



Heritage Pointe
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

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@lifesparksl.com

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
Historial, & Current Events,
& enjoy a cup of coffee
together.

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

Let's Celebrate

<u>Resident Birthdays:</u>	<u>Staff Birthdays:</u>
04/06 Louise S.	04/02 Grant
04/07 Clem	04/09 Elvia
04/24 Dorrine	04/10 Johanna
04/26 Bernie	04/22 Mary Sw
	04/28 Mary Sc

Staff Anniversaries:
04/29 Rayleigh ~ 1 yr
04/29 Miranda ~ 1 yr

April 2026



"Alone we can do so little:
Together we can do so much."
~ Helen Keller

From Director of Community Life Laurie

Hello Springtime...

I am so looking forward to getting out in my flower gardens and get my hands dirty. One of my favorite things to shop for is new flowers and veggies. In our family we compete for who gets the first tomato to ripen. There is a hard set rule for the first ripe tomato... it must be shared with others. I can just imagine that first bite and the tender sweetness. Yummy!! We are getting equipment out of the sheds and greasing up parts, checking tires, washing windows and doing a few test drives with grandkids. They love rides with Papa! We also have two Nanny Goats that will be birthing soon. Have had several baby calves born and soon will have some new baby chicks. As you can tell my heart is on the farm!



News from the Lane

We are happy to see spring is here! We enjoy going outside to get fresh air and watch the birds. We can't wait to start our garden once the weather warms up more. Going outside brings us so much joy and laughter!





From Executive Director Sara

As we begin April we are entering into severe weather season. A reminder if there is bad weather, our safe locations are the first-floor bathroom and our inner offices on the first floor. We always encourage residents to come down to the first floor when we are in a warning. Ultimately, it is your choice. If you do choose to stay in your apartment, then please make sure you close your blinds and your doors. Make sure you have shoes on, grab a blanket and pillow, and then head to your bathroom. The safest thing would be to sit in your shower. We review this safety protocol with staff as well, so they know how to direct residents if severe weather does arise.



From Director of Nursing Nicky Esping



Hello April

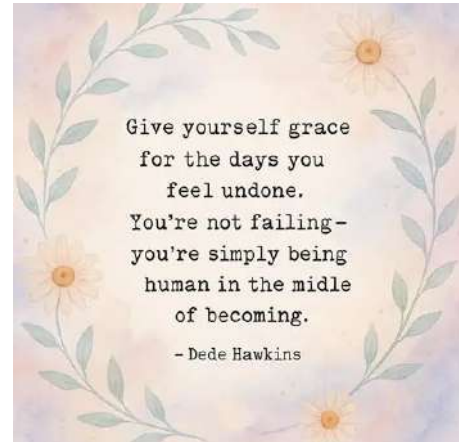
A good day isn't always
 Perfect. It challenges you to
 Release your potential and
 Inspires you to appreciate the
 Little, amazing things in life

Scripture

We've all heard the golden rule, "Do unto others as you would have others do unto you."

While it's important to show grace to others, we also need to find ways to shower grace on ourselves. Showing grace to yourself means that you practice self-compassion, understanding, acceptance, and forgiveness of self. Giving yourself grace is a choice. Giving yourself grace takes practice, but it can heal you and bring you deep peace and joy.

Whatever grace looks like for you today – give it to yourself! Let go of the things you do not have control over. Instead, do what brings you inner-self peace and joy. Make a list. Then, do one thing today from that list that will put joy in your heart and bring peace to your soul.



A Spring Day

Story by Betty and Laura



The path I followed was surrounded by lots of animals. I saw a raccoon, bird, squirrel, cat, dog, and rabbit. They joined me in walking along the path. We admired the trees as the sun shines down. It was a beautiful spring day. We reached a pond, as it sparkled in the sunlight. I grab a bucket to drink water as the animals start to drink from the pond.

I feel refreshed and jump over a fence further down the path. The animals join me as I reach my house. I decided to keep them and give them names. It was the best spring day ever!



illustrated by: Aracely
Colored by: Betty

Dragonfly Update

2026 TRYathlon World Champions

