

Heartland Happening's

A newsletter brought to you by your friends & family at Heartland Senior Living



MARCH 2024

Newsletter Highlights



Loneliness is a significant issue that can profoundly impact the health and well-being of seniors. Research has highlighted that loneliness can be as detrimental to health as certain medical conditions. Studies presented at the American Psychological Association's Annual Convention have underlined that loneliness and social isolation pose a substantial public health risk, particularly among older adults.

At Heartland Senior Living, we take great pride in the level of care we offer to our residents. Our smaller facility allows our caregivers to dedicate quality time to each individual, engaging in activities such as playing cards, practicing golf, or enjoying lunch outings. These interactions not only provide companionship but also contribute to the emotional and mental well-being of our residents, enhancing their overall quality of life.

By fostering meaningful connections and addressing the issue of loneliness head-on, we strive to create a supportive and enriching environment for our seniors. Through personalized care and engaging activities, we aim to promote social connectedness and combat the negative effects of loneliness, ensuring our residents lead fulfilling and vibrant lives during their time at Heartland Senior Living.

March
Activities

We ♥ our
Volunteers

Heartland Senior Living
(605) 642-4910

Our lovely residents and staff
enjoying some very special
quality time together!



♥ VOLUNTEER SPOTLIGHT ♥

Bingo with Cheryl - A Heartwarming Tale of Volunteerism

In a heartwarming tale of volunteerism, let us introduce you to Cheryl, the newest addition to our Saturday morning BINGO team!

Cheryl's roots trace back to Miles City, MT, where she spent her formative years before embarking on a journey that led her to San Francisco, CA, where she resided for nearly four decades. Her career there was mainly in investment advising, after that she went to fashion design school and earned a certificate in merchandising, then started working for renowned names like Michael Kors and a few smaller independent designers, eventually paving the way for her to create her own successful handbag line!

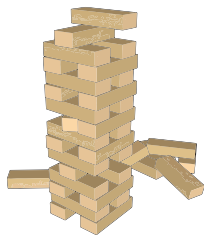
Beyond her professional endeavors, Cheryl finds joy in simple pleasures like playing bingo, swimming, hiking, and cherishing moments with her beloved furry companion, Daisy. Her passion for volunteering, especially with the elderly, spans an impressive 30-year period. Her dedication to spreading warmth and joy through her volunteer work is truly commendable. Cheryl's genuine connection with our bingo players and her commitment to giving back make her a cherished member of our community. We are grateful for her selfless spirit and the positivity she brings to our Bingo sessions every week.



MARCH ACTIVITIES



Paper Flower Bouquet
Mar 5th @ 2PM



Board Games
Mar 9th @ 2PM



Wheel of Fortune
Mar 11th @ 10:30AM



Lodge Meeting
Mar 13th @ 10:30AM



Happy Hour &
Music with Alvin
Mar 15th @ 2PM



Price is Right
Mar 18th @ 10:30AM



Coffee Chat
Mar 21st @ 10:00AM



Suprise Activity with Luke
Mar 28th @ 2pm

For a full list of events, visit
[Newsletter & Calendar](#) on our website
at www.sandstoneseniorliving.com

Find us on 

 Heartland Senior Living

WEEKLY ACTIVITY REMINDERS

- Church Service with Pastor Schutz every Wednesday at 1:15pm.
- Social Happy Hour EVERY Friday at 2:00pm.

MONTHLY ACTIVITY REMINDERS

- EVERY SATURDAY | Bingo with Cheryl - 10:00am
- LAST TUESDAY of every month | Monthly Birthday Social - 2pm
- LAST THURSDAY of every month | Resident House Meeting - 10:30am