



Age Magnificently



The official newsletter of Urbana Place Senior Living

APRIL 2024

Hello, and happy April! We hope you've been enjoying this new season and spring weather. Although our winter was very mild in Minnesota terms, it is always refreshing to enter the warmer months, to hear the birds chirping in the morning, to be able to open up windows on a nice spring day...

This month, we will have many of our usual activities and events as well as a few new ones. April's theme is "Rainy Day Escapades" so we will have a social as well as a week long scavenger hunt to celebrate. Please join us on Sunday afternoons for a 'Sunday stroll', and look out for many upcoming Twins games on the calendar as we enter baseball season. We'll celebrate the Twins home opener on April 4th after the "Life on the Space Station" presentation. Come for the game, the Cracker Jacks and the great company!

National Volunteer Week is April 21-27. A BIG thank you to all the wonderful volunteers in our community who dedicate their time and talents each month. We are so very thankful for all they do. Please show your appreciation to our volunteers when you see them this month! Have a happy and healthy April!

From the Director's Desk

Crystal Kurowski, Executive Director

Spring is upon us (snowstorms aside)! As we head into a new month, I want to share some updates with you:

- On April 1st, Stasha Andrews will be joining our leadership team as our new Assistant Executive Director/ Business Office Manager. She comes to us from The Lodges of Brooklyn Park as their Operations Manager. She will office next door to me. Please stop by and say hello!
- Also on April 1st, Erica Meister, our Memory Care Coordinator will be stepping down from the role and working full-time as a floor nurse. This position has been posted. If you have any questions or concerns about memory care, please contact Valentine or Ruth, and they would be happy to speak with you!
- The Spark Challenge of Forklift Racing begins the week of April 16th. Challenges are held in the Community Room on Tuesday afternoons. If you've never attended a challenge, come on down to see what it's about!

If April showers should come your way, they bring the flowers that bloom in May.
-Buddy de Sylva



STAFF SPOTLIGHT Kim D. Receptionist

I was born in Jackson, Mississippi. I enjoy treating myself by going to a spa, shopping at my favorite store, Trader Joe's, and catching up on my favorite TV shows. My favorite food is chili.

Community Updates, Reminders & Shout Outs

Thank you to our resident Karen Miller, who is a member of Robbinsdale Chapter Order of the Eastern Star, for collecting 2.2 pounds of aluminum tabs to donate to the Zuhrah Shrine Center. The Shrine uses the funds to provide wheelchairs to children. If you have tabs to donate, please give to Karen or deposit in the glass jar in the Pub. Thank you!



Thank you to Rosemary Johnson for sewing bags for our Home Health Aides to carry their supplies in. Also thank you to Carol Witsoe for supplying the materials for the making of the bags. We love them!



Adventure Awaits Us in 2024!



Throughout 2024, we will take many adventures together. For April, our theme is **'Rainy Day Escapades'**.

Join us **April 16th at 2:00pm for our Rainy Day Social** in the Community Room! You won't want to miss it!

News from Legacy Court

Jackie Benson, Community Life Assistant



Greetings from your Legacy Court friends! We had an enjoyable March and hope you did too. A few highlights from our month: venturing to McDonald's for shamrock shakes, hearing Julie's talented daughter, Megan, on the piano, and seeing many of you at our live music and building wide events.

We have welcomed a couple new residents to our unit these past few months which has been wonderful! Sadly, we have also lost a number of friends in our community since the start of the year. Each one touched our lives and are deeply missed. Their photos are pictured here as we remember them and the impact they had in Legacy Court and on all of us.

*I wish you a beautiful new month from the first day of this month to the last day.
-J.K. Rowling*



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Jennifer Dart
Nurse Practitioner



Jody Martin
OT Life Manager

Meet your Nurse Practitioner Jennifer Dart! As a teen volunteer in her local nursing home, Jennifer developed an early fondness for working with seniors and she has continued to nurture that passion over her 23 years of nursing experience. Her previous roles in the ICU, ER, and cardiac floors of hospitals inspired Jennifer to learn more about prevention strategies to help seniors avoid health crises and live more fulfilling lives. She strives to help seniors embrace life pursuits and passions that give them purpose. Joining the team as a Nurse Practitioner with Lifespark is a natural fit - she was drawn to our mission and whole-person model of care because it dovetails so well with her way of caring for clients. Jennifer has two sons who are active in high school sports and mission work through their church, and the family enjoys traveling to visit their grandparents/parents in northern Wisconsin. Jennifer also loves to cook and learn ways to achieve better health through food choices.

Resident Birthdays

Lee L. 4/1
Mary B. 4/5
Loan V. 4/8
Kay G. 4/9
Cynthia C. 4/9
Karen M. 4/14
Donald L. 4/15
Kim H. 4/16
Marlys H. 4/23

Staff Birthdays

Eve V. 4/2
Sondra F. 4/9
Fatu D. 4/14
Sondo F. 4/17

Staff Anniversaries

Younger H. 4/11-2 yrs
Christina M. 4/15 -2 yrs
Christie F. 4/21-4 yrs



Chaplain's Corner

Good humor and laughter are far too wonderful not to come straight from the heart of God.

- Beth Moore

We may (or may not!) have grown out of the days of April Fools Day jokes and pranks, but we never grow too old to appreciate the gift of laughter! In fact, laughter can be a spiritual practice. Laughter grounds our spirits in joy and is a reminder that there is good in the world. It's important, especially when we live in community and care about one another, to avoid laughter that comes at the expense of another person. Our spirits thrive when we find joy in our common experiences and delight in the world around us. Do you have a favorite joke or song that always makes you laugh? Maybe you can share it this month and give the gift of laughter to your neighbors!

May you discover many surprises this month that make you laugh with joy!

Rachael Warner, Chaplain

Show and Share

Wednesday, April 10
3:00pm in the Bistro

This month, bring a favorite accessory! A hat or scarf, necktie or piece of jewelry, bag, glasses, or something else entirely. Maybe it's old, or perhaps it's brand new. Show and share what it means to you!



Join Chaplain Rachael for a Virtual Concert!

April 30 at 2:00pm in the Community Room

Chaplain Rachael's son Harris participated in the Minnesota State Honor's Choir for 4-6th graders in March. Come enjoy the video from the concert of young musicians from around Minnesota!



New Residents



Inez



Leroy



Junean & Bill



Doug & Sharon



Rosalind

Welcome to Urbana Place!

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

Join us for our upcoming

Welcome Popcorn Social



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

**April 1st at 2:45PM
in the Bistro**