



Did you know??

Day Light Savings Time is...
March 10th

(Remember to spring 1 hour ahead!)



March Outings



Cafesjian Art
Trust Museum

Thursday March 14th
2:30-4:30PM



Walmart
Shopping

Thursday March 28th
2:00-4:00PM

ROUND LAKE
SENIOR LIVING

Round Lake Senior Living | 1740 Parkshore Drive, Arden Hills, MN 55112 | (952) 679-7804

ROUND LAKE
SENIOR LIVING

Age Magnificently
March 2024



Our Community Newsletter

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

Let's Celebrate!

Staff Birthdays

Dorothy N. 3/2
Jen L. 3/5
Alice C. 3/13
Amanda M. 3/15
Adama K. 3/26
Aly S. 3/30

Resident Birthdays

Chuck K. 3/4
Keith E. 3/6
Lynn B. 3/19
Anne W. 3/25
Gil T. 3/25
Helma L. 3/28
Pat A. 3/28

A Word from the "Looney Bin"

TRY-athlon Season will be ending in March.
We are currently seated in 4th place in the
Lightning League. Stay tuned for final totals...



Our next competition is Forklift Racing! We
will begin games in April. Join us for practice
in the month of March. See Angela for details!

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New Residents



Recent Move-Ins

Pat A. 233
Vi K. 210
Judy H. 131
Sara J. 327



Sales & Marketing

Sara's last day will be 3/6, Katie will be covering in the Marketing department until the position is filled.



Community Life



- 3/3 LIVE PERFORMANCE:
Rince na Chroi Irish Dancing
- 3/11-15 Coin Hunt
- 3/14 Cafesjian Art Trust Outing
- 3/15 Holiday Happy Hour
- 3/18-22 Spring Spirit Week
- 3/19 Cover All BINGO!
- 3/21 Overview of
Arden Hills History
- 3/22 TRY-athlon Friendship Feast
- 3/26 Pictures w/ the Easter Bunny
- 3/27 Resident & Food Council
- 3/29 Good Friday Community
Service



Please stop by the Community Life bulletin board on 2nd floor in the Hazelnut Room for more details about activities, flyers, outing sign ups, and special events.



Executive Director

Hello,
February was a fun month in my household! My husband and I were able to take our honeymoon to Jamaica and enjoy some time in the sun. One of the highlights was being able to have a sunset dinner on the beach (noted in picture). It was absolutely beautiful and the weather couldn't have been more perfect! Now back to business! I truly did miss my team and all of the residents at Round Lake while I was gone. I wanted to inform you that starting 3/7 I will be tackling the marketing department and helping cover in this area until we find a new Marketing Director. I am looking forward to covering and you will frequently see me out and about giving tours 😊

If you have any business office needs you should start directing those to Pat our new Asst. Executive Director and very soon I will be completed with our new Administrative Assistant Stacey's training. We are very excited to welcome these new faces to our team!

Thank you for everything you do to make our community a wonderful place to live and work!

-Katie Gillman



Chaplain Chat

Good Friday Community Service Friday March 29 at 1:00PM



News from Nursing

The Nursing Department has a lot to be excited for this month! Our Assistant Director of Health Services, Mai, is now on leave in anticipation of the birth of her second child! Our Director of Health Services, Kristina, was married on 2/17! Our newest RN Manager, Aly, has stepped into her role and is working on meeting everyone as she and RN Manager Jessie manage our day-to-day nursing needs. And... our newest addition to the nursing team, LPN Amanda will be completing her floor training this month and be present in the community every other weekend!

With these life changes and new employees, we are so happy to have Jessie and Aly present to address needs as they arise as well as complete the regularly scheduled items that happen each day/week. Their contact information is:

Jessie Horan, RN: Jessica.horan@lifesparksl.com

Aly Sprenger, RN: Alya.sprenger@lifesparksl.com

Or they can be found on the second floor in the Nurses office beside the Hazelnut Room.

If you receive assisted living cares and have received a new insurance card this year, please bring it to a nurse so we can obtain a copy for your health records.

Please remember: Do not share medications with other residents...EVEN if they are over the counter. Not all our residents are knowledgeable on their medications and adding something could cause an adverse reaction.

Also, if nursing manages your medications, we need to have orders present for all medications within your apartment and they need to be kept in the locked cabinet.

Department Updates

“Hello, my name is Patrick. I am the new Assistant Executive Director at Round Lake Senior Living. I have had the privilege of serving our senior communities in other capacities in the past. The roles I have served in are Culinary Director, Maintenance Director, and Housekeeping Director. I will help oversee these departments at Round Lake. I am new to our business operations, so a little patience in this department is appreciated. It will be good to get to know each of you, and I look forward to being able to assist you with any needs.”

We are so excited to welcome Stacey as our new Administrative Assistant! She is currently completing her training to be the best resource she can be at the front desk for our residents and families.

Kristina got married in February! Congrats to the happy couple!



Fast Facts

Maintenance

Please visit the front desk to submit maintenance requests. This will ensure work orders are inputted in our TELS system.

Thank you!

Dietary

From the nutritional side of things and the caution of sugar intake for residents. We will no longer be offering juice all day, only for breakfast. For lunch and Dinner, it will be enhanced water, lemonade and iced tea.

March 1st. will be the roll out of the new menu items. From the Round Lake senior Population menu survey: and what the residents picked.

- Spaghetti with meat sauce it also comes with a side salad.
- The Ruben Sandwich
- Chicken Caesar salad
- Potato Salad as a new side option

Items going away; meatloaf dinner, chef salad and tuna sandwich option in deli sandwiches.

March 2024

Round Lake Senior Living Independent & Assisted Living

Sunday	Monday	T u e s d a y	W e d n e s d a y	Thursday	Friday	Saturday
<div><div><div>DR</div><div>F</div><div>H</div><div>L</div><div>MC</div><div>MP</div><div>P</div><div>W</div></div><div><div>- Dining Room</div><div>- Fitness (-1)</div><div>- Hazelnut (2)</div><div>- Lobby (1)</div><div>- Memory Care (1)</div><div>- Multi-Purpose Room</div><div>- Pub (-1)</div><div>- Workshop (-1)</div></div></div>	Activities are subject to change. Updates as needed will be posted at front desk and in Hazelnut Room.				<div><div><div>1</div><div>W</div><div>F</div><div>H</div><div>P</div><div>P</div></div><div><div>10: 00 Relax-A-Crafting</div><div>11: 00 "Havin' A Ball!"</div><div>1:00 The Really Big Show</div><div>2:00 "500" Card Game</div><div>3:00 Happy Hour</div></div></div>	<div><div><div>2</div><div>H</div><div>MC</div><div>L</div><div>MC</div><div>H</div><div>MC</div></div><div><div>10: 00 Guided Morning Meditation</div><div>11: 00 Toss a Memory!</div><div>11: 00 Walking Group (R)</div><div>1:00 Oldies Sing-A-Long</div><div>2:30 National Geographic: Ocean Odysseys</div><div>3:30 Card Club</div></div></div>
<div><div><div>3</div><div>H</div><div>H</div><div>L</div><div>MP</div><div>MC</div></div><div><div>10: 00 Streaming Catholic Mass</div><div>10: 30 Streaming Lutheran Service</div><div>11: 00 Walking Group (R)</div><div>2:00 Rince na Chroi Irish Dancing</div><div>3:00 Balloon Volleyball</div></div></div>	<div><div><div>4</div><div>F</div><div>H</div><div>MC</div><div>MP</div><div>H</div></div><div><div>11: 00 "Band Together!"</div><div>1:00 Manicures</div><div>2:00 Farkle Dice</div><div>6:00 Bingo</div><div>Brain Games (R)</div></div></div>	<div><div><div>5</div><div>DR</div><div>L</div><div>L</div><div>H</div><div>H</div><div>H</div><div>H</div><div>H</div></div><div><div>10: 00 Coffee Chat w/ Kent</div><div>10: 00 Shopping Shuttle</div><div>11: 00 Walkin' & Searchin' (R)</div><div>12: 15 Catholic Mass</div><div>12: 45 TRY-athlon Game Day</div><div>2:00 Forklift Practice</div><div>3:00 Community Worship</div></div></div>	<div><div><div>6</div><div>H</div><div>F</div><div>DR</div><div>P</div><div>MP</div><div>DR</div></div><div><div>10: 00 Aerial America</div><div>11: 00 "Wednesdays Weights"</div><div>1:00 Would You Rather?</div><div>2:30 Gin Rummy Card Game</div><div>3:30 Bingo</div><div>6:00 Mahjong (R)</div></div></div>	<div><div><div>7</div><div>H</div><div>MC</div><div>L</div><div>H</div><div>H</div><div>MC</div></div><div><div>FREE TABLE</div><div>10:00Timeslips Storytelling</div><div>11:00Walkin' & Searchin'</div><div>12:45TRY-athlon Game Day</div><div>2:00Ireland Travelogue</div><div>3:00Group Games</div></div></div>	<div><div><div>8</div><div>W</div><div>F</div><div>H</div><div>MC</div><div>P</div></div><div><div>10: 00 Relax-A-Crafting</div><div>11: 00 "Havin' A Ball!"</div><div>1:00 The Really Big Show</div><div>2:00 Crafty Corner</div><div>3:00 Happy Hour</div></div></div>	<div><div><div>9</div><div>H</div><div>MC</div><div>L</div><div>MC</div><div>H</div><div>MC</div></div><div><div>10: 00 Guided Morning Meditation</div><div>11: 00 Toss a Memory!</div><div>11: 00 Walking Group (R)</div><div>1:00 Oldies Sing-A-Long</div><div>2:30 National Geographic: Inside Airport Lost & Found</div><div>3:30 Card Club</div></div></div>
<div><div><div>10</div><div>RAMADAN BEGINS</div></div><div><div><div>H</div><div>H</div><div>L</div><div>MC</div><div>MC</div></div><div><div>DAYLIGHT SAVING BEGINS</div><div>10:00Streaming Catholic Mass</div><div>10:30Streaming Lutheran Service</div><div>11:00Walking Group (R)</div><div>1:30Balloon Volleyball</div><div>3:00 Jenga</div></div></div></div>	<div><div><div>11</div><div>F</div><div>H</div><div>MC</div><div>MP</div><div>L</div></div><div><div>COIN HUNT</div><div>11:00"Band Together!"</div><div>1:00 Manicures</div><div>2:00Yahtzee Dice</div><div>3:30 Bingo</div><div>6:00Themed Brain Games (R)</div></div></div>	<div><div><div>12</div><div>DR</div><div>L</div><div>L</div><div>H</div><div>H</div><div>H</div><div>H</div></div><div><div>COIN HUNT</div><div>10:00Coffee Chat</div><div>10:00Shopping Shuttle</div><div>11:00Walkin' & Searchin' (R)</div><div>12:45TRY-athlon Final Four</div><div>2:00Forklift Practice</div><div>3:00 Devotionals</div></div></div>	<div><div><div>13</div><div>H</div><div>F</div><div>MP</div><div>DR</div><div>P</div></div><div><div>COIN HUNT</div><div>10:00Aerial America</div><div>11:00"Wednesdays Weights"</div><div>1:00Shamrock Craft</div><div>2:30Scrabble Game</div><div>3:30 Bingo</div><div>6:00Mahjong (R)</div></div></div>	<div><div><div>14</div><div>MC</div><div>L</div><div>H</div><div>L</div><div>MC</div></div><div><div>COIN HUNT</div><div>10:00Timeslips Storytelling</div><div>11:00Walkin' & Searchin'</div><div>12:45TRY-athlon Final Four</div><div>2:30Cafesjian Art Trust Outing</div><div>3:00Group Games</div></div></div>	<div><div><div>15</div><div>W</div><div>F</div><div>M</div><div>P</div><div>P</div></div><div><div>COIN HUNT</div><div>10:00 Relax-A-Crafting</div><div>11:00"Havin' A Ball!"</div><div>1:00The Really Big Show</div><div>2:00Crafty Corner</div><div>3:00Holiday Happy Hour</div></div></div>	<div><div><div>16</div><div>H</div><div>MC</div><div>L</div><div>MC</div><div>H</div><div>MC</div></div><div><div>10: 00 Guided Morning Meditation</div><div>11: 00 Toss a Memory!</div><div>11: 00 Walking Group (R)</div><div>1:00 Oldies Sing-A-Long</div><div>2:30 National Geographic: City of the Future- Singapore</div><div>3:30 Card Club</div></div></div>
<div><div><div>17</div><div>ST. PATRICK'S DAY</div></div><div><div><div>H</div><div>H</div><div>L</div><div>MC</div><div>MC</div></div><div><div>10: 00 Streaming Catholic Mass</div><div>10: 30 Streaming Lutheran Service</div><div>11: 00 Walking Group (R)</div><div>1:30 Balloon Volleyball</div><div>3:00 Jenga</div></div></div></div>	<div><div><div>18</div><div>F</div><div>H</div><div>MC</div><div>MP</div><div>L</div></div><div><div>WEAR BLUE</div><div>11:00"Band Together!"</div><div>1:00 Manicures</div><div>2:30Left, Right, Center Dice</div><div>3:30 Bingo</div><div>6:00Brain Games (R)</div></div></div>	<div><div><div>19</div><div>DR</div><div>L</div><div>L</div><div>H</div><div>H</div><div>H</div><div>H</div><div>MP</div></div><div><div>WEAR FLORAL</div><div>10:00Coffee Chat w/ Kent</div><div>10:00Shopping Shuttle</div><div>11:00Walkin' & Searchin' (R)</div><div>12:45TRY-athlon World Championship</div><div>2:00Forklift Practice</div><div>3:00Community Worship</div><div>6:00Bingo Night- COVER ALL</div></div></div>	<div><div><div>20</div><div>H</div><div>F</div><div>MP</div><div>DR</div><div>P</div></div><div><div>WEAR YELLOW</div><div>10:00Aerial America</div><div>11:00"Wednesdays Weights"</div><div>1:00Egg Rolling</div><div>2:30Parade of Apartments</div><div>3:30 Bingo</div><div>6:00Mahjong (R)</div></div></div>	<div><div><div>21</div><div>MC</div><div>L</div><div>H</div><div>H</div><div>H</div></div><div><div>WEAR PINK</div><div>10:00Timeslips Storytelling</div><div>11:00Walkin' & Searchin'</div><div>12:45TRY-athlon World Championship</div><div>2:00Plant Seedlings</div><div>3:00Overview of Arden Hills History w/ Dan Ashbach</div></div></div>	<div><div><div>22</div><div>W</div><div>F</div><div>P</div><div>MC</div><div>P</div></div><div><div>WEAR PURPLE</div><div>10:00 Relax-A-Crafting</div><div>11:00"Havin' A Ball!"</div><div>12:00TRY-athlon Friendship Feast- LOON TEAM</div><div>2:00Crafty Corner</div><div>3:00Happy Hour</div></div></div>	<div><div><div>23</div><div>H</div><div>MC</div><div>L</div><div>MC</div><div>H</div><div>MC</div></div><div><div>10: 00 Guided Morning Meditation</div><div>11: 00 Toss a Memory!</div><div>11: 00 Walking Group (R)</div><div>1:00 Oldies Sing-A-Long</div><div>2:30 National Geographic: King Tut's Treasures</div><div>3:30 Card Club</div></div></div>
<div><div><div>24</div><div>H</div><div>H</div><div>L</div><div>MC</div><div>MC</div></div><div><div>10: 00 Streaming Catholic Mass</div><div>10: 30 Streaming Lutheran Service</div><div>11: 00 Walking Group (R)</div><div>1:30 Balloon Volleyball</div><div>3:00 Jenga</div></div></div>	<div><div><div>25</div><div>F</div><div>H</div><div>MC</div><div>MP</div><div>L</div></div><div><div>Holi</div><div>11: 00 "Band Together!"</div><div>1:00 Manicures</div><div>2:30 Yahtzee Dice</div><div>3:30 Bingo</div><div>6:00 Brain Games (R)</div></div></div>	<div><div><div>26</div><div>DR</div><div>L</div><div>L</div><div>L</div><div>H</div><div>H</div><div>H</div></div><div><div>10: 00 Coffee Chat w/ Kent</div><div>10: 00 Shopping Shuttle</div><div>11: 00 Walkin' & Searchin' (R)</div><div>1:00 Pictures w/ the Easter Bunny</div><div>2:00 Forklift Practice</div><div>3:00 Grief Conversations</div></div></div>	<div><div><div>27</div><div>H</div><div>F</div><div>DR</div><div>H</div><div>MP</div><div>DR</div></div><div><div>10:00Aerial America</div><div>11:00"Wednesdays Weights"</div><div>1:00Would You Rather?</div><div>2:00Resident & Food Council</div><div>3:30 Bingo</div><div>6:00Mahjong (R)</div></div></div>	<div><div><div>28</div><div>MC</div><div>L</div><div>L</div><div>P</div></div><div><div>10: 00 Timeslips Storytelling</div><div>11: 00 Walkin' & Searchin'</div><div>1:00 Egg Decorating</div><div>2:00 Walmart Shopping Outing</div><div>3:00 Happy Hour ft. Helma's 108th Birthday!</div></div></div>	<div><div><div>29</div><div>W</div><div>F</div><div>H</div><div>MC</div><div>P</div></div><div><div>Good Friday</div><div>10: 00 Relax-A-Crafting</div><div>11: 00 "Havin' A Ball!"</div><div>1:00 Good Friday Community Service</div><div>2:00 Crafty Corner</div><div>3:00 Happy Hour</div></div></div>	<div><div><div>30</div><div>H</div><div>MC</div><div>L</div><div>MC</div><div>H</div><div>MC</div></div><div><div>10: 00 Guided Morning Meditation</div><div>11: 00 Toss a Memory!</div><div>11: 00 Walking Group (R)</div><div>1:00 Oldies Sing-A-Long</div><div>2:30 National Geographic: Ancient Islands</div><div>3:30 Card Club</div></div></div>
<div><div><div>31</div><div>Easter</div></div><div><div><div>H</div><div>H</div><div>L</div><div>MC</div><div>MC</div></div><div><div>10: 00 Streaming Catholic Mass</div><div>10: 30 Streaming Lutheran Service</div><div>11: 00 Walking Group (R)</div><div>1:30 Balloon Volleyball</div><div>3:00 Jenga</div></div></div></div>						