

# Staff Directory

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**All Saints**  
SENIOR LIVING  
A Lifespark Community

*Age Magnificently*



## Our Community Newsletter

### Let's Celebrate Staff !

#### Staff Birthdays

Elizabeth K. 2/4

Christian R. 2/6

Abduhakim U. 2/12

Thunder W. 2/16

#### Staff Anniversaries:

Fellah G. 1 Year!

Fatima M. 1 Year!

Susan K. 3 Years!

Lisa W. 3 Years!

### Let's Celebrate You !

#### Resident Birthday's

Bruce L. 2/8

Sandra N. 2/14

Norma B. 2/23

Terry F. 2/26

Barb E. 2/28

## New Residents

New Resident

### HAPPY HOUR

Third Thursday of the Month  
Meet in Dining Room

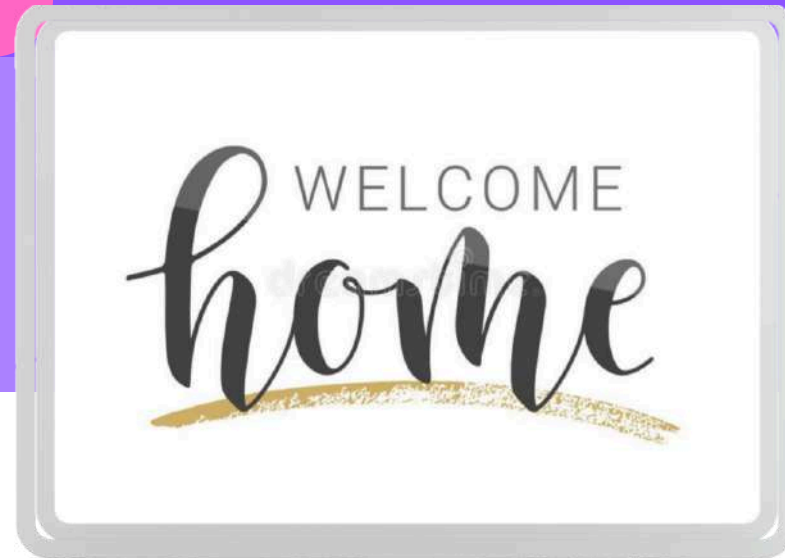
#### Recent Move-ins:

#### January

Dan D. #309

Elaine P. #19

Ruth S. #202



## Tryathlon

Tryathlon has officially started! There is still time to join if you would like to be a part of the All Saints Coyotes! If you have any questions about the Tryathlon feel free to ask Alyssa. We started off our first week with a win and going over 20 Miles!

Our goal over the next 6 weeks is to go over 160 miles join and help us reach that goal!!

## Note from Tracy

Life's Recipe

1 c. good thoughts

1 c. kind deeds.

1 c. consideration for others

3 c. of sacrifice for others

3 c. Of forgiveness

2 c. Well beaten thoughts, mix together.

Add tears of joy and sorrow and sympathy.

Flavor with little gifts of love.

Fold in 4 c. Of prayer and faith to lighten

The other ingredients and raise the texture

To great heights of Christian living.

After pouring all this in your daily life,

Bake well with the heat of human kindness

And serve with a smile.

Submitted to Marystown Cookbook, 1979  
By Regina Mechtel (Tracy's great grandma  
Mechtel)

## Sunday Cinema Showings

### SUNDAY CINEMA

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



#### Movie Listings:

- 2/2 - A Country Wedding
- 2/9 - West Side Story - Playing at 1pm
- 2/16 - The Bucket List
- 2/23 - Where Angels Go Trouble Follows

### Special Events

Saturday, February 8th we will have the Shakopee 4-H group here for a Valentines Bingo! This will not be nickel bingo instead there will be prizes if you win!

Sunday, February 9th we will have a Super Bowl watch party in the Bistro at 5:30pm!

## Note From Michelle

Hello! The days have been bitterly cold, but we are getting more daylight daily. It is nice to see that sun and it helps my mood – I hope it does for you too. As we move to the month of February we look forward to more sunny days and temperatures above 0 degrees.

Last month the Resident Council met and discussed how we need to do a better job at welcoming new residents. We talked in depth about how it ‘feels’ to be a new resident. Moving to a new place is both exciting and difficult. It is great to meet new people but where and how do you start? Through this conversation our residents decided it might be time to start a small committee of residents that will dedicate time to helping new residents feel welcome and meet others. The first Resident Ambassador Committee Meeting will be held in February. I hope to see many faces there – what a great way to give back to this great community at All Saints.

## Valentines Brunch

Valentines Brunch at the Community Center! As a reminder, if you would like to go to this event, you have to be signed up and paid by Monday, February 3rd! This event is Wednesday, February 12th from 10am-12pm there will be food and music provided! It is \$10 per person.



## **Note From Joan**

Certificates of Rent Paid (CRPS) were sent out with statements on January 20. This was sent to whoever receives your invoices. You will need these for your taxes. If you have any questions, please contact Joan in the office for assistance.

## News from Michelle

Many people have noticed that Craig has been out of the building. Recently Craig had something come up that took him away from the building for a little while. Unfortunately, that thing seems to need more time. Craig made the hard decision to resign from his position. He is sad he was not able to say goodbye to many of you but has made the best decision for him and his family. Please know that Craig specifically asked that we share no specific details, and we are honoring this – this has been a big loss for our community. We have posted a position for a new Maintenance Director and have begun the search; in the meantime, Mark has been onsite a few more days and I am helping as I am able. Once this position is hired, we will make an announcement.

## January Memories



## National Heart Month

February focuses on the heart making it National Heart Month. Anyone can be at risk for heart disease. More and more, our sedentary lifestyles are putting us at risk at a younger age. Obesity, high blood pressure, and smoking all increase our risk factors.

Each one of those we can take action to lower our risk. Get moving. Remove stress. And quit smoking. Eat healthier. Even small changes help make a difference. Reduce the amount of fast food. Eat more greens. Take the stairs. Walk the kids to school. Go outside and play with the kids or walk the dog.



## Spiritual Note

FEBRUARY

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.

## Interns

My name is Christina Fedel I am a Senior at Shakopee Highschool. Outside of school, my hobbies include crafting, painting, watching movies, and listening to music. My favorite color is blue and my favorite food is Sushi. After high school, I plan on attending college to become a pharmacist.

My name is Aly Lewis I am a senior at Shakopee High School. I am a manager for the girl's hockey team. Outside of school I work at Scheels and like to hang out with my friends. My favorite color is green, my favorite food is tacos or pasta and I love shopping.

