

Our Volunteers:
Margie Tom Terry Janna
Steve Faith Sofie Nancy
Teri H. Diane Shelia Jaen
Rhonda Hope Harbor
Pastor Steve Holy Redemer
Catholic Daughters

Morning Move &
Groove Exercises
daily at 9:00

Join friends for 500
Card Game in
Friendship room
Mon, Wed, Fri at 6:30

Men's Club
Meets 2nd & 4th Friday at
10:45 in Community Room
to view and discuss
Historial, & Current Events,
& enjoy a cup of coffee
together.

Facility Activites

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

- Call BINGO
- Lead a craft or art class
- Lead Mens Club

Contact:
Laurie.Ourada@lifesparksl.com

BINGO
Mon, Wed, Fri at 2:00
Community Room

Sonia's Hair Salon
open November 5th,
12th, 19th, & 25th.
For appointments,
reach out to Roxy at
Heritage and she will
connect you with Sonia.



Heritage Pointe
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

Let's Celebrate

Resident Birthdays:

11/1 Laura
11/5 Kathleen
11/21 Muriel
11/21 Anna
11/24 Don

Staff Birthdays:

11/4 Rayleigh
11/9 Makayla
11/10 Danyka
11/11 Amber
11/16 Kayln

Staff Anniversaries:

Slyvia ~ 1 yrs
Angie ~ 4 yrs
Kaitlynn ~ 2 yrs
Shania ~ 9 yrs

November 2025

Thankfulness is
the beginning of
gratitude.
Gratitude is the
completion of
thankfulness.
Thankfulness may
consist merely
of words. Gratitude
is shown in acts.
Henri Frederic Amiel



With November Comes Thanksgiving. A Season of Thanks

I came across this message and thought it was a good one:

Be Thankful.

Be thankful that you don't already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

.Be thankful for your limitations, because they give you opportunities for improvement.

Be thankful for each new challenge, because it will build your strength and character.

.Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you're tired and weary,
because it means you've made a difference

.It's easy to be thankful for the good things

. A life of rich fulfillment comes to those who are
also thankful for the setbacks

.Gratitude can turn a negative into a positive.

Find a way to be thankful for your troubles,
and they can become your blessings.

Author Unknown



Stay Healthy This Fall and Winter: Preventing the Seasonal Flu

As the temperatures drop and we spend more time indoors, flu season makes its yearly return. Here in Minnesota, flu activity often peaks between December and February, but cases can begin as early as October and continue into spring. The good news? There are several simple steps we can all take to protect ourselves and our community.

Get Your Annual Flu Shot

The flu vaccine is the most effective way to prevent influenza and its complications. It's especially important for older adults, caregivers, and people with chronic health conditions. Flu vaccines are updated each year to match circulating strains. It takes about two weeks for protection to build after vaccination.

Practice Good Hand Hygiene

Frequent handwashing is one of the easiest and most effective ways to stop germs from spreading. Wash hands often with soap and warm water for at least 20 seconds. Use an alcohol-based sanitizer when soap and water aren't available. Avoid touching your face—especially your eyes, nose, and mouth.

Stay Home if You're Sick

If you develop flu-like symptoms such as fever, cough, sore throat, or body aches, stay home and notify your supervisor or healthcare provider. Rest and fluids help your body recover. Returning to work or group activities too soon can spread the virus to others.

Keep Your Immune System Strong

Support your health with these daily habits: Eat balanced meals with fruits, vegetables, and lean proteins. Stay hydrated—dry winter air can lead to dehydration. Get plenty of sleep and manage stress to keep your immune system resilient.

Protecting Each Other

In communal settings like assisted living or senior care, infection prevention is a team effort. By following these steps, we help safeguard not only ourselves but also the residents, families, and coworkers we care about.

Community Life Message from Sue Jants

As the leaves continue to fall and the air grows crisp, November greets us with gentle reminders to slow down, reflect, and give thanks. Here at Heritage point, we embrace this beautiful month as a time of gratitude--a season to pause and appreciate the many blessings that enrich our lives each and every day. Gratitude isn't just an emotion; it's a practice that nurtures both the heart and the mind. Studies show that people who regularly express gratitude experience less stress, improved sleep, and stronger immune systems. Simply taking a few moments to recognize what we're thankful for can lift our spirits and strengthen our sense of community. Gratitude surrounds us--in the friendly smiles shared across the dining room, in the laughter during our activities, and in the caring hands of staff who go above and beyond every day. We are thankful for the warmth of our residents, their families, and our team, who together make this place feel like home. As Thanksgiving approaches, let's all take a moment each day to reflect on something--or someone--we're grateful for. Whether it's a favorite memory, a friend's kind word, or a simple sunrise, gratitude reminds us that joy can be found in the smallest moments. From all of us at Heritage Pointe, we wish you a month filled with peace, health, and thankfulness!



Resident Updates:

November color days:

Purple 5th

Green 12th

Flannel 19th

Yellow or Pink 26th



Veterans Day program on

November 11th at 10:30 am

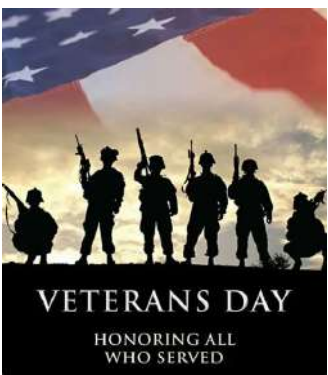


November Birthday social will be on Wednesday, November 19th at 2:45 in the Community Room



Spiritual

Our God and God of our ancestors, we ask for you blessing for America's Veterans, the dedicated men and women who have served our country in uniform, and for all those who serve today. Let those who made the ultimate sacrifice for the cause of freedom rest in peace, honored by a grateful nation. Heal those injured in service to our country, whether their wounds are of body, mind, or spirit. Remember the parents, partners, children, other family and friends of all who served: the ones who sacrificed alongside them, missed them when they served far away, and bore the heavy burden when they were wounded or gave their lives for our country. May it be Your will also that we strive every day to give our Veterans and service members the greatest possible reward for their service- a world secure in freedom and at peace. And let us say, God Bless America, Amen



Dragonflies

Quote: Teamwork is the ability to work together towards a common vision... It is thre fuel that allows common people to attain uncommon results. ~ Andrew Carnagie

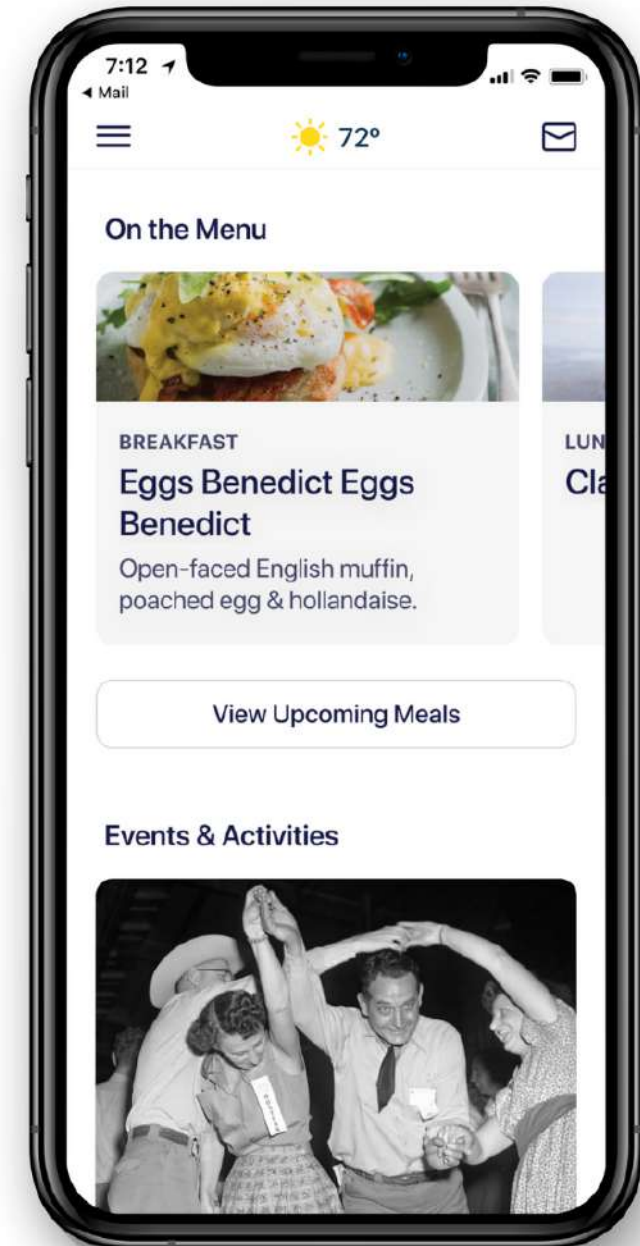
The Dragonflies are currently competing in Lifespark Challenge games which involve both physical & knowledge. they are currently 3 - 0. Note: new Teal team jerseys!!





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.

