga, travel, and music (she has played the flute for 20 years). Her personal/professional interests include leadership, learning, advocacy, and change.

## Dr. Mara's Professional Experience:

- University of Minnesota Medical Center – Pulmonary Transplant Nurse Practitioner
- St. Catherine University – Clinical Adjunct Faculty
- Abbott Northwestern Hospital – Bedside Nurse, Cardiovascular Intensive Care Unit
- Community University Health Care Center – Triage Nurse/Care Coordinator
- Hennepin Healthcare/Minnesota Visiting Nurse Agency (MVNA) – Public Health Nurse



### EDUCATION / DEGREES

Bachelor of Science in Nursing:  
PERSONAL INTERESTS

Spending time with family,  
the outdoors, kayaking,  
ice skating, cooking & baking,  
yoga, travel, and music (flute)  
CONTACT INFO

PH: 952-345-3213

St. Catherine University  
Doctor of Nursing Practice:  
St. Catherine University



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## Spiritual Note

### A Posture of Gratitude

“Start each day with a positive thought and a grateful heart.” Roy T. Bennett

What are you grateful for? Many of our traditions respond to the end of the harvest season. Our days grow shorter, and the daylight becomes so precious as we celebrate and give thanks to the light as it dances off the beautifully colored leaves this time of the year. Thanksgiving, Hanukkah, and Christmas are some of the holidays that remind us to give thanks for the gifts of light, life, and love that have been given to us. During this time of year, we hopefully have an opportunity to pause at times and reflect on the things for which we are grateful. Maybe you would like to try one of these ideas to think about and share gratitude. For gratitude can be expressed in a journal entry at the end of the day and sharing a couple of things that you are grateful for. We can also share gratitude by writing a thank-you-note or in a conversation with a loved one or those around you, or even silently acknowledged in moments of quiet thought or prayer. Practicing gratitude can improve relationships, sleep, self-esteem, inner strength, and both mental and physical health. Our lives can be filled with sorrow and joy, but as we encounter the mysteries of our lives, we are called to cultivate joy by finding more and more ways to be grateful for the large and especially small gifts in our lives.

## Resident Survey

### Resident Surveys

Hello! It is that time of the year that we ask you for your feedback in a slightly more formal way – through our Annual Resident and Family Survey.

Your feedback is how we implement and make plans for improvement as well as learn what you (the customer) think we do well.

We are hoping to get 100% resident participation this year. Each question will ask you to give an answer on a 4-point scale; for example, strongly disagree, disagree, agree or strongly agree. You will also have the opportunity to give us feedback in your own words.

We want all your feedback, good, bad and ugly!

Please know that all survey responses are confidential. Once the survey is completed, they are mailed to a 3rd party to tabulated and provide a report back to us with all responses.

Please help us reach our goal of 100% response from our residents.