

Staff Directory

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All Saints
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Let's Celebrate Staff !

Staff Birthdays

7/3 Anbesa H.

7/3 Shari L.

7/15 Fellah G.

Staff Anniversaries:

Janeen G. 10 Years!

Brain I. 1 Year!

Let's Celebrate You !

Resident Birthday's

7/4 Bob O.

7/6 Ginny T.

7/8 Mike S.

7/9 Jim G.

7/9 Marlene H.

7/10 Connie S.

7/11 Phyllis H.

7/11 Margaret J.

7/15 Doug W.

7/17 Tom W.

7/27 Phyllis K.

7/31 Karoline M.

New Residents

New Resident **HAPPY HOUR**

First Thursday of the Month
Meet in Dining Room

Recent Move-ins:

June

Lyle A. #310

Kathy H. #313



Staff Shout Out

Congratulations to Fatima Musse and Sumaya Abdullahi two of our aides for starting their nursing program in school! If you see them around tell them good luck.

We are so proud to see our aides continuing to grow in their education!

Muddy Cow Bingo

We will be making a trip to Muddy Cow for Bingo Wednesday July 23rd. The bus will be leaving at 5:30pm and Bingo starts at 6:30pm and goes till 8:45pm. For this Bingo it is \$20 for your pack of cards for the night. As a reminder we need 4 or more people for all bus trips.

Grip Games

Our Grip Games Spark Challenge will be starting this month! We are excited to announce that it is officially intergenerational this means both staff and residents get to participate together. We are getting a new set up for pumping which lets 8 people pump per wave. If you are interested to learn more we encourage you to come to our coaches and captain meeting Monday July 7th at 1pm. Our First practice will be Thursday July 10th at 1pm. Competition start the following week. Let's go Coyotes!!

Sunday Cinema Showings

SUNDAY CINEMA

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



Movie Listings:

7/6 - Chasing Liberty

7/13 - Seabiscuit

7/20 - The Wedding Planner

7/27 - Tim Conway Timeless Comedy

TwoCan Bikes

TwoCan Bikes will be out 3 time this month! As a reminder two trips will be at All Saints in the front parking lot and one at Cleary Lake be sure to sign up for this one.

Everyone is welcome all you have to do is show up and we will get you on a ride around the neighborhood! You do not have to bike to do this. Any questions ask Alyssa.

Note From Michelle

Happy 4th of July! Fireworks and festivities are starting to begin. I am hearing of trips to cabins, family fun and enjoyment of the weather. It is so great for all of these things to happen and hope you all are enjoying the weather, family and outside.

Should you be planning a trip away from the building please be sure to check in with Mary Kay. Knowing you are out of the building will help us from panicking that we cannot find you and escalating it to a Missing Resident situation. We are happy to help package medications and get you ready for a successful trip.

Did you also know that if you are leaving for a doctor's appointment we can provide you with a copy of your medication list (if we help you manage them) in a discreet envelope. Letting us know in advance of your appointment helps us to have it ready before you leave. Ask Mary Kay at the desk and she can coordinate with the nurses.

Dietary

Chef talk is Friday July 11th at 1pm. If you have any concerns or recommendations for our Dietary Manager this is the time to touch base with him so we can continue to improve your dining experience.

Note from Joe

Maintenance tip: Proper ventilation is essential for preventing mold growth and maintaining indoor air quality. Use exhaust fans when cooking or showering to reduce humidity levels. If a room is stuffy opening a window to allow fresh air to circulate can help.

Quote: "A mind is like a parachute. It doesn't work if it is not open." - Frank Zappa

Severe Weather

Recently we have had some severe weather. As a reminder let's go through what we do when there is severe weather in the building.

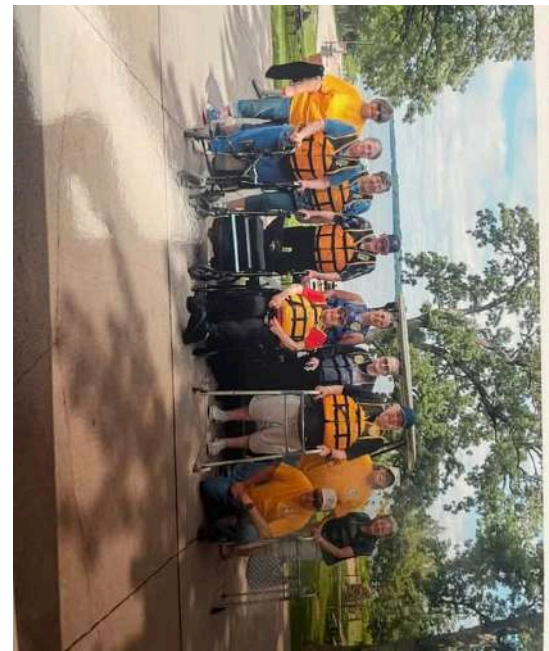
Severe Weather WATCH:

1. During severe weather the most important thing you can do to protect yourself is to remain calm and move away from open windows.
2. Close your blinds and be prepared to move to an interior room (Bathroom, Laundry Room or internal hallway – if it escalates to a warning.
3. Pay close attention to a weather radio, phone or television to stay updated on the weather.

Severe Weather WARNING:

1. Please go to your designated safe place of your choosing (Bathroom, laundry Room or hallway away from windows) until given the all-clear.
2. Take a flashlight with you in case of power outage.
3. Do not use the elevator during severe weather.

June Memories



Staff Shout Out

Big shout out to Bushra Mohamed During June she traveled to Iowa for a week for the National Speech and Debate tournament and got 1st place in Poetry Reading! This was her last year competing with Shakopee high school and we are so proud of her. If you see her around be sure to tell her congratulations!



UNDERSTANDING

The troubles that beset you
Along life's winding road
Are sent to make you stronger
To share another's load.
We cannot share a sorrow
If we haven't grieved a while.
Nor can we feel another's joy,
Until we've learned to smile:
Sweet mystery of music,
Great masters and their art,
How well we understand them
When we've known a broken heart:
Let tyrants lust for power,
Sophisticates be wise,
Just let me see the world, dear Lord,
Through understanding eyes.

Nick Kenny

JULY

One of the highlights of the summer season is the prevalence of music! Our communities burst with opportunities to hear live music, and the summer brings gatherings and occasions with music at the center. Every July, I love hearing a live rendition of “Stars and Stripes Forever” by John Philip Sousa. The piccolo solo toward the end always stirs my spirit and transports me to summers as a child sitting on the grass listening to an orchestra before the fireworks display. This music makes me feel full and alive and free. What are the songs of summer that bring you joy, make you feel alive, or stir in your soul? Why do they carry special meaning for you? What memories do they pull forward? What values or core beliefs do these songs remind you of whenever you hear them?