



Heritage Pointe
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

June Birthdays and Anniversaries

Staff:

Emily--6/7
Nicky---6/21
Jack--6/26
Michael--6/28
Mandy--6/28

Kira--6/5--5 years
Mary Sch--6/6--2 years
Julia--6/16--1 year
Payton S--6/26--1 year
Natalie--6/30--4 years

Residents:

Bette--6/3
Marilyn--6/17
Ethel--6/20
Blanche--6/24
Bill--6/25

From the Executive Director, Sara Dolan

Hot weather is on the calendar! Please be mindful of going outside. Drink plenty of water and wear some sunscreen!



Spark Games Update: Forklift Racing:

Our Coach Laurie stopped in for a visit and she was our lucky charm! We were able to get every box delivered in all 4 rounds for a perfect score of 192!



June Religious Services

13th at 10:30AM--Lutheran Services

20th at 10:30AM-- Prayer and Praise

This is in place of the 2nd Lutheran Service. Check it out

27th at 9:30AM Catholic Mass

Holy Communion and Rosary every Tuesday in AL and MC
Lutheran Services and Catholic Mass Livestreamed every Sunday



Community Life Update from Aracely and Anahi:

Summer is right around the corner. We have planted a few plants in the Memory Care planters and are excited to eat fresh tomatoes and strawberries from our garden.

Thank you to those who joined us at our Memorial Day service. Thank you to all the veterans who gave their lives to protect and serve us.

In June, we will be having a Father's Day social.

The Dragonflies are continuing to try their hardest and do their best at the forklift competition we have currently won every game we have played. Congratulations Dragonflies!



Nursing Update from Nicky, DHS

Reminder to our MC families, we ask that you do not bring any chemicals and/or other toxic ingestible items are brought into the Memory Care neighborhood and left unattended. If there are items of this nature that would be preferred to store within the resident's apartment, the items must be locked in a secured cabinet. Any items audited to be found in the resident's apartment will be removed and potentially discarded.

Some examples of these items include:

- Cleaning liquid products, such as toilet bowl cleaner or disinfecting spray.
- Cleaning wipes, such as Clorox wipes.
- Perfumes, colognes, after-shave liquids, etc.
- Pest control products, such as ant sprays or traps.

Other items that cannot be stored in a Memory Care apartment include:

- Scissors or envelope openers
- Culinary knives or pocketknives
- Extension cords, heated blankets, and portable space heaters
- Electrical appliances of any kind not issued by the community.

Other items that should be reconsidered for storage in a Memory Care apartment based on monetary or sentimental value include:

- Jewelry, such as wedding rings.
- Wallets or purses containing money or identification information.

Hairitage Salon
 Open Wednesdays
 From 9AM-2PM



Call Sonia to make
 an appointment
 507-530-7366

Coffee & Chat
 with Friends



Everyday at 2:00pm
 Bistro

BIRTHDAY SOCIAL
 In the Community Room



June 25th at 2:30PM

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@lifesparksl.com or kylee.lang@lifesparksl.com

Managing Grief

Chaplain Carolyn Browender

Grief tends to be understood in a narrow set of circumstances: most often a death of a human loved one. To an extent, we have structures in place to address this, such as bereavement leave, memorial services, and grief groups.

However, grief is broader than this. We may experience it when we go through any significant change, even when that change is positive. A graduate celebrates their accomplishments while feeling the bittersweet pang that comes with transitioning to a new school or career. A parent welcomes a new child while grappling with what this means for their identity within their family and outside of it.

We do ourselves no favors when we suppress these feelings. If you're a writer, try journaling to work through this. If you prefer to talk things out, seek out a trusted therapist, friend, or community chaplain, to name and grieve these losses.

Your losses are real, valid, and you are deserving of support.

