

Our Volunteers:

-Jeanne
-Tom
-Terry
-Steve
-Jodi
-Nancy
-Pastor Rasmussen
-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@lifesparksll.com



Heritage Pointe
SENIOR LIVING
A Lifespark Community

Age Magnificently



Facility Activities



Our Community Newsletter

Discover what's going on in our community.

Lets Celebrate!

Resident Birthdays!

Larry 8/19
Louise V. 8/20
Esther 8/31

Staff Birthdays!

Justina 8/4
Riley 8/10
Payton 8/18

Staff Anniversaries!

Biruk 1st - 1 year
Kayln 19th - 1 year
Elvia 18th - 2 years
Eliza 31st - 3 years

August 2025

Thank you to all who attended our Family Picnic. I was a great turnout and so much fun. to see everyone. We are aware that a few didn't receive the invite. We are currently reviewing our family email list to make sure someone is included for every resident. We are in full swing of our Grip Game competition and are always looking for youngers (non-residents) to come in and grip with us on Tuesday's. Let us know if you are interested in helping out the Dragonfly Team.

Sara Dolan
Executive Director

STAY SAFE WHEN IT'S HOT

The heat comes quick. Stay one step quicker by keeping yourself and others safe with these important tips.



STAY HYDRATED

- Drink more water or electrolyte solution, especially if you are active outdoors.
- Be proactive, don't wait until you are thirsty to hydrate.
- Avoid alcohol and caffeinated drinks.



STAY INFORMED

- Follow local weather and news reports.
- Check your heat risk at mn.gov/heat.



STAY COOL

- Move to a shaded area, an air-conditioned space, or other cool place.
- Wear loose-fitting, lightweight, light-colored clothing and use sunscreen.
- Take cool showers or baths.
- Don't use electric fans to cool yourself when temperatures indoors reach 90° F or above. Blowing hot air can be dangerous.



KNOW THE SYMPTOMS

- Know the symptoms of heat-related illnesses and how to respond. Learn more at mn.gov/heat.



COOL YOUR HOME

- Draw shades to keep out the sun.
- If you have a window air conditioning unit, create a cool room where you can go to cool off.
- Use fans to blow in cool outside air or vent out warmer inside air.
- Limit use of the stove, oven, and other heat-generating appliances.



LISTEN TO YOUR BODY

- Take it easy when it's hot.
- Limit outdoor work and exercise to the cooler parts of the day.
- Be cautious if you have a chronic health condition.



CHECK ON OTHERS

- Call relatives and neighbors, especially if they are older, live alone, or have chronic health conditions.
- Make sure they are drinking enough water and staying cool.
- Remind them to take heat seriously, turn on air conditioning, or go to a cool place.



KEEP EVERYONE SAFE

- Never leave children, people with disabilities, or pets inside a parked vehicle.

STAY COOL MN

Hello August,
We just completed our wheat harvest. It is my favorite harvest of the year. The yield was good, the straw abundant and the work of square baling was shared by our family. Even two of the youngest got in on tractor driving and stacking bales and they were so proud to help Papa. We always bring out the antique machinery to harvest our wheat straw!!
I also harvested tomatoes, cucumbers and egg plant. So good.
Enjoy your summer it is coming to an end and another glorious season is soon knocking on our door. Laurie



Bus Outings:

- Shopping at HyVee - Aug. 11
- Shopping at WalMart - Aug. 18
- Bus: to Ghent Bar and Grill to eat - Aug. 18 Cost on your own
- Bus: Dairy Queen Marshall - Aug. 25
- Bus: Prairie's Edge Casino or Dairy Queen in Granite Falls - Aug. 28



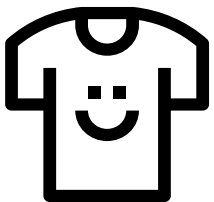
Resident Updates:

Lifelong Learning: Virtual Program: The Incredible Life of John B Jones at 2:00 pm in the Com. Rm
Resident Council will be held on August 21st at 10:00 am in the Community Room

August birthday social
will be held on August 27
at 2:45pm in the
Community Room



August Color Days
6th - Brown
13th - Teal/Blue
20th Green
27th Stripes



Community Life

Sister Jessica from Texas has been visiting her family in the area and blessed our residents with a presentation on her recent mission experience in the Dominican Republic. She baked fresh Snickerdoodle Cookies with her mom Milly, to share along with Raspberry Lemonade and Caramel Candies.



Spiritual

Water is the driving force of all nature. ~ Leonardo da Vinci

In the hot, dry stretches of summer, we can be deeply grateful for the gift of water: for water to cool our faces on a warm day, water to clean our bodies, water to quench our thirst. In many faiths and spiritual traditions, water holds great meaning. It is a symbol of life, of cleansing, of forgiveness, of community and of wisdom. Here in the upper Midwest, bodies of water reveal to us the beauty of life, from trees and native plants growing on the banks of the river to duckling and loon babies following behind their mothers across the glassy surface of a lake. Take a few moments to ponder on these thoughts.

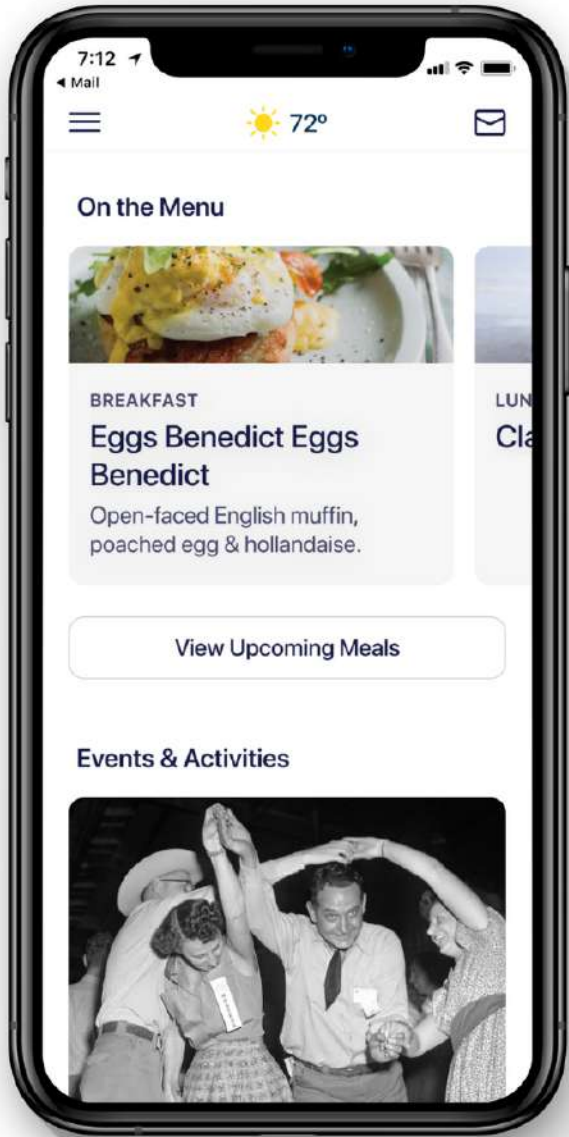
From the Games:

The Dragonflies Grip Game is well into the season, starting week 4. We are doing well and getting better scores each week. We are always on the look out for youngers (non-residents) to grip with us. Questions on how to join us for a game or two, give Laurie or Sara a call at Heritage. Good luck Dragonflies!



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.

