



Sugar Loaf
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

Have you thought about joining the team and becoming a 'Loafer?

Reach out to Andrea in Community Life and join today!



NFLR season is now in full-swing!



WE NEED YOU!

Join today!



Bobby driving the forklift!

Community Life

With the warmer weather finally here, we are excited to get out and about! From bus trips to Lakeview for ice cream, to fishing and boat trips on the grand Mississippi, we will be moving and grooving this beautiful May season. Forklift Racing season is now in full swing with Team Loafers winning both scrimmage week and their first official game against the "Coyotes"! Go Loafers!

We will also be celebrating some special people this month as well, such as our nurses, EMS team, Firefighters and Police Officers! Be sure to join in helping us give a hearty "thank you!"

We will also be enjoying special themed days such as "World Bee Day" and "Endangered Species Day!" Keep your eye on the Activities Calendar for all the fun and special events!

Memory care has been busy this month and with the April showers we are READY for May Flowers!

We've taken two trips through and around Winona visiting the Levee and Lakes, Prairie Island, Downtown, Midtown, and WSU Campus.

The Sugar Loafer Book Club is finishing up its monthly Novel, "The Serpent and the Dove" by Shelby Mahurin. Set in Medieval France, a love story about a Chasseur and a Witch in very trying times. One of our residents hosts a coffee club on Mondays and Fridays and we are celebrating the 'Grand Opening' of Pop's Shop this coming May.

We celebrated Earth Day by making Dirt Dessert Cups with chocolate pudding, crushed Oreos, and gummy worms! They were a hit! Thanks to Randy and the dietary staff for providing the Oreos and pudding. This last week of April we have seeds to start and Gladiolus bulbs to plant outside. We also learned some cool Earth facts like, "Earth is the only name the does not come from Roman or Greek Mythology. The name comes from Old English and Germanic and simply means "the ground."

Our bird feeders were a hit and we have been watching a rabbit and a dove and cardinal couple in our Wander Garden. We are really enjoying watching the wildlife!



Making May Baskets!



Rochelle showing off her creativity!



Over 70 baskets made!

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.

Maintenance

Maintenance will be coming in soon to check on your apartment for needed repairs and adjustments in preparation of our building's HUD inspection this year. We will be looking for any problems with doors and windows, light bulbs and safety concerns. This will happen starting the first week of May and be ongoing as needed. Look for a notice as we get closer to coming by.

Marketing Minute!

May is here and with it so many great events tenants, staff and families can participate in together!

The month kicks off with National Nurses Week- a special time to recognize all that the nurses in our building do! Please be sure to thank a nurse during the first week of May! Watch for special recognition events throughout the week.

We end Nurses Week and roll right into Mother's Day, always a busy day at The 'Loaf! Please reply whether your loved one is staying in, going out or you are joining them for our special meal on that day; it helps our staff provide their services more efficiently. There will be a special mimosa bar that morning along with other treats for all of the ladies in the building! We will be featuring all of the mom's, grands, and aunts in the building that week, please send a family photo with your loved one to myself at Maggie.modjeski@LifesparkSL.com by 5/5 or we can make a copy at the front desk!

Later in the month we will be hosting our annual "Sugar Loaf Shuffle" for Senior Health and Fitness Day. This event, held on Wednesday May 29th at 1pm, is always a fun time for families and friends to join residents at The 'Loaf in either a short walk or a long walk on our campus. Paul Daly from 101.1 The River will be our emcee and DJ (don't be surprised to see some dancing) and there will be a lot of fun healthy snacks and treats!

Finally, as May wraps up so does the school year, we would like to congratulate our staff who are graduating - the future is bright!

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:

Dorothy H. - 5/18/13
Marian M. - 5/27/17
Robert B. - 5/21/18
Edna S. - 5/27/20
Janet & Robert W. - 5/11/21
Carol F. - 5/18/21
Margaret B. - 5/3/22
James T. - 5/2/23

Resident Birthdays:

Stanley J. - 5/3
Robert S. - 5/4
Edward C. - 5/6
Rochelle H. - 5/11
Janet W. - 5/16
Donald J. - 5/24
Richard M. - 5/30
Richard A. - 5/30

Staff Birthdays:

Michelle H. - 5/2
Audrey E. - 5/8
Steven H. - 5/9
Erika A. - 5/10
Shelley K. - 5/15
Ella G. - 5/18
Corey M. - 5/19
Wes W. - 5/20
Tequila R. - 5/23
Emily F. - 5/26
Jim D. - 5/29
Karlie B. - 5/31

Staff Anniversaries:

Rebecca D. - 5/15/19

Department Contacts

Brittany Paisley, DHS

Brittany.Paisley@LifesparkSL.com

Alyssa Renk, Executive Director

Alyssa.Renk@LifesparkSL.com

Maggie Modjeski, Marketing Director

Maggie.Modjeski@LifesparkSL.com

Emily Fortun, ED in Training

Emily.Fortun@LifesparkSL.com

Randy Schroeder, Culinary Manager

Randy.Schroeder@LifesparkSL.com

Andrea Buswell, Community Life Director

Andrea.Buswell@LifesparkSL.com

Kathleen Quirk, Memory Care Coordinator

Kathleen.Quirk@LifesparkSL.com

Wes Woodward, Maintenance

Wesley.Woodward@LifesparkSL.com

Shell's Hair Salon

#507-454-2338

Megan Turnbull, ADHS

Megan.Turnbull@LifesparkSL.com

Jesse Ebner, Manager

Jesse.Ebner@LifesparkSL.com

Dietary

The month of May is shaping up to be an exciting one for the dietary department. We have the new Spring/Summer menu debuting on Sunday May 5th. We will now go to a 5 - week rotation instead of the 4 - week we have been doing, this certainly gives us an opportunity to give you even more menu choices. We are going to make one run through of the new menu before making any changes, as always please let us know which ones you like as well as those that you don't.

Cinco De Mayo is May 5th so, for the occasion, here is a recipe for a Tres Leches Cake to help you celebrate. Tres Leches is Spanish for three milks. It is an incredibly rich and decadent cake!

Enjoy!

TRES LECHES CAKE

Ingredients:

*1 box white cake mix
4 large eggs
1 ¼ cup water
Three milk soaking liquid
1 cup heavy cream
1 (12 ounce) can evaporated milk
1 (14 ounce) can sweetened condensed milk*

Directions:

*Preheat oven to 350
Grease a 9x13 baking pan
Beat eggs in a large bowl
Add water and cake mix and beat for 3 minutes
Pour batter in to pan
Bake for 30 minutes or until the cake has lost its jiggy center and it springs back when touched.
Let cool to room temperature
Mix the three milks
Poke holes all over the cake. The handle of a wooden spoon works well for this, don't skimp on the number of holes, this is what allows the cake to absorb the milk mixture
Pour the milk mixture slowly over the cake until it is all absorbed
Place the cake in the refrigerator until you are ready to serve
A whipped cream topping and some fresh strawberries are all that is needed to compliment this delicious cake!*

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