



Sugar Loaf
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

From the Executive Director

Spring has Sprung!

Winter may have snuck back up on us, but at the 'Loaf, we are celebrating the spring and all that comes with it. This April we are starting back up our Forklift Competition where we compete against other facilities in our Forklift racing! This time, we get to include staff in to assist with the residents to help get us to the top! Join us every Tuesday starting 4/16 to cheer on our 'Loafer team!

With spring, we also say goodbye to some of our staff who are graduating and head home for the summer. You will see many new faces as well as some old who are coming back to us this summer.

We can't wait to see what this spring brings us!

- Alyssa Renk, Executive Director



Forklift racing season is about to begin!



Our fearless Team Captains are ready!



Spring-themed Paint n' Sip!

Community Life

Our TRYathlon Spark Challenge season has officially come to an end with the 'Loafers reeling in an addition \$800 for our facility! This money will go towards supplies for activities and our teams "Spark Feast". Our team sure is the epitome of strength, purpose and belonging! We are excited to introduce the next up-coming Spark Challenge which will be our Forklift Racing! We will be driving miniature forklifts and working together as a team to move miniature boxes and pallets in a certain amount of time! This challenge focuses on grip and hand strength, coordination and of course teamwork. Swing on by on Tuesday, 4/2, to see what it's all about and even give those forklifts a test-drive!

Our April theme is "Rainy Day Escapades!" - we will be having an assortment of activities and events revolving around the change of season as we approach Spring!

This March, in **Memory Care**, we have been celebrating residents, our luck, March madness and March masquerades! We've been learning about Ireland by reading our latest book club novel, Love and Luck by Jenna Evans Welch. A story of a brother and sister, along with their Irish friend Rowan, traveling throughout the Irish countryside. Healing broken hearts and friendships, they are met with the lush mossy and grassy fields of Ireland and adventures that will keep you on the edge of your seat!

We had a wild time at the Masquerave Happy Hour and enjoyed wearing brightly colored, sparkling masks. There was also a happy hour hosted by WNB Financial where we were able to enjoy some delicious St. Patrick's Day cupcakes.

Memory care has been taking advantage of the warm weather and has been getting outside to enjoy some sunshine! The bus is heading down to the levee and the lakes this week to check the water out too! We are looking forward to the warmer weather and more outings.

We are all enjoying hot fudge and caramel sundaes for National Chocolate Caramel Day and we've been baking cinnamon rolls with icing too. All these delicious treats while we get ready to start planting our spring garden! April showers bring may flowers and we are hoping to have a nice garden this year.

This month's resident spotlight is Jim T. Please enjoy getting to know a little bit about 'Troy' and his very interesting life!



Jim T. with his friend, Kevin!

This month we have a resident spotlight for Jim T.

He celebrated his 88th birthday this week and shared some beautiful stories from his youth with us. We reminisced about when he worked with his father who was a stone mason in northern Minnesota. Jim would scour the fields collecting stones and rocks of all different sizes to help his father build stone fireplaces. He loved doing this work with his dad.

Jimmy or "Troy" as his close friends call him, shared about how he met his wife. After returning from the War, he met Maryann, who quickly became best friends and soon after fell in love.

Jim is proud of being successful and self-made. He served in the Army. He loves fishing and building boats. He has been successful in many careers including pipe fitting, concrete, hvac repair, and many other ventures. Jim is also a writer and enjoys writing stories and sharing them with friends, family, even other residents at Sugar Loaf. We've read these out loud together at our book club.

Jim has 3 beautiful daughters who he loves very much and has his best friend and fishing buddy Kevin who visit frequently.

As a **reminder to families**, when visiting memory care, when you are exiting, please use the doorbell to exit out of the facility. Please do not approach staff in other residents' rooms while they are with other tenants to let you out. Thank you for your consideration, we know your time is valuable.

We are excited to announce that we have a new application available for residents via tablet - **Linked Senior!** This application focuses on resident activity and involvement. Whether it's games, trivia, art, music - you name it! There is always something fun and engaging available. If you have any questions, ask Community Life members, Andrea and Katy!



Marketing Minute!



Marian M. dressed for St. Paddy's Day Happy Hour!



Treats from WNB Financial



Healthy options!



Huge thank you to WNB Financial!

March proved to be a full month of activity around The 'Loaf! We were so happy to be a part of some great community events!

The end of February office manager Jesse and her husband Paul represented The 'Loaf in the WNB Financial "Grocery Grab" benefitting Winona Volunteer Services. They had a strong showing grabbing as many non-perishable items as possible through the aisles of Midtown Foods in 90 seconds, but didn't get the top spot, we are already training for 2025.

Mid-Month we were fortunate to have our St. Patrick's Day gathering sponsored by our neighbors at WNB Financial. They provided a rainbow of treats and of course green beer! If you happen to be in one of their three Winona offices, be sure to thank them. WNB will also be bringing back banking once a month to our residents - more to follow!

We ended the month with a few visits from friends in the community including Mayor Scott Sherman and now retired Dr. Shepard who shared his fiddle skills. Sugar Loaf also sponsored, and staff volunteered & attended the Winona County Habitat for Humanity's Women Build Spring Style Show. The proceeds of this event go towards paying off the Habitat Restore truck. This truck assists many of our Sugar Loaf families when they are moving & downsizing as they come to The 'Loaf and pick up usable furniture for no fee.

The upcoming month's will be filled with great community events so be sure to watch for more information and as always thank you for being a part of the Sugar Loaf Family!

I'm sure you've all noticed some new faces here at the 'Loaf, both staff and residents! Be sure to introduce yourself and give a kind welcome!

Resident & Staff Updates

Resident Anniversaries:

Don Johns - 3 years!
Tom Graham - 9 years!

Resident Birthdays:

Jackie Boettcher - 4/23
Carol Fitzgerald - 4/30

New Residents:

Thomas Bergstrom - 302
Barbara Tibor - 14

Staff Birthdays:

Brittney G. - 4/9
Andrea B. - 4/10
Carly S. - 4/10
Kathy T. - 4/18
DiAngelett W. - 4/18
Sheena H. - 4/19
Hayden B. - 4/26

Staff Anniversaries:

Corrin S. - 4/19 (1 year!)
Sofia H. - 4/11 (1 year!)
Sthephany S. - 4/3 (5 years!)
Sheena H. - 4/11 (5 years!)
Abbie M. - 4/15 (2 years!)
Maddie M. - 4/28 (2 years!)

Dietary

As we get ready to head full steam into spring, Dietary has some exciting new changes coming your way! We are continually looking at what your likes and dislikes are, and adapting as we go. Bangers and Mash with the onion gravy had cooled off considerably in orders since we first introduced it, so we are replacing that menu item with an open - faced hot turkey sandwich with mashed potatoes and gravy.

We are also going to be offering new beverage choices starting **April 1st**. We will continue to offer juices for **breakfast only** (apple, cranberry, orange and tomato) plus adding grape. Then for lunch and dinner we will be offering iced tea and enhanced water flavors, strawberry - kiwi and mango, plus we will be rotating a different flavor every couple of weeks. We hope you enjoy these exciting new options!

"Fun, easy recipe!"

Cherry Dump Cake

Ingredients:

- 1 box (15.25 oz) Yellow Cake Mix
- 2 cans (21 oz each) Cherry Pie Filling
- 1 tsp Almond Extract
- ½ cup cold butter

Directions:

Preheat oven to 350

In a 12" cast iron skillet; or a 13x9 greased baking dish, add the two cans of cherry pie filling and almond extract. Mix together and spread evenly over the bottom of the pan. Sprinkle the cake mix over the top, being careful to cover of all of the pie filling.

Cut the butter into small pats (approximately 16) and place evenly over the cake mix.

Bake for 1 hour or until the topping is golden brown and the pie filling is bubbling.

Let rest for about 20 minutes. Top with fresh whip cream of your favorite flavor of ice cream.

Enjoy!

Please be sure to have your eMenu filled out and submitted the week prior!



Chef Corey and Dietary aide, Lashont!



We love our Dietary Team!



Lots of new faces! Be sure to give a hearty welcome!