



## Our Community Newsletter

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

### **Attention Piranhas: Forklift Racing Starts Soon!**

Founded in 2022, the National Forklift Racing League (NFRL) is dedicated to promoting healthy team-based competition based on the skillful use of Radio Controlled 1:10 scale Forklifts. The NFRL emerged on the senior living scene as part of Lifespark's commitment to enhancing the strength, purpose and belonging of older people. Success in the NFRL demands generous portions of teamwork, strategy, and practice. The League is based on an intensive review of the literature surrounding the health and well-being of older people. Participation in the NFRL is intended to improve hand-eye coordination, sharpen mental acuity, and reduce social isolation. Forklift Racing competitions consist of head-to-head matches between identically equipped teams. The NFRL is popular with elders and aging services professionals alike because it connects important evidence-based insights into the value of purpose and collaboration to tangible experiences with authentic competition. The NFRL is a Spark Performance and successful teams competing in the NFRL earn a share of the Spark Purse. The scrimmage match takes place on April 16th, and head to head competition begins April 23rd! Let's go Piranhas!

## From the Executive Director

### Happy National Nutrition Month!

Here are some handy health tips:

1. Eat breakfast to boost your energy levels
2. Make half your plate fruits and vegetables to get your recommended amount of fiber, vitamins, and minerals
3. Watch your portion sizes and enjoy treats in moderation
4. Be active and move your body daily
5. Get to know food labels
6. Choose healthy snacks
7. Speak with your registered dietitians, Alex and Rachel, whenever you have questions about nutrition

Meals are important, but healthy choices go beyond the foods and drinks we enjoy while sitting at the dining room table. They include our snacks, breakfasts on the go, eating out with friends, and even where foods are grown and how they're prepared. Our food choices also can affect the health of our planet. Have you ever thought about the work that goes into producing the foods we eat? This includes how food is grown or raised, where and how it is made, as well as its safety. It's important to think about the foods we eat and the nutrition they provide our bodies.

### Happy Birthday!

4/2- Debra C. - 2N

4/2- Carlos D. - 2S

4/2- Beatrice E. - 3N

4/9- Marilyn M. - 2S

4/12- James K. - 2N

4/12- Billie M. - 3N

4/16- Thomas S. - 3S

4/18- Marie N. - 2S

4/25- Ronald G. - 2S

### **Grace for Self by Rev. Carol Skjegstad, Senior Living Chaplain**

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.

# Yin Yoga at Providence Place

Are you looking for ways to reduce pain in your body, increase your flexibility, increase your circulation, and reduce your stress levels? Our new Yin Yoga group may be for you! Starting April 2, this program will be held on Tuesdays at 9:30 am with certified yoga instructor, Kate Wolfe. The practice of yin yoga is based on ancient Chinese philosophies and Taoist principles which believe there are pathways of Qi (energy) that run through our bodies. By stretching and deepening into poses, we're opening up any blockages and releasing that energy to flow freely. Yin yoga targets your deep connective tissues, like your fascia, ligaments, and joints. It's slower and more meditative, giving you space to turn inward and tune into both your mind and the physical sensations of your body. Because you're holding poses for a longer period of time than you would in other traditional types of yoga, yin yoga helps you stretch and lengthen those rarely-used tissues while also teaching you how to breathe through discomfort and sit with your thoughts. All ability levels are welcome, and no previous experience with yoga is necessary.

## **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 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 door, telephone, and bathroom. Keep your floors free of electrical cords, utilize grab bars in the bathroom, and use your call light for assistance.

**Walking and balance issues:** Poor eyesight can lead to falls, so make sure to get an annual eye exam. Also, consider taking an exercise class at Providence Place to build muscle and joint strength.

From scheduling eye exams to 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](mailto:LSCreferrals@lifespark.com) or visit [complete.lifespark.com](http://complete.lifespark.com).

# TV Station Guide

- 2 PBS (KTCA)
- 3 Providence Place Community Channel
- 4 CBS (WCCO)
- 5 ABC (KSTP)
- 6 PBS (KTCI)
- 7 CW
- 8 MNT (Fox 29)
- 9 FOX
- 10 IND (KSTC 45)
- 11 NBC (KARE 11)
- 12 CNN
- 13 FS1
- 14 Fox News Channel
- 15 USA
- 16 TBS
- 17 TNT
- 18 Discovery Channel
- 19 TLC
- 20 AMC
- 21 ESPN
- 22 Animal Planet
- 23 Lifetime
- 24 ESPN 2
- 25 History Channel
- 26 A&E
- 27 HGTV
- 28 Food Network
- 29 Trinity Broadcasting Network
- 30 Bally Sports
- 31 FETV
- 32 INSP
- 33 TV Land
- 34 Hallmark
- 35 Turner Classic Movies
- 36 Game Show Network
- 37 National Geographic
- 38 CARE Channel