



Carver Ridge
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

March Poem of the Month

"March" by Rebecca Hey

Could sullen Winter, in his mid career, Call from his magazine of storm and cloud,
A ruder gale than this How shrill how loud, Its angry dissonance assails the ear!
Where be those tokens now which late did cheer The trusting heart with hopes that Spring was nigh?
Ah! as I gaze around, earth, sea, and sky, In mournful cadence, seem to answer "Where?"
Yet wait we patiently a little while— The boon for which we sigh is but delay'd;
So sure as Nature's summer charms did fade At Autumn's touch, so sure at Spring's sweet smile
Shall trees again bud forth, and flowers unfold,
"And all be vernal rapture as of old. "Though Winter still asserts his right to reign,
He sways his sceptre now with gentler hand; Nay, sometimes softens to a zephyr bland
The hurrying blast, which erst along the plain Drove the skin-piercing sleet and pelting rain
In headlong rage; while, ever and anon, He draws aside his veil of vapours dun,
That the bright sun may smile on us again. To-day 'twould seem (so soft the west wind's sigh)
That the mild spirit of the infant Spring Was brooding o'er the spots where hidden lie
Such early flowers as are the first to fling On earth's green lap their wreaths of various dye—
Flowers, round whose forms sweet hopes and sweeter memories cling.

Resident Updates

Welcome new Residents!

Mark Johnson Room 205 1/29/24
Susan Siegfried Room 240 2/2/23
Tom Turner Room 126 2/26/23

Resident Birthdays

Cre P. - 3/4
Harry V. - 3/26

Staff Birthdays

Kelly C. - 3/11
Hasna A. - 3/12
Norma R. - 3/12
Ed P. - 3/18
Stephanie P. - 3/20
Whitney M. - 3/22

Staff Work Anniversaries

Amanda F. - 3/23/22 - 2 years
Kaley S. - 3/6/23 - 1 year
Nanci H. - 3/6/23 - 1 year
Denise J. - 3/13/23 - 1 year
Dinah R. - 3/20/23 - 1 year

Move In Anniversaries

Rose R. 3/7/20 4 years	Jim H. 3/8/22 2 years
Marge R. 3/25/20 4 years	Dave O. 3/22/22 2 years
Karen R. 3/3/21 3 Years	Ernie L. 3/23/22 2 years
Jean R. 3/7/22 2 years	

Community Updates

My name is Kelly Conrad and I am the new Executive Director of Carver Ridge Senior Living.

I have worked in senior services for ten years. I spent six years doing this job at similar buildings; and four years doing compliance, operations, marketing and human resources at an assisted living corporate office.

I have lived in Chaska for twenty years. I am married and have three daughters (ages 15, 19, 21), a step-daughter (19,) a step-son (23), two crazy dogs and one cool cat.

I feel so fortunate to have found such a beautiful community. Thank you to everyone for welcoming me so warmly!

I want to get to know you and hear about your concerns. Please don't hesitate to reach out to me if you have any concerns or questions.

Kind regards,

Kelly Conrad

Executive Director

Kelly.Conrad2@lifesparkSL.com

(952) 214-0400



Chaplain's Corner

Ask a community of people to pick the next paint color for a room or wall and there usually is an infinite color palette of possibilities! It's impossible to please everyone – therefore, one might conclude that community is no way to live. Simultaneously, that same community, when asked to support an expressed need, may go above and beyond in its support. Search Google and you might find:

Top five commonly found reasons for benefits of community living:

1. Inspiration and Motivation.
2. Shared life experiences and lessons.
3. Connections. Creates a sense of belonging.
4. Friendship and connectedness. Reduces stress and anxiety and lends itself to overall better health and healing.
5. Fun. Joy, happiness, purpose and life giving.

God tells us to go and love one another as God first loves us. Community is a way of living in love. Love is all that is shared by the community, and how the community carries itself outward.

What are your top 5 reasons for choosing a Lifespark Senior Living Community?

- Rev. Kent Lee
Senior Living Chaplain

LifesparkCOMPLETE

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.



The Singing Cowgirl



Crafting Memorial Luminaries



Luminary Display



TRYathlon Arm Crank



TRYathlon Leg Crank



Cheese!



Molly!



Cheese!



Cheese!



Cheese!



Cheese!



Cheese!



Cheese!



Getting some puppy love!



Pajama Day!



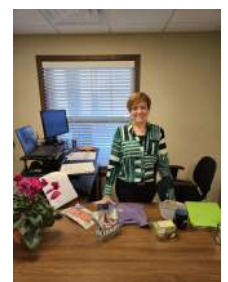
Pajama Day!



Big Smile!



Big Smile!



Welcome to Kelly Conrad!