



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

FEBRUARY 2024

Hello to a new month and to all of you! It has been an interesting Minnesota winter with such little snow and up and down temperatures. As I type this out now, I see 40s in the forecast! We certainly aren't out of it yet, although spring will be here before we know it. Hope you have all been enjoying the start of the new year!

As we have many newer residents to our community, we want to mention that if you are interested in receiving weekly Bingo cards for TV Bingo, daily devotional readings, independent activities such as word finds, etc, please contact our Community Life Department or stop by the Wellness Center. We'd be happy to assist you and provide materials for your enjoyment.

This month, we have two educational programs to look forward to: 'Myths & Conspiracies in the Kennedy Assassination', and 'Why we Went to the Moon'. Please join us for these presentations, as well as other exciting events this month. Hope your February is filled with fun, love (Happy Valentine's Day), and good times with friends & family!

From the Director's Desk

Crystal Kurowski, Executive Director

As we head into February, you may have noticed some changes to the team of New Horizon Foods. Zeus Spencer is now the interim Food Service Director and Nate Johnson is the interim manager. They continue to work hard to improve the dining experience. If you haven't had a chance to meet them or have feedback for them, please stop by the dining room to do so. In other news, we continue to move forward with building updates, such as painting of elevator bays and new carpeting in the Legacy Court lounge. What a difference it has been having maintenance 5 days a week! As always, thank you for making Urbana Place your home. We are happy you are here & welcome your feedback on ways to improve the community.

Lifespark Complete

Lifespark Complete Brings Convenience and Flexibility to You



Holley Gustafson
Nurse Practitioner



Jody Martin
OT Life Manager

Skin is just a few millimeters thick, yet it's the largest organ of the body. Its primary purpose is to protect our insides but it also helps regulate body temperature and allows us to experience the world through nerve endings. To do its job well, skin needs to stay hydrated, but with age, skin tends to become thinner and drier, the result of factors such as too much time in the sun, not drinking enough fluids, the natural loss of oil and sweat glands, certain medications, smoking, and Minnesota's dry winters and air-conditioned summers. Fortunately, there are steps you can take to protect your skin. Wash with a gentle, fragrance-free soap*, using warm (not hot) water, and keep showers short. Apply a fragrance-free moisturizer. Use a humidifier when the air feels dry. Use sunscreen (SPF 30 or higher) and protective clothing on sunny and cloudy days. Ingredients that can help reduce dryness include glycerin, hyaluronic acid, and lanolin. For more guidance talk with your Lifespark COMPLETE primary care provider. To learn more contact Lifespark at 952-873-7386

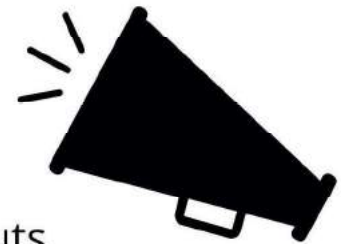


STAFF SPOTLIGHT

Denzel Housekeeping

I was born in Africa, Liberia. In my free time I like to read books, articles and blogs on a wide range of topics. I play football and am great at software engineering.

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

Debbie P - 2/1
Linda P - 2/5
Guetahoun T - 2/12
Terry K - 2/12
Ruth B - 2/12
Paul W - 2/14
Bill W - 2/19

Staff Birthdays

Donald R. - 2/1
Sarah K. - 2/6
Julie A. - 2/7
Kim D. - 2/11



Staff Anniversaries

Selma M. 2/15- 2 years

Chaplain's Corner

Rachael Warner, Chaplain

All my life, my favorite holiday has been Groundhog's Day. When I was a small child, my family lived just 20 minutes from Punxsutawney, Pennsylvania - or as we called it, Punxy - the home of the famous groundhog, Phil.

Now, there have been many Phils over the years, and each has been part of this longstanding and yes, somewhat nonsensical tradition for decades. I don't remember Phil's predictions from year to year about what the weather will do, but I do remember how it felt to join the community festival - to bundle up and sip hot cocoa and listen to polka music and dance and laugh and be together. That's what really made Groundhog's Day so special.

I wonder what traditions and rituals have been special to you over your life? Are they silly? Sacred? Solo or in community? Have they fallen away from your practice, while remaining in your remembering? Are they stories from those before you that you carry even without ever experiencing them?

May these stories, these traditions, and these memories be a blessing to our spirits as we share them!



Monday Morning Meditations

Join Chaplain Rachael in her office on the second floor **Mondays at 10:30am** for a brief time of listening, thought, and conversation around a selected reading. Readings will come from sacred texts, poetry, prayers, and more.

SPARK Performance: TRY-athalon

The newest SPARK Performance, the TRY-athalon, is underway! You can join the team at anytime and help cheer on the **URBANA PLACE SUPER SENIORS** or help walk, peddle, and crank our way to victory! **Competitions are Tuesdays & Thursdays in the 1st floor Community Room. Come at 12:45 to be ready for our 1:00 start!**

We have delivered Super Seniors t-shirts to everyone in our community. Wear them to compete, to cheer on our team, or just to show your Urbana Place pride! Go Super Seniors!



Celtic Music with Larry Greenstein on 2/29 at 2:30 is being funded by SPARK Performance winnings!

Join us for our upcoming

Welcome Popcorn Social



Pop into the 1st floor Bistro for some popcorn and to meet our new neighbors!

**Feb 7th at 2:30PM
in the Bistro**

News from Legacy Court

Jackie Benson, Community Life Assistant



Greetings from Legacy Court! We have a fun month ahead of us and will see you all for our community wide events. Additionally, we're looking forward to our outing this month when we'll go see "Romeo and Juliet" at Champlin Park High School.

As we continue to host some building wide events in Legacy Court such as Eucharist on Thursday mornings, piano performances with Nolan, etc...please know that you are always welcome to join us or stop over anytime to visit.

Have a good month & see you soon!



Community Updates and Reminders

Our Schwans Truck visit day has changed to Wednesdays. The next visit will be Wednesday February 8th at 11:00am in the Bistro.

Our Administrative Assistant, Maya, is getting comfortable at the front desk! When you have feedback, concerns, questions, or would like to see a nurse or leadership team member, please check in first with Maya. Her job is to get you connected to the right person if she cannot help you herself. If the leader you need to see is not available at the moment, Maya can help you set up an appointment.

If you know anyone who is ready to consider a move to Senior Living or might like to take a tour, please invite them to reach out to our Marketing Director, Shelly. If someone you refer to our community meets the referral guidelines, you will receive \$1,000 off of one month's rent!

Adventure Awaits Us in 2024!



Throughout 2024, we will take many adventures together. In February, we welcome the month of **LOVE and LEGENDS!**

Join us February 13th at 2:00pm for our Love & Legends Valentine Social in the Community Room!