



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

MAY 2024

Hello! We've made it to May and spring is in full swing! We are excited to make our annual trip to Fleet Farm this month and select flowers for planting around our community. We always welcome help with both planting and watering our flowers and tomato plants throughout the next several months. Thank you in advance for your help!

Mother's Day is coming up this month and we are planning our annual celebration with tea, treats, and honoring all our wonderful mothers here at Urbana Place. Please join us! All ladies welcome.

Our forklift races are underway and the Super Seniors are off to a solid start. Swing by the community room on Tuesday afternoons at 1:00 to check out the fun. Thanks to our Super Seniors and their success in past competitions, we are still enjoying extra live music and entertainment shows with the Spark Money earnings. We've had lots of fabulous performers come to our building, with more to come! Stay tuned.

Wishing you a wonderful month of May!

From the Director's Desk

Crysal Kurusaki, Executive Director

Happy May! As we enter this new month of Spring, we will begin to work on our landscaping around the community, including freshening of the mulch, replanting of shrubs and getting new flowers in our flower beds. Keith will be assisting in this venture in between his other duties.

This month, we welcome our new Memory Care Coordinator, Tassaleen "Tassy" Thomas. Tassy is an LPN who is coming to us from Hennepin Healthcare. Her primary focus will be on Legacy Court. However, she will be part of the leadership team and will be part of our weekend Manager on Duty rotation. Her first day is on May 1st. If you see her, please say hello & welcome her to Urbana!

Hello, May
(author unknown)

*May your troubles be less
Your blessings be more,
And nothing but happiness
Come through your door*



STAFF SPOTLIGHT

Bobby
Housekeeper

I was born in Memphis, Tennessee. In my free time I enjoy cooking, teaching Sunday school, listening to music and singing. My favorite thing to do is spend time with my family.

Community Updates, Reminders & Shout Outs

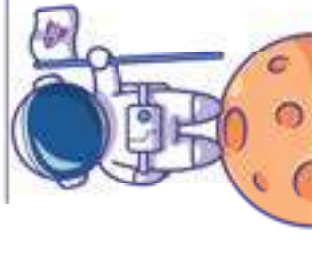
Calling all cooks!

We are going to create an Urbana Place recipe book. We are looking for your families favorite recipes to be included. Please submit these recipes to Carol Witsoe either in person or by email carolee.witsoe@gmail.com Thank you!



Resident Birthdays	Staff Birthdays	Staff Anniversaries
Mary L. 5/12	Selma M. 5/8	Fareeza N. 5/21 - 4 yrs
Doug V. 5/13	Kebbeh F. 5/9	Hassan A. 5/30 - 1 yr
Terri J. 5/15		
Betty H. 5/16		
Gail W. 5/18		
Don M. 5/19		
Rosemary J. 5/23		

Adventure Awaits Us in 2024!



Throughout 2024, we will take many adventures together. For May, our theme is 'Mission to May'.

Join us **May 23rd at 3:30pm for our Mission to May Space Games** in the Community Room!

News from Legacy Court

Jackie Beaman, Community Life Assistant



April was a good month for us in Legacy Court! We enjoyed getting outside for many spring walks, and we cannot wait to start using our patio as the weather continues to warm up. On a cooler April afternoon, we headed down the road to Panera for warm beverages by the fireplace. We always enjoy our monthly outings.

Our community also got an upgrade this past month -- new carpeting! It was a nice refresh and it looks great. We are also welcoming our new Memory Care Coordinator, Tassy, to Legacy Court. She will be with us Mon-Fri. Stop by and say hello!

Have a wonderful May! We will see you out and about for all our building wide events this month!



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*Jennifer Davis
Nurse Practitioner*

Are your medications still helping or is it time for a change?

More than one third of older Americans take five or more prescription drugs daily and, some of those medications may be carryover from years before. Assuming that the medications you've been taking for thirty years are still valid and will play nicely with those prescribed for newer health concerns, could be deadly. As we age, our needs change along with our bodies. The pill that fixed an issue before could be the pill that's causing a problem now.

"We live in a culture that's taught us to expect that there's a pill for everything," said Dr. Nick Schneeman, Lifespark Chief Medical Officer. "It's true that modern medicine has often delivered on that expectation, but it's also contributed to the rise in polypharmacy, which is a disaster for people who are more frail or have complex conditions."

The older body processes medications differently than younger bodies, therefore medications that were prescribed earlier in life may no longer be appropriate years later. This can happen due to the normal changes of aging like slower drug absorption and breakdown, or condition shifts after years of treatment. It can even be a matter of choosing to treat one condition over another.

In some cases, a drug prescribed to treat one condition may actually be treating the side effect of another medication. This phenomenon is called drug cascading and it's a dangerous waterfall. Fatigue, dizziness, loss of appetite, GI Problems, skin rash, changes in mood... all of these can be symptoms of drug cascading. Understanding which medications are still beneficial for you is an important discussion to have with your doctor. An annual medication review is not only worthwhile, but it could also improve your quality of life.

Chaplain's Corner

Rachael Warner, Chaplain

According to the National Institutes of Health, research has a link between positivity and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life. Conversely, research also shows that unresolved trauma can be the hidden cause of preventable illness. Our bodies and our spirits are interrelated, and so it matters that we attend to our spiritual health as well as our physical health. In fact, attending to our spirits is a key part of attending to our bodies.

What kinds of practices make your spirit well? Perhaps meditation, prayer, being outdoors, listening to music, reading a sacred text. Maybe you have a hobby that feeds your spirit. Whatever it is, may you find that practice that gives your spirit fuel in this season of life.

*What drains your spirit drains your body.
What fuels your spirit fuels your body*

-Caroline Myss

Living with Grief and Loss
Wednesday, May 15 at 3:00pm
in Chaplain Rachael's Office

This group meets monthly, and all are welcome. We share the space, share our grief, and learn tools for living with loss. Come join us!



New Residents



Lester & Natalie



Phyllis



Leona



Patricia

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!

May 6th at 2:45PM
in the Bistro

