



Chaska Heights  
SENIOR LIVING  
A Lifespark Community

*Age Magnificently*



## Our Community Newsletter

*Discover what's going on in our community.*

### **FIRE SAFETY**

#### **Fire Safety:**

There will be a fire drill sometime during the day this month. The alarm will sound.

#### **What to do in case of a real fire:**

Do not open your door unless the fire is in your apartment and you must exit for safety. Your door is fire rated to protect you.

If the fire is in your apartment. Leave the area and go to the nearest stairwell to exit the building as soon as possible. It is not safe to use the elevator if there is a fire.

Our buildings are equipped with a sprinkler system that will automatically activate during a fire.





### Chaska Heights Welcomes New DHS!

My name is Erin Kramer, and I am honored to serve as the new Director of Health Services at Chaska Heights. A native of Waconia, Minnesota, I spent my childhood on a dairy farm in Loretto, MN, as the fourth child among eleven siblings. Initially, I pursued a degree in elementary education, fueled by my love for teaching and a lifelong passion for learning.

Ten years after obtaining my teaching degree, I embarked on a new journey, returning to college to earn my RN degree while simultaneously working as a nurse. Along the way, I earned an MBA in business and completed my bachelor's degree in nursing.

For over 14 years, I've dedicated myself to serving the community at Good Samaritan in Waconia, starting as a Dietary Aid during college and progressing through various roles such as CNA, TMA, Assisted Living Universal Worker, and finally Registered Nurse. Throughout my career, I've found immense fulfillment in working within senior living communities, including Cassia and Auburn Homes and Services.

My family and I have called Waconia home for the past 19 years. This summer, my husband Mike and I are celebrating 20 years of marriage. Together, we cherish family time, outdoor activities, gardening, and our tradition of Friday night family movie nights. Our three sons, aged 14, 10, and 6, keep us busy with their passions for basketball, soccer, and part-time jobs like my oldest son's position at Subway, as well as his journey through confirmation.

I am grateful for the warm welcome I've received at Chaska Heights. In my role, I am committed to leading the clinical team and serving the residents with compassion and dedication. Please don't hesitate to introduce yourself when you see me around—I look forward to meeting more of the residents and their families.

Warm regards, Erin Kramer, DHS

## Resident Updates

### Happy Birthday

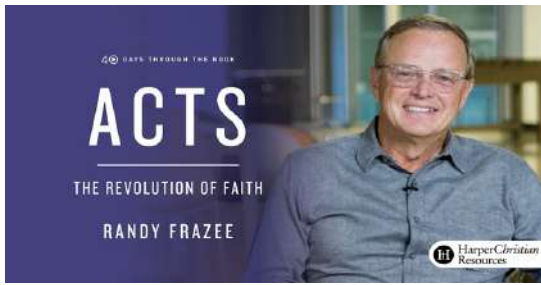
- Milton H - April 5
- Vaneta P - April 6
- Linda S - April 14
- Theresa F - April 22
- Larry B - April 23
- Irene K - April 23
- Connie P - April 25
- Eugene W - April 28

Mary Ann M    Theresa F  
Kenneth F    Rosaire T

WELCOME  
*home*

Janet H    Judy A

“When we age we shed many skins: ego, arrogance, dominance, pessimism, rudeness, selfish, uncaring ... Wow, it's good to be old!” – Stephen Richards



## Video Bible Study With Chaplain Carol

The Book of Acts is a joyful celebration of how God's revolutionary message was unstoppable and contagious. Join us for this 6-Week video Bible Study as we study the early church.

When you put your faith in Jesus, you become a member of the amazing family of God. You come into a place where you are known, loved, accepted...and never alone.

But you also become part of a revolution that shook the foundations of society when the early church burst onto the scene - a revolution that still changes lives and even societies today.

**Wednesdays**

**April 10th - May 15th**

**3:00 – 3:45 pm Community Room**



We may (or may not!) have grown out of the days of April Fools Day jokes and pranks, but we never grow too old to appreciate the gift of laughter! In fact, laughter can be a spiritual practice. Laughter grounds our spirits in joy and is a reminder that there is good in the world. It's important, especially when we live in community and care about one another, to avoid laughter that comes at the expense of another person. Our spirits thrive when we find joy in our common experiences and delight in the world around us. Do you have a favorite joke or song that always makes you laugh? Maybe you can share it this month and give the gift of laughter to your neighbors! Here's one of my favorites: What did the art teacher say when she jumped out of the closet?  
SUPPLIES!

May you discover many surprises this month that make you laugh with joy!

## Spring is a season of renewal

*by Marv Koski~ Chaska Heights Writers Group*

Even though we have just experienced a “Winter of no Winter”, the coming of Spring is still a welcome occurrence. Those of us who have long-lived in northern reaches of the country experience an annual rejuvenation as surely as does the emerging vegetation! Add the return of migrating birds and the emergence of hibernating animals and the entire landscape comes alive.

We, too, come out of a season-imposed hibernation foisted upon us by Winter. It is good for us to embrace this time, to re-energize our spirits, as surely as the blossoming shrubbery displays its' multi-colored splendors. This is the time for us to put away our parkas and winter boots and take advantage of the longer days and the warming sun.

Spring is an important time in the annual cycle of our personal lives as much as it is in nature. Consider this quotation from a reading in goodreads.com:

Finally, spring represents an opportunity to start anew. It's a time to let go of old habits or negative patterns that no longer serve us well. Just as nature sheds its old skin in preparation for new growth, we can also shed our old selves to become something better.

# Upcoming Outings

Shopping outings will be held each Thursday.

Please watch the calendar for destinations!

**\*REMINDER\*** You must be signed up by noon the day prior to the outing.

Leave from the front lobby of building A.

**SIGN UP SHEETS ARE NOW LOCATED OUTSIDE OF WELLNESS CENTER.**

Space is limited, however- Minimum of 4 MUST be signed up for the outing to take place.

4th- Target Shopping 2:00 PM

11th- Aldi / Kohls Shopping 2:00 PM

18th- Cub Foods & Dollar Store (7 & 41) 2:00 PM

25th- Cuzzy's Brickyard (Limit of 8 on bus) 11:00 AM  
(\*New sign up sheets! If you are able to drive yourself

on lunch outing- please do so, but still sign up in appropriate spot for reservation number .)



Walking on Sunshine!



Legacy Court Flower Power!



# TRYathlon 2024 Results

Scrimmage VS Streeters - 17.9 Miles / Week 1 VS Dragonflies - 17.6 Miles

Week 2 VS Parrots- 19.8 Miles / Week 3 VS Retrievers- 21.5 Miles

Week 4 VS Loons- 21.2 Miles / Week 5 VS Cheetahs- 23.1 Miles

Week 6 VS Wood Chucks- 21.7 Miles / Week 7 VS Coyotes- 22.4 Miles

**Ranked- 8th Overall GREAT JOB**

**PURPLE HAWKS!!**



TRYathlon Leg Crank



TRYathlon Arm Crank



Easter Planter Craft



Winter Cardinal Painting