

Residents Having Fun!



Our Community Newsletter

Discover what's going on in your neck of the woods.

Lets Celebrate!

Resident Birthdays

3/6 Gwen S.

3/12 Dan P.

3/13 Roderick M.

3/18 Dale C.

3/18 Daryl J.

3/19 Paul H.

Interesting Facts About March

- One of the most beloved games of family game night, Monopoly, was invented on March 7th, 1933.
- Coca-Cola was invented in March 1886.
- In March 1889, the completion of the Eiffel Tower occurred.
- The name March came from the name Mars, the Roman god of war.
- March is the beginning of Spring whereas it is the beginning of Fall in the Southern Hemisphere (below the equator)
- Each year March and June ends on the same day of the week.
- The first telephone was patented on March 7th, 1876 by Alexander Graham Bell.

We welcome all of our new residents with big open arms. We are so excited to have you here and to get to know you.



Recent Move-ins:

Resident	Move-in	Room #
Ethel-Ray G.	1/6/23	214
Betty G.	1/31/23	218
Theresa Garey	2/6/23	421

Lifespark Notes

What Your Life Manager Brings to Your On-Site Team

At the heart of Lifespark COMPLETE is your Life Manager, a licensed professional who gets to know you and what matters to you most. Rigorously trained in the essential elements of well-being, your Life Manager can coordinate additional services and resources to help you stay healthy at home.

Want to dust off those tap dance shoes, learn how to Zoom (or Zumba!) with the grandkids, visit a childhood friend, find volunteer work, or take fewer medications? If it matters to you, it matters to your Life Manager.

For more information on Lifespark COMPLETE, call 952-8737386, email LSCreferrals@lifespark.com, or visit complete.lifespark.com.

Executive Director:

Over the last few weeks we've had a few facility inspections. We had a fire marshal inspection, a carbon monoxide inspection, and a financial inspection. We did great on all three. Things seem to be going well but we are in the process of hiring some aides.

Sales & Marketing:

Ways to remain active during winter at Yorkshire

You don't need expensive fitness equipment to get a total body workout.

Consider these examples:

- Use bottles of soup or water bottles as hand weights.
- Go from a sitting to a standing position out of a dining room chair two to three times in a row instead of just once.
- Walk up and down the hallways.
- Take part in the fitness class with Danielle.
- Turn up the music and dance in your kitchen.
- Join the Tryathlon group here at Yorkshire.

Dining Director:

March Madness. Another month has flown by. March we are hoping for warmer weather. For Dietary this month keep us update on things going in the dining room. Let us know what is working and what isn't working. We do apologize for any issues with food and service. We are still a little challenged on staffing. I am working hard on trying to find good staff and permanent staff for Yorkshires dietary team. And this month I will put out like I have in the past. Please help us out and do not remove glasses, coffee cups, bowls, plates, silverware, napkins from the dining room. If you need a cup or a to-go box, please ask your server to get you what you need. And please be aware that a meal comes with your choice of one soup, or one salad, or one fresh fruit, choice of an always available item or the main entree item and one dessert and a beverage of your choice. That's all from dietary for this month.

Business Office:

Working on having new staff come into the facility to begin training. Yorkshire has five new hires that will be getting orientated to memory care and assisted living. The business office sent out CRP's by January 31 per federal guidelines, and BOM has copies in office if residents misplace the original. We also mailed out new maintenance charges that will go into effect March 1. This letter was mailed to payors and residents.

Community Life:

Upcoming Bus Outings:

Assisted Living:

- 3/7: Target
- 3/16: Go for a drive
- 3/23: Fresh Thyme/Trader Joes
- 3/30: James J. Hill Mansion Tour

Memory Care:

- 3/1: Go for a drive
- 3/15: Culvers

Resident Rights

- 1. Appropriate care and services. Residents have the right to care and assisted living services that are appropriate based on the resident's needs and according to an up-to-date service plan subject to accepted health care standards. Residents have the right to receive health care and other assisted living services with continuity from people who are properly trained and competent to perform their duties and in sufficient numbers to adequately provide the services agreed to in the assisted living contract and the service plan.
- 2. Refusal of care or services. Residents have the right to refuse care or assisted living services and to be informed by the facility of the medical, health-related, or psychological consequences of refusing care or services.
- 3. Participation in care and service planning. Residents have the right to actively participate in the planning, modification, and evaluation of their care and services. This right includes: ▪ the opportunity to discuss care, services, treatment, and alternatives with the appropriate caregivers; ▪ the right to include the resident's legal and designated representatives and persons of the resident's choosing; and MINNESOTA ASSISTED LIVING RESIDENT BILL OF RIGHTS 2 ▪ the right to be told in advance of and take an active part in decisions regarding any recommended changes in the service plan.
- 4. Courteous treatment. Residents have the right to be treated with courtesy and respect, and to have the resident's property treated with respect.
- 5. Freedom from maltreatment. Residents have the right to be free from physical, sexual, and emotional abuse; neglect; financial exploitation; and all forms of maltreatment covered under the Vulnerable Adults Act.
- 6. Right to come and go freely. Residents have the right to enter and leave the facility as they choose. This right may be restricted only as allowed by other law and consistent with a resident's service plan.
- 7. Individual autonomy. Residents have the right to individual autonomy, initiative, and independence in making life choices, including establishing a daily schedule and choosing with whom to interact.
- 8. Right to control resources. Residents have the right to control personal resources.
- 9. Visitors and social participation. Residents have the right to meet with or receive visits at any time from the resident's family, guardian, conservator, health care agent, attorney, advocate, religious or social work counselor, or any person of the resident's choosing. This right may be restricted in certain circumstances if necessary for the resident's health and safety and if documented in the resident's service plan. Residents have the right to engage in community life and in activities of their choice. This includes the right to participate in commercial, religious, social, community, and political activities without interference and at their discretion if the activities do not infringe on the rights of other residents.

For a full list of resident rights please ask for a copy at the front desk. Thank you!



Just For Fun!



Resident Updates

Volunteer

Looking for residents to write for the resident column in the monthly newsletter. You can write about anything you want; your favorite vacation, about yourself, current events, etc. Please let Danielle (Community Life Director) know if you're interested.

Community News

Residents are now able to gather in public spaces with outside visitors. They must wear a mask at all times. Thank you!

Veterans Wall

If you have not done so, please submit your picture to Danielle to be featured on our Veteran's Wall.

Random Fact

The eye of an astrich is bigger than its brain.

Russell's Reflection for the Month of March

Consistency is the quality of being the same regardless of time or situation. It is about learning, growing, and adapting your actions that can help lead to incremental improvements over an extended period of time. It also helps in developing discipline, routines, and momentum in achieving even the most seemingly insurmountable goals. Even though the concept of staying consistent seems simple on the surface, maintaining consistency can be extremely challenging as there are usually no immediate results from our actions and patient perseverance is required to push through challenges and setbacks. Consistency requires having a clear, compelling vision for what we are trying to achieve and knowing why you want to do it as well as having an understanding that most things of value in life are a product of consistency and the journey is just as important as the destination.

Quotes!

March is the month of expectation.
~ Emily Dickinson
Only those with tenacity can march forward in March.
~ Ernest Agyemang Yeboah
In March winter is holding back and Spring is pulling forward.
Something holds and something pulls inside of us too.
~ Jean Hersey

Scripture Verse!

“Whatever your hand finds to do, do it with all your might...”
(Ecclesiastes 9:10).



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