



**Heritage Pointe**  
SENIOR LIVING  
A Lifespark Community

# Age Magnificently



## Our Community Newsletter

*Discover what's going on in our community.*

### **Birthdays**

#### **Staff:**

Catrice--1/5

Kylee--1/8

Jasmine--1/10

Mary L--1/18

Mercedes--1/25

#### **Anniversaries:**

Shane--1/7--4 years

Andrea--1/12--1 year

Loni--1/16--4 years

#### **Residents:**

Richard--1/8

EJ--1/11

Elaine E--1/13

Doris--1/17

Elaine M--1/31

### **From Executive Director, Sara Dolan**

I hope everyone had a good holiday spent with family and friends.

With the cold weather coming in, please be on the lookout for updates with the bus outings and weather warnings we will post around the building with negative temperatures or blizzard warnings.



### **Spark Games Update**

The Dragonfly team spent their time off enjoying each other's company and spreading holiday cheer.

Coach Laurie hosted them at her home to help celebrate the hard work and dedication they endured this last season.

The Dragonflies are back to practicing and getting geared up for the upcoming season.



## Things Happening at Heritage Pointe in January!

**Catholic Mass--25th at 9:30AM**

**Lutheran Services with Pastor Rasmussen--11th at 10:30AM**

**Lutheran Service with Katherine--18th at 10:30AM**

11th at 2:00PM- Celebration of Life

9th at 11:30AM- Dinner at KB's cost on your own

12th at 12:45PM- Really Big Show Awards

18th at 11:30AM- Resident Council Meeting

25th at 10:30AM- Lloyd Concertina

25th at 2:30PM- Bus to Prairies Edge Casino

9th and 23rd at 10:30AM- Men's Club

MC Rosary Group every Tuesday at 10:30AM

**Hairitage Salon**  
  
 Open Wednesdays  
 From 9AM-2PM  
 Call Sonia to make  
 an appointment  
 507-530-7366

**January BIRTHDAY SOCIAL**  
 All Welcome  
 Serving Coffee & a Treat  
 January 10th at 2:45PM  
 Community Room

**Coffee & Chat**  
 with Friends  
 Everyday at 2:00pm  
 Bistro



## Community Life Update:

Thank you everyone for coming to our fun Christmas parties and we even had a visit from Santa and Mrs. Clause. We'd like to wish everyone a good new year!

We hope you'll be able to join us on **January 11th at 2:00pm** we will be having our Celebration of life Ceremony, to honor our loved ones who have passed.

### Big Thank You to Our Volunteers!

-Jeanne Foresberg	-Pastor Rassmussen
-Hope Harbor	-Terry Ourada
-Tom Dolan	-Steve Verkinderen
-Jeanie Allex	-Pastor Sarah
-Margie & Butch Dahl	-Paul Bot
-Jaen Wielage	-Cora Fischer
-Nicci Debaut	

If you are interested in volunteering, there are many ways you could help out!

- BINGO caller
- Teach a fitness class
- Run a craft or art class
- Lead a club (Men, Woman, Book, Bible)
- Organize a card club

For more information contact Laurie at 507-337-4330 or email at [laurie.ourada@lifesparks1.com](mailto:laurie.ourada@lifesparks1.com)

### Please Welcome Our New Staff!

Amaal—HHA

Anna--HHA

Aracely—Community Life

Kaden N—Dietary

Paul—Dietary

Makayla—Dietary



### Update from Nicole Coequyt, RN DHS

With the temperatures dropping, more people will start to get colds and the flu. **Please report any symptoms.**

Hypothermia is more common in older adults. Signs of Hypothermia are: Shivering, slurred speech, clumsiness, weak pulse, lack of coordination, redness of the skin, loss of consciousness.

Frost Bite is common with below freezing temperatures. Frost Bite symptoms are: cold, numb pale skin, pins and needles, touch sensation decreased, burning or stinging sensation, skin discoloration, blistering after rewarming, hard or waxy skin.

With that, please bundle up with these freezing temperatures or stay home if possible. The bus outings may be rescheduled based off weather conditions and temperatures.

