



Carver Ridge  
SENIOR LIVING  
A Lifespark Community

*Age Magnificently*



## Our Community Newsletter

*Discover what's going on in our community.*

### July Poem of the Month

#### **"July" by Robert F. Skillings**

A very pleasant month is this  
To be in a country town.  
The sunlight doth the foliage kiss,  
Each verdant leaflet beams with bliss,  
I see not one that's brown.

Fresh zephyrs fan the thrifty trees  
The oaks, the elms, the willows,  
The lake's face caressed by the breeze  
In imitation of the seas,  
Is flecked with tiny billows.

# Community Updates

## Resident Birthdays

3rd - Jackie L.      15th - Sue M.  
4th - Cathy L.      19th - Rose R.  
9th - Renata S.      28th - Jan H.  
15th - Lou M.

## Staff Birthdays

8th - Tessa F.  
11th - Aryana V.  
11th - Edinah N.  
25th - Cindy K.

## Staff Work Anniversaries

Kateryna R. - 7/28/22 - 2 years  
Lillian B. - 7/10/23 - 1 year  
Fernanda Z. - 7/10/23 - 1 year  
Lucia R. - 7/17/23 - 1 year

## Move-In Anniversaries

Pat H. - 7/17/21 - 3 years  
Jan B. - 7/23/21 - 3 years  
Laura W. - 7/21/23 - 1 year  
Violet B. - 7/24/23 - 1 year

## Carver Ridge Management Updates and Requests

### Community Life

**Channel 48** - Channel 48 is an in-house channel that will scroll daily activities, notices, eventually meal menu, videos, etc. It will be up and running in July! Please run a "channel scan" on your TV if you do not have this channel available starting in July. If you need assistance, please contact Jenna S. and she can help you out. With this channel working, there **will no longer be daily activity calendars printed and placed around building.**

Please see channel 48 on your TVs for most up-to-date information.

**Linked Senior** - Do you like games, puzzles, coloring, etc.? Do you have a computer, ipad or tablet? If you answered yes to both questions, please consider downloading Linked Senior - **free for residents of Carver**

**Ridge.** There are endless amounts of games like wordle, crosswords, wordsearchs, puzzles; activities like coloring, music, live music performances, exercise programs; and daily chronicles. If interested, please see Jenna S. and she can help get you set up!

### Front Desk

**Mail** - Reminder to all residents, please update all contacts and companies with address changes - including apartment number. We will assist in the envelope getting to you the first time, but expect you to call and update contacts and companies with your current address there after.

## Chaplain's Corner

“Music is the mediator between the spiritual and the sensual life.” – Ludwig van Beethoven

Growing up, there was nothing quite as magnificent as hearing a full symphony orchestra play ‘Stars and Stripes Forever’ in early July! That piccolo solo sends the heart fluttering, and the bum-bum-ba-dam-bum makes the spirit soar. Many times, when words seem inadequate to describe how we are feeling or what is important to us, music has a way of swooping in with exactly what we need.

What are the songs, or styles of music, that make your spirit soar? That bring you peace when you feel troubled? That get you going when you feel down in the dumps? What music do you love to experience with friends? What was the first live music performance you ever attended? This month, tell someone a story about how music has been the mediator between your spirit and your senses. May that storytelling be a blessing!

## LifesparkCOMPLETE Health Bulletin

What is Congestive Heart Failure (CHF)?

Congestive Heart Failure (CHF) is a long-term condition that exists when there is a weakening of the heart muscle making it difficult to pump blood throughout your body. Blood and fluids collect in your lungs and legs over time. And, according to the Cleveland Clinic, more than 6 million people in the United States have congestive heart failure and it is the leading cause of hospitalization in people older than 65.

The common CHF symptoms:

- Shortness of breath
- Weight gain
- Increased coughing at night
- Swelling in your legs, feet, or abdomen
- Feeling tired

While there are several causes of CHF, including diabetes, coronary heart disease, and abnormal heart rhythms, there are a few key steps for keeping symptoms under control.

Medications are often prescribed, especially diuretics to manage fluid retention. However, it is just as important to keep a careful eye on your sodium intake. Too much sodium can result in increased fluid retention and more work by your heart. You should limit your sodium intake to 2000mg unless directed otherwise by your doctor. That’s less than one teaspoon per day.

### Get fresh with your diet!

Here are some other tips to keep your diet flavorful but less salty:

- Eat fresh food – fresh fruits and vegetables naturally have less sodium. So do frozen fruits and vegetables.
- Be creative with non-salt seasonings to add flavor without adding sodium. Buy a salt-free mix at the store or make your own and bring it to meals.
- Limit your fluid intake, including caffeinated drinks. Caffeine is a stimulant and can put more stress on your heart.
- Avoid fast food and buffets – they are often loaded with salt.

### Remember to weigh in.

Another key factor is knowing your weight. Weigh yourself before getting dressed or having breakfast but after urinating. Typically, an increase of 2 pounds in one day or 5 pounds in a week is a concern that needs fast attention. Weighing yourself daily and learning what to do if your weight increases are important questions to discuss with health care team.

Questions or concerns about CHF? Check with your primary care provider, and always immediately report any increase of 2 or more pounds in a day or 5 pounds in a week.



Lake Minnetonka Cruise



Wind in our hair!



Gamblin' at Little 6



Big Winners!



Pinky out - Fancy!



Beautiful Musical



The cake was bigger in Person!



Enjoying the show!



Luke with our new turtle buddy!



Spot the frog!



Syn here celebrating our veterans!



Good day for cookie baking



very precise baking



Forklift!



Coach Jenna



World Champion Forklift Racing Team! Go River Rats!



Pretty in Purple



Ice Cream and big Smiles!



Meller Brass Performance



Birthday girl!