

Staff Directory

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All Saints
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Let's Celebrate Staff !

Staff Birthdays

Bushra M. 5/6

Linda M. 5/11

Megan C. 5/14

Susan K. 5/15

Sharon J. 5/25

Staff Anniversaries:

Kout O. 1 year!

Let's Celebrate You !

Resident Birthday's

Will A. 5/3

Jack M. 5/12

Hilde G. 5/19

New Residents

New Resident

HAPPY HOUR

Second Thursday of the Month
Meet in Dining Room

Recent Move-ins:

April

Doug W. #15



Nurses Week

The first week of May is Nursing Appreciation Week. Thank you to any retired nurses we have in this building! All week we will be honoring not only our nurses, but also our caregivers. We will be hosting events at their shift changes to recognize and appreciate the staff.

Update from Joan

All Saints Monthly Statements

We now have the ability to email your monthly statements. If you would like your statements to be mailed to you that is still an option. If you would like to change them to email, please contact Joan in the Business Office and we can certainly make that change. We are always looking for ways to enhance our services.

Duck Eggs

Have you been outside to see our new inhabitants? We have a Mallard duck that has laid eggs alongside our building. This is in the back right off the sidewalk. We don't know how to set up a camera and livestream this – so I encourage you all to go outside and look. Please do not disturb them or touch the eggs. It will be fun to watch them hatch and see little baby ducklings wander around.

Sunday Cinema Showings

SUNDAY CINEMA

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



Movie Listings:

5/4 - Mamma Mia!

5/11 - Mothers Day - Invite your family

5/18 - John Wayne North to Alaska

5/25 - Apollo 13

Memorial Day Program

We invite you to join us for a Memorial Day Program honoring those who served our country. We will be having the Shakopee Honor Guard out on Thursday May 22nd at 1:30pm in the dining room. Please come and take part in this meaningful tribute. All are welcome!

Spiritual Article

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.*

Dietary

We are excited to announce our Spring/Summer menu will be starting May 11th. As a reminder we encourage feedback for the beginning of a new menu so we are able to make changes and adjust as needed.

Garbage Reminder

Garbage Reminder

As a reminder garbage's will be picked up by 10am once your sign is put out. Please do not place garbage outside your doors or anywhere in the hallway as that is a trip hazard. If you do not have a garbage sign in your room please let staff know and we will get one for you.

Note From Michelle

Mother's Day, Memorial Day and the Kickoff to summer are just a few highlights this month. What an exciting time of the year. Planting and outdoor activities are again in our near future. Mary Kay will also be back – we are very happy to welcome her back and we sincerely thank Kathy for filling in while she was out. Kathy will continue on ½ days and Mary Kay will do ½ days for a short time and then Mary Kay will be back

Great Gatsby

All Saints has been selected to be a site for a professional event in mid-May. We will be hosting a big party allowing other professionals to come into the building. People will be picking up collateral from a professional organization called Care Providers and joining us for tours, appetizers and jazz music. We will be turning the lobby and Bistro into a Great Gatsby themed speakeasy. Prior to this event we will be taking advantage of the décor and hosting a party for ourselves. Look to your calendars for this fun event – I can't wait to see you there.

April Memories



Longest Day Event

Last year we held our first annual Longest Day Event. This day is a fun day aimed at raising funds for the Alzheimer's Association. The longest day (June 20th) is the day with the most light, trying to shed as much light on Alzheimer's or Dementia and advance efforts to find a cure. Last year we raised around \$2,000 and we hope to match or exceed that amount this year.

This year we will be having a Block Party complete with music, games, a bake sale and more. Invite your friends and families on Friday June 20th from 4-7. We are asking for free-will donations to support this fun evening. If the weather is nice, this will be held in the parking lot.

Mental Health Matters

Your Good Mood is More Than Just a Pleasant Feeling. It's Important!

Giving your mood a boost changes things! Getting happier can influence your sleep patterns, appetite, memory, energy, and even how well your body heals. As we age, staying emotionally well is just as important as staying physically strong. Everyone has some down days. But there are lots of easy ways to bring yourself back up again.

Activities that bring you joy—like movement, sunlight, and connection—can help your brain release natural feel-good chemicals like serotonin and endorphins. And the good news? Improving your sense of well-being can be enhanced with tiny, consistent choices you make.

- Step outside. Natural sunlight helps your body make Vitamin D, which supports a healthy mood. Even five minutes outdoors or near a sunny window can help.
- Move your body. A few stretches, a hallway walk, or dancing to music that makes you happy can lift your spirits.

- Enjoy an energizing snack. Add something nourishing to your diet now and then. A handful of nuts, a few berries, or a little piece of dark chocolate can help fuel your brain and body.
 - Try a two-minute reset. Close your eyes, and inhale slowly through your nose for a count of four. Hold that breath for four more. Then exhale through your mouth for six. You'll see the difference! Just a few rounds will calm you.
 - Plan for things to look forward to or revisit something you used to love. "Today, I'm going to..." What will it be? Even a small activity—like reading a magazine, taking out your paint set, calling a friend, or attending a performance—can add structure and lift to your day.
- If you find yourself feeling down too often, be brave and talk to someone. Just like you would for concerns over your physical health. Your Lifespark primary care team is a great resource. Mental health is a big part of Aging Magnificently.