



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

AUGUST 2023



Hello and happy August! It seems like this every year - but truly - summer feels like it is flying by! We still have lots of fun and sun to enjoy before the change of seasons.

Please join us in recognizing National Night Out on Tuesday, August 1st. at 6pm. We will celebrate with an ice cream bar, visiting with neighbors, and door prizes! We'll also continue our summer fun with TWOcan bike rides, live music events, and a State Fair social complete with games and fair foods.

Thanks to all who have kept our patio flowers looking beautiful all summer long, and for those who have cared for our tomato plants. It is truly a team effort! Have a wonderful month!

From the Director's Desk

Crystal Kurowski, Executive Director

We're halfway through Summer—Where has the time gone!?

As we continue to enjoy the beautiful weather, we continue to work on community improvements both indoors and outdoors. You may have noticed our landscaping company hard at work pulling dead shrubs and beautifying the landscape. Or, you may have noticed the new laminate in our elevator bays. We're also excited to have a vendor secured to do our window washing for the community---Days/times will be shared once set.

I thank you again for choosing Urbana as the place you call home & allowing our team to care for you.

Lifespark Complete

*Lifespark Complete Brings
Convenience and Flexibility to You*



Jody Martin
Life Manager

With Lifespark Complete, you have access to in-home senior-savvy primary care. You can skip the hassle of going to the clinic, and instead, meet with your nurse practitioner or physician in your home, on your schedule.



Lindsay Kuphal
Nurse Practitioner

You can have all your lab work, along with X-rays, ultrasounds, and electrocardiograms, done right in your living room, and still make it to bingo!

Lifespark Complete can also pull in outside services and resources, customizing them to how you want to live. More convenience, more flexibility, more control over your life choices.

To get started with Lifespark Complete call 952-345-3215, email LSCreferrals@lifespark.com or visit [Lifespark.com/complete](https://lifespark.com/complete).



STAFF SPOTLIGHT

Christina M.

I work as a Home Health Aide at Urbana Place. I was born in Liberia, West Africa. I enjoy cooking and dancing. My favorite food is an African food called Peanut Butter Soup. I also love to spend time with my grandkids.

Don't forget to use our Shout-Out board in the 1st floor hallway to recognize our outstanding staff team members!

At the end of each month, all these staff shout outs go into a drawing for a gift card!



Resident Birthdays

Chuck R. 8/1
Gerry T. 8/3
Vollie S. 8/11
Mary H. 8/11
Judy M. 8/16
Maureen O. 8/16
Kim F. 8/17
Noreen S. 8/30

Staff Birthdays

Kenkesha W. 8/2
Zippy M. 8/8
Kirsten S. 8/23
Gardoe C. 8/23
Martina J. 8/26
Ruth C. 8/31

Staff Anniversaries

Ruth C. 8/1
Sando F. 8/1
Elizabeth K. 8/1
Madusu K. 8/16
Comfort O. 8/23
Eve V. 8/31

Chaplain's Corner

Rachael Warner, Chaplain

It might surprise you (but probably won't!) to learn that some people in my life would describe me as a know-it-all. It seems to be my natural instinct to always want to offer my input in every situation, and I love to know everything about everything.

However, I've been discovering that life is so much richer when I approach people and situations with curiosity about who they are and what they know. Every person we meet has a story - and I really do believe that every person I meet has something to teach me, if I ask good questions!

The best questions, when we are asked them, bring us closer to some truth about who we are or what we believe. They give us space to work out our responses without judgment. They make room for us to share our stories.

The best questions, when we are the ones asking, are a choice to be curious rather than judgmental. They are open ended because we want to learn more about someone, rather than deciding for ourselves about them. They require us to listen without interjecting. They create opportunities for us to grow from what we hear, learn, or understand in a new way.

This month, try formulating a good question, and then try it out! What might you learn about your neighbors if you just ask the right question? What question are you hoping someone asks you?

One who never asks either knows nothing or everything.

-Malcolm Forbes

New Residents



Jeff



Gail

Welcome to Urbana Place!

We are so glad you have chosen our community for your home!

Join us for our upcoming

New Resident Social

Greet your new neighbors over
iced tea or coffee!



**August 29th 2:30PM
in the Bistro**



News from Legacy Court

Jackie Benson, Community Life Assistant



Greetings from Legacy Court! We have had an enjoyable month with many of our favorite activities. You can find us outside on the patio on a hot summer day! Countless ice cream treats, lots of laughs, and beautiful weather have been staples to our patio time. We've also enjoyed some Friday happy hours, a bus outing to McDonald's, plenty of games and exercise groups, and time with friends and family this month.

Please swing by anytime to say hi! Our door is always open to friends - both new and old.

We will see you this month at many of our building wide activities and events! Be well and enjoy this August sun.



From the Front Desk

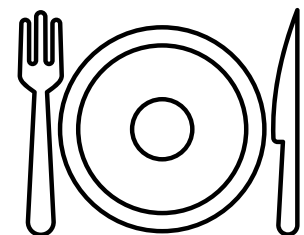
Heading into August!

So, here we are, already talking about the Minnesota State Fair! And from the looks of it, we've had a lot of fun activities here at home this summer. I know we've greeted a lot of interesting visitors, and I love that all of you are keeping me on my toes, and stopping by to chat when you're out and about. Keep sharing your news and accomplishments!

I'm learning a lot and it makes my day! Love, Celia

Community Updates and Reminders

The Kitchen's direct dial phone number is **763-340-0056** Please use this number to reach the Kitchen directly to order a room tray or speak with Cura Staff.



Please check your apartment and return any Dining room dishes, silverware or linens to the Dining Room. There is a bin in the Dining Room to collect these items. They do not need to be clean. Thank you!

Your Leadership Team



Crystal Kurowski
Executive Director



COMING SOON!
Assistant
Executive Director



Kirsten Speed
Director of
Health Services



Ruth Campbell
Assistant Director
of Health Services



Shelly Tennesen
Marketing Director



Corrie Hoff
Director of
Community Life



Erica Meister
Memory Care
Coordinator



Keith McKinney
Maintenance Director



Kaylin Wallerius
Business Office
Manager



Tanesha Tyson
Director of
Housekeeping



Louis Brott
Culinary Director



Rachael Warner
Chaplain