



Our Community Newsletter

Discover what's going on in our community.

The ZooMobile is Coming Soon!

Our Earth is home to some amazing animals! Join us for The World of Wildlife on November 8th at 2:00 to meet a variety of animals from around the world. We will investigate their habitats, adaptations, and threats to the species, along with how we can help protect these incredible creatures and the places they call home. Everyone will enjoy this interactive program presented by the MN Zoo and come away with a new appreciation and understanding of the natural world. This program is proudly brought to you by The Piranhas.

As we continue to experience temperature changes from warm to cold, please continue to dress appropriately as you go outdoors. As noted last month, we will be adding a new heating system on the south end of the building. Our completion date has been pushed back, and we expect this to be completed towards mid-November. We recently signed on a new Administrative Intern from the University of Minnesota and are looking forward to working with her at Providence Place. She will be starting in late October and be working across all departments.

-Regards, Nick

11/1 David N. - 3N
11/8 Harrison K. - 2S
11/8 Robert P. - 2N
11/10 Delores C. - 3S
11/10 Jacquelyn F. - 2N
11/12 Betty G. - 2N
11/16 Judy K. - 2N
11/18 Carol H. - 2S
11/19 Sueann H. - 3S
11/25 Macy X. - 3N
11/26 Velvet F. - 2N



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.



Is In-Home Urgent Care Part of Your Health Plan? If not, it's a good time to switch

When unexpected health concerns arise, the first call is to your health care team. According to Wendy Laine, MD, who spent 19 years on the frontlines of emergency medicine and is now part of Lifespark's primary care and Urgent Response Services team, many times "when you call your clinic's after-hours line or the number on the back of your Medicare card, their only treatment option is the ER."

"When I first started, if someone had to be admitted, we could get them transferred into a hospital room in less than an hour, which freed up space and staff for the next person," Dr. Laine said. "But for at least the past five years, there's been a boarding crisis with people waiting in the ER for anywhere from 12 hours to two days before an inpatient bed opens up."

"By diagnosing and treating a long list of health issues in the home, we can spare members the stress and exhaustion of spending 12 hours at the ER, getting a CT scan and some blood work, and being sent home without any real answers," she said.

Continued on nextpage.

For Lifespark Senior Living residents, access to this kind of service is available to you right now through Lifespark COMPLETE:

- Lifespark's triage nurses have a leveling process which gives them a guideline to follow. Consider this the 'ruling in or ruling out' valve to know if you should go to the ER or if we can treat you at home.

- Lifespark's triage team has immediate access to detailed client information—not only their health history and medications, but also their living situation, family support, contingency plan, and goals of care. All of these play a role in determining the best course of action for that individual.

“When needed, we can send a Mobile Urgent Responder to the client's home to diagnose and treat a long list of health issues in the home, spare members the stress and exhaustion of spending 12 hours at the ER, getting a CT scan and some blood work, and being sent home without any real answers,” said Dr. Laine. “Not to mention the stress this can also place on loved ones and family caregivers, especially with the approaching winter months.”

To learn more about how you can access Urgent Response Services, attend the free virtual webinar and take advantage of Lifespark COMPLETE during Medicare's Annual Enrollment Period October 15 – December 7.

LETTER ELIMINATION

USE EACH LETTER IN THE GRID ONCE TO FIND THE FOUR MISSING WORDS

TOM THE _ _ _ _ _

_ _ _ _ _ AND FAMILY

_ _ _ _ _ POTATOES

PILE OF _ _ _ _ _

M	F	E	R	I
T	D	R	L	E
N	V	U	A	Y
E	S	D	K	E
A	E	S	S	H

WORD SCRAMBLE

UNSCRAMBLE EACH WORD

STAFE _____

KUMPPIN _____

SVLEEA _____

GRIPLISM _____

KUTEYR _____

LEAPP _____

REASVHT _____

KLATFUHN _____