



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

JULY 2024

What an incredible Summer kickoff party we had with all of you, your friends, and your families. We had a wonderful turnout and it was so great to see so many smiles, treats, great music, and dancing. Thanks to all who were able to join us and help make this a memorable night.

Last month, we participated in our first bean bag toss competition against another Lifespark community. It was a blast and we've decided to do it again. Please join us as we take on Polar Ridge at the end of this month. Whether you want to compete or cheer on the team, we'd love to have you there! In July, we will also celebrate our monthly theme with an "Under the Sea" social, we'll Armchair Travel to Indonesia, ride with TwoCan bikes, and have our first Walker & Wheelchair Car Wash. See the 2nd floor bulletin board outside the Wellness Center for more details on various upcoming events.

Have a great month and a happy 4th of July!

From the Director's Desk

Crystal Kuruczski, Executive Director

Happy Summer! We've had a few staffing changes in the last month we want to ensure you are aware of. Maya Thompson, our Administrative Assistant had her last day on Friday, June 21st. We are pleased to announce we have hired Denise Johnson to step into this role. She is set to begin in 2 weeks. We are excited for her to join the team! We are also in the process of hiring an every other weekend receptionist, as Kim Dodd has resigned. We will ensure everyone is updated once the position has been filled. We thank you for continuing to make Urbana the place you call home.

"Then followed that beautiful season... Summer.... Filled was the air with a dreamy and magical light; and the landscape lay as if new created in all the freshness of childhood." ~Henry Wadsworth Longfellow



STAFF SPOTLIGHT
Julius
Home Health Aide

I was born in Minneapolis, MN. In my free time I like to make music. I write, sing and record music. One of my other favorite things to do is help people!

Community Updates

The Grip Games Begin!
Tuesday July 16th at 12:45

Join in our next SPARK challenge! We will be competing every Tuesday at 1:00 against other Senior Living Communities. All are welcome and there is a spot on the Super Seniors team for everyone! Grippers, cheerleaders, time keepers, score keepers - we need you!



We are walking on Saturday, September 21, 2024 at Target Field!



Make a donation or to link up and join our team: Senior Living Super Stars!

Adventure Awaits Us in 2024!



Throughout 2024, we will take many adventures together.

For July, our theme is **Under the Sea.**

Join us July 2nd at 1:45 for an Under the Sea Social in the Community Room.

Staff Birthdays and Anniversaries

Happy Birthday to:
Keith M. 7/5
Marie G. 7/15
Christina M. 7/24

Happy Work Anniversary to:
Julie A. 7/7 - 1 year

News from Legacy Court

Jackie Benson, Community Life Assistant



Greetings from Legacy Court! June saw a lot of wind and rain, but that didn't stop us from getting outside as much as possible on sunnier days! We had a big turnout for TwoCan bike rides with many residents enjoying a nice bike ride through the neighborhood. We also embarked on a scenic drive with donuts through Elm Creek Park. Although we didn't see much wildlife this time (we've been lucky to see many turkeys and deer in past trips), we enjoyed each other's company on a drive through a beautiful park.

We've been busy working on a summer mural, we sipped on frozen pina colodas, did lots of dancing in our living room, and stayed active with various exercise programs. It's been a great summer so far! See you all this month for more fun!



Lifespark Complete

Lifespark Complete Brings Convenience and Flexibility to You



Jennifer Dart
Nurse Practitioner

What is Congestive Heart Failure (CHF)? Congestive Heart Failure (CHF) is a long-term condition that exists when there is a weakening of the heart muscle making it difficult to pump blood throughout your body. Blood and fluids collect in your lungs and legs over time. And, according to the Cleveland Clinic, more than 6 million people in the United States have congestive heart failure and it is the leading cause of hospitalization in people older than 65.

The common CHF symptoms:

- Shortness of breath
- Weight gain
- Increased coughing at night
- Swelling in your legs, feet, or abdomen
- Feeling tired

While there are several causes of CHF, including diabetes, coronary heart disease, and abnormal heart rhythms, there are a few key steps for keeping symptoms under control. Medications are often prescribed, especially diuretics to manage fluid retention. However, it is just as important to keep a careful eye on your sodium intake. Too much sodium can result in increased fluid retention and more work by your heart. You should limit your sodium intake to 2000mg unless directed otherwise by your doctor.

Here are some other tips to keep your diet flavorful but less salty:

- Eat fresh food – fresh fruits and vegetables naturally have less sodium. So do frozen fruits and vegetables.
- Be creative with non-salt seasonings to add flavor without adding sodium. Buy a salt-free mix at the store or make your own and bring it to meals.
- Limit your fluid intake, including caffeinated drinks. Caffeine is a stimulant and can put more stress on your heart.
- Avoid fast food and buffets – they are often loaded with salt.

Remember to weigh in. Another key factor is knowing your weight. Weigh yourself before getting dressed or having breakfast but after urinating. Typically, an increase of 2 pounds in one day or 5 pounds in a week is a concern that needs fast attention. Questions or concerns about CHF? Check with your primary care provider, and always immediately report any increase of 2 or more pounds in a day or 5 pounds in a week.

Chaplain's Corner

Rachael Warner, Chaplain

"One who never asks either knows nothing or everything."

-Malcolm Forbes

The best questions, when someone asks them of us, 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 first, 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 that you'd like to ask your neighbors to get to know them better. Then, give it a whirl and see what you learn! May you be blessed with good questions this month, and with meaningful conversations, too!



Walker & Wheelchair Wash

Thursday, July 25
on the front patio

Come get your wheels scrubbed and enjoy a fun time with neighbors!

New Residents



Joan



Mike

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!

July 1st at 3:15PM
in the Bistro



Resident Birthdays this Month

Jeff A - July 2

Renee Z - July 17

Maxine D - July 17

Phyllis C - July 23

