



Our Community Newsletter

April 2026

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

4/7 - Roland M.
4/7 - Jim N.
4/7 - Mardy N.
4/28 - Kath G.

Staff Birthdays

4/11 - Sidney F.
4/12 - Alexa D.
4/20 - Madison P.

Staff Work

Anniversaries

Cathy F. - 5 Years
Whitney M. - 3 Years
Joey R. - 1 Year
Sodavin S. - 4 Years
Geoge Y. - 4 Years
Faith T. - 2 Years
Mara R. - 1 Year

Resident Move-in Anniversaries

Bruce M. - 4/9 - 5 years
Roland Midgley - 4/17 - 1 year
Cathy Leon - 4/21 - 4 years

Welcome New Residents!

Tracy Benoit into room 127 on 3/31/26
Marita Reisgraf into room 217 on 4/8/26

Department Updates & Reminders

Front Desk

REMINDER – Residents pay for a subscription to the Star Tribune newspaper.

The papers that are delivered to the building and are not for others to take.

Please refrain from browsing or otherwise borrowing someone else's property.

Subscription Dept. at Star Tribune is PH#612-673-4343 if you wish to order your own copy of the paper.

When you see an ambulance at the building, please stay clear of the front foyer area so emergency personnel can safely get through and to give residents receiving medical attention privacy.

If needing to speak to Joan please wait if she is with another resident or on the phone. Step back from the desk to give these conversations privacy. Thank you.

Please understand that our leadership team may be busy and therefore unable to answer questions immediately. You may be asked to make an appointment for a time they can give you undivided attention. Thank you for your patience and understanding.

When ordering groceries for delivery, make certain that the packages are labeled with your name and apartment number. The information can be added in the "comments" section of the order on the app you are using. This ensures the items make it to the correct apartment. Please tell anyone that orders items for you to add your name and apartment number to orders. Drivers should ALWAYS deliver to the front desk or your apartment, never leave items in the foyer.

Marketing

Spring has sprung here at Carver Ridge and you know what that means! It's time for our 5th Annual Spring Craft Fair. Spread the word to all of your family and friends. All are invited to stop in and shop the Craft Fair on Saturday, May 2 from 10am to 1pm.

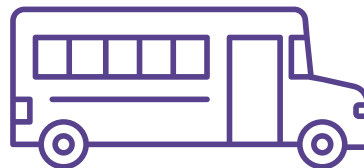
Department Updates & Reminders

Community Life

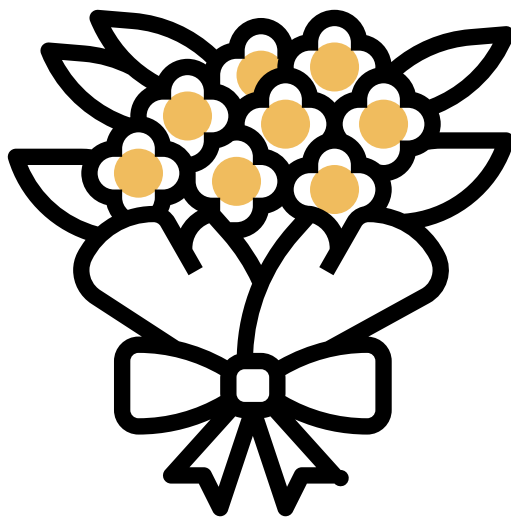
Changes - Starting May 1st, community life will be using a new calendar building system. This includes changing software on the Carver Ridge Channel. It will look different, but display the same type of information. There may be a few days or weeks where the channel isn't available. Weekly activity calendars will be posted in the elevators during that time.

Computer - Thanks to a generous holiday donation from East Union Church, Carver Ridge will now have a public computer for resident use! It will be placed in the front lobby. More information coming soon. Expect to see it up and running in early May.

Outing Sign up Procedure - Sign up binder is located in the small alcove next to the mailboxes. If an outing has \$\$\$ in the title, there is a resident cost. When signing up, please include your first/last name, and room number. If you are a wheelchair user, please place your name on one of the lines with "w/c" in front of it. We can only accommodate 2 wheelchair users per outing. Rider list is finalized the business day prior to the outing. Please sign up or cancel before then so Jenna has an accurate number of riders. Sometimes a rider can be added the day of, but no guarantees.



I heard recently that psychologists have illustrated that we, as individuals, are harder on ourselves than others are. The researchers asked pairs of people to rate themselves on the other person following a brief interaction. The participants were, consistently, harder on themselves than on their conversation partner. The participants were asked to estimate how they imagined the conversation partner rated the conversation. Again, the participants would consistently underestimate how the other person perceived them in the conversation. Perhaps you're like me and you run through previous conversations or interactions you had over, and over again, following even the briefest of conversations. We can never know how another person perceives us, just as much as that other person has no idea how we perceive ourselves. I want to encourage you to give yourself grace- no one noticed the word you mixed up, or that you fell asleep during that group today. You are enough, and you're getting through life. So is your neighbor.





NEW!!!

2026 National Robot Soccer League!!!

Your Team Needs You!

How it Works:

The National Robot Soccer League is a brand-new competition for all Lifespark communities. There are four robots that are controlled by four participants using your movements. The goal is to score as many goals as possible using 36 golf balls per round (three 10-minute rounds). This competition is intergenerational! Come see what it's about!

When:

See calendar for various practice times throughout the month.

Scrimmage – 4/21 @ 1:00 PM

Regular Season – Every Tuesday 4/28 – 6/9 @ 1:00 PM

Really Big Show – Every Friday 5/1 – 6/12

Playoffs – Tuesday 6/16 @ 1:00 PM

World Championship – Thursday 6/18 @ 1:00 PM

For more information about the Robot Soccer League speak to: Jenna Steere



SUPERSTAR SHOUT OUTS!

DO YOU KNOW A SUPERSTAR?

Employees, residents, loved ones, and visitors are invited to fill out a Superstar Shout Out form and place it on one of boards located by the door to Legacy Court or by the mailboxes.

Shout out recipients are treated to a complimentary meal from the Carver Ridge kitchen as our thank-you for going above and beyond.



Spring Cleaning Tips: Declutter Your Space and Mind

Let's be honest—no one really wakes up thinking, "Today is the perfect day for cleaning!" But spring has sprung, and like it or not, it's officially time to tackle those dust bunnies and clutter piles that multiplied mysteriously over winter. Don't worry; we've got tips to make spring cleaning a breeze—well, almost!

Start Small, Think Big!

Don't tackle the whole home at once, or you might find yourself taking a "cleaning nap" after 10 minutes! Begin with one drawer, shelf, or corner at a time. It's amazing how quickly small wins add up.

One-Year Rule

If you haven't used or worn something in a year, maybe it's time to let it go. And no, staring longingly at that sweater from 1985 won't suddenly make shoulder pads come back in style!

Buddy System

Cleaning is always easier (and funnier) with a friend. Invite a neighbor, turn up some tunes, and laugh your way through the process.

Who knew sweeping could double as a dance move?

Donate, Don't Hesitate!

Your gently-used items could make someone else's day. Set aside clothing, books, or household goods for donation. Giving back feels great and reduces clutter at the same time.

The Magic of Music

Create an upbeat playlist of your favorite songs. Music can turn drudgery into a dance party—even vacuuming feels less like a chore when you're singing along!

Reward Yourself

After you've accomplished a cleaning goal, reward yourself with something enjoyable—a cup of tea, a favorite snack, or perhaps a short break in your newly tidied-up space. You've earned it!

Remember, spring cleaning isn't just about tidying your physical space—it's about refreshing your mental space, too. A cleaner, organized environment can lead to a clearer, happier mind. So, grab that feather duster (or leaf blower—we won't judge), and get cleaning! Who knows, you might actually enjoy yourself this year!