



Age Magnificently

Upcoming Events

Reminder

To help better accomodate the schedule-
**Outing day has changed to
TUESDAY AM .**

Prior to each outing:

Sign up sheet will be set out on Wed.
Roster will be called in on Monday.
Sign up sheet will be located at the
Wellness Center in Building A.

- 9th- Lola's Lake House Lunch 10:30 AM
- 16th- Target Shopping 10:45 AM
- 23rd- Cub Foods & Dollar Store (7 & 41) 10:45 AM
- 24th- MN Twins Game 10:30 AM
- 30th- Aldi & Kohls 10:45 AM

*(If you are able to drive yourself on the lunch outing-
please do so, but still sign up in appropriate spot for
reservation number .)*

CALLING ALL VETERANS!

Would you like to visit the
Fagen WWII museum in
Granite Falls? Or maybe take
a tour of Historic Fort Snelling
from the comfort of a bus?

Please see Jennifer if
interested.



Our Community Newsletter

Discover what's going on in our community.

Chaska Heights Senior Living Recieves National Award



Chaska Heights Senior Living has been recognized as a 2024 recipient of the Bronze – Commitment to Quality Award by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL) for its commitment to improving the lives of residents through quality care. This distinction is the first of three progressive award levels (Bronze, Silver, and Gold) through the AHCA/NCAL National Quality Award Program. The Program honors providers across the nation that have demonstrated their dedication to enhancing the quality of care for our nation’s elders and individuals with disabilities.

The American Health Care Association/National Center for Assisted Living National Quality Award Program is a rigorous three-level process reviewed and evaluated by trained experts against a set of nationally recognized standards for organizational excellence. The standards of the Baldrige Performance Excellence Program help organizations achieve superior performance over time to improve the quality of life and care of long term care residents.

Please Do Not Prop Open Fire Doors

Staff from the Minnesota Department of Health Engineering Division and the State Fire Marshal's office have confirmed this is not a resident choice option and are citing 144G.45 Subd. 2 (a) (4) Fire protection and physical environment, when they find fire doors propped open. They will give us a survey tag if Fire Doors are left propped open.

MDH Engineering is also citing the same requirement if the door closing mechanism has been tampered with to prevent automatic closing and positive latching of the door.

What is the Difference Between a Fire Door and a Normal Door ...

Unlike their ordinary counterparts, fire doors are constructed with fire-resistant materials and are equipped with special seals that expand when exposed to heat, blocking smoke and flames from passing through. This containment ability is crucial during a fire, providing occupants with valuable time to evacuate safely.

Which doors on campus are considered Fire Doors and should never be propped open....

- 1. Community Room
- 2. Wellness Center
- 3. 212 Pub & Stoughton Pub Hallway Door
- 4. Resident Entrance Doors
- 5. Any door that is labeled a Fire Door

Thank you for abiding by state and federal regulations and keeping our campus safe!

Housekeeping & Carpet Care

Thank you for your patience as we readjusted the housekeeping schedule. We understand consistency is important and we are striving toward that goal. If you are requesting any additional cleaning or carpet care, the housekeeping team is happy to assist as their schedule allows. There is an additional cost for these services. Please inquire about additional services at the front desk.

Emergency Pendant Reminder

Emergency Pendants are available to all Chaska Heights residents. Their purpose is to alert staff if you need emergency assistance. Staff will respond to your pendant call and assess the situation. If you have an Assisted Living service plan, staff can offer physical assistance to you if necessary. If you do not have an Assisted Living service plan, staff can assist with calling family or emergency personnel depending on the situation. If you have any questions, please reach out to me.

Dinnerware

We are missing plates, bowls, dessert dishes, silverware and coffee cups. Please check your area and return all dinnerware to the kitchen. We ask that you please refrain from taking these items to your apartments. Thank you!

Ami Fuller, L.A.L.P.

Weekly Video Bible Study With Chaplain Carol



While everyone craves happiness, and everyone benefits from it, the sad reality is that fewer people today are finding it.

We have more possessions than ever before, better access to education, and greater advancements in technology and medicine. Yet the majority of us can't find an adequate reason to check the "yes" box on a happiness questionnaire.

In this 6-week study, Max Lucado looks at several "one another" statements in the Bible that reveal how the happiest people on earth aren't those who have the most, but those who are willing to give the most away.

While we cannot solve every problem, we can bring a few smiles to a few faces. In this way, we might even initiate a quiet *revolution of joy*.

Wednesdays, July 17th- August 21st
Time: 3:00 p.m.

Where: Community Room

Coming Soon! My PLAN in a CAN!

- Make a Plan
- Put the Plan in a Can
- Put the Can in the Fridge

In Loving Memory



- Larry B. 6-1
- Mark D. 6-3
- Wanda M. 6-13
- Penny C. 6-15

"Music is the mediator between the spiritual and the sensual life." – Ludwig van Beethoven

Growing up, there was nothing quite as magnificent as hearing a full symphony orchestra play 'Stars and Stripes Forever' in early July! That piccolo solo sends the heart fluttering, and the bum-bum-ba-dam-bum makes the spirit soar. Many times, when words seem inadequate to describe how we are feeling or what is important to us, music has a way of swooping in with exactly what we need.

What are the songs, or styles of music, that make your spirit soar? That bring you peace when you feel troubled? That get you going when you feel down in the dumps? What music do you love to experience with friends? What was the first live music performance you ever attended? This month, tell someone a story about how music has been the mediator between your spirit and your senses. May that storytelling be a blessing!



Scan this QR code with your smart phone or tablet to download Quilt Mobile App and keep up to date on all the daily activities!



Forklift Races

- Scrimmage VS Northstars 51-63 (L)
 - Week 1 VS Dragonflies 76-187 (L)
 - Week 2 VS Loon 105-115 (L)
 - Week 3 VS Coyotes 121-86 (W)
 - Week 4 VS Parrots 128-77 (W)
 - Week 5 VS Woodchucks 144-110 (W)
 - Week 6 Loafers 156-19 (W)
 - Week 7 VS Cheetahs 163-104 (W)
- Congratulations Purple Hawks on a 5th place Lightning league finish!**



The Grip Games will begin on Tuesday July 16th. Please come "pumped" to join us! Watch the calendar for practice days / times.

HAPPY BIRTHDAY

- | | |
|---------------|----------------|
| Amparo C 7-2 | Jan L 7-5 |
| Alice G 7-5 | Diane B 7-5 |
| Jeanne G 7-5 | Gene R 7-6 |
| Ginny H 7-8 | Shirley T 7-10 |
| Frank R 7-12 | Jon W 7-12 |
| Sherry T 7-14 | George W 7-19 |
| Grace J 7-24 | Jim K. 7-24 |
| Jerry B 7-25 | Joan N 7-29 |

Welcome Abby!



Thank you for welcoming me to Chaska Heights! For those of you who don't know me, my name is Abby, and I am currently in the EDIT role (Executive Director in Training) here.

I have worked in healthcare for over 15 years in various capacities. A little about me: I have a 4-year-old son, Jack (LJ for short), 2 dogs (Leo and Zeus), and I have been married to my wonderful husband for 7 years. I enjoy fishing, camping, traveling, and spending time with my family. I'm also a huge Wisconsin Badger fan and enjoy a little friendly banter now and then.

I look forward to getting to know everyone.
Abby

July 10th Is National Kitten Day!

Here are a few "kittens" that make Chaska Heights home.



Pearl

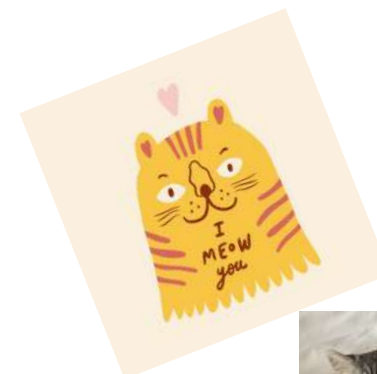


Grady

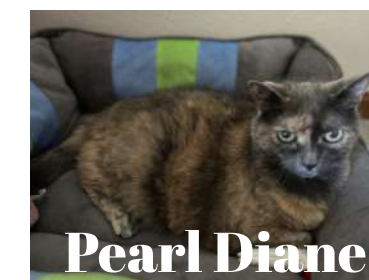


Amber

meow



Ruby



Pearl Diane



Pepper



Mike Wasowski

July 2024 - AL / IL Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00 Daily Wellness Class [CR] 1 2:00 Conversations: Walking W/ Grief [CD] 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [CR] 2 2:00 Dominoes Mexican Train [CD] 3:00 BYOB Happy Hour- 212 Pub [PB] 5:30 Prize Bingo W/ Dave [CD]	10:00 Daily Wellness Class [CR] 3 11:00 Rosary & Communion [CR] 1:00 Stitch & Chat W/ Diane [L] 3:00 Bible Study W/ Chaplain Carol [CR] 5:30 Evening Movie~ Penny Serenade [CR]	12:00 Independence Day 4 10:00 Daily Wellness Class [CR] 11:00 4th Of July BBQ [DR] 3:00 Watermelon Social [CD] 6:00 Quarter Bingo [CR]	10:00 Daily Wellness Class [CR] 5 1:00 Grip Game Practice [WC] 2:00 Veterans Group Meeting [CD] 3:00 Happy Hour [CD] 5:30 Prize Bingo [CD]	10:30 Coffee Social [L] 6 2:00 Matinee Movie~ Call Me By Your Name [CR]
10:00 St. John's Lutheran Worship Service Viewing [CR] 7 1:00 Left, Right, Center Game [CD] 3:00 Coffee Social [L]	10:00 Daily Wellness Class [CR] 8 11:00 CH Writers Club [JR] 2:00 Show & Share W/ Chaplain Carol [DR] 3:00 Travelogue W/ Annika [CR] 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [CR] 9 10:30 Lola's Lake House Lunch Outing [L] 1:30 Bavaria Hills Wheatens Puppy Visit [CR] 2:00 Dominoes Mexican Train [CD] 3:00 BYOB Happy Hour- 212 Pub [PB] 5:30 Prize Bingo W/ Dave [CD]	10:00 Daily Wellness Class [CR] 10 11:00 Rosary & Communion [CR] 1:00 Stitch & Chat W/ Diane [L] 5:30 Evening Movie~ The Great Escape [CR]	10:00 Daily Wellness Class [CR] 11 1:00 Artful Appetites W/ Avery [CD] 3:00 Ice Cream Sundae Bar [CD] 6:00 Quarter Bingo [CR]	10:00 Daily Wellness Class [CR] 12 11:00 Worship Service W/ Chaplain Carol [CR] 1:00 Grip Game Practice [WC] 3:00 Happy Hour [CD] 5:30 Prize Bingo [CD]	10:00 Manicures W/ Naomi [WC] 13 10:30 Coffee Social [L] 2:00 Matinee Movie~ Guys & Dolls [CR]
10:00 St. John's Lutheran Worship Service Viewing [CR] 14 1:00 Left, Right, Center Game [CD] 3:00 Coffee Social [L]	10:00 Daily Wellness Class [CR] 15 1:00 Resident Council [CR] 2:00 Conversations W/ Chaplain Carol [DR] 3:00 Jeopardy W/ Annika [CR] 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [CR] 16 10:45 Target Shopping Outing [L] 1:00 Grip Games [CR] 2:00 Dominoes Mexican Train [CD] 3:00 BYOB Happy Hour- 212 Pub [PB] 5:30 Prize Bingo W/ Dave [CD] 6:00 Outdoor Concert~ Farmers & Adelle [F]	10:00 Daily Wellness Class [CR] 17 11:00 Holy Catholic Mass [CR] 1:00 Stitch & Chat W/ Diane [L] 1:00 Guy Talk [SP] 2:00 Coffee W/ The Chef [CD] 3:00 Bible Study W/ Chaplain Carol [CR] 5:30 Evening Movie~ A Quiet Passion [CR]	10:00 Daily Wellness Class [CR] 18 3:00 Watermelon Social [CD] 6:00 Quarter Bingo [CR]	10:00 Daily Wellness Class [CR] 19 11:00 Worship Service W/ Chaplain Carol [CR] 1:00 Really Big Show [CR] 3:00 Happy Hour [CD] 5:30 Prize Bingo [CD]	10:30 Coffee Social [L] 20 2:00 Matinee Movie~ His Girl Friday [CR]
10:00 St. John's Lutheran Worship Service Viewing [CR] 21 1:00 Left, Right, Center Game [CD] 3:00 Coffee Social [L]	10:00 Daily Wellness Class [CR] 22 11:00 CH Writers Club [JR] 2:00 Conversations W/ Chaplain Carol [DR] 3:00 Arts & Crafts W/ Annika [CR] 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [CR] 23 10:45 Cub Foods Shopping Outing [L] 1:00 Grip Games [CR] 2:00 Dominoes Mexican Train [CD] 3:00 BYOB Happy Hour- 212 Pub [PB] 5:30 Prize Bingo W/ Dave [CD]	10:00 Daily Wellness Class [CR] 24 10:30 Twins Game [L] 11:00 Rosary & Communion [CR] 1:00 Stitch & Chat W/ Diane [L] 3:00 Bible Study W/ Chaplain Carol [CR] 5:30 Evening Movie~ Girl With A Pearl Earring [CR]	10:00 Daily Wellness Class [CR] 25 10:30 Coffee W/ Officer Martin [CD] 3:00 Ice Cream Social Bar [CD] 6:00 Quarter Bingo [CR]	10:00 Daily Wellness Class [CR] 26 11:00 Worship Service W/ Chaplain Carol [CR] 1:00 Really Big Show [CR] 2:00 Entertainment ~ Ross McLeod [CR] 3:00 Birthday Social ~ Cake & Coffee [CD] 5:30 Prize Bingo [CD]	10:00 Manicures W/ Naomi [WC] 27 10:30 Coffee Social [L] 2:00 Matinee Movie~ Charade [CR]
10:00 St. John's Lutheran Worship Service Viewing [CR] 28 1:00 Left, Right, Center Game [CD] 3:00 Coffee Social [L]	10:00 Daily Wellness Class [CR] 29 2:00 Conversations W/ Chaplain Carol [DR] 3:00 Jeopardy W/ Annika [CR] 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [CR] 30 10:45 Aldi & Kohls Shopping Outing [L] 1:00 Grip Games [CR] 2:00 Dominoes Mexican Train [CD] 3:00 BYOB Happy Hour- 212 Pub [PB] 5:30 Prize Bingo W/ Dave [CD]	10:00 Daily Wellness Class [CR] 31 11:00 Rosary & Communion [CR] 1:00 Stitch & Chat W/ Diane [L] 3:00 Bible Study W/ Chaplain Carol [CR] 5:30 Evening Movie~ Manchester By The Sea [CR]			CD Crosstown Dining Room CR Community Room DR Dining Room F Front Parking Lot JR Johnathon Room L Lobby PB 212 Pub SP Stoughton Pub WC Wellness Center