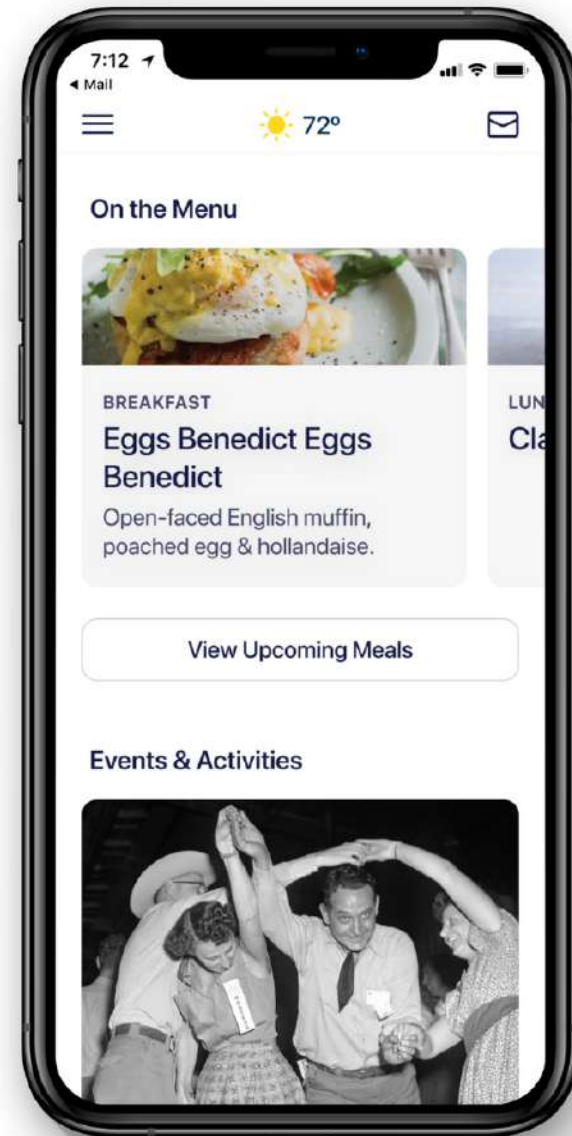


Download the new mobile app for Carver Ridge Senior Living

- 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 Quiltt for iOS, Android, and desktop

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

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



Our Community Newsletter January 2026 Poem of the Month "January" by Ruby Archer

The snow is diamond for a fairy's feet,
Blithely and bonnily she trips along,
Her lips a-carol with a merry song,
And in her eyes the meaning. "Life is sweet!"
The rhythm of youth is in her pulses' beat,
The lissome form is beautiful and strong,
The happy heart is innocent of wrong.
Young Hope incarnate seems the earth to greet,
How fair is she—just pinker than the snow.
Behold—a roguish coyness in her face!
Ah see—a spray of saucy mistletoe
Is nestling in her hair. A chase! A chase!
A gleeful laugh,—the vision bright has paled,
Is lost in clouds her laughing breath exhaled.

Resident Birthdays

11/6 - Jane B.
1/18 - Judy B.
1/21 - Tom T.
1/29 - Loren M.
1/30 - Bev S.

Staff Birthdays

1/1 - Christon C.
1/1 Dinah R.
1/1 - George Y.
1/1 - Maria G.
1/2 - Vivian M.
1/3 - Naomi B.
1/12 - Yana M.

**Staff Work
Anniversaries**

Kelli S. - 6 years
Anita B. - 4 years
Savun H. - 3 years
Ed P. - 3 years
Joann S. - 1 year



Resident Move-in Anniversaries

Loren M. - 1/30 - 3 years
Mark J. - 1/29 - 2 years
Sandy L. - 1/3 - 1 year
Gail J. - 1/15 - 1 year
Joan P. - 1/28 - 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!



A hygge nook, aka a Hyggeekrog – The designation of a stress-free space or corner in one’s home whereby one can relax and be themselves.

Hosting a hygge get together – Hygge-style activities typically involve things that help us feel peaceful, cozy, and connected with others. Gatherings with friends in the home are a primary activity and are focused on the connection built with others, not how big or small one’s home is.

Reading as a distraction – Even a short amount of time spent reading can help reduce stress, and anxiety. Along with Hygge’s theme, it can make one feel more present and engaged.

Powering down of electronics – When screen time is limited, and all the distractions that come with it, burdens may seem less, as one is more in tune with the present.

Intentional Lingerinɡ – This involves savouring the moment just a little longer, whatever chore one may be doing, however mundane, with no plans to rush on to the next thing.

Minimal (but impactful) décor with less clutter – The utilization of pieces that have special meaning like pictures of family and loved ones. Hygge is about warmth and connection, so clutter free meaningful decor may serve to draw people in and create good meaningful conversation(s) around memories, which in and of itself can be a natural stress reliever.

Colour – The colours chosen for a hygge living space are a significant part of setting a cozy stage for reflection and peace of mind. Neutral colours are often chosen, particularly whites, soft whites, beiges, blushes, soft browns, light pinks, and greys. The use of neutral colour palettes may help to calm one’s mind and ease worries and anxieties, which all fit in with this particular style of living.

Child’s Play – This typically involves engaging one’s inner child by playing childlike games, thereby stimulating one’s sense of curiosity. Activities may include getting lost in a colouring book, playing hide and seek, exploring a new trail, or playing peek-a-boo with young children."

Let's celebrate Hygge with Carver Ridge! Friday, January 16th wear your coziest PJs, enjoy cozy spaces with puzzles, games, and coloring, warm drinks, soft lighting, and lingering social time! See the January calendar for details.

Department Updates & Reminders

Front Desk

Reminder that when needing to speak to a member of Leadership in the Office area, please ask Joan or Reception to see if that person is available for you. We also kindly ask that you do not step behind the Front Desk. Should you need to get something to Joan or leave something with Reception, please leave it at the end of the counter with a note or wait to speak with someone for assistance. We value your privacy and work to protect that daily.

Community Life

When signing up in the outing/activity binder please include either your last name and/or room number. We have several residents with the same first name and Jenna's getting confused as to who signed up!

Join us for the TRYathlon! Carver Ridge has started it's winter competition against other lifespark facilities. This includes walking relay style, arm crank, and leg crank exercises. Other roles include cheering, water pass, checking if the other team is following the rules, photographer, etc. We encourage every one to participate in whatever way they can!

If you're looking for a way to stay fit in ther doldrums of winter, why not walk the hallways! on the second floor if you walk from one end to the other and back, it equals 1/10th of a mile! It adds up quick.

Nursing

It bears repeating, please continue to practice good hand hygiene! Wash hands or use hand sanitizer often, especially when leaving and after entering apartment. If not feeling well, please stay in your apartment and call the front desk to have the nursing department check on you.

A new year can be a time of joy and celebration, as we look back on all that has been and look forward to what lies ahead. At the same time, we may find ourselves carrying heaviness as we reflect on feelings of loss, loneliness, or worry about the future. This is part of being human – experiencing complicated and sometimes contradictory feelings. A wise person somewhere once said that when we share our joys we multiply them, and when we share our sorrows, we divide them. Living in community together affords us many opportunities to share our stories and memories, as well as to make new memories and build new stories together. In this new year, whatever has been and whatever will be, may you find companions among you who will receive your story. May you also be blessed as you receive the stories of others. May we find acceptance, affirmation, and belonging in community.



Mastering The Art of Hygge

Emily Waters

"Hygge (pronounced "hoo-gah") is a concept that originated in Danish culture that focuses on living with a sense of comfort, coziness, and peace. It has often been described as creating a warm atmosphere and enjoying the good things that life has to offer with as much positive energy surrounding oneself as possible.

Some of the emotional benefits of a hygge practice lifestyle may include less depression and anxiety, a greater sense of control over certain areas of one's life, and increased self-compassion, with less self-judgment and inner criticism, as well as a greater awareness of mindfulness and gratitude.

A Hygge-style environment promotes an atmosphere of safety and comfort, where our minds and bodies can feel more relaxed. This means we are more likely to reach out to build and nurture connections with others. In a hygge-centered lifestyle, there is an emphasis on connecting with family, friends, and loved ones. Having strong social support (more emphasis on quality of support as opposed to quantity) and spending time with those who are most important to us creates a sense of belonging and connection that research continuously shows impacts our health and well-being.

So how is it done?

Warm Lighting – Lighting is an essential part of hygge living space. The use of warm, soft white light creates an inviting and comfortable space compared to harsh, bright white bulbs or fluorescent lighting.

Texture – Hygge is all about things that feel soft and cozy. Soft accessories like blankets, throws, and pillows create a warm, relaxing, and inviting space. The soft textures can be calming when anxieties run high.

A coffee break, aka a Fika – This may include baking or buying some sweet treats, and enjoying them in moderation.

CONTINUED ON NEXT PAGE