



**Yorkshire  
of Edina**  
A Lifespark Community

# Age Magnificently



## Our Community Newsletter

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

### Happy Birthday

- 7/2 Audrey S.
- 7/6 Betty W.
- 7/6 Polly B.
- 7/6 Valerie S.
- 7/7 Corinne H.
- 7/13 Kathy B.
- 7/15 Buzz M.
- 7/20 Reiko J.
- 7/25 Kris L.
- 7/31 Dee H.

### Move In Anniversary

- |                  |           |
|------------------|-----------|
| Rose A.          | July 2017 |
| Alvin & Gerri B. | July 2022 |
| Merceil B.       | July 2023 |
| Eli P.           | July 2018 |
| John "Jack" S.   | July 2022 |
| Marie T.         | July 2020 |

### New Residents

- |           |           |
|-----------|-----------|
| Pam D.    | June 2024 |
| Karen R.  | June 2024 |
| Andy S.   | June 2024 |
| Jackie W. | June 2024 |



# Department Updates

## Sales & Marketing Director:

Here at Yorkshire of Edina, all Independent and Assisted Living apartments have a washer dryer, walk in shower, full kitchens with granite counter tops and faux wood blinds. Our Memory Care includes all the same finishes, and another unique fact is we have 3, 1bedroom apartments in that neighborhood.

We are a Lifespark community which means we have Physicians, Therapists, Skilled Nursing, Hospice, Life management and other services that can be billed through insurance at no additional cost to you which can provide better coordination of care with a more comprehensive plan where all involved parties collaborate, and most people can stay here without ever having to go to a nursing home.

There is an array of amenities including restaurant style dining, salon, library, pub, bistro, other common areas to enjoy, and life enrichment programs designed to help you "seek the spark" like exercise, church services, happy hours with entertainment, arts and crafts, group outings, etc.

Please feel free to reach out to our leadership team to learn more and see what makes our community special!

## Community Life Director:

-Grip Games is our next Spark Challenge and practice starts the 1st week in July. We need pumpers & cheerleaders.

-We've hired a full-time Community Life Assistant, Lisa P. and a part time assistant, Suzie L. who is currently a Home Health Aide. Suzie will do part time Community Life and part time Home Health Aide. They will work every other weekend, opposite of each other which gives us activities every weekend. They will start doing weekends once they're fully trained.

Upcoming Outings and Special Activities

## Upcoming Outings:

7/2: Kowalski's

7/9: Fishing/Boating

7/15: Dairy Queen (Memory Care)

7/17: Target

7/25 Centennial Lakes Farmers Market

7/31: Trader Joes

## Nursing Department:

For the elderly and those with chronic health conditions, it doesn't have to hit 100 degrees to cause heat stress or even heat stroke.

As we age, the body gradually loses the ability to perspire and regulate our body temperature. Poor circulation, heart, lung, and kidney disease increase an individual's risk for heat related illness.

Medications can also interfere with one's ability to maintain temperature.

Individuals experiencing cognitive changes may not be able to communicate distress related to heat. In some cases, they may not even feel the heat or discomfort because of changes in the brain's abilities to process sensory information or regulate their body's response to heat.

Remember to move indoors (AC) during excessive heat and to stay hydrated. Don't forget the sun screen as well.

## Symptoms to watch for:

**Dehydration:** thirst, dry skin, fatigue, light headed, confusion, dry mouth, increased heart rate, increased breathing, & less frequent urination.

Action: Move person to a cool dry place, lie down and rest, drink fluids like water and juice, and monitor until stable.

**Heat Exhaustion:** headache, blurred vision, nausea or upset stomach, vomiting, sluggishness or fatigue, thirst, & profuse sweating.

Action: Move person to a cool dry place, lie down and rest, apply cool water to skin, and fan wet skin.

**Heat Stroke:** headaches, dizziness, disorientation, agitation, or confusion, sluggishness or fatigue, seizures, hot dry skin, loss of consciousness, rapid heart beat, and hallucinations.

Action: CALL 911 or bring to nearest emergency room. While waiting for help; move to cool place.

## Chaplain's Corner

### Reflection

Empathy is the ability to vicariously understand and share the feelings, thoughts and experiences of others. It allows us to appreciate the people around us, form meaningful relationships, and proceed with compassion when tragedy strikes. Empathy also allows us to connect with others at a deeper human level by providing a common ground to allow each other to truly be heard and listened to; it creates a space to experience some of the emotions and feelings of what it takes to be someone else. We see with their eyes, hear with their ears, and feel with their hearts.

Let's recognize how vital empathy is in our work as it is essential in helping and supporting others to heal; developing kindness and sensitivity within us; and in creating unity of hearts and spirits. We pray we can increase and strengthen our empathy for all those who may be struggling and in distress and we want you to know that we are here for you no matter how difficult it may get.

### Quotes

"If we can share our story with someone who responds with empathy and understanding, shame can't survive."

"Courage gives us a voice and compassion gives us an ear. Without both, there is no opportunity for empathy and connection."

"When you show deep empathy toward others, their defensive energy goes down, and positive energy replaces it. That's when you can get more creative in solving problems" (Stephen Covey).

### Scripture References

"Rejoice with those who rejoice, weep with those who weep" (Romans 12:15).

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you (Eph. 4:32).

"So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets (Matthew 7:12).

"Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind" (1 Peter 3:8).

## From the Executive Director

Happy July to all you amazing people! Can you believe it's July already? Feels like yesterday we were celebrating a new year, and here we are in the midst of summer! A new month, a new celebration! When I think of July I think of parades, family gatherings, gardening, swimming, and lots of ice cream! The month is full of sunshine and warmth giving us food rich in flavor and color. I am not too fond of the heat without a pool or beach but enjoy the company of family and friends!

It's great to be an American. Celebrate the constitution. Our founders and most of all, our freedom! Happy 4th of July! With the warm weather and sunny skies, we have things to celebrate and smile about every single day! Stay cool and make new memories and hydrate hydrate hydrate!!!

Best Regards, Nicki Rehnelt

# Your Leadership Staff



**Nicki Rehnelt**  
Executive Director



**Christy Niemann**  
Office Manager



**Coming Soon!**  
Director of Sales & Marketing



**Coming Soon**  
Director of Health Services



**Lindsey Moore**  
Nurse Manager



**Danielle Madison**  
Community Life Director



**Ajibola Ola**  
Memory Care Coordinator



**Johnny Russell**  
Chaplain



**Tia Spencer**  
Director of Housekeeping



**Coming Soon**  
Director of Culinary



**Del Brelje**  
Maintenance Director

## Lifespark Complete

### Handy Tips for Stiff and Aching Hands

If you're no stranger to stiff, painful, or weak hands, you're in good company. Roughly 50 percent of adults, age 65 and older, experience enough joint pain to make everyday activities—opening a jar, turning a doorknob, slicing an apple—feel as strenuous as hand-to-hand combat.

To relieve symptoms such as dull joint pain or stiffness in your hands, Cleveland Clinic recommends:

- Physical therapy (PT) to learn strengthening and stretching exercises.
- Hot and cold packs (cold to reduce pain and swelling, and heat to reduce stiffness) for up to 20 minutes at a time.
- Regular rest periods to help relieve pain and inflammation in your joints.
- Healthy eating and diabetes management
- Occupational therapy (OT) to learn how to use tools that make dressing or preparing food easier.

Talk to your Lifespark COMPLETE medical expert about your joint pain and whether you're a candidate for PT and OT. Or visit [complete.lifespark.com](http://complete.lifespark.com) for more information.

To learn more about Lifespark COMPLETE, contact Lifespark at 952-873-7386 or [LSCreferrals@lifespark.com](mailto:LSCreferrals@lifespark.com) or visit [complete.lifespark.com](http://complete.lifespark.com).