

Upcoming Outings

Sign up sheet is located at the Wellness Center in Building A.

5th - Goodwill Shopping - 10:30 AM

12th - Cub Foods & Dollar Store (7 & 41) Shopping - 10:30 AM

19th - Target Shopping - 10:30 AM

20th - White Christmas- Chan Dinner Theater - 10:30 AM

Must have been signed up & paid by Oct 23rd

26th - Kohl's & Aldi Shopping- 10:30 AM



Our Community Newsletter

Discover what's going on in our community.

Dear Residents,

We kindly ask for your cooperation with the following important requests regarding mail handling:

Junk Mail: Please refrain from placing any junk mail or advertisements in the outgoing mailbox. The mailbox is reserved for important outgoing mail, and placing other items in it can cause confusion and delays. There are trash receptacles located throughout the common areas to place these unwanted items in.

Respecting the Mail Delivery Process: We have received feedback regarding interruptions regarding the delivery process. For the safety and efficiency of our postal worker and others, we ask that residents please avoid approaching or engaging the mail carrier while they are working. If you have any concerns or questions about your mail, kindly bring them to the office and we will be happy to assist you.

Thank you for your understanding and cooperation in helping maintain a smooth and respectful mail delivery process for everyone.

Best regards! Chaska Heights Senior Living

Meet your Advanced Practice Provider Dr. Mara Mendonza, DNP-NP

Healthcare runs in Dr. Mara’s family – her mother, now retired, was a nurse at Mayo Clinic for 40 years. Mara’s love for the field of healthcare grew as she worked first as a Registered Nurse for 7 years in a variety of settings including inpatient (cardiac ICU), outpatient/primary care, and public health, before becoming an Advanced Practice Provider.

After obtaining her Master’s degree and getting certified as a Nurse Practitioner (NP), Mara worked as adjunct faculty at St. Catherine University while obtaining her Doctor of Nursing Practice (DNP) degree. Her doctoral research focused on closing the breast health equity gap for women of color. Becoming a Doctor of Nursing Practice-Nurse Practitioner (DNP-NP) allowed her to combine her foundation and passion for the art of nursing with her interest in the science of medicine, with an additional doctoral lens of research/academia, leadership, and changemaking.

Now joining Lifespark, Dr. Mara is excited to spend time with, and learn from, the clients she serves. Learning about their personal history, stories, families, hobbies, hopes, and dreams – as well as their health – will allow her to get to know her clients more deeply. The whole-person approach of getting to know clients in an unrushed manner in the comfort of their own homes, is one of the reasons Dr. Mara wanted to join the team after a clinical rotation with Lifespark during her DNP-NP program. She looks forward to taking a more holistic, customized approach to helping her clients achieve their desired quality of life, wherever that may lie along the illness-wellness continuum.

Dr. Mara’s time away from work is often time spent with family or in the great outdoors. She enjoys kayaking, ice skating, cooking and baking, yoga, travel, and music (she has played the flute for 20 years). Her personal/professional interests include leadership, learning, advocacy, and change.

Dr. Mara’s Professional Experience:

University of Minnesota Medical Center – Pulmonary Transplant Nurse Practitioner

St. Catherine University – Clinical Adjunct Faculty

Abbott Northwestern Hospital – Bedside Nurse, Cardiovascular Intensive Care Unit

Community University Health Care Center – Triage Nurse/Care Coordinator

Hennepin Healthcare/Minnesota Visiting Nurse Agency (MVNA) – Public Health Nurse



EDUCATION / DEGREES

Bachelor of Science in Nursing:
University of Minnesota
Master of Science in Nursing:
St. Catherine University
Doctor of Nursing Practice:
St. Catherine University

PERSONAL INTERESTS

Spending time with family,
the outdoors, kayaking,
ice skating, cooking & baking,
yoga, travel, and music (flute)

CONTACT INFO

PH: 952-345-3213



Chaplain Carols Spiritual Life Offerings:

Mondays @ 2:00 p.m.
Grief Connections 1st Monday
Show & Share 2nd Monday
Communion Worship Service
3rd Monday
Conversation Time
4th & 5th Monday

Holy Catholic Rosary & Communion
(Holy Catholic Mass 3rd Wednesday)

Wednesdays @ 11:00 a.m.
Community Room

Weekly Video Bible Study
With Chaplain Carol

Wednesdays @ 3:00 p.m.
Community Room

Kindness matters. It’s a simple phrase, but doesn’t it ring so deeply true? Can you remember a time when someone’s random act of kindness toward you completely changed your day? You’ve probably discovered that it doesn’t take much – no grand gestures needed. A simple smile, a compliment, or a little help can make all the difference in our days.

November 13 is World Kindness Day, and it seems fitting that in this month when we are so focused on gratitude, we would also remember that kindness matters. After all, our kindness to others often increases when it is a response to our own gratitude.

When we find reasons to be grateful, we also discover reasons to be kind. And it matters. May you surprise someone with kindness this month, and in so doing, may you also be blessed.

In Loving Memory

Bob Fernholz 10-5
Ann Christian 10-11
Jeanne Huibregtse 10-17
Jan Marholz 10-25



"IN A WORLD WHERE YOU CAN BE ANYTHING, BE KIND."

- UNKNOWN



RANDOM ACTS OF KINDNESS FOUNDATION
www.randomactsofkindness.org

Welcome Home



Charles & Jeanne H

Dean L

Rod & Marilyn P

HAPPY BIRTHDAY

- John K 11-5 Sharon F 11-7
- Bob R 11-08 Celeste W 11-15
- Don T 11-18 Gloria B 11-18
- Connie G 11-18 Jan S 11-19
- Deanna G 11-21 Tom F 11-23
- Sid G 11-25

Hello
my name is

Coming soon!
Resident name tags.
Sign up by Wellness Center.



October

- 8th & 9th Scrimmage Whizzer
- 15th & 16th VS Cheetahs (L) Arm Crank
- 22nd & 23rd VS Woodchucks (L) Leg Crank
- 29th & 30th VS Parrots Grip Games

Upcoming Dates:

November

- 5th & 6th VS Loafers -Whizzer
- 12th & 13th VS Dragonflies- Arm Crank
- 19th & 20th VS Coyotes- Leg Crank

December

- 3rd & 4th VS Loons- Grip Games
- 10th Final 4- Whizzer
- 12th World Championship- Arm Crank



Saturday, November 16th
10:00 AM - 2:00 PM



- Allie- Handmade Cards
- Maul Lee- Handmade jewelry
- Mary Ann- Hand knitted Scarves
- D'Ann- Hand sewn Mittens, gnome bottle toppers, catnip toys
- Rose- Tastefully Simple
- Heidi- Handmade earrings, suncatchers, and holiday decor
- Sandra- Handmade jewelry
- Tony- Art work
- Meredith- Embroidered Tea towels and knitted scarves
- Nicole- Mary Kay & Color
- Emily- Handmade jewelry
- Harriet- Quilts & other items
- Angel- Quilted items
- Jen B & Ruth- Gnomes, ornaments, sno-globes
- And MORE!!

All proceeds from table rentals and Bake Sale will be used to purchase Christmas gifts for Residents here on Campus!



Christmas Dinner

Thursday December 19th
4PM-6PM
Live Music by Liya

November 2024 - AL / IL Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00 Daily Wellness Class [CR] 1 1:00 Really Big Show [CR] 1:00 Bridge Club 2:00 Veterans Group Meeting [CD] 3:00 Happy Hour [CD] 5:30 Prize Bingo [CD]	9:30 Colorful Coffee Time W/ Annika 2 10:30 Jeopardy W/ Annika [CR] 1:00 Cribbage [SP] 2:00 Matinee Movie~ Sweet November [CR]
12:00 Vikings VS Colts on CBS 3 1:00 Bingo W/ Annika [CR] 2:00 Left, Right, Center Game [CD] 2:30 Manicures W/ Annika [WC] 3:00 Coffee Social & Treats [CD]	10:00 Daily Wellness Class [CR] 4 1:00 Bridge Club [SP] 2:00 Grief Connections W/ Chaplain Carol [CD] 6:00 Chicken Foot Dominoes [CD]	Election Day 5 10:00 Daily Wellness Class [CR] 10:30 Shopping Outing~ Goodwill 1:00 Spark Challenge [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] 6 11:00 Rosary & Communion [CR] 1:00 Spark Challenge [CR] 3:00 Bible Study W/ Chaplain Carol [CR] 5:30 Evening Movie~ To Kill A Mockingbird [CR]	10:00 Daily Wellness Class [CR] 7 1:00 Stitch & Chat W Diane 1:00 Bridge Club [SP] 1:00 Hand & Foot 2:00 Virtual Program~ Eleanor Roosevelt [CR] 6:00 Quarter Bingo [CR]	10:00 Daily Wellness Class [CR] 8 10:30 SW Transit Meet & Greet [CD] 1:00 Really Big Show [CR] 1:00 Bridge Club 3:00 Veterans Day Program [CR] 5:30 Prize Bingo [CD]	1:00 Cribbage [SP] 9 2:00 Matinee Movie~ My Fair Lady [CR]
12:00 Vikings VS Jaguars on FOX 10 2:00 Left, Right, Center Game [CD] 3:00 Coffee Social & Treats [CD]	Veterans Day 11 10:00 Daily Wellness Class [CR] 11:00 CH Writers Club [JR] 1:00 Bridge Club [SP] 2:00 Show & Share W/ Chaplain Carol [CD] 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [CR] 12 10:30 Shopping Outing~ Cub & Dollar Store 1:00 Spark Challenge [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] 13 11:00 Rosary & Communion [CR] 1:00 Spark Challenge [CR] 3:00 Bible Study W/ Chaplain Carol [CR] 5:30 Evening Movie~ Philadelphia Story [CR]	10:00 Daily Wellness Class [CR] 14 10:30 Aegis Wellness Chat [CR] 11:00 Book Club [CR] 1:00 Stitch & Chat W Diane 1:00 Bridge Club [SP] 1:00 Hand & Foot 2:30 Artful Appetites W/ Avery 6:00 Quarter Bingo [CR]	10:00 Daily Wellness Class [CR] 15 1:00 Really Big Show [CR] 1:00 Bridge Club 3:00 Happy Hour [CD] 5:30 Prize Bingo [CD]	9:30 Colorful Coffee Time W/ Annika 16 10:00 Holiday Bazaar [CD] 1:00 Cribbage [SP] 2:00 Matinee Movie~ Pearl Harbor [CR]
12:00 Vikings VS Titans on CBS 17 1:00 Bingo W/ Annika [CR] 2:00 Left, Right, Center Game [CD] 2:30 Manicures W/ Annika [WC] 3:00 Coffee Social & Treats [CD]	10:00 Daily Wellness Class [CR] 18 1:00 Resident Council [CR] 2:00 Communion Worship Service W/ Chaplain Carol [CR] 2:00 Bridge Club [SP] 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [CR] 19 10:30 Shopping Outing~ Target 1:00 Spark Challenge [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] 20 10:30 White Christmas~ CDT~ Must be signed up & Paid 11:00 Holy Catholic Mass [CR] 1:00 Guy Talk [SP] 1:00 Spark Challenge [CR] 3:00 Bible Study W/ Chaplain Carol [CR] 5:30 Evening Movie~ The Proposal [CR]	10:00 Daily Wellness Class [CR] 21 10:30 Coffee W/ Officer Martin [CD] 1:00 Stitch & Chat W Diane 1:00 Bridge Club [SP] 1:00 Hand & Foot 2:00 Afternoon Tea Party [CD] 6:00 Quarter Bingo [CR]	10:00 Daily Wellness Class [CR] 22 1:00 Really Big Show [CR] 1:00 Bridge Club 2:00 Birthday Party Entertainment~ Bobby & Christine [CR] 3:00 Birthday Cake & Coffee Social [CD] 5:30 Prize Bingo [CD]	9:30 Colorful Coffee Time W/ Annika 23 10:30 Wheel of Fortune [CR] 1:00 Cribbage [SP] 2:00 Matinee Movie~ Butch Cassidy & the Sundance Kid [CR]
12:00 Vikings VS Bears on FOX 24 1:00 Bingo W/ Annika [CR] 2:00 Left, Right, Center Game [CD] 2:30 Manicures W/ Annika [WC] 3:00 Coffee Social & Treats [CD]	10:00 Daily Wellness Class [CR] 25 11:00 CH Writers Club [JR] 1:00 Bridge Club [SP] 6:00 Chicken Foot Dominoes [CD]	10:00 Daily Wellness Class [CR] 26 10:30 Shopping Outing~ Kohls & Aldi 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] 27 11:00 Rosary & Communion [CR] 5:30 Evening Movie~ Planes, Trains, & Automobiles [CR]	Thanksgiving Day 28 11:30 Chicago Bears vs. Detroit Lions — on CBS 3:30 New York Giants vs. Dallas Cowboys — on FOX 7:20 Miami Dolphins vs. Green Bay Packers — on NBC	Day after Thanksgiving Day 29 10:00 Daily Wellness Class [CR] 1:00 Bridge Club 3:00 Happy Hour [CD] 5:30 Prize Bingo [CD]	9:30 Colorful Coffee Time W/ Annika 30 10:30 Travelogue W/ Annika [CR] 1:00 Cribbage [SP] 2:00 Matinee Movie~ West Side Story [CR]