

MAY 2024

# HEARTLAND HAPPENINGS

The Official Newsletter of Heartland Senior Living



## ADAPTING TO CHANGE

“Remember that the only thing constant in life is change.” - *Gautama Buddha*

Over the past few months, Heartland Senior Living has gone through a lot of change, both expected and unexpected. Even though change can be stressful, there are tools we can use to help manage that stress. One of the most important factors in reducing stress is sleep! Getting at least 8 hours of sleep per night can help avoid the side effects that stress can cause on the body. Other tips include eating healthy and staying active.

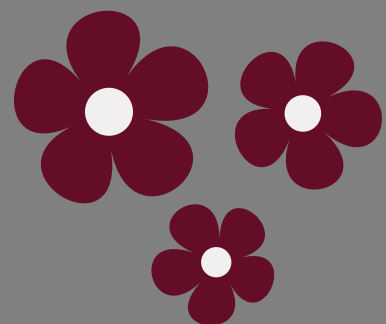
The family at Heartland Senior Living work hard to reduce the impact of change on our residents. They work as both a source of consistency as well as advocates for independent decision making.

## NEWSLETTER HIGHLIGHTS

Adapting to Change

New Staff Highlight

May Activities





## **NEW STAFF - WELCOME KARA!**

We would like to welcome Kara Ochoa to Heartland! Kara has 3 kids and 2 stepchildren, so she has her hands full on her days off! She recently moved from Cheyenne to Sturgis to be closer to the build site of her future home that her husband and father are working hard on. Kara enjoys taking care of people and animals, which makes sense because she has 8 pets (2 dogs, 2 cats, and 4 bunnies)! Kara has been a great addition, and we are so happy to have her on our team.

**Are you ready to make**



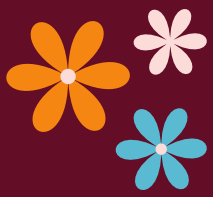
**your new home?**

Heartland Senior Living has rooms available for occupancy. Our facility is designed to provide quality care for individuals who may need assistance with daily living activities, such as medication management, bathing, and dressing. Residents at our facility are provided with a pendant for a call light that is monitored by our staff around the clock.

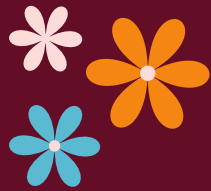
We believe in the perfect balance of cozy solitude and a lively community! Heartland has a homey vibe, filled with safety measures and fun activities for our residents. Every room is equipped with a private bathroom, and our suites even have kitchenettes!

Are you ready to join the Heartland family? Let us show you around and introduce you to the love and care we have for our residents. Give us a call at (605) 642-4910 to schedule your tour today!





# May Activities



Bert's Birthday Party

May 5th @ 2pm



Award Ceremony

May 8th @10am



Mother's Day Celebration

May 12th @10am



Fair Day!

May 20th Afternoon



Happy Hour with Alvin

May 24th @2pm



Casino Night

May 31st @3pm

Z E V J N W F Z M D O E R Z H  
 T G D E J A F R D H A S R L Q  
 E F S S H L V A O E E A D A R  
 V I R I C L X L N A P R D Y Z  
 D L F K N I J I A T R A P X E  
 K E F A V S V L V H V H K U N  
 B X N V C O Q Y O E L I Z P K  
 L I S A S N F L N R P A M B W  
 F S C M C A L L I E E J C D P  
 C K N A G G N V G E E Y M E B  
 F J S D U W I G X P K A F B Y  
 B D U D K B C N G N V L K A R  
 B F S I H M O A M A N D A P L  
 X F A E O A L K A R A R S X L  
 E L N F F V E A E B Z Y O M O

Heather  
 Callie  
 Maddie  
 Susan

Allison  
 Donavon  
 Lacey  
 Kara

Jesika  
 Amanda  
 Sarah  
 Nicole

Lisa  
 Lily

## WEEKLY ACTIVITIES

- Church Service with Pastor Schutz every Wednesday at 1:45pm
- Social Happy Hour every Friday at 2:00pm
- Bingo with Cheryl every Saturday at 10:00am
- Prayer Group every Monday at 10:30am

See if you can complete this crossword with all the staff members names!

