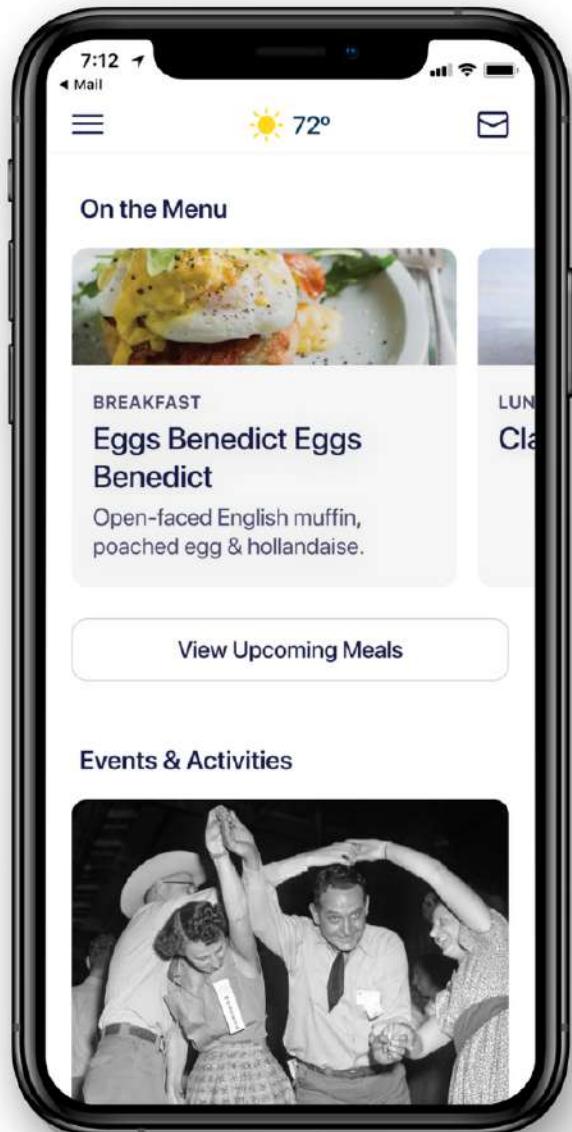


Download the new mobile app for Carver Ridge Senior Living

- View upcoming activities and events
- See what's on the menu each day
- Access common resources
- View and share community photos
- Receive emergency alerts & updates
- Check the local weather in Carver, MN



Access Quillt for iOS, Android, and desktop

<https://get.quillt.com/org/IOLWK>

Enter code IOLWK after opening the Quillt app for the first time.



Our Community Newsletter

December 2025

Poem of the Month "December Snow" by William Belcher Glazier

Fall thickly on the rose-bush, O faintly falling snow!
For she is gone who trained its branch, And wooed its bud to blow.
Cover the well-known path-way, O damp December snow,
Her step no longer lingers there, When stars begin to glow.
Melt in the rapid river, O cold and cheerless snow!
She sees no more its sudden wave, Nor hears its foaming flow.
Chill every song-birds music, O silent, sullen snow!
I cannot hear her loving voice, That lulled me long ago.
Sleep on the Earth's broad bosom,— O heavy, winter snow!
Its fragrant flowers and blithesome birds Should with its loved one go.

Resident Birthdays

12/3 Bruce M.
12/10 Sharon L.
12/12 Kenny H.

Staff Birthdays

12/7 Joan Z.
12/8 Cathy F.
12/9 Kateryna R.
12/11 Courtney C.
12/13 Sadie S.
12/20 Luke W.
12/22 Natalie H.
12/27 Markahyla F.
12/31 Savun H.

Staff Work Anniversaries

Barry A. - 6 years
Sani B. - 4 years
Jenna S. - 4 years
Henry O. - 3 years
Courtney C. - 1 year
Amanda R. - 1 year
Yvonna S. - 1 year
Clara L. - 1 year



Resident Move-in Anniversaries

Harry V. - 12/14 - 4 years
Jim L. - 12/5 - 2 years
Dorothy S. - 12/20 - 1 year
Lisa R. - 12/30 - 1 year

Welcome New Residents!

No new residents at time of print,
but be sure to welcome the folks
that have moved in over the past
couple of months!

Scan to Share Your Experience!

Your feedback matters! Take a moment to let us know how we're doing by scanning the QR code below.



01

Scan the QR Code with smart phone

02

Select number of stars to give

03

Submit Feedback



Department Updates & Reminders

Executive Director

We Value Your Feedback

At Carver Ridge, our goal is to provide exceptional care, meaningful support, and an experience that continually improves. Your feedback plays a vital role in helping us identify what we're doing well and where we can enhance our services.

Recently, you and your family members received a survey in the mail. We kindly ask that you complete it and return it using the enclosed, postage-paid envelope. Your responses are completely confidential. Align, an independent research company, will collect and compile the results before sharing them with our leadership team. Please take a few moments to share your honest thoughts before December 11.

Your input truly guides our ongoing improvements.

If you have questions about the survey, please contact Kelly Conrad at (952) 214-0400 or Kelly.Conrad2@LifesparkSL.com.

Nursing Update

We are deeply grateful for the leadership and dedication that Jenna Theis has brought to Carver Ridge as our Director of Health Services. Over the past three years, Jenna has touched the lives of countless residents, families, and team members. While we will miss her greatly, we are thrilled to celebrate her well-deserved promotion within Lifespark. Please join us in wishing her continued success in her new role.

We are also excited to welcome Esme Wolfswinkel as Carver Ridge's new Director of Health Services. Over the past six months, Esme has demonstrated exceptional clinical expertise, heartfelt compassion, and a steady, thoughtful approach to care.

We are confident she will continue our strong tradition of five-star service and support for our residents.

Community Life

'Tis the Season! So many special holiday activities to enjoy! Please continue to check the Carver Ridge channel on your TVs for most up-to-date activity offerings, changes and announcements.

(adapted from Chaplain S. Howell)

When I was young, I admired clever people. Now that I am old, I admire kind people. -Rabbi Abraham Joshua Heschel

Chances are as you read this newsletter, patience may be running thin. It's the holiday season, where no matter your faith tradition, there is a holiday – a Holy Day - you are likely preparing for. And perhaps you, or the people you love, are worried about what is not getting done or grieving about what can never be done again like it was in years past.

Whenever patience runs thin, kindness can run even thinner. Especially toward ourselves. Remember this Holy Day season that you are enough. The gifts, the food, the merry festivities - they are fine, but even without any of those, you and your loved ones are enough. Know this: You are so loved just as you are. Go love others just as they are. Shower them with patience and kindness this season. Peace be with you!

**Can't Sleep? Here's What Not to Do**

We all have our own bedtime tricks for getting sleepy—a late-night TV show, a glass of something warm, maybe a game of solitaire until our eyes get heavy. But sometimes the habits we rely on to fall asleep are the very ones keeping us awake.

This month, we're shining a light on a few common sleep habits that backfire—and offering simple swaps to help your body (and mind) drift into rest more easily.

- **Watching the clock:** Instead of this ... Peeking at the time when sleep won't come (adding extra mental pressure).

Try this: Turn your clock around. An easy, stress-relieving tip.

- **Staying in bed, wide awake:** Instead of this ... Tossing and turning, wishing you could sleep (which can actually train your brain to associate your bed with wakefulness and stress).

Try this: If you can't sleep after 20 minutes, get up and do something that relaxes you. Maybe read a book or listen to soft music. Then come back to bed when you feel drowsy.

- **Napping late in the day:** Instead of this ... Taking a late-afternoon nap (which can throw off your natural sleep rhythm, making it harder to fall asleep at night).

Try this: If you need to nap, aim for earlier in the day. And keep it under 30 minutes (20 is ideal).

- **Looking at screens before bed:** Instead of this ... Watching TV or using a phone or tablet (in other words, staring into devices that emit blue light which tell your brain it's still daytime and can delay sleep).

Try this: Dim the lights an hour before bed. Wind down with quiet activities that don't involve a screen.

By giving your body a few simple cues, you can make it easier to fall (and stay) asleep. But if you struggle with ongoing insomnia, you might want to let your Lifespark primary care team know. We're here to help you feel like your very best self again.