



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

NOVEMBER 2023

Hello, November! It is truly hard to believe we are nearing the end of another year. It feels like we were just planting our flowers and sitting on the patio with popsicles! As the old saying goes, "time flies when you're having fun!"

It was great to so many friends and families at our Fall Social! We love hosting these events and getting everyone together. Stay tuned for the next family gathering.



As Thanksgiving approaches and we reflect on all we have to be thankful for, we'd like to say how grateful we are for each and every one of you. You are all such a special and important part of our community here. It brings us such joy seeing the friendships and connections that are made in our building every day. Wishing you and yours the most wonderful Thanksgiving!

From the Director's Desk

Crystal Kurowski, Executive Director

The season of Thanksgiving is before us. I've blinked & it's been a year since I started at Urbana Place! We have been through a lot together in a year's time. Over 20 new residents have moved in, we have a new vendor for dining, and we have added several new staff in both clinical and non-clinical roles to support not only you, but your loved ones. But what I am most thankful for this season of Thanksgiving is all of you! You have chosen to make Urbana Place your home. You not only care about each other, but you care about the caregivers and staff, and you care about the community and want it to thrive. I am beyond thankful for all of you. Thank you for a wonderful first year!

Lifespark Complete

*Lifespark Complete Brings
Convenience and Flexibility to You*



Lindsay Kuphal
Nurse Practitioner



Jody Martin
OT 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. 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.

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STAFF SPOTLIGHT

Zippy M.

Licensed Practical Nurse

I was born in Kenya. When I am not working I love to spend time with my husband and children. I also love to garden!



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

Sharmie A. 11/1
 Carol Wit. 11/4
 Jane R. 11/8
 Jan H. 11/12
 Gia V. 11/15
 Jerry D. 11/22
 Edsel W. 11/25

Staff Birthdays

Korithaney F. 11/13
 Crystal K. 11/15



Staff Anniversaries

Crystal K. 11/7-1 yr
 Kenkesha W. 11/8-1 yr
 Sondra F. 11/10-1 yr
 Absa J. 11/17-1 yr
 Erica M. 11/28-2 yr
 Shelly T. 11/29-2 yr

Chaplain's Corner

Rachael Warner, Chaplain

There have been times in my life when I have not been so good at being still, when I've made an idol out of busy-ness. In those seasons it can be easy to become burned out, overwhelmed, or to lose sight of what matters most to me. I convince myself that if I'm not doing more, I'm not as good or as worthy. Of course, my friends, I am wrong about that.

November, this season of transition from fall into winter, from colorful leaves to barren branches, from sweater-weather to parka-weather, is a reminder to me that it's okay to slow down and be still. There is much to be grateful for, even in a difficult world, and it is a worthwhile practice to learn to be still. We are good, and we are worthy - you and me and all of us together. We deserve to be still, to pause and be grateful, to know that we are loved. You are loved here.

In November, the trees are standing all sticks and bones. Without their leaves, how lovely they are, spreading their arms like dancers. They know it is time to be still.

-Cynthia Rylant (children's book author)

Monday Morning Meditations

Join Chaplain Rachael in the Bistro on **Monday mornings at 10am** for a brief time of listening, thought, and conversation around a selected reading. Readings will come from sacred texts, poetry, prayers, and more. See the schedule of readings below!

November 6: Ecclesiastes 1:1-11

November 13: Buddha's Discourse on Good Will

November 20: 1 Thessalonians 5:12-24

November 27: *My Work is Loving the World* by Mary Oliver

New Residents



Jim and Darlene

Welcome to Urbana Place!

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

Join us for our upcoming

New Resident Social



Pop into the 2nd floor Pub
for some popcorn and
to meet our new neighbors!

Nov 29th at 2:30PM

in the Pub

News from Legacy Court

Jackie Benson, Community Life Assistant



It was been another wonderful month in Legacy Court! We continue to explore new activities, as well as enjoy many of our favorites on a regular basis. In October, we headed out on the bus to Elm Creek Park to see the beautiful leaves, and this month, we are off to Perkins for pie and coffee. It's always fun to go on an adventure out of the building!

We absolutely loved participating in TWOcan bike rides with you all! From warm summer days in short sleeves, to bundling up in hats and mittens - we were so glad to get some fresh air and take a ride around our neighborhood together.

As the holidays approach, we look forward to getting together quite a bit these next couple months for various activities and celebrations. Please stop by Legacy Court anytime to visit!



Luminaries for Loved Ones

Join Chaplain Rachael for a time of sharing stories and decorating luminary bags that honor loved ones we have lost. Each decorated bag will carry the name of someone we are remembering. Later in the month, a luminary display will be created for residents and families to visit and view. All supplies will be provided!

CREATE LUMINARY BAGS with RACHAEL

Wednesday, November 22 at 3:00pm
in the Community Room



LUMINARIES for LOVED ONES DISPLAY

Tuesday, November 28
10:00am - 4:00pm in the Community Room

Community Updates and Reminders

FAREWELL, KIRSTEN!

Our Director of Health Services, Kirsten Speed, has relocated to Fargo. We will miss her at Urbana Place! We will have Interim support until the DHS position is filled. Ruth Campbell, Assistant DHS is scheduled M-F 10am-6:00pm. Her office is on the 1st floor.

Other Team Updates: Best wishes to our Director of Housekeeping, Tanesha, who has left Urbana Place. We will be assigned a new Director of Housekeeping soon! We are also currently interviewing for a new Administrative Assistant for the front desk, as Celia left in October. We wish Celia well!

Our next **DEMENTIA SUPPORT GROUP** for residents, caregivers, and family members, will meet on **Wednesday, November 8 at 5:30pm** in the Community Room. All are welcome!