



Chaska Heights
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

More Rocking. Less Chair.

Life is an amazing and precious thing. And we believe in soaking up every last bit of it. That's why we're so determined to change the age-old story of our sick care system, which often overlooks our aging generations. We exist to fan the spark in their lives. To help them live happy and healthy so that they don't just age, but age magnificently.

Meet our Leadership Team



Ami Fuller, LALD
Executive Director
952-361-6102



Lacey Eckmann
MSN/RN
Director Of Health
Services
952-361-6110



Diane Stieg, RN
Assistant Director Of
Health Services
952-361-6112



Nicole Drews
Marketing & Sales
Director
952-361-6103



Colleen Glasgow
Business Office
Manager
952-361-6101



Beverly Thompson
Administrative
Assistant
952-361-6100



Jennifer Lachermeier,
ADC/MC/ALF/PC
Community Life
Director
952-361-6104



Joe Thorp
Maintenance Assistant
952-361-6109



Yomi Lopez
Houskeeping Manager



Rev. Carol Skjeggstad
Chaplain
952-361-6109



Tim Henning
Culinary Director
952-361-6106



Thank you for choosing
Lifespark!

From the Executive Director: Amy Fuller, LALD

"The secret to staying young is live honestly, eat slowly and lie about your age." -Lucille Ball

The Holiday season is here! We look forward to celebrating with you this year during our Chaska Heights Holiday Dinner on December 21st from 4pm-6pm. This is one of my favorite events every year. I love to see our team come together and serve the members of this community with a beautiful meal. This time of year tends to be very busy. We often find ourselves making plans and putting together shopping lists. This is your reminder to slow down. Enjoy your time. Make meaningful conversations and memories with those around you. Eat the desert!

"Seize the moment. Remember all those women on the Titanic who waved off the desert cart." - Erma Bombeck

Fall Prevention: Smart Strategy for Aging Magnificently.

It's hard to overstate physical, emotional, and financial impact of falls on older adults. According to the U.S. Centers for Disease Control and Prevention (CDC), an older adult is treated in the ER for a fall every eleven seconds. But even without physical injury, falls can take a toll. Just the fear of falling can cause a person to restrict their activities, which can increase the risk of depression, social isolation, and declining health.

The first step in preventing falls is being aware of the most common causes: medications, tripping hazards, and difficulties with walking and balance.

Medications: It's surprising how many commonly prescribed and over-the-counter drugs can cause dizziness, muscle weakness, fatigue, and confusion. Your Lifespark COMPLETE™ primary care provider will do a thorough medication review and discuss adjustments if needed.

Tripping hazards: Try to clear the path to "urgent" destinations, such as your front door, telephone, and bathroom. Keep your floors free of electrical cords and if you have small throw rugs, consider slip-resistant backing. If you need additional grab bars in the bathroom, let your facilities manager know.

Walking and balance issues: Poor eyesight can lead to falls, so make sure to get an annual eye exam. If you're not comfortable walking outside, consider taking an exercise class at your Chaska Heights community or local fitness club to build muscle and joint strength.

From scheduling eye exams to setting in-home physical therapy, your Lifespark COMPLETE Life Manager can help you stay upright and aging magnificently.

Learn more at 952-873-7386 or LSCreferrals@lifespark.com or visit complete.lifespark.com.

Pelvic Health Program

Sierra from Viverant Health will be here Thursday December 7th to do a Pelvic Health Presentation. Please join her in the Community Room @ 2:00 PM.

Let's Change The Age- Old Story

Lifespark is passionate about helping you stay healthy at home. About empowering you to do what brings you joy, be with the people you cherish, and live life on your terms—no matter how many candles light up your cake.

Lifespark's proactive, complete senior health approach focuses on all areas of your well-being, not just your medical profile, so you can spend less time coordinating care and more time living life. Best of all, your Lifespark COMPLETE™ team works seamlessly with your on-site Chaska Heights team to help you achieve your goals and wishes. To get started, call 952-873-7386, email LSCreferrals@lifespark.com, or visit complete.lifespark.com

New Exercise Classes Will Begin Monday December 4th

10:00 AM Community Room

Mondays- Stretch & Flex- A mixture of yoga movements to improve flexibility and mindfulness.

Tuesdays- Strength & Balance- A mixture of weights and balance movements to improve muscle, balance and core strength.

Wednesdays- Band Together- A mixture of band and ball movements to improve range of motion and core strength.

Thursdays- Chair Dancing- A cardio workout to improve circulation and heart health. (& you get to listen to awesome music 🎵)

Fridays- Lucky Draw- We let the wheel decide!

From the Chaplain

December is upon us once again! Many of us already find ourselves in a faster than normal pace and the month has just begun! Families rush to get the Christmas and holiday decorations up. Family photos have been taken for the annual holiday card. Then the smells of the Christmas season begin to permeate houses and apartments everywhere as baking begins in earnest. Every culture and faith tradition have their special celebratory dishes. As a person with Norwegian heritage, I can't wait for the lutefisk and lefse!!

For those who embrace the Christian faith, the four weeks leading up to Christmas is called Advent (Latin for "coming"), which is essentially a time of waiting, but it is not passive waiting, it is active waiting. Waiting that builds a holy longing in our hearts. It is a waiting that is also a time of preparation for the coming birth of the Christ child.

As the month of December unfolds, I would encourage all of us be "difference makers" this Christmas season. Be the LIGHT! Share the LIGHT! Think of long-lasting gifts that you can bring to others – your neighbors at Chaska Heights, your family, your friends. Give the gift of love & peace, the gift of forgiveness, the gift of a smile, or the gift of understanding.

Give those kinds of gifts and you will experience the greatest Christmas or holiday season ever!

Peace be with you!

Chaplain Carol Skjegstad

Spiritual Message – Patience and Kindness

Decembers message comes from Rev. Shari Howell, Senior Living Chaplain

- Patience and Kindness

"When I was young, I admired clever people. Now that I am old, I admire kind people." —Abraham Joshua Heschel (Rabbi and scriptural scholar)

"Hot tempers cause arguments, but patience brings peace." - Proverbs 15:18

Chances are as you read this newsletter, patience is running thin. It's the holiday season, where no matter your faith tradition, there is a holiday – a Holy Day - you are likely preparing for. And you are likely worried about what is not getting done. Or grieving about what can never be done like in years past.

Whenever patience runs thin, kindness can run even thinner. Especially toward yourself. Remember this Holy Day season that you are enough. The gifts, the food, the merry festivities. They are fine but you and your loved ones are enough.

Know this: You are so loved just as you are. Go love others just as they are. Shower them with patience and kindness this season. Peace be with you all!



In Memory Of Those Who Passed In October & November

Wallace Behr Pastor Lane Doerring
George Schwartz Gregg Erickson
Geraldine DeCorsey Kenneth Ganske
John "Jack" Hungelman



Spiritual Services

Chaplain Carol available Monday, Wednesday, & Friday.

Please call 952-361-6105 if you are needing Spiritual Care.

Non Denominational Worship Service is held each Friday @ 11:00 AM in the Community Room.

Rosary & Communion are held each Wednesday @ 11:00 AM in the Community Room.

EXCEPT for the 3rd Week in which Mass will be held.



From Chaska Heights Writers Club

Written by Marilyn Froiland

Christmas- 1954

On December 25th, 1954, I boarded the train in Fargo, North Dakota, leaving my warm family home with all its festive Christmas décor, heartwarming music, and special holiday treats behind and spent the day riding the chilly rails through snowy Minnesota and into Illinois. I changed trains in Chicago and finally got to DeKalb, IL in the evening. Although I knew the reason for the trip was good, I couldn't help but feel sorry for myself. Traveling alone on a wintery day, far away from those I loved. The only indication that this was Christmas day was the appearance of Santa Claus, ho ho ho, hoeing his way down the aisle of the train, passing out peppermint candy canes. Of course I would have preferred being with my family on this day but my classmate from Augsburg, who was also my teaching colleague at the high school in Kerkhoven, MN, was getting married in DeKalb on Dec 26th and it was important for me to be there. I was the organist for the wedding. I was always the organist at my friends weddings- never a bridesmaid!

The wedding took place at first Lutheran church in DeKalb, where the bride's father was the pastor. It all went very well and I enjoyed the reception following the service that included many friends and acquaintances. Was there a larger upside to this event? Yes, there was! The next day I boarded the train again, this time headed for St Louis, MO, where I was met by my fiancé, Chaplain (1st Lt.) Philip Froiland. He took me in his arms and held me and all the negativity that I might have felt melted away. We drove to Ft Leonard Wood, where he was stationed. There, I met many of his fellow chaplains and other friends and I stayed in the Officers' guest house.

You can call it "delayed gratification", but our time together made up for the dreary Christmas day spent on the train passing the snowy fields in MN and IL. Now I was ready to go back to teaching music and English in Kerkhoven. The trip home was much more enjoyable as the plan for OUR wedding inched ever closer.

Happy Birthday

James T	12-3
Virginia D	12-5
Dorothy B	12-19
Carolynn T	12-24
Toni D	12-24
Jane H	12-28
Mary Lu H	12-29

Maintenance Pro Tips

- *Please make sure you tie all your garbage bags tightly before you toss them down the trash chute. This will help prevent spills and messes.
- *Please recycle cardboard boxes, can, glass, paper & other items in the proper containers located in the garage.
- *Please call the front desk @ 952-361-6100 if you are needing maintenance for any reason. A request will be filled out and they will do the repairs as soon as they are able. Please DO NOT stop them in the hall or call them directly unless it is an emergency and only then should staff be calling (flood or fire). All maintenance requests must go through the TELS process. Thank you for your cooperation.



Llama Visits are so much fun!



Fun Fall outing.

Culinary Corner

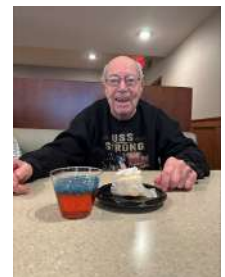
Please refrain from entering the kitchen. It is for trained employees only due to safety regulations. If you need assistance, please visit the front desk or call the kitchen directly @ 952-361-6107.

If you have any special catering requests you complete a form that may be obtained at the front desk. This must be completed a minimum of 72 hours in advance (3 days).

If you are feeling ill, please order a room tray by calling the kitchen or having the HHA assist you. Before returning the room trays, please rinse the dishes. This will be of great help!



Our Team The Purple Hawks.



Special Treats for Veterans Day.