



Our Community Newsletter

Discover what's going on in our community.

Season's Greetings! The holidays are upon us, and we have many festive activities planned this month. We will start off the month trimming the trees and decking the halls, then on one of the darkest days of the year, we will go on a holiday lights tour. Holiday music will fill the air as we open our doors to carolers and Santa Claus himself. Let's drink cocoa and eat cookies with friends, learn about Advent, the winter solstice and Kwanza and ring in the new year with a sparkling toast! As the year comes to a close, let's make this month the most wonderful time of the year!

Hello all, winter is upon us! We are beginning our usual winter maintenance items including salting areas around the exterior of the building and have plowing services lined up for our first snowfall. Please be mindful that you are dressing appropriately with the weather changing quickly. The front desk does have hats and gloves available for those who need them. We are excited to announce that the boiler installation is nearly complete, which will have a great impact on temperature regulation in the building.

-Regards, Nick

Happy Birthday!

12/2 Keith M. - 2N
12/3 James S. - 2N
12/7 Ernest J. - 2N
12/10 Carolyn M. - 2N
12/19 Katherine M. - 2S
12/20 Grant W. - 3S
12/16 Kevin K. - 2N
12/23 Don N. - 3N
12/27 Alan O. - 3N



December, for a variety of reasons, brings many celebrations. It's a time for honoring traditions and for making new ones! What is something that you always do in December? Has that tradition changed in more recent years?

Celebrations are an important part of our shared rituals and routines. When we live together in community, we share one another's struggles, to be sure. And we also have the privilege of celebrating together! Since you've come to senior living, have you learned about any of your neighbors' favorite traditions or celebrations? You just might discover it a blessing to your spirit when you share celebrations. May this be a season of great purpose for you, and may you finish this year knowing the blessings of belonging in community.



Skin TLC: The Care and Feeding of the Body's Largest Organ

Skin is just a few millimeters thick, yet it's the largest organ of the body, covering an area of roughly 20 square feet. Its primary purpose is to protect our insides from microbes, toxins, and other environmental elements, but it also helps regulate body temperature and allows us to experience the world through nerve endings.

To do its job well, skin needs to stay hydrated, but with age, skin tends to become thinner and drier, the result of factors that can include too much time in the sun, not drinking enough fluids, the natural loss of oil and sweat glands, certain medications, smoking, and Minnesota's notoriously dry winters and air-conditioned summers. Fortunately, there are steps you can take to protect your skin. As recommended by the American Academy of Dermatology:

- Wash with a gentle, fragrance-free soap*, using warm (not hot) water, and keep baths and showers short.
- Apply a fragrance-free moisturizer* right after bathing and throughout the day.
- Use sunscreen (SPF 30 or higher) and protective clothing on sunny and cloudy days.

*Ingredients that can help reduce dryness include glycerin, hyaluronic acid, and lanolin.

KWANZAA

H D A P P B E Q G K Y F Q C H S G N M Q
P E K I U F N H W E I L O P A E X T V G
Y C R O W P Z A T R H R S H C L G E K Y
L E A I X I N P I R N H D K L B T I G S
I M W H T Z W R R Y F Z B F B A Q V U A
M B Z F A A R M I H M J E O R T L K Q U
A E C A O A G S C Y W U F B P E C Q D X
F R J V X M D E E C S Q E G E G F E V F
D T J E L D N A C V Z L A M E E T L O G
F R U I T V F H D C E Z N B B V E W L T
X U R J K K X S N C U N K H T P Y D A Q
N Q G B F R T P P C H Y Y Y E Y R D R L
F M Y Y B A G A R K T W L A S A X Z Y G
R P R I S Y T M C I S Y V A X B Q L F N
D N R K Y T Z P N I I E M C Y D I S I S
R P U C S I Z U P D R U U U W S S V G K
M J J R H P B X A J E F G C U X E B I D
U I R I P L A C E M A T A D P B U E F N
M G A U R Y C B L F X C H B R C L D T T
F J Z V K W M P N F M U S Y W B T G R Q

AFRICA
CANDLE
CELEBRATE
CORN
CUP

DECEMBER
FAMILY
FRUIT
GIFT
HERITAGE

KWANZAA
PLACEMAT
SEVEN
UNITY
VEGETABLES