



Heritage Pointe
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

Birthdays

Julia--4/1
Elvia--4/9
Shania--4/12
Emma--4/13
Hannah--4/18
Mary Sw--4/22
Crystal--4/24
Mary Sc--4/28

Louise S--4/6
Elaine S--4/6
Dee--4/18
Bob--4/21
Bernie--4/26

Anniversaries

Skylar--4/5--1 year
Grace--4/12--1 year

From the Executive Director, Sara Dolan LALD

In April we will start our Memory Care carpet project. We will be replacing the carpet in Memory Care. This will really give the space a nice refresh. As many of you know Laurie, our Community Life director is currently out on FMLA. She had some procedures done and is recovering from them. She misses all of the residents just like our residents miss her. We have been sending her good thoughts for her recovery and impatiently wait for her to be able to return.

The Dragonflies made it to the World Championship in the Tryathlon again. They had their career high score of 28.09 miles! I am so proud of them for pushing themselves each and every day. They push me to do more!

We are now gearing up for Forklift racing. If you are free on Tuesdays from 12:45pm-2pm and want to commit to drive with us each week please reach out. We are able to have youngers (non-residents) compete with us this round. If you don't want to compete and just want to cheer us on that is great to!

Update from the Spark Games:

We had a nice visit from Coach Laurie and took 2nd place in the world championship game. As advisors, coaches, and managers, we are very proud of how hard the team worked and push this last season. We are proud to announce we pushed so hard we scored our all-time high score in the final game.





Rev. Kent Lee
Senior Living Chaplain

Ask a community of people to pick the next paint color for a room or wall and there usually is an infinite color palette of possibilities! It's impossible to please everyone - therefore, one might conclude that community is no way to live. Simultaneously, that same community, when asked to support an expressed need, may go above and beyond its support. Search Google and you might find:

Top five commonly found reasons for benefits of community living:

1. Inspiration and Motivation.
2. Shared life experiences and lessons.
3. Connections. Creates a sense of belonging.
4. Friendship and connectedness. Reduces stress and anxiety and lends itself to overall better health and healing.
5. Fun. Joy, happiness, purpose and life giving.

God tells us to go and love one another as God first loves us. Community is a way of living in love. Love is all that is shared by the community, and how the community carries itself outward.

What are your top 5 reasons for choosing a Lifespark Senior Living Community?

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

March
BIRTHDAY SOCIAL
 All Welcome
 Serving Coffee & a Treat
 April 23rd at 2:30PM
 Community Room

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



Community Life Update from Nini and Cely:

A big thanks to the Dragonflies who used their award money for the great addition to our community room!

Thank you so much Dragonflies, you are such hard workers.

Also, a big thank you to all our volunteers, we appreciate you all and everything you do/have done to help while Laurie is out.

Big Thank You to Our Volunteers

- Pastor Rassmussen
- Hope Harbor
- Steve Verkinderen
- Pastor Sarah
- Margie & Butch Dahl
- Holy Redeemer Ladies
- Janna Cobb

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 Kylee or Anahi at 507-337-4330 or email at anahi.ibarra@lifesparksll.com or kylee.lang@lifesparksll.com

We are looking for volunteers to help with leading AM Exercises Tuesday-Friday for the month of April. Please reach out if you are interested in helping out.

We are also looking for someone interested in leading Men's Club Tuesday April 9th and 23rd.

Religious Services

Lutheran Services: 11th & 18th at 10:30AM

Catholic Mass: 25th at 9:30AM

Holy Communion and Rosary: every Tuesday at 9:45AM



Update from DHS, Nicky, RN

Will Spring arrive? The forecast seems promising.

My family continues to spend much time in the gym, we've starting JO Volleyball Season, and Baseball is just around the corner.

We continue to follow guidance from MDH and CDC in regard to Covid. Please continue to be diligent in hand hygiene and reporting any symptoms.

