

## Medicare Annual Enrollment – Choosing A Health Plan that Values Quality Over Quantity

It's that time of year again for Medicare's Annual Enrollment Period (AEP) where you can learn about and switch plans. Dr. Ben Bache-Wiig admits he has recently joined the ranks of Medicare recipients and his 30+ years of experience as a primary care physician, including Lifespark's Executive Medical Director, working with seniors has given him an eye-opening front seat to what seniors should think about.

"Decades ago, primary care physicians were given the time to get to know their clients, build long-term, trusted relationships with them, and follow them from clinic to hospital to rehab—wherever their care took them. That model of care doesn't exist any longer," said Dr. Bache-Wiig. "Instead, we have a fragmented, a la carte services model that's especially challenging for people who need ongoing care."

His advice: "Health plans look pretty good on paper, so the key is to look for the extras you might need in the future." One of the most important extras, particularly for people with ongoing medical needs, is coordination of care. It's the difference between a Medicare Advantage plan with a Lifespark option and one without.

Here are a few other tips:

- Determine the services you want and need before choosing your plan. Various plans offer different benefit packages such as fitness club membership and transportation coverage or look for specialized plans that offer more of what you do need such as vision, dental, or added prescription coverage.
- Check the in-network providers. For any health plans you are evaluating, make sure your physicians and primary care are in-network providers. Some medical providers like Lifespark Health offer additional services under partnering Medicare Advantage plans (Lifespark COMPLETE™).
- Consider Lifespark COMPLETE. This service brings together a full spectrum of senior health services for a single, home-based, more coordinated experience. In addition to proactive, in-home senior-savvy medical expertise, Lifespark COMPLETE now offers the option for in-home urgent care to help avoid long waits in the ER. This specialized service is available on this campus.
- Already have Lifespark COMPLETE? Be sure you keep it. Check any plan you are considering ensuring it offers access to Lifespark COMPLETE's concierge level health services at no additional cost.

Learn More:

Lifespark COMPLETE Virtual Webinar

Thursday, October 10 OR Tuesday, November 19

Free and open to Lifespark residents and their loved ones

6:00 pm CT Register at [Lifespark.com/LSC-2024](https://lifespark.com/LSC-2024)



## Our Community Newsletter

# October 2024

### Poem of the Month

### "October Weather" by Mabel Douglas Essay

There's a certain eerie sadness  
Tempered with exultant gladness  
In October weather.

Vanished is June's fertile sweetness, July's mellow rare completeness;  
August fleeing with September  
Leaves a beauty earth remembers  
In October weather.

The long rows of china aster  
Stiffly face a sure disaster,  
The vine grasped by the frost's keen fingers  
Shrivels where it deserted lingers;  
Summer suns are mirrored brightly  
From the trees the frosts touch lightly  
In October weather.

There's the courage of the mountains  
And the daring of the rivers,  
There's the wisdom of the meadows  
Autumn holds and guards forever,  
And they give a ripened gladness  
Tinctured with a shadowy sadness  
To October weather.

Resident Birthdays!

- 10/6 - John L.
- 10/8 - Esther L.
- 10/9 - Marge R.
- 10/21 - Shirley T.
- 10/26 - Kathy T.

Staff Birthdays

- 10/3 - Leah E.
- 10/4 - Morgan L.
- 10/8 - Katie B.
- 10/10 - Jeni Q.
- 10/11 - Sawyer K.
- 10/12 - Lili B.
- 10/15 - Jenna S.
- 10/20 - Denise J.

Staff Work Anniversaries

- Carly S. - 1 yr
- James P. - 1 yr
- Piper W. - 1 yr
- Steven K. - 1 yr
- Sadie S. - 1 yr
- Addi G. - 1 yr
- Lilli T. - 1 yr
- Makenzie M. - 1 yr

Resident Move in Anniversaries!

- Nancy B. - 10/16/20 - 4 yrs
- Kathy E. - 10/10/21 - 3 yrs
- Judy B. - 10/18/21 - 3 yrs
- Sue Mc. - 10/30/21 - 3 yrs
- Marci S. - 10/1/22 - 2 yrs
- Esther L. - 10/2/23 - 1 yr

Welcome New Residents!

Welcome to our new Residents of Carver Ridge!

- John K. into room 17 September 12th.
- Margaret H. into room 2 October 4th.

Community Life

Outings - Reminder that trips are limited to 2 wheelchair users per outing. If you are a wheelchair user but can transfer safely into a vehicle seat, please sign up in a numbered line. If not, sign up under the line marked "w/c." If spaces are full, add name to bottom of sign up sheet and Jenna will contact you if a space opens up.

Unless otherwise noted, rider lists are submitted to lifesparkGO the morning the day before outing takes place. After lists are submitted, it is difficult to add riders. Please sign up early to ensure you get a spot!

It's that time again! Monday, October 14th housekeeping will be going room to room to change furnace filters and batteries in smoke detectors. Please make sure the door to your furnace is accessible.

Nursing

As holiday season is approaching, please let the front desk team know if you plan to be out for an extended amount of time so nursing can plan and have medications ready for your time out of the building.

Cold and flu season is upon us- please make sure you are washing your hands often. If you are not feeling well please stay in your apartment and alert nursing staff so they can check on you.

For medical appointments- please check in at the front desk so that paperwork can be sent with to your appointment. Please be sure to turn in paperwork with any recommendations or changes in medications to the nursing team to ensure proper processing of orders.

Marketing

Holiday Craft Fair - save the date for Carver Ridge's annual Craft fair November 16th! We will be collaborating with Chaska Heights, and Elephant Joe's Coffee truck will be joining us!

In November we will be hosting a toy drive with the Carver Fire Department and LoveInc.





## Executive Director

Voting - If interested in voting, please pick up a form at the front desk with information about requesting an absentee ballot.

### Fun for your whole family!

Please invite your friends, children, grandchildren and the great-grandchildren to put on their Halloween costumes for the Carver Ridge Fall Festival on Saturday, October 26 from 1 – 3 pm! There will be trick-or-treating, cookie decorating, an apple snacking station, and a hot cider station and a hot chocolate station! See you there



Carver Ridge is happy to announce that our kitchen's own Paul Oduol has been promoted to Culinary Director. Paul started working at Carver Ridge this past summer. In addition to being a great cook, he has earned the respect of staff and residents alike. He's proven himself to be a strong and reliable member of the Carver Ridge team. Please join me in congratulating Paul on this achievement - we're lucky to have him!! You are also invited to "Food and Dining Conversations" on October 16th at 10am in the Pub. This meeting is a chance for you to let Paul know what foods you want more of, and which foods you could do without.





# September 2024 - Senior Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Coffee Social [B] <b>1</b></p> <p>2:00 Chocolate Chip Cookie social w/ Sidney [LC]</p> <p>3:30 Resident Led UNO game [P]</p>	<p><b>Labor Day 2</b></p> <p>10:00 Coffee and Donuts social [B]</p> <p>1:30 Work on the Giant Wordsearch [B]</p> <p>3:00 BYOB Social on the Back Patio</p>	<p>10:00 Grief Share Conversations w/ Carol [B] <b>3</b></p> <p>11:00 Fun &amp; Fit Exercises [CR]</p> <p>1:00 Grip Games Competition against the Polar Bears! [B]</p> <p>3:00 BINGO [B]</p>	<p>10:00 Coffee Social w/Kyle and Laurie [B] <b>4</b></p> <p>11:00 Move to the Music [CR]</p> <p>1:30 Catholic Communion with St. Victoria [CR]</p> <p>1:30 September Birthday Party w/Music by Diane Zilverberg! [B]</p> <p>5:30 Movie and Popcorn! [P]</p>	<p>11:00 Stretch and Strength Exercises [CR] <b>5</b></p> <p>3:00 Worship w/Chaplain Carol [CR]</p> <p>5:30 S'mores and Bonfire w/music by Jenna [F]</p>	<p>10:00 Fancy Fingers Friday! w/Jewelry Cleaning [B] <b>6</b></p> <p>11:00 Chair Yoga [CR]</p> <p>1:00 Really Big Show Grip Games Recap [CR]</p> <p>1:00 Really Big Show! Grip Games Recap [CR]</p> <p>3:00 Happy Hour! [P]</p>	<p>10:00 Coffee Social [B] <b>7</b></p> <p>11:00 Resident Led Shuffleboard Game [B]</p> <p>1:30 Resident Led Dominoes Game [P]</p> <p>3:00 BYOB Social Hour [P]</p>
<p>10:00 Coffee Social [B] <b>8</b></p> <p>2:00 Root Beer Float Social w/Fernanda [L]</p> <p>3:30 Resident Led Card Game [P]</p>	<p><b>Mismatch outfit Monday 9</b></p> <p>10:30 Guess the Baby Picture - Main Level hallway all week!</p> <p>11:00 Stretch and Strength Exercises [CR]</p> <p>1:30 50s Music reminisce w/Jenna [B]</p> <p>3:00 St. John's Lutheran Communion Service [CR]</p>	<p><b>Dress in Vacay Vibes 10</b></p> <p>10:00 Show and Share w/Carol [B]</p> <p>10:00 Coffee and Conversations w/Carol [B]</p> <p>11:00 Move to the Music [CR]</p> <p>11:00 Sweep 6 [DR]</p> <p>1:30 Exotic Fruit Taste Test [B]</p> <p>3:00 BINGO [B]</p>	<p><b>Wear Red, White, and Blue for Patriot Day! 11</b></p> <p>8:45 Moment of Silence for September 11th</p> <p>10:00 Coffee Social w/Kyle and Laurie - CANCELLED [B]</p> <p>11:00 Bean Bag Toss [CR]</p> <p>1:00 Schwann's Truck Treat Social! [F]</p> <p>1:30 Catholic Communion with St. Victoria [CR]</p> <p>1:30 Show and Share Hour [B]</p> <p>5:30 Movie and Popcorn! [P]</p>	<p><b>Wear Your Favorite Sports Team Gear 12</b></p> <p>10:00 Catholic Communion Service w/Guardian Angel Church Deacon John [CR]</p> <p>11:00 Stretch and Strength Exercises [CR]</p> <p>11:45 Lake Minnetonka Cruise - Sign up in outing Binder</p> <p>12:00 Birthday Smash Cake w/Louie and Amanda! - Rescheduled to Next Thursday! [DR]</p> <p>3:00 Worship w/Chaplain Carol [CR]</p> <p>4:00 Chocolate Milkshakes social [F]</p>	<p><b>Wear Purple! 13</b></p> <p>10:00 Fancy Fingers Friday! w/ Jewelry Cleaning [B]</p> <p>11:00 Chair Yoga [CR]</p> <p>1:00 Really Big Show Grip Games Recap [CR]</p> <p>3:00 Purple Pride Happy Hour w/music by Scotty H.! [P]</p>	<p>10:00 Coffee Social [B] <b>14</b></p> <p>11:00 Resident Led Bean Bag Toss Game [B]</p> <p>1:30 Resident Led Dominoes Game [P]</p> <p>3:00 BYOB Social Hour [P]</p>
<p>10:00 Coffee Social [B] <b>15</b></p> <p>2:00 Creme De Menthe Day Ice Cream Social w/Sidney [L]</p> <p>3:30 Resident Led UNO game [P]</p>	<p><b>Jenna Off 16</b></p> <p>11:00 Stretch and Strength Exercises [CR]</p> <p>1:30 Cookies and coffee social [B]</p> <p>3:00 Resident Led Table Games [P]</p>	<p>10:00 Coffee and Conversations w/ Carol [B] <b>17</b></p> <p>11:00 Fun &amp; Fit Exercises [CR]</p> <p>1:30 Bowling! [B]</p> <p>3:00 BINGO [B]</p>	<p>10:00 Food and Dining Conversations - CANCELLED [P] <b>18</b></p> <p>11:00 Stretch and Strength [CR]</p> <p>11:30 \$\$\$ Lunch Outing to Mexican Restaurant - Sign up in Binder</p> <p>1:30 Catholic Communion with St. Victoria [CR]</p> <p>5:30 Movie and Popcorn!</p>	<p>11:00 Fun &amp; Fit Exercises [CR] <b>19</b></p> <p>3:00 Worship w/Chaplain Carol [CR]</p> <p>5:30 S'mores and Bonfire w/music by Jenna [P]</p>	<p>10:00 Fancy Fingers Friday! w/Jewelry Cleaning [B] <b>20</b></p> <p>11:00 Chair Yoga [CR]</p> <p>1:00 Really Big Show Grip Games Recap [CR]</p> <p>3:00 Happy Hour w/Music By Loren Wolf [P]</p>	<p>10:00 Coffee Social [B] <b>21</b></p> <p>11:00 Resident Led Shuffleboard Game [B]</p> <p>1:30 Resident Led Dominoes Game [P]</p> <p>4:30 Piano Music by Rohan [DR]</p>
<p>10:00 Coffee Social [B] <b>22</b></p> <p>2:00 Ice Cream Cone Day Social w/ Fernanda [L]</p> <p>3:30 Resident Led Card Game [P]</p>	<p><b>Jenna PTO 23</b></p> <p><b>First Day of Autumn</b></p> <p>10:00 Resident Council [B]</p> <p>11:00 Stretch and Strength Exercises [CR]</p> <p>12:30 Bingo At Village Hall Outing - Sign up in Binder</p> <p>1:30 Work on the giant worksearch! [B]</p> <p>3:00 Resident Led Table Games [P]</p>	<p><b>Jenna PTO 24</b></p> <p>10:00 Coffee and Conversations w/ Carol [B]</p> <p>11:00 Move to the Music [CR]</p> <p>3:00 BINGO [B]</p>	<p><b>Jenna PTO 25</b></p> <p>10:00 Coffee Social w/Kyle and Laurie [B]</p> <p>11:00 Bean Bag Toss w/Kyle [CR]</p> <p>1:00 Card Crafting Group [CC]</p> <p>1:30 Catholic Communion with St. Victoria [CR]</p> <p>5:30 Movie and Popcorn! [P]</p>	<p><b>Jenna PTO 26</b></p> <p>10:00 Catholic Mass w/Guardian Angels Fr. Tony [CR]</p> <p>10:30 Covid and Flu vaccine Clinic [P]</p> <p>11:00 Stretch and Strength Exercises [CR]</p> <p>1:00 \$\$\$ MN's Largest Candy Store Outing - Sign up in Binder</p> <p>3:00 Worship w/Chaplain Carol [CR]</p> <p>6:00 Coloring and Conversing w/Oliver [P]</p>	<p><b>Jenna PTO 27</b></p> <p>11:00 Chair Yoga [CR]</p> <p>11:30 \$\$\$ Lunch at Harvey's - Sign up in Binder</p> <p>3:00 Happy Hour! [P]</p>	<p>10:00 Coffee Social [B] <b>28</b></p> <p>11:00 Resident Led Bean Bag Toss Game [B]</p> <p>1:30 Resident Led Dominoes Game [P]</p> <p>3:00 BINGO w/Jenna [B]</p>
<p>10:00 Coffee Social [B] <b>29</b></p> <p>12:45 \$\$\$ MN Twin's Game Outing - Sign up in Binder</p> <p>2:00 Celebrate "National Coffee Day" with coffee and cookies [LC]</p> <p>3:30 Resident Led UNO game [P]</p>	<p>10:00 Coffee Cake &amp; Cranium Cafe w/ Jenna - CANCELLED [B] <b>30</b></p> <p>11:00 Stretch and Strength Exercises [CR]</p> <p>12:30 Senior Fit Test - Sign up for time in Binder [C]</p> <p>3:00 Drumming w/Jenna [B]</p>	<p>B Bistro</p> <p>C Community Room</p> <p>CC Creekside Crafters</p> <p>CR Community Room</p> <p>DR Dining Room</p> <p>F Front Patio</p> <p>L LC Dining Room</p> <p>LC LC Dining Room</p>	<p><b>Happy Birthday to</b></p> <p>9/9 Susan Meyer</p> <p>9/10 Charles Amrhein</p> <p>9/16 Richard (Rich) Kvidera</p> <p>9/22 Jean Roesslein</p> <p>9/22 LaDonna Baumann</p> <p>9/23 Carolyn Kvidera</p> <p>9/25 Janet Burgess</p>			