

### 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@lifesparks.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!**

- Marvin H.- 11th**
- Myra A.- 14th**
- Irma V.- 19th**
- Julie V.- 23**

**Staff Birthdays!**

- Veronica I.- 4th
- Paw H.- 14th
- Shay M.- 16th
- Donna H.-17th
- Karlee H.-25th
- Sheila S.- 30th

**Staff Anniversaries!**

- Roxy C.- May 7th: 5 years
- Ivonne L- May 28th: 1 year

### May 2025

Every year, from May 6th to 12th , nurses are recognized for their service and dedication to caring for our residents.

Take a quick moment to thank nurses!

- Director of Health Services Nicky





Thank you to our amazing nurses: Nicky, Justina and Donna. You all do a great job of making sure all of the resident's needs are met!

May is also National Stroke Awareness month: Learning F.A.S.T can save lives!

**F: Face Drooping-** Does one side of the face droop, or is it numb? Ask the person to smile. Is the person's smile uneven?

**A: Arm Weakness-** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**S: Speech Difficulty-** Is speech slurred or difficult to understand? Ask the person to repeat a simple sentence.

**T:Time to Call 911-** If you have any of these symptoms or see someone else having them, call 911 immediately!

Information from: Stroke.org

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

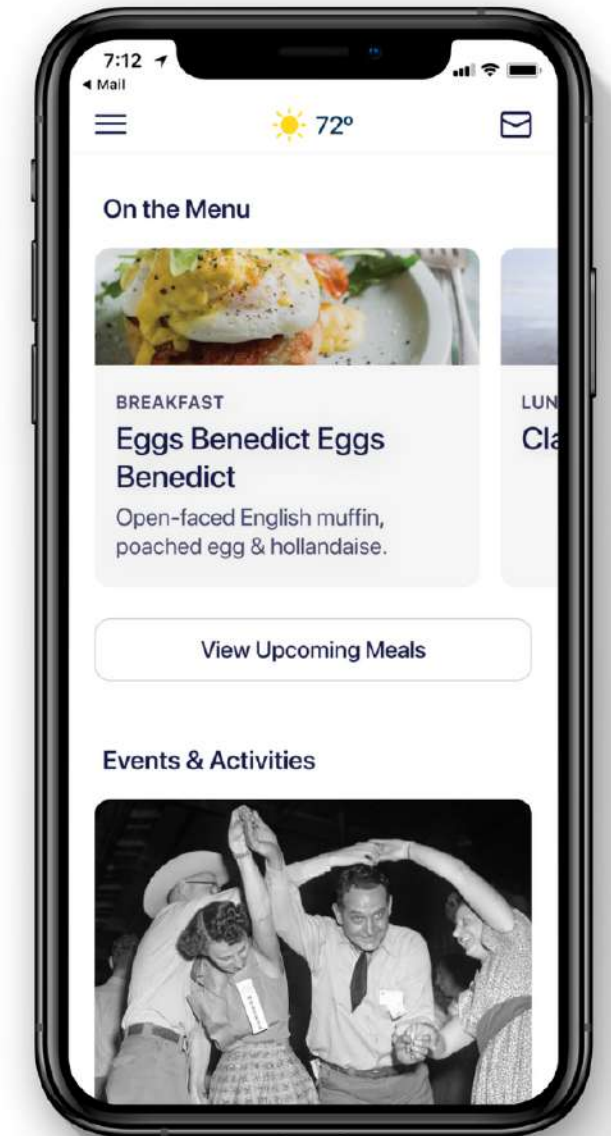


**The Morning Sun**

Awake with hue of gold in sky,  
As roosters call and eagle's fly.  
The fields adorned in dew's embrace,  
A tranquil start, a sacred space.  
In nature's calm, the day begins,  
With promises of warmth and wins.  
The farmer's work is never done,  
But joy abounds beneath the sun.

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

Many of us are well-acquainted with grief. Indeed, as we have experienced losses and changes and endings, we may experience grief as a constant companion – one that sometimes stirs suffering within us. Author Kate Bowler shares a blessing for us in times of grief, recognizing that grief is a holy space in which we can encounter the presence of the divine and the compassion of others. Receive this excerpt from this blessing from

Kate’s book Good Enough: Blessed are you, dear, dear one, doing this holy work of suffering what must be suffered. Of grieving what has been lost. Of knowing the unthinkable truth that must be known. This grief can make you feel on the other side of glass from the world around you, a force field separating your different realities. Yet blessed are you in your reality, for yours is the one most seen by God, who breathes compassion upon you, even now. Who has walked this path, and who leans toward you, gathering you up into the arms of love. Rest now, dear one. You are not alone.

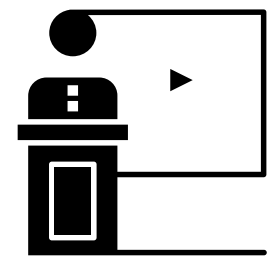
# From the Games:

The Dragonflies have started the Forklift Racing competition. So far they played agants the Flyers and did an amazing job. Dr.Bill did make the game more intense this year by changing the entire format of the game! Good luck Dragonflies!



# Community Life:

We will be starting purple university in the lane! Purple University is an educational time where we pick important and historical topics and the residents have the oppurtunity to gain more knowledge!



# Bus Outings:

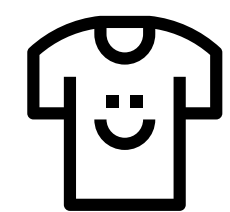
- Pray Rosary at crosses Hwy 19 on May 1st at 3:15pm
- Shopping at HyVee May 5th at 2:45pm
- MC Country drive May 6th at 2:30pm
- Camden State Park May 13th at 2:30pm
- Ghent Bar and Grill for Dinner May 19th at 11:00am
- Shopping at Walmart May 19th at 2:45pm
- MC Country drive May 20th at 2:30pm
- Prairie"s Edge Casino May 22nd at 2:15pm
- Dairy Queen May 26th at 2:45p

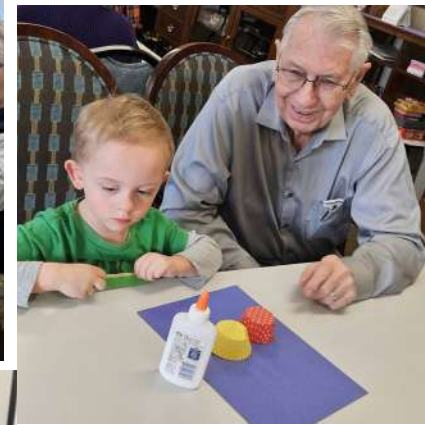


# Resident Updates:

Lifelong learning: The Oreogon Trail May 1st at 2:00pm in the community room  
Resident Council will be held on May 15th at 10:00am in the Community Room  
May birthday social will be held on May 28th at 2:45pm in the community room

- Wear this May:
- May 7th: Stripes
  - May 14th: Black
  - May 21st: Pastel colors
  - May 28th: Red





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