



**Sugar Loaf**  
SENIOR LIVING  
A Lifespark Community

## Our Community Newsletter

Discover what's going on in our community.

August 2026

### Age Magnificently

#### A NOTE FROM THE EXECUTIVE DIRECTOR - JULY 2026

***It's hard to believe we are already welcoming August!*** Summer always seems to fly by here in Minnesota, and before we know it, we start seeing those beautiful familiar signs that fall is right around the corner.

August has always felt like a month of transition. Families are getting ready for another school year, students are heading back to classrooms and college campuses, and routines begin to change once again. At Sugar Loaf, we experience changes of our own as we welcome new residents, families, employees, and visitors into our community. If you see a new face in the hallway, I encourage you to say hello and introduce yourself as you never know when a simple conversation might turn into a wonderful new friendship.

As kids and grandkids head back to school, our residents have so many memories of their own school days, raising families, sending children off to college, and experiencing all the changes that come with each new season of life. There are so many wonderful stories and so much wisdom within the walls of Sugar Loaf, and I hope we always take the time to listen and learn from one another.

As we enjoy these last few weeks of summer, I hope everyone finds time to soak up the sunshine, spend time with family and friends, join us for an activity, or simply sit down and visit with someone new.

To our newest residents and families, Welcome! We are so happy you are here and that you have chosen Sugar Loaf to call home. To all of our residents, families, and employees, thank you for continuing to make our community such a special place.

Enjoy the rest of summer, and here's to a wonderful August filled with sunshine, laughter, new faces, and new friendships!

***Alyssa***

Alyssa Renk  
Executive Director

***A little trip down Memory Lane...***

***What does August remind YOU of?***

***Summer vacations? Working on the farm?***

***County fairs? Canning with your family?***

***Getting your children ready to go back to school?***

***Share your favorite August memory with a friend  
or neighbor this month!***

**Save the Date for:  
Assisted Living Week /  
Grandparents Day Picnic  
September 17<sup>th</sup> 11am - 1pm**

**RSVP will be sent out at  
the end of August.**



Sugar Loaf Senior Living | 765 Menard Road | Winona, MN 55987



### RESIDENT August Birthdays:

8/8 - Sandy B  
8/13 - Carol H  
8/18 - Laurie C  
8/18 - Ruby B  
8/25 - Judy H  
8/26 - David J  
8/31 - Dean C



### STAFF August Birthdays:

8/2 - Leila R  
8/4 - Maggie M  
8/5 - Jenna O  
8/8 - JJ B  
8/14 - Cameron A  
8/17 - Joel O  
8/17 - Malissa T  
8/21 - Katie H  
8/28 - Maelinn S  
8/31 - Maria T



### RESIDENT August Anniversaries:

8/1- Joyce M (13 years!)  
8/8- Susan G (2 years!)  
8/14- Lois M (1 year!)  
8/17- Maryann H (5 years!)  
8/25- Susie N (9 years!)  
8/27- Joanne S (4 years!)  
8/28- Sandy W (1 year!)

### STAFF August Anniversaries:

8/2- Katelyn F (3 years!)  
8/6- Katie H (5 years!)  
8/11- Amanda M (11 years!)  
8/13- Maggie M (14 years!)  
8/21- Shelbi K (7 years!)  
8/26- Abby V (1 year!)  
8/26- Calie D (2 years!)  
8/28- Ainsley M (1 year!)



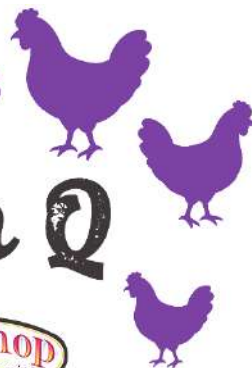
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### Department Contacts

**Alyssa Renk** - Executive Director  
**Emily Fortun** - Assistant Executive Director  
**Lisa Kulas** - Director of Health Services  
**Sthephany Soto** - Assistant Director of Health Services  
**Maggie Modjeski** - Director of Marketing  
**Randy Schroeder** - Culinary Director  
**Wesley Woodward** - Director of Maintenance  
**Andrea Buswell** - Community Life Director  
**Malissa Tucker** - Community Life Assistant  
**Savannah Paszkiewicz** - Administrative Assistant  
**Christine Isham** - Chaplain

**Sugar Loaf Senior Living**  
Main Phone Line:  
**(507) 452-1277**

**WALK TO END  
ALZHEIMER'S**  
ALZHEIMER'S ASSOCIATION



**Chicken Q**

Hosted by



**Wednesday, Aug. 12<sup>TH</sup>, 2026**  
**3:30 p.m. - 6:00 p.m.**  
**301 E. Mark St. • Winona, MN**

**Meal  
includes:**

Grilled 1/2 Chicken  
American Potato Salad  
Baked Beans  
Rolls & Butter

**\$15**  
(tax included)

**Connect with Maggie Modjeski to  
get your order in!**  
**507-452-1277**



~ From Chaplain Christine ~

## COME JOIN US FOR A HYMN SING!

**Monday, August 10th at  
2:00pm in the Chapel**

We'll have the words on the screen and music too. *You can sing with us or just listen to the music!* Either way, all voices are welcome! If you have a *favorite hymn* that you hope we will sing, stop by the front desk there are notes there for you to write your favorite hymn on that will be given to Chaplain Christine. She will do her best to find the hymn with lyrics and music for the event.

## INTRODUCING LORNA – Puppy In Training

**Wednesday, August 26 at  
2:30pm**, Lorna will be visiting for the very first time. She is a new Service Dog in Training with Chaplain Christine. She will be almost 4 months then and will be starting to visit.

So plan to come and meet her, see what she has learned so far, find out all sorts of fun facts about her and how long we can expect to see her around the buildings.



## SABLE GRADUATES!

Many of you knew Sable when she was a Service Dog in Training with Chaplain Christine and visited with residents, staff and even taught us something about how dogs learn and think. Well she has made it through professional training in Columbus, OH, and will be going to team training in August. This is where she will possibly meet the person she will serve as a fully fledged service dog. Her trainer says she is an A+ student. Sable has even become one of the dogs that she takes with her to promotional events as she is so well trained and focused. Thank you to everyone here at Sugar Loaf Senior Living for all your help in socializing her and helping her learn manners! **Sable is the one on the far left.** This is her whole training group and her trainer, Renee.



## Memory Care Moment - July Fun in Memory Care!

July has been a fun and busy month in Memory Care! We were grateful to enjoy a few beautiful days before the dog days of summer really settled in. It was wonderful to spend time outdoors, soaking up the sunshine and fresh air.

We have also welcomed several new faces to our Memory Care family and are enjoying getting to know each of our newest residents. It has been a joy watching new friendships begin and seeing everyone become part of our community.

This month, residents embraced their creativity by trying several new activities, including stained glass painting, making pressed flower bookmarks, and decorating delicious mini fruit pizzas. These hands-on projects brought lots of smiles, conversation, and laughter.

As we look ahead, we're keeping our fingers crossed for a break from the heat so we can enjoy many more sunny days outside together. Here's to making more wonderful summer memories in the weeks to come!

**This month's question to ask your loved ones:**

***How did you pass time as a child during the summer?***



# Sugar Loaf Senior Living **COMMUNITY LIFE**



## **Goodbye, July!**

We're wrapping up the month of July - having enjoyed boat trips on the grand Mississippi, trips to the Nelson Creamery and much, much more! Summer is not over yet & we're just heating up. Expect more trips on the water, soaking up the sunshine, lots of trips to various creameries, themed happy hours, intergenerational book groups & craftivities, and LIVE musical performances!

## ***Calling All Loafers!***

Loafers kicked off the 2026 Grip Games season on a high note! We've been working our muscles, driving robots over a distance of 1000 meters and currently stand undefeated! Keep up the great work, Loafers!



## COMMUNITY LIFE CORNER!

### Monday through Friday Exercise with Us!

10:00-10:30 a.m.  
2nd floor Wellness Room

### Resident-led Walking Group!

Mondays through Fridays  
3:45-4:15 p.m.

### BINGO!

Every Tuesday at 2:30 p.m.

### The Really Big Show!

Every Friday at 1:00 p.m.

### Saturday Movie!

1:00 p.m.

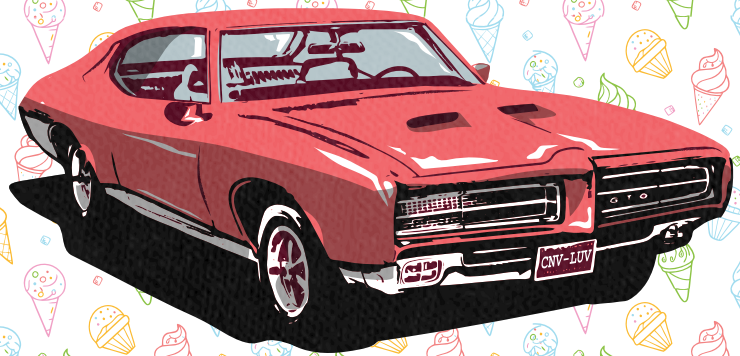
# CARS & CONES

WEDNESDAY AUGUST 12<sup>TH</sup> 10:30AM-12PM  
SUGAR LOAF SENIOR LIVING FRONT PARKING LOT

CLASSIC  
CARS

FREE ICE  
CREAM

LIVE MUSIC BY  
4 STRINGS IS ENOUGH



\*Special thanks to the Viking Region AACA\*



## WHEN BOOKS COME TO LIFE

CHILDREN & ELDER BOOK GROUP, SNACK & CRAFTIVITY

→ WHERE: SUGAR LOAF SENIOR LIVING

WHEN: AUGUST 26<sup>TH</sup> AT 9:30AM

WHAT/THEME: "BISCUITS FIRST BEACH DAY"

Questions: Contact Andrea Bailey, Community Life Director  
507-452-1277 ext. 105



# Culinary Corner

## Welcome to August!

We are now enjoying the **new Always Available menu** that you voted on. Hopefully everyone has had the opportunity to try something new?

On **August 27th** I will be doing a Chef demo; this month we are celebrating **NATIONAL BANANA SPLIT DAY** by showing you how to build the perfect banana split. Of course, after we build it, we must enjoy it.

With Summertime it is a great time to enjoy all the **fresh vegetables** that we can get right here in Minnesota. Here is a recipe to use a lot of fresh produce. The nice thing about salads, you can substitute any fresh produce you would like.



## Blackberry Chicken Salad

### MARINADE

- Juice of 1 lime
- 1 Tbsp. extra-virgin olive oil
- 1/2 tsp. dried oregano
- 1/4 tsp. chili powder
- Kosher salt
- Freshly ground black pepper
- 2 (6- to 8-oz.) boneless, skinless chicken breasts

### DRESSING

- 1/4 cup extra-virgin olive oil
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. blackberry jam
- 1 tsp. honey
- Kosher salt



### SALAD

- 1 Tbsp. extra-virgin olive oil
- 5 cups packed baby spinach
- 1 Persian cucumber, thinly sliced
- 1/4 red onion, thinly sliced
- 1 avocado, sliced
- 6 oz. blackberries
- 1/4 cup crumbled feta
- 1/4 cup walnuts, toasted

### INSTRUCTIONS

1. In a small bowl, combine lime juice, oil, oregano, and chili powder; season with salt and pepper.
2. Place chicken in a resealable bag and pour in marinade. Let chicken marinate at room temperature at least 30 minutes or refrigerate for up to 2 hours.
3. In a medium bowl, whisk oil, vinegar, jam, and honey; season with salt. Refrigerate until ready to use.
4. Dressing can be made 1 week ahead. Cover and keep refrigerated.
5. In a medium skillet over medium heat, heat oil. Remove chicken from marinade; discard marinade. Cook chicken, turning occasionally, until golden brown and an instant-read thermometer inserted into thickest part registers 165°, 8 to 10 minutes per side. Transfer to a cutting board. Let rest 5 minutes before slicing.
6. Divide spinach between bowls. Top with chicken, cucumber, onion, avocado, blackberries, feta, and walnuts. Add dressing and toss to combine.



Don't forget to buy meal tickets in advance for large groups of guests.  
**LET THE KITCHEN KNOW AHEAD!**