



Our Community Newsletter

11372 Robinson Dr Coon Rapids, MN 55433

September 2024 763-233-5100

Happy Labor Day

Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed the 1st Monday in September. It was created by the labor movement in the late 19th century and became a federal holiday in 1894. Labor Day weekend also symbolizes the end of summer for many Americans and celebrated with parties, street parades and athletic events.



We'd like to commend Shirt Starz and Steve Healy for getting us set with our shirts for the Spark Challenge Competition. He did a fantastic job even added a design and didn't charge us for it. He pricing was very reasonable.

Sweet Cravings



Why is it that after a big meal we still crave something more? Not another helping of meat or potatoes. Not salad. Something sweet. Dessert!

Some Scientists say that it's simply conditioning-- that we've been trained to eat dessert after dinner since childhood. Others believe that it's a matter of brain chemistry. Eating sugar enables to absorption of amino acids, and these amino acids increase serotonin, which is a powerful chemical in our brains that makes us feel happy. Depriving ourselves of dessert only makes us want it more. Luckily, you won't need to deprive yourself on September 4, Eat an Extra Dessert Day. Remember, desserts eaten in moderation can be part of a healthy diet. Or, instead of unhealthy sweets like cookies and cake, opt for fruits, which contain natural sugars.



**We'd like to welcome our new friends to
our community,**

Christian Halverson C6
Monnarae Moebakken B3

Jeannie Bollman A2

September Birthdays

Those born between September 1-22 are Virgos. Virgos are considered shy and sometimes naive, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23-30, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.

Our Birthdays here are



Linda Halverson 9/14

Dan Rybak 9/30

**The monthly birthday party will August 24th at 1:30 in
Memory Care and 3pm in Assisted Living**

Assisted Living Week

September 8-14 is Assisted Living Week, we will be having all kinds of fun activities everyday, stay tuned to find out what's ahead. And to close out the week we will be having a Grand re-opening open house on Saturday September 14th from 10-2





Our Interim DHS will become a full fledge regular Lifespark employee this month. We are so happy to have her here! Abby is married and has a 3 year son. Abby will be a wonderful addition to our team.

Enthusiasm Unleashed

Sometimes Keeping a postive attitude is easier said then done. How do we stay positive? Children may be some of our best models of enthusiasm. Everything is new to them, and they often greet the world with boundless enthusiasm. During International Enthusiasm Week, September 1-7, welcome a little bit of naivete into your life and enjoy being mystified and dazzled. Enthusiasm, is some respects, requires a bit of magic and dreams, freedom, and possibility. For the first week in September, walk around starry-eyed, and see if your enthusiasm becomes contagious.