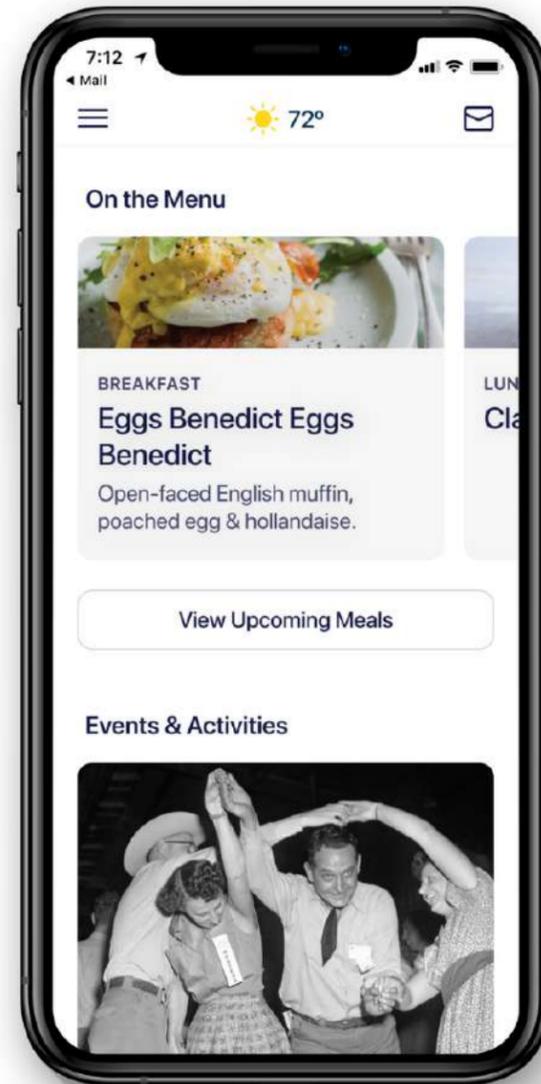


Download the new mobile app for Heritage Pointe Senior Living

- 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.



Our Community Newsletter

Discover what's going on in our community.

Let's Celebrate

<u>Resident Birthdays:</u>	<u>Staff Birthdays:</u>
3/18 Bertha	3/06 Andrea
3/25 Vicki	3/26 Lidia
3/30 Warren	3/30 Kira

Staff Anniversaries:

- 3/09 Mary L. ~ 6 yrs
- 3/28 Leah ~ 9 yrs
- 3/29 Lydia ~ 2 yrs
- 3/29 Catrice ~ 4 yrs
- 3/31 Mary Sw. ~ 3 yrs

March 2026

Hello March

May you be filled with Warmth, Love and Kindness. May you bring an abundance of everything my heart desires, and may you fill my days with the beauty of a smile and the touch of a caring heart.

Rebecca Fox



From Director of Community Life Laurie



- Bucket list:
- Sled dog Trail Ride in Boundary Water Area Northern Minnesota
- Weekend away with hubby
- Eat at unique Breweries
- Get off the grid
- Relax
- Enjoy nature
- all checked off last weekend.

News from the Lane

Our cranking group is a big hit! We have seen progress and hope to keep on improving. We hope our cranking group will continue to grow. We will do cranking every Mondays, Wednesdays, and Fridays after Bingo. After we finish cranking we like to go for a stroll around the lane. ~ Cely & Veronica



Our Volunteers:
Margie Tom Terry Janna
Steve Faith Sofie Nancy
Teri H. Diane Shelia Jaen
Rhonda Hope Harbor Kristen
Pastor Steve Fire Dept. JoJo
Holy Redemer Cath. Daughters
Kris, Marshall Police Dept.
SPARKLE w/ Jodi,
Nanci & Sherry

**Daily
Morning & Groove in
Community Room.**

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
Historical, & Current Events,
& enjoy a cup of coffee
together.**

Facility Activities

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

- Call BINGO
- Lead a craft or art class
- Lead Mens Club
- assist w/parties

Contact:

Laurie.Ourada@lifesparksll.com

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

Sonia's Hair Salon

For appointments,
reach out to Roxy at
Heritage and she will
connect you with Sonia.
507-337-4330

The EMERGENCY pednant

The emergency call pendant is a personal safety device designed to help residents quickly and easily request assistance whenever it is needed. By pressing the button on the pendant, residents can immediately alert staff, allowing us to respond promptly and provide help.

The emergency call pendant should be used for:

- * Falls or risk of falling
- * Feeling unwell or experiencing sudden health concerns
- * Feeling unsafe, dizzy, or confused
- * Any situation where help is needed and cannot wait



Wearing the pendant at all times—especially during activities such as bathing, dressing, resting, or moving about the apartment—helps ensure residents can reach staff quickly in the event of an emergency. Even when unsure if a situation is serious, it is always appropriate to press the button. Our staff are here to help, and we would rather respond early than risk a delay in care.

Please note that the emergency call pendant is **not intended to be used for routine or planned services**, such as scheduled care, medication reminders, or other non-urgent assistance that has already been arranged. Using the pendant appropriately helps ensure staff can respond as quickly as possible to urgent needs throughout the community. **Incidental charges may be applied for repeated or non-emergent use of the call pendant** when the request is for routine, scheduled, or non-urgent services. This helps support appropriate use of the emergency response system and ensures timely assistance for residents experiencing urgent needs.

The emergency call pendant should NOT be used for:

- * To discuss the weather
- * To tell staff you need an escort back to your apartment (if you are needing this, it should be care planned into your services)
- * To ask staff who is working
- * To use the bathroom (this is another service that is care planned, residents should be going to the bathroom when staff present to the apartment and the scheduled times)

The emergency call system is an important part of maintaining safety, independence, and peace of mind for both residents and their families. If you have any questions about how the emergency call pendant works, when to use it, or about service charges, please feel free to reach out.



Scripture

"Come, thou fount of every blessing. Tune my heart to sing thy grace!" -Robert Robinson (1758)

I grew up singing one of my favorite songs, Come Thou Fount of Every Blessing. I've sung it hundreds and hundreds of times in my life, but it became my favorite because of some very specific memories. I remember as a child, visiting my grandparents who lived in another state. I remember sitting in the hard, wooden pews of their small-town church, snuggling into my grandmother's warmth, feeling her deep breaths and the vibrations of her singing, "tune my heart to sing thy grace." I felt safe there, and I knew that I was loved. In a way, those moments were attuning my own heart to experience and treasure the faith that has been passed down in my family for generations, even as I have grown into a faith of my own. When you think about what faith – or spirituality – means in your life, are there people or places, songs or words that make you feel safe and loved? How has your own belief been shaped? Who has been a part of your journey to becoming who you are?

Inspiration



A hearty thank you to Lloyd and Kathy for providing accordian music for Heritage. He is a long time friend to Muriel.



MARCH

L T R K C O R M A H S S E A S
 R E S O S L C O R E E N E R U
 E V P E H R S P A R I E I N O
 L S R R O E L E I B B A R O C
 B N I E E A K R N Y C K I N C
 B O N O S C E U B O H Y S S L
 O L O D S A H S O M R C H K O
 C W O D B N I A W L I O N O V
 I R L A M B A E U R N E E R E
 S O H I L O N R L N A M B L R
 G S E K C I R T A P T N I A S



CLOVERS
 COBBLER
 COINS
 GOLD
 GREEN
 IRISH
 LAMB
 LEPRECHAUN

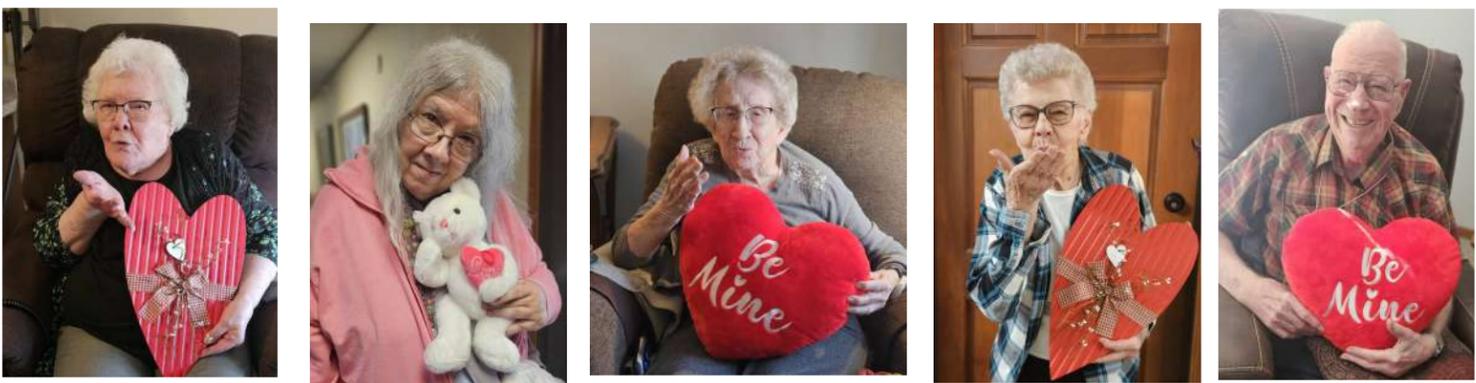
LION
 RAINBOW
 SAINT PATRICK
 SHAMROCK
 SHOES
 SNEAKY
 SPRING
 TREASURE

The Lonely Bear



Story by: Anna, Deanna, Betty, Loretta, Thelma

I feel lonely when I hold the bear, because all my little bears had toys to play with. Now they are all grown and gone away. I miss them. The little bear is a baby. Just then there was a knock at the door, it was a lady asking for help at her daycare center. "I can help you." Said Loretta, "When can I start? I'm so lonely. I don't have any other little bears around. So I can do it." She went to work as a daycare worker. She was very happy and I was also very happy to see her working with other little bears!





I hope today is filled with every little thing that makes you smile & puts a spark in your eyes
Free Spirited

