



Highland
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what is going on in our community.

April's 2024 HEALTH POST:

When Is the Right Time to Consider Lifespark Hospice?

If you have a serious or advanced illness, figuring out the next steps may feel overwhelming. Learning about your options can help relieve anxiety for you and your family and help you make more confident choices.

One option to consider is hospice. Hospice is a compassionate, team-oriented approach to support your physical, emotional, and spiritual needs. It's for people who have a life-limiting health condition and a life expectancy of six months or less, but there is no time limit for how long you may receive care.

Hospice has the most impact and is most beneficial when it is started early, so that you and your family can receive the maximum amount of care and support. Below are some questions that can help determine if it is time to consider hospice:

Have you ...

- Had frequent ER visits or hospital stays?
- Had increased episodes of pain or uncontrolled pain?
- Had several falls or recurring infections in the last six months?
- Had significant, progressive weight loss?
- Had trouble performing activities of daily living, such as bathing, grooming, dressing, and walking?
- Been getting increasingly confused or having new memory issues?
- Had shortness of breath or difficulty breathing?
- Started to feel that treatment is becoming more of a burden than a benefit?
- Decided that your goals of care should include comfort?

If you answered yes to two or more of these questions, hospice could be beneficial for you. At Lifespark Hospice, we want to help you and your family through this difficult time. We love this work and hope you feel comfortable turning to us for advice. For a free consultation or for answers to questions, please reach out to Lifespark Hospice at 952-737-4350 or hospice@lifespark.com. To learn more, visit lifespark.com/hospice.

Chaplain's Corner:

Jeremiah Lideen, Chaplain

I hear, recently, that psychologists have illustrated that we, as individuals, are harder on ourselves than others are. The researchers asked pairs of people to rate themselves on the other person following a brief interaction. The participants were, consistently, harder on themselves than on their conversation partner. The participants were asked to estimate how they imagined the conversation partner rated the conversation. Again, the participants would consistently underestimate how the other person perceived them in the conversation. Perhaps you're like me and you run through previous conversations or interactions you had over, and over again, following even the briefest of conversations. We can never know how another person perceives us, just as much as that other person has no idea how we perceive ourselves. I want to encourage you to give yourself grace- no one noticed the word you mixed up, or that you fell asleep during that group today. You are enough, and you're getting through life. So is your neighbor.

Executive Director

Hannah Hollenkamp, Executive Director

Happy April! I can't believe how fast this year is going. March left us like a Lion lets continue to look forward to good weather speaking of the weather again we will try our best to regulate the building it seems to be a challenge in the Spring and Fall as our temperatures are adjusting, so please be patient with us.

Triathlon season has come to an end for Highland I am so proud of the Residents that competed in our division they brought an immense "Strength, Purpose, and Belonging" I am so proud of all of them! They competed against 15 other Lifespark locations throughout Minnesota and came in at 5th place! Julia Austin our Community Life Director has done an amazing job of keeping pace with these, so please thank her when you see her. We will be starting our next competitions soon more to come.

Highland has a Facebook page I encourage you to follow it we love to capture moments of your loved one as we do events, and activities all week long it's a great way to see the engagement and the community and be involved from afar.

Have a wonderful April!

Thank you

Hannah

How to Deal with Dementia

When a loved one—especially a parent—is dealing with dementia, it can be an extremely challenging and emotional journey trying to help. Since this condition is progressive, their cognitive health can change, making it essential to know how to approach their situation with compassion and care. Practicing patience is crucial when interacting with a dementia-afflicted parent due to their communication challenges. Establishing a structured routine and emphasizing the importance of socialization can also be beneficial.

These strategies and the help offered by a [memory care community](#) are excellent ways to approach a parent's dementia and can help you improve their quality of life.

What Is Dementia?

Dementia is a progressive neurodegenerative disorder. It affects a person's memory, cognitive function, and ability to complete their daily tasks. However, dementia itself isn't a singular disease—it's a blanket term for many neurodegenerative disorders that cause extremely similar symptoms, like Alzheimer's disease and other forms of memory impairment.

Unfortunately, there is no known cure for this condition. While there are treatments designed to minimize symptoms and the effect of dementia on a person's life, there is no known way to completely stop it from progressing.

What Challenges Does Dementia Cause?

Since dementia is progressive, symptoms often get worse over time. It eventually can lead to issues like:

- An inability to communicate
- Disjointed thought patterns
- Irrational behavior
- Paranoia or hallucinations
- Severe memory loss

As it affects a person's mind, dementia can lead to many challenges. It becomes more difficult for a person to communicate, and it can often seem like their judgement is severely impaired. In some situations, seniors may wander or completely forget where they are, which can cause all sorts of challenges.

In situations like this, memory care becomes an excellent option. These are communities where professional caregivers provide seniors with dementia with a structured, supportive, and safe environment to help them maintain their quality of life.

How to Support a Parent with Dementia

Knowing the basics of dementia is one of the most important ways to support a parent dealing with this condition, as it helps you understand what's happening to them. This can help you empathize with their condition and support them in a way that can make living with this condition more manageable. There are a few things that can be extremely helpful when dealing with a parent who has dementia, including:

- Patience
- Structure and routine
- The benefits of socialization

By remembering these things, you can support your parent and help keep your relationship with them strong.

The Importance of Patience When a Loved One Has Dementia

Caring for a loved one with dementia can be challenging, even if it is a rewarding experience. Communication problems can be frustrating for everyone involved, so it's important to consider where your parent is coming from. They may be forgetting words or having difficulty remembering what the conversation is about.

It can help to practice active listening and let them take the time to communicate their thoughts. If they forget what they're talking about, try gently reminding them. It can help to use visual aids to stimulate a conversation or help them remember what they're talking about.

They're likely experiencing frustration if they're having difficulty communicating clearly with you. Giving them the time and support they need can make them feel much more comfortable, respected, and safe speaking with you.

How Routine Benefits Seniors with Dementia

One of the side effects caused by dementia is the frustration, anxiety, and unpredictability of daily life. Fortunately, this can easily be countered by building a proper routine and schedule. Whether daily, weekly, or monthly, a proper schedule offers many benefits:

- It can reduce frustration day-to-day
- It gives your loved one something to look forward to
- It reduces the unpredictability of their life

By creating a stable, supportive, and structured environment, you can help boost your parent's quality of life by giving them a sense of regularity.

Socialization and the Link to Cognitive Health

Socializing isn't just a way to catch up with your parent and share stories—it's closely linked to cognitive health and function.

When you speak with your parent, they use many parts of their brain. For example, when recalling a story or event, they flex the part of their brain that uses memory. When conversing with you, they use their problem-solving capabilities and the parts of the brain that help understand language.

Socialization, whether with you, other residents, or the staff in memory care, is an excellent way to help your loved one keep their communication skills strong. And it can even help keep them happy and entertained, allowing them to share laughter and happiness with the people around them.

The Importance of Professional Care

Caring for a loved one with dementia can be rewarding, but that doesn't make it easy. Sometimes, you may need to ask for help—and that's okay. This is when memory care can be an excellent option.

These communities are staffed with a trained and experienced team to help your loved one with their everyday life. It gives your parent access to caring staff who are well-versed in the complications often caused by dementia, helping them to maintain a high quality of life and giving you a break from full-time caregiving. At Highland Senior Living, our team is here to help you and your parent ease the transition to memory care. To learn more about our community, schedule a tour with us today.

To learn how Lifespark helps people age more magnificently, visit [Lifespark.com](https://www.lifespark.com).

Employee of the Month:



Join us in celebrating Sydney S. for her outstanding dedication and commitment to making a positive impact on our community every day. You truly deserve the Employee of the Month title!

Community Member of the Month:



Let's give a round of applause to Keith F. for being recognized as the Highlands Community member of the month for March! Your dedication is truly inspiring.

Dietary Department:

Dolores Berglund, Dietary Director

Zuppa Toscano Soup

Serves 4-6

1lb Italian sausage

2 large russet potatoes, slice in half and then in 1/4 inch slices

1 large onion, chopped

1/4 cup bacon bits

2 cloves garlic, minced

2 cups kale, chopped

2 (8ounce) cans chicken broth

1 quart water

1 cup heavy whipping cream

Directions:

- 1. Chop or slice uncooked sausage into small pieces.**
- 2. Brown sausage in your soup pot.**
- 3. Add chicken broth and water into pot and stir**
- 4. place onions, potatoes, and garlic in the pot**
- 5. cook on medium heat until potatoes are done**
- 6. add bacon**
- 7. salt and pepper to taste**
- 8. simmer for another 10 minutes**
- 9. turn on low hear**
- 10. add kale and cream**
- 11. heat through and serve**



Life Spark Challenge Update:

Julia Austin, Community Life Director

Hello to all the Flyer's athletes and potential new athlete's,

I am sending out this update for all those who are ready to participate in the Forklift racing challenge beginning Tuesday April 16th at 1pm for our first scrimmage!

In the beginning of April, we will start our Forklift practice and team meetings as followed:

Wednesday April 3rd 2pm Practice & Team Meeting

Thursday April 4th 1pm Practice

Wednesday April 10th 2pm Practice & Team Meeting

Friday April 12th 1pm Practice

Tuesday April 16th 1pm Scrimmage

Tuesday April 23rd 1pm Flyers First Game!

Every Monday from April 15th to June 3rd Team Meetings at 11am.

Every Tuesday Forklift moving forward at 1pm till June 7th

Join the Flyers each week to sing the Team Song!

Highland Flyers Song

Purple and white, we're feeling so fly

Highland's our team, we'll reach for the sky

With Flyers on our side, we'll surely win



**Our purpose and belonging,
aging magnificently within**



So let's cheer and shout, let's show our might

Highland Flyers, we'll shine so bright!



Complete this & fill up the whole page. When finished bring to Julia Austin community life director..

Name: _____

My favorite thing about spring is...

