



Our Community Newsletter

April 2025

Poem of the Month

"The First of April" by Mortimer Collins

Now if to be an April-fool
Is to delight in the song of the thrush,
To long for the swallow in air's blue hollow,
And the nightingale's riotous music-gush,
And to paint a vision of cities Elysian
Out away in the sunset-flush —
Then I grasp my flagon and swear thereby,
We are April-fools, my Love and I.

And if to be an April-fool
Is to feel contempt for iron and gold,
For the shallow fame at which most men aim —
And to turn from worldlings cruel and cold
To God in his splendor, loving and tender,
And to bask in his presence manifold —
Then by all the stars in his infinite sky,
We are April-fools, my Love and I.

Resident Birthdays

4/6 - Kathryn E.
4/7 - Mardy N.
4/7 - Gerald G.
4/25 - Sheila S.

Staff Birthdays

4/5 - Sodavin S.
4/11 - Sidney F.
4/12 - Alexa D.
4/18 - Maria A.
4/20 - Madison P.

Staff Work Anniversaries

Maria G. - 5 yrs
Cathy F. - 4 yrs
Sarah M. - 3 yrs
Sodavin S. - 3 yrs
George Y. - 3yrs
Whitney M. - 2yrs
Faith T. - 1 yr

Resident Move in Anniversaries

Bruce M. - 4/9 - 4 years Lisa G. - 4/29 - 2 years
Cathy L. - 4/21 - 3 years
Sheila S. - 4/11 - 2 years

Welcome New Residents!

Marlene I. into Room 217 on 3/17/25
Roland M. into Room 223 on 4/1/25

Department Updates & Reminders

Marketing

April is definitely a month to look forward to after a long winter! We are excited to have our incredibly talented Jenna leading a Name that Tune Bingo with the Chaska Community Center on Wednesday, April 2nd from 1-2:30pm. We would love to see you there and winning BIG 😊

On April 15th, we are hosting a Being Prepared presentation with Jennifer Spalding, Elder Lawyer and Meg Heintze with Bertas. This is a great opportunity to invite your family in to learn all about being prepared together!

Dining

Thank you to everyone who has attended the food committee meetings. We appreciate receiving specific feedback to make the meals more appetizing. Please also keep in mind that we serve over 50 people who all have different taste buds/preferences. As a friendly reminder, if the meal we are serving is not your favorite, you have the option to order from the always available menu. There will be some meals that are not your favorites.

Front Desk

Clips - Reminder that the magnetic silver clips placed on your doorframe should stay in that location. Carver Ridge uses them to deliver notices, calendars, invites, reminders, etc. Please do not remove them.

Community Life

Thank you so much for your patience as we work through the sound issues on channel 48. As Jenna explained at resident council this month, there are several different companies that work together to bring us channel 48. Collaborating with them takes time. We'll get it worked out as soon as possible. Please continue to check on Sunday and let Jenna know if its working (or not).

One activity suggestion mentioned multiple times on the informal survey was more competitions. Please look forward to more opportunities to team up and compete against each other! More trivia happy hours, bowling, nerf guns, etc. are in the future!

Department Updates Continued

Executive Director

As the forklift season approaches, we would be delighted for you to join us!

Everyone is welcome to participate, whether by operating a remote-controlled forklift or by being part of the enthusiastic cheering section. The forklift races are always more exciting with a crowd rallying behind us! Competition starts up in April! Come to the informational meeting and practice on Thursday, April 3rd at 3:30 in the Bistro. All are welcome!



We work hard to provide the best experiences for you at Carver Ridge through dining, activities and personal care. Please know that I genuinely want to know if you have any concerns. If you would like to chat, feel free to stop by the office, or you can call me to schedule time to meet (call the front desk and they will transfer you).

To ensure the safety of our residents, each resident receives a personal key fob upon move-in and may purchase one additional key fob for a designated family member. To maintain building security, we will no longer allow multiple family key fobs per resident.

If a resident already has more than one family member with a key fob, they may keep them—no need to return them. However, moving forward, family members without a key fob must call the resident they are visiting for entry during non-business hours. If necessary, visitors may call the front desk (extension 101), but we kindly ask that this option be used sparingly, as frequent calls may interrupt resident care.

We appreciate your understanding and cooperation in helping us keep our community safe. Thank you!

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.

But I also say this: that light is an invitation to happiness, and that happiness, when it's done right, is a kind of holiness, palpable and redemptive. -Mary Oliver

What was the happiest day of your life? What made it a happy day? Were you alone, or were others there? According to Psychology Today, reminiscing with others can make you happier in the moment. Studies show that thinking about happy memories can interrupt negative thoughts and boost our sense of satisfaction. Making time to remember and share stories about our happiest days can have a significant impact on our overall happiness today and can even help us to bounce back when we face inevitable challenges. Reminiscing is good for the spirit and choosing to share and receive stories of happiness together is one way of experiencing holiness and healing. This month, try making time each day to share a happy story with someone, and see what happens!





Name: _____

HAPPY Easter



Can you find the words in the word search below? They can be horizontal or vertical, and forward or backward.

F	I	S	P	A	S	T	E	L	B	R	W	C	F	I						
P	L	F	R	M	E	I	M	B	C	H	N	H	S	C	A					
N	B	T	M	U	S	I	Y	B	L	U	E	I	P	H	R	N	A	A	E	
T	B	U	L	A	N	L	S	Y	D	N	A	C	G	U	N	T	D	V	G	
D	C	L	S	A	E	N	A	U	M	T	L	K	A	R	A	E	U	N	G	
A	E	I	U	N	A	S	A	Y	E	O	C	I	L	C	K	M	C	R	S	
F	S	P	R	I	N	G	U	F	N	A	R	O	I	H	E	E	K	N	R	
F	E	H	V	T	F	P	C	B	A	M	O	N	A	T	E	M	L	D	A	
O	N	C	H	O	L	I	D	A	Y	N	P	A	S	E	R	N	I	N	V	
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I	N	S	U	E	T	A	L	O	C	O	H	C	E	S	N	L	G	S	C	
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bunny
eggs
tulip
spring
chick

chocolate
daffodil
candy
hunt
basket

pastel
duckling
holiday
family
church