

## Our Volunteers:

-Jeanne  
-Tom  
-Terry  
-Steve  
-Jodi  
-Nancy  
-Pastor Rasmussen  
-Paul  
-Jaen  
-Margie  
-Abby  
-Hope Harbor  
-Pastor Sarah

If you're interested in volunteering. Here are some things you could do.

- Call bingo
- Run a craft or art class
- Lead Mens Club

Contact:  
Laurie.Ourada@lifesparksl.com



Heritage Pointe  
SENIOR LIVING  
A Lifespark Community

# Age Magnificently



## Facility Activities

**500 CARD CLUB**

Have Fun With Friends!

JOIN US!

Every Sunday  
6:30 PM  
Friendship Room

TUES - FRI  
9:00AM  
IN THE COMMUNITY ROOM

**JOIN US FOR EXERCISE**

JOIN US!

**MEN'S CLUB**

We will view a variety of documentaries together and discuss after the video. Each week will be a new topic.

2ND & 4TH THURSDAY OF EACH MONTH  
AT 10AM  
IN THE COMMUNITY ROOM

**BINGO**  
all are welcome!

MONDAYS, WEDNESDAYS & FRIDAYS

AT 2:00PM  
IN THE COMMUNITY ROOM

## Our Community Newsletter

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

### Lets Celebrate!

#### Resident Birthdays!

Elaine S.- 6th  
Clemm- 7th  
Louise S.- 18th  
Bernie- 26th

#### Staff Birthdays!

Julia C.-1st  
Elvia R.- 9th  
Brianna B.- 10th  
Johanna L.- 10th  
Shania S.- 12th  
Mary Sw.- 22nd  
Mary Sc.- 28th

#### Staff Anniversaries!

Sierra V.-1st, 4 Years  
Skylar V.-5th, 2 Years  
Hallie J.-9th, 1 Year

### April 2025

Did you know April is Parkinson's Awareness Month? A perfect time to brush up on your Parkinson's facts. Here are 5 fast facts about PD:

1. Nearly 90,000 people in the U.S. are diagnosed with Parkinson's each year.
2. Scientists believe a combination of environmental and genetic factors cause PD.
3. People with Parkinson's experience both movement and non-movement related symptoms.
4. Symptoms can be managed through treatments like medications, lifestyle changes, exercise and in some cases, surgery.
5. Early-onset Parkinson's disease occurs in people younger than 50 years of age.

- Director of Health Services Nicky

## From Executive Director Sara:

• Update on our Customer Satisfaction Survey. We scored lower on Dietary so that is our main focus to improve on. To help dig into what areas of Dietary we did an additional survey to gather more information. Here were the results from that second survey.

We scored Low on:

- can choose, when, where and with whom to have meals and the dining room is arranged in a way that accommodates socialization with other diners. -

- Based on these results we are trying a different arrangement in the dining room for a few weeks.

- Food is attractively served and looks fresh and appetizing, food is flavorful, even when dietary restrictions are addressed, and Food is served at the proper temperature

-Looking into our plate warmer.

-Doing re-education with cooks on presentation

-Flavor – we are following the menu guides. Most recipes tell us what to put in for seasoning.

You can always ask to add more once you get your plate if you want more seasoning.

- I'm offered a variety of menu options that include foods I enjoy

- We have an alternative menu that you can order from any time. Menus are on the table.

You can substitute the full meal or just parts of it.

- Let us know if there is something you would like to see on the alternative menu.

## From Community Life Director Laurie:

Hello,  
My favorite season is here, trees are budding, birds are building nests in nearby trees, baby calves are being born on our farm, we have two sets of twins the past couple weeks. Baby kittens are meowing in the hay loft. I am sure a trip to Runnings to buy some baby chicks and turkey will happen soon. I love springtime. We did a bus outing with residents last week to the get ice cream and then drove around town. We even drove through a new car lot to pick out a new car of our choice. It was fun to see the smiles on residents faces as they reminisced and enjoyed the outing. We will be planning many more to for the summer.

Blessings,

Laurie Ourada

Community Life Director

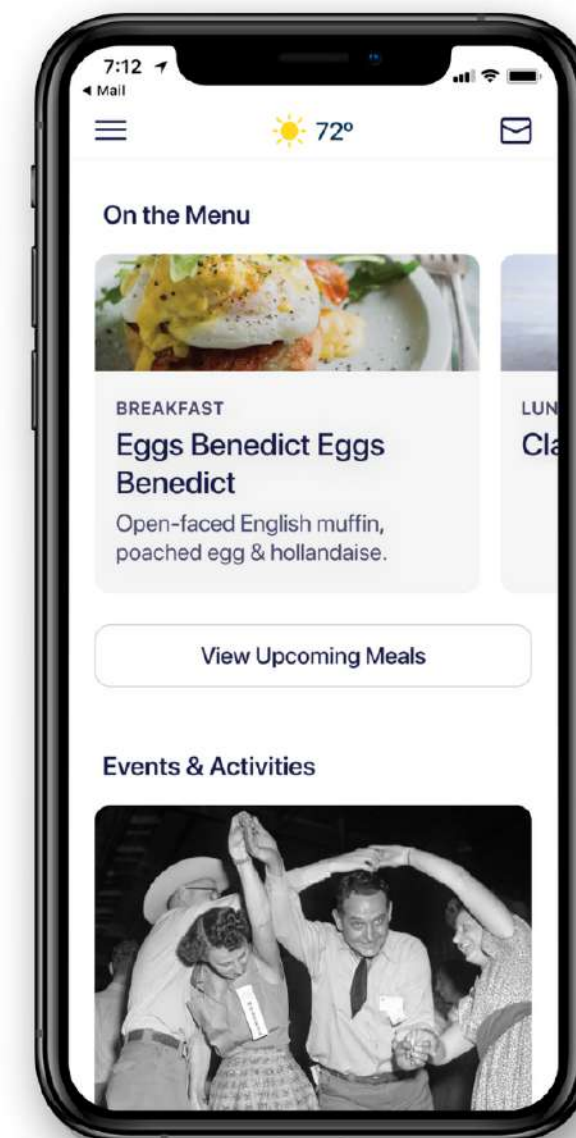


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## Download the new mobile app for Heritage Pointe Senior Living

- View upcoming activities and events
- See what's on the menu each day
- Access common resources
- View and share community photos
- Receive emergency alerts & updates
- Check the local weather in Marshall, MN



## Access Quiltt for iOS, Android, and desktop

<https://get.quiltt.com/org/ABBHR>

Enter code ABBHR after opening the Quiltt app for the first time.



## Spiritual

But I also say this: that light is an invitation to happiness, and that happiness, when it's done right, is a kind of holiness, palpable and redemptive. -Mary Oliver

What was the happiest day of your life? What made it a happy day? Were you alone, or were others there? According to Psychology Today, reminiscing with others can make you happier in the moment. Studies show that thinking about happy memories can interrupt negative thoughts and boost our sense of satisfaction. Making time to remember and share stories about our happiest days can have a significant impact on our overall happiness today and can even help us to bounce back when we face inevitable challenges. Reminiscing is good for the spirit and choosing to share and receive stories of happiness together is one way of experiencing holiness and healing. This month, try making time each day to share a happy story with someone, and see what happens!

## From the Games:

The Heritage Pointe Dragonflies made it to the 2025 Tryathlon Championship Game. The Dragonflies competed against the Cardinal View Cardinals from Mddelton, Wisconsin. In the Whizzwer the Dragoflies had 4852 steps, 2.43 miles. The Cardinals had 4548, 2.27 miles. It could be anyone's game. In the crank portion of the games, the Dragonflies cranked 12.38 miles in the foot and 15.04 miles in the arm. The Cardinals had 11.16 miles in the foot and 14.37 miles in the arm. The Cardinals ended the games with a total of 27.80 miles! The Dragonflies ended the game with a total of 29.85 miles! The Dragonflies won the 2025 Tryathlon Games!

# CONGRATULATIONS!



## Community Life:

In April we will be hosting our volunteers here at heritage for volunteer appreciation month! Thank you to all our volunteers. If you are interested in volunteering you can reach out to Laurie.Ourada@lifesparksl.com. With the spring time coming we hope to do more bus outings, if anyone has any recommendations for outings feel free to let Laurie or Nini know



## Bus Outings:

- Pray Rosary at crosses Hwy 19 on April 3rd at 10:30am
- Shopping at HyVee April 7th at 2:45pm
- Prairie's Edge April 10th at 1:00pm
- Out to eat: Wooden Nickel April 14th at 10:45am
- Shopping at Hy-Vee April 24 at 2:45pm



## Resident Updates:

Lutheran Service will begin being held two times a month. On the second and fourth Thursday of the month.

Lifelong learning: What's happening in the middle east? on April 1st at 2:00pm in the community room

Resident Council will be held on April 17th at 10:00am in the Community Room

April birthday social will be held on April 23rd at 2:45pm in the community room





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C  
H



**TRYathlon**  
TOURNAMENT

2025 World Championship  
Crank Game

Where: Heritage Pointe  
When: March 20 at 1:00

Dragonflies VS Cardinals

Brought to you by: Lifespark

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