



2815 South Westlake Drive, Sioux Falls, SD 57106
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GiGi Assistant® (GiGi), is a free mobile app that acts as your personal concierge ready to assist you with what's happening in the community.

We encourage residents, guests, caregivers and families to download the app and get connected!



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MANAGED BY The Goodman Group

TEAM MEMBERS

Executive Director
Kyrsten Fokken

Director of Nursing
Michelle Swenson, RN

Spiritual Care Director
Bailey Landa

Life Enrichment Director
Kaitlyn Savage

Culinary Director
LeeAnn Anderson

Dining Services Director
Emily Oken

Housekeeping Director
Annie Gerry

Maintenance Director
Jon Siegel

Business Office Manager
Tessa Curry

Sales Counselor
Ashley Vogt

Fitness Director
Jeff Viereck



IN LOVING MEMORY

We remember our dear friends who have passed in the last month:

- Dolores P.



BIRTHDAYS

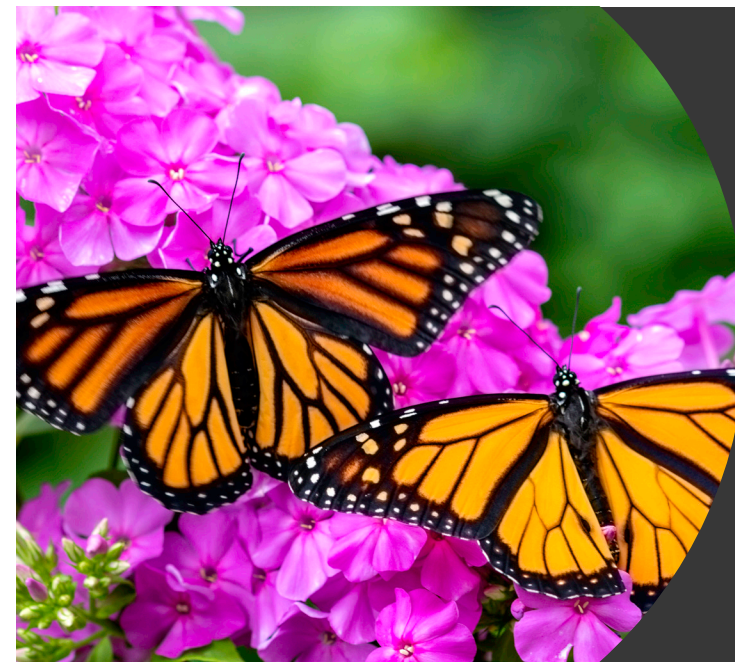
We want to wish the following residents a very happy birthday:

- | | |
|--------------------|---------------------|
| • Elaine S. - 5/2 | • Beverly G. - 5/21 |
| • Gordy A. - 5/3 | • Dennis T. - 5/21 |
| • Noriko M. - 5/7 | • David J. - 5/22 |
| • Jenny A. - 5/9 | • Dick B. - 5/23 |
| • George R. - 5/11 | • Becky S. - 5/22 |
| • Gayle F. - 5/15 | • Betty F. - 5/30 |
| • Joann W. - 5/17 | • Jane G. - 5/30 |
| • Yvonne B. - 5/19 | • Melvin V. - 5/31 |
| • Muriel L. - 5/19 | |



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Good Life NEWS

AT LEGENDS ON LAKE LORRAINE

MAY 2024

SOARING®: SUPPORTING THE SPIRIT



Joy for the Journey

“It’s a beautiful day in the neighborhood.”

“The secret to a happy life is to accept change gracefully.”

“Women will have achieved true equality when men share with them the responsibility of bringing up the next generation.”

These familiar quotes were once spoken to us from familiar faces; Fred Rogers, Jimmy Stewart and Ruth Bader Ginsburg. The person themselves, or even their words, have lent themselves to be moments of inspiration for us in our lives. We may see the TV star, the movie star, the Supreme Court Judge and other celebrities as just that — a celebrity. But their words and life may be a motivation for us as well.

Each Friday at 9:30 a.m. you are welcome to join us in the chapel to start your morning off with some joy. We will spend a short time learning about a person or story of interest, past or present, that inspires our day to day, our outlook on life or hopes that we can foster in ourselves. The stories are not always a clearcut path for a person to get to where they are, but neither are our lives! A little grit, determination and hope help to shape who they are, and maybe in there you might find a bit for you as well!

If you are wanting to explore a place of joy in your life, please reach out to me by contacting the Front Desk or ext. 4025.

Bailey Landa
Spiritual Care Director



Mister Rogers, best known for Mister Rogers' Neighborhood



Jimmy Stewart, actor in "It's A Wonderful Life"



Ruth Bader Ginsburg, Supreme Court Justice and activist

TEAM MEMBER SPOTLIGHT

Get to know Carole B.

My name is Carole, I am the newest resident care coordinator here at Legends on Lake Lorraine and will be overseeing resident care for the residents on third floor and a few on second floor. I have been an LPN for 29 years in various settings. My last job was with Sanford Health for nine years. I worked in home health and hospice, as well as a year as an administrative assistant for the Genetic Counseling Department. I love geriatric nursing and strive to make a difference in the lives of seniors.



I have three daughters, four grandchildren and have been married to my husband for four years. I also have a dog and two cats. In my spare time, I enjoy reading and doing anything outdoors; gardening, landscaping, walking, camping, etc. Feel free to introduce yourselves if we pass in the hallway. My office is located right next to the fitness center. I would love to get to know you!

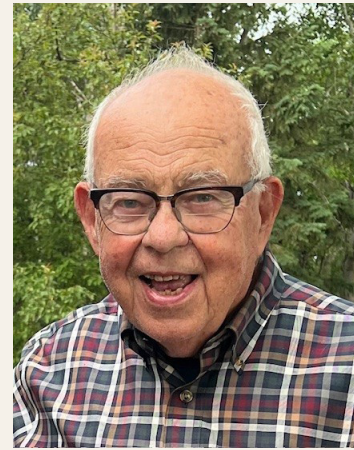
P.S. I am terrible with names, so please give me grace while I get those down! I can't wait to meet you!

Carole B.
Resident Care Coordinator

RESIDENT SPOTLIGHT

Meet Dave J.

I was born in May 1934 in Huron, South Dakota. I grew up in Oldham, South Dakota, with two brothers and my parents and in a parsonage. My father was a preacher and my mother taught school —



she was a wonderful teacher. I met my wife, Glenice, in high school and married her in 1956. She was a nurse. We had four children; one daughter and three sons.

After high school, I went to Augustana College in Sioux Falls. I then attended Luther Theological Seminary in St. Paul, Minnesota, where I became a pastor. I decided to become a Pastor because my father was one and I felt a need. We moved often as I was called to different locations. I served parishes in Fowler, Colorado; Kansas University in Lawrence, Kansas; East Side Lutheran in Sioux Falls; University of South Dakota in Vermillion; Lutheran Church of Our Redeemer in Watertown; and Peace Lutheran Church and First Lutheran Church, both in Sioux Falls.

My favorite parish was Lutheran Church of Our Redeemer because I felt I accomplished quite a bit there — I found my work very meaningful. I often enjoyed putting stories from Oldham in my sermons because people liked hearing them, and I think they couldn't believe there was a place called Oldham.

My hobbies include woodcarving and hunting. I have been woodcarving for several years. We used to go every year and hunt on our farm in Oldham. I have always had a Labrador as a pet, as they are good hunting dogs.

My most memorable trip was to Norway, it included a lot of wonderful scenery and historic locations. Norway is where both my wife's and my ancestors are from. It was meaningful to get a feel for what it was like for our ancestors and learn how they immigrated to America. I enjoy living here at Legends on Lake Lorraine because I feel well taken care of and the people are friendly here.

FUND AND FOOD DRIVE

This month, Legends on Lake Lorraine is hosting a "Fund and Food Drive" for Feeding South Dakota!

Feeding South Dakota is the state's largest hunger-relief organization, with a mission to end hunger in South Dakota. Through their programs and agency partners, they are providing food in all 66 counties of our state and fighting hunger in rural communities, metro areas and Native American Reservations. Feeding South Dakota's vision is a state where no one person's health, well-being, or potential is hindered by the availability of nutritious food. Together, with the support of their incredible volunteers and South Dakota communities, they are impacting food insecurity rates by filling the tables of our neighbors facing hunger.



There are two ways to donate for our drive; you can donate funds or you can donate food. Additionally, during the month of May, every time you attend a fitness class, Legends on Lake Lorraine will donate \$1 to Feeding South Dakota! Fitness Director, Jeff, encourages everyone to attend a class, even if you haven't before. He will meet you where you are and understands that fitness can be overwhelming. But every journey starts with the first step. In May, take your first step with Jeff and dive in to the food drive! Feeding South Dakota turns every dollar into three meals!

Here is a list of the most needed food items at Feeding South Dakota:

- Peanut butter and jelly
- Canned chicken and tuna
- Canned fruits and vegetables
- Taco shells, tortillas, seasoning
- Canned pasta meals
- Boxed pasta meals and easy mac
- Microwave meals
- Baking mixes
- Pancake mixes and syrup
- Rice, pasta, pasta sauce
- Cereal and oatmeal
- Kid-friendly snacks
- Granola bars

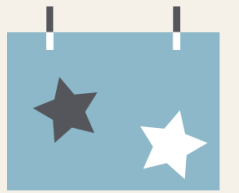
For safety reasons please do not donate any of the following:

- No opened product or food with packaging concerns
- No baby food
- No glass containers
- No baked goods, home-canned, or self-processed items
- No items needing refrigeration

We will have a shopping cart outside of the theater that we will fill with food donations. If you would like to donate money, you can drop it off at the front desk. We have a goal of raising \$1,000 for Feeding South Dakota and will keep track of this on a fundraising thermometer. This monetary goal will come from both resident donations and the \$1 donations made by Legends for each person that attends a fitness class.

Additionally, Jeff will be teaching exercise classes that incorporate canned foods that will be donated after the class is over. In June, we will take an outing to deliver all of the food that we collected over the month of May! Thank you for helping the families around the Sioux Land, and thank you for being the best residents a community could ask for!

JOIN US!



"Mirror, Mirror on the Wall; I am My Mother After All" presented by Phyllis Schrag

Friday, May 3 at 2 p.m.

Phyllis is back with a new program! Do you ever say or do something and you wonder, "where did that come from?" only to remember your mother said and did that — and suddenly you realize you have become your mother. In a PowerPoint presentation, audience members will be reminded of common expressions used by our mothers, along with aphorisms and humorous stories that help us understand the powerful gene pool from which we came. The presentation also includes inspiring quotes attributed to notable famous women of all generations.

Kaitlyn's Egyptian Adventure

Tuesday, May 7 at 3 p.m.

Life Enrichment Director, Kaitlyn, recently went to Egypt for a family wedding and vacation. Kaitlyn will be showing pictures and telling stories from her time on the other side of the world. Some highlights include an Egyptian wedding, the Pyramids and the Red Sea.

Living Legacy Academy Science Fair

Wednesday, May 15 at 10 a.m.

Living Legacy Academy is a local homeschool group. They came a few months ago and read with residents. They will be coming back, but this time for a science fair! The students have been working hard on their science projects and can't wait to share them with you. There will be tables set up in the Forum Theater for the students to display their projects and residents are able to go around and look and ask questions about the projects and learn from the students.

Veteran's Social Hour

Wednesday, May 15 at 2 p.m.

Members from the American Legion will be joining us for a Veteran's social hour in Legend's Club.

Canaries Baseball Game

Wednesday, May 22 at 12:15 p.m.

We have purchased tickets to attend a Canaries baseball game this summer. The tickets are free to residents and we will be taking the bus to the game. There will be a sign up the week of the outing. The tickets are free, but residents are responsible for purchasing any food and drinks that they would like at the game.

Guest Speaker: Mayor Paul TenHaken

Friday, May 24 at 2 p.m.

Sioux Falls' very own mayor will be joining us! Mayor TenHaken has been the mayor of Sioux Falls since 2018. He will talk about his time as mayor, what led him to becoming the mayor and share some fun stories and anecdotes from his time as mayor!

Picnic Outing: Pipestone National Monument

Wednesday, May 29 at 11 a.m.

We're mixing it up this month and going to a national monument instead of a state park. Pipestone National Monument is located in Pipestone, Minnesota. We will have a picnic and then there will be time to explore. The monument has a visitor center, waterfall, hiking trails, a variety of wildlife and much more.

MONTESSORI MOMENTS

Our Pearls of Life® residents have been painting every Wednesday morning with Madie. Madie teaches the residents step-by-step on how to do their paintings. The residents have completed some beautiful works of art over the last few months. Here they are painting some ducklings for spring!

