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TEAM MEMBERS

Executive Director

Kyrsten Fokken

Director of Nursing

Darla Langenhorst

Spiritual Care Director

Bailey Landa

Life Enrichment Director

Madie Femrite

Culinary Director

Mark Gillespie

Dining Services Director

Tatiana Doucette

Housekeeping Director

Annie Gerry

Maintenance Director

Jon Siegel

Sales Counselor

Ashley Vogt

Fitness Director

Jeff Viereck

Business Office Manager

Robin Castle



Resident Referral Perk

Residents who refer a friend who moves in will receive one month free rent!*

Family Referral Perk

Family members who refer an individual who moves in will receive a \$2,000 referral fee!*

*Additional terms may apply. Contact our community for more information.

Share Your Experience!

We value and appreciate your feedback. Your online review can also assist other families who are exploring senior living options for themselves or their loved ones. Help us continue providing exceptional care by sharing your story on Google, Facebook or Yelp today!



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Good Life NEWS

AT SAGEWYNN ON LAKE LORRAINE

JULY 2026

LIFE ENRICHMENT



As June comes to a close, we can look back on a month filled with sunshine, fresh air and plenty of opportunities to enjoy the outdoors. From concerts and gardening to picnics and fishing, it has been wonderful to see everyone making the most of the beautiful summer weather. We hope you have created some special memories and found time to enjoy all that summer has to offer. We are looking forward to many more beautiful days and exciting events in the weeks ahead.

Throughout July, we will be celebrating the 250th anniversary of the United States. We look forward to honoring this historic milestone with fun activities and outings. Be sure to keep an eye out for upcoming announcements and opportunities to join the celebration.

One event we are especially excited about is welcoming the Missoula Children's Theatre to our community from July 20–25. This traveling theater company will be presenting the musical Aladdin, giving local children a chance to participate in a unique and memorable theater experience.

Open auditions will be held Monday, July 20, from 12:15–2:15 p.m. Children in kindergarten through sixth grade are invited to audition. If you have grandchildren, neighbors or young friends who may be interested, please help us spread the word. This is a wonderful opportunity for children to build confidence, learn new skills and be part of a live stage production. The mission of Missoula Children's Theatre is to empower children and adults through theater education and performance, helping them develop lifelong skills while enriching communities through live productions around the world.

The week will conclude with two performances of Aladdin on July 25 at 3 and 5:30 p.m. We are excited to see the hard work of these young performers come to life on stage and look forward to sharing this special experience with our community.



Enjoying live music with The New Horizons



Picnic at Newton Hills State Park



Celebrating National Bee Day!

RESIDENT SPOTLIGHT

Get to know Gloria

Gloria was born in Minnesota, where she went to grade school and attended Westbrook for seventh grade through high school.



After school, Gloria married Jim and they lived near Westbrook, Minnesota, close to their families. They had four children: Scott, Michael, Peggy and Tamara.

While living in Minnesota, her husband worked in construction. In 1990, Jim and Gloria moved to Bloomfield, Nebraska, where Gloria was the head of human resources at Bloom'n Egg and Jim managed part of the farm.

In 2017, Jim had unfortunately passed away. Gloria continued to live in Bloomfield but spent her summers on the river near Yankton. She enjoyed taking care of her flower garden and traveling with family. She got to visit Nevada, Georgia and other locations.

Due to health changes, Gloria moved to Sioux Falls in 2025 to be nearer to family. In her free time, she enjoys reading, going on walks, sitting in the sunshine and spending time with family. Gloria has eight grandchildren and seven great-grandchildren. She radiates joy, and we are grateful to have her here at Sagewynn on Lake Lorraine.



2815 South Westlake Drive, Sioux Falls, SD 57106 | 605-799-1900 | sagewynn.org/lake-lorraine

MANAGED BY The Goodman Group



A MESSAGE FROM THE SPIRITUAL CARE DIRECTOR

As I write this, it's early June, and I am already thinking about the summer sun and the dry weather like last year. Most years, if it gets dry around August, I let our yard go brown. I have found over time that creates a bigger problem down the road. Last year, if I did not have Skylar running through the sprinkler, watering the garden or playing at her water table, I think we would have ended up with a healthy dirt patch. Because I want our lawn to be more than dirt, we give it a good spray and let Skylar get extra sprinkler time to keep it lush. The yard gets watered, Skylar gets extra squeals in — it's all a win.

Lawn care is not my strength. I mow like my dad did — in windrows. I have bought the wrong grass, put down too much dirt, etc. Nonetheless, I am learning each year. I have learned that tending the lawn takes effort and commitment. It is not a one-time event but an ongoing, day-to-day effort. I am thankful for lawn care companies.

As I have visited with you as residents as a spiritual care director, I have come to know that as we age, life can start to feel dry and barren. What once watered our lives — friendships, spouses, significant others, children, work, hobbies and faith communities — has changed in some regard. Perhaps friends do not come around as often.



Dancing to Surfin' Safari



Carol and Willard leading Sing-Along

Perhaps hobbies have faded. Important people in our lives die. Trying to refill these places can sometimes feel like more work than it is worth.

Research has shown that those who appear to have “aged well” are individuals who were adaptable. They picked up new hobbies, started volunteering, reached out to friends, played games with others and stayed physically active. They got enough sleep. In other words, they learned how to water the grass they were standing on. It is my hope that every person is able to find those things that bring purpose, joy and meaning. If you are struggling and life feels more like a dusty yard than a lush oasis, I am here to help explore alongside you.

Bailey Landa
Spiritual Care Director

Tuesday, July 21: Just Breathe – Techniques to Calm, Center and Balance



The simplest and most powerful technique for optimum health of mind and body is free and literally right under your nose. In this workshop, you will learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response; decrease depression and anxiety; and help strengthen your back and abs from the inside out.

Presented by Janice Novak

See activity calendar for time and location.

MANAGING EXPECTATIONS: BUILDING PARTNERSHIPS IN CARE

Understanding and managing expectations is one of the most important components of a positive experience in assisted living and skilled nursing communities. When residents, families and team members begin their relationship with a shared understanding, it fosters trust, improves satisfaction and creates a more supportive environment for everyone involved.



Each resident is unique. Factors such as medical conditions, cognitive changes, behaviors and personal preferences can influence care needs and outcomes. Open discussions about these situations help everyone understand what can be provided, what challenges may arise and what goals are appropriate and achievable. Establishing realistic expectations early can prevent misunderstandings and create a stronger partnership.

One of the best ways to support this partnership is through active participation in care plan meetings. These meetings provide an opportunity for residents, family members and team members to discuss progress, address concerns and adjust plans as needs change. Open communication allows everyone to stay informed and remain on the same page throughout the care process.

Families also play an important role in maintaining accurate contact information and communication preferences. Identifying a primary contact and a backup decision-maker helps ensure timely communication, especially during emergencies or unexpected changes in a resident's condition.

Above all, open and honest communication builds understanding and is essential for a successful partnership. Communities strive to act in residents' best interests every day, and mutual trust allows expectations to be addressed early, problems to be resolved collaboratively, and care relationships to remain positive, productive, and strong over time.

By working together with shared expectations, residents, families and team members can create a safer, more supportive and more satisfying experience.

Tammy Talley
Health Services Director of Survey Readiness
The Goodman Group



Pup love



Muriel's beautiful birthday flowers



Hawaiian party



Scott Brown live music

MONTESSORI MOMENTS

As we welcomed the beautiful month of June, our Pearls of Life® memory care residents enjoyed a variety of engaging activities, entertainment and special events.

We kicked off summer by celebrating our first summer concert of the season featuring the band Surfin' Safari. Residents also enjoyed another live music performance with Scott Brown. We had two dance classes: swing dancing and hula dancing.

Father's Day was celebrated with the annual fishing derby. Residents also shared lots of animal love when the Humane Society brought in adorable kittens, and they enjoyed comforting visits from therapy dogs. With the beautiful weather, residents were able to enjoy a relaxing picnic by the lake.

Looking ahead to July, we can't wait for our next summer concert with Mogen's Heroes, the 250th Anniversary Fourth of July party, a ballroom dance class and the SDSU dance team and ice cream truck visit.



Kitten visit



Summer concert

SOARING®: SUPPORTING THE SPIRIT



An Attitude of Gratitude

We have all met those people — the ones always looking on the bright side, through rose-colored glasses. It is easy to assume they are out of touch with reality. After all, life is not all easy, good and perfect, is it? So how do they do it?

I propose that, somewhere along the way, they discovered how gratitude can transform their mindset and even their health. Gratitude can enhance mental, emotional and physical well-being, and increase overall happiness. It can reduce stress and negative emotions by shifting focus from what's lacking to what is available. Gratitude teaches one that what they have is enough, life is good enough to be happy about, and the future is bright with possibilities.

Gratitude focuses on abundance rather than scarcity. It has been linked to better relationships and increased life satisfaction, and can help individuals cope with adversity and build resilience. It can also lead to better physical health, lower blood pressure and improved sleep quality.

An attitude of gratitude comes through practice. Cultivating gratitude involves conscious effort. To practice gratitude daily, start by setting aside time to reflect on positive things, making an effort to notice both big and small things throughout your day. Add to this practice by keeping a gratitude journal where one reflects on the positive and expresses appreciation for the good things in life. Or possibly create a gratitude jar with written notes recording these newly discovered items of joy. Feeling joy is the simplest form of gratitude. By recognizing and embracing these moments of joy, even in adversity, we can maintain a sense of gratitude that sustains us through difficult times.

Author Melody Beattie states it more succinctly: “Gratitude unlocks the fullness of life.” Developing a heartfelt appreciation for what we already have can significantly alter our mental and physical well-being and transform our lives from ones of discontent to ones full of beauty.

Dorothy Tuft
Spiritual Care Director
The Inn on Westport, Sioux Falls, SD

Follow @TheGoodmanGroupLLC on Instagram!

We're excited to announce the launch of The Goodman Group's official Instagram page! As our management company, this platform will share highlights that reflect the care, culture, and connections across managed communities that shape everyday life for residents and their families in meaningful ways. Follow along to stay connected!

