



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

SEPTEMBER 2024

Welcome, September! Summer is winding down now as children return to school, the leaves start turning colors, and cooler fall weather heads our way. We are looking forward to celebrating Grandparents' Day with you all on Sunday, September 8th. It will be a fun event with lots of activities and socializing – be sure to invite the grand/great grandchildren along! All are welcome.

National Assisted Living Week is September 8-14. The theme is "Inspiring Generations". We'll have some events this week in celebration of our community and others like ours. Please check your calendar and plan to join us for the fun!

The Walk to End Alzheimer's is on Sunday, September 22nd. Several staff members will be walking to support and represent our community and our residents living with Alzheimer's disease. Thank you for your support and donations as we have worked to raise money for this worthy cause the past few months.



"And all at once, summer collapsed into fall". - Oscar Wilde

From the Director's Desk

Crystal Kurowski, Executive Director

We are pleased to announce we are once again partnering with Homeland Health Specialists to provide a Flu & COVID vaccination clinic for the residents of Urbana Place.

Homeland Health Specialists, Inc. is Medicare certified. They will bill Medicare or your health plan. The vaccination is covered by Medicare part B or your Medicare Advantage Health Plan.

The clinic will be held on October 4th from 9am-1pm. Assisted living residents come down to the Community Room for the clinic, and residents of Legacy Court will receive their vaccination inside the unit.

If you would like to receive a vaccination on this day, or for your loved one, you will need to fill out the consent form and return it to a member of the leadership team no later than Friday, September 27th.

Included with this newsletter is the consent form that can be returned to the reception desk. Please reach out to Valentine, Ruth, Crystal or Stasha with any questions.



STAFF SPOTLIGHT Melody - LPN

I was born in Worthington, MN. In my free time I would love to lay in a hammock, under a palm tree, by the Caribbean...in reality, I crochet, read and spend time with my grandkids. What makes me happy is to see others smile and laugh.

Staff Birthdays and Anniversaries

Happy Birthday to:

Johnetta T. 9/8
Teri D. 9/15
Maria E. 9/22
Berlinda A. 9/28
Abie N. 9/28
Comfort O. 9/28
Shiroun A. 9/29

Happy Work Anniversary to:

Corrie H. -4 years
Sarah K. -2 years
Laurie F. -1 year
Jakon B. -1 year
Tracey W. -1 year
Gwen B. -1 year

Community Updates



A message from your neighbor K Saville~

Since I'm no longer able to attend my Church, I've been watching services Sunday morning visually in the Wellness Center. I find I'm missing Christian fellowship with others and am inviting anyone unable to attend services elsewhere to join me there. It's a Protestant Church service, very much Scripture based, and seems to me nondenominational.

Services begin at 10:15 am and end between 11:15 and 11:30.

I keep thinking of Matthew 18:20—"For where two or three gather in my name, there am I with them,"

Lord willin and the creek don't rise." Hoping you can join me,
K Saville



Grandparents Day Celebration!

Sunday September 8th 2:00-4:00
Invite your Grands and Greats! Kid's Coloring Contest * Scavenger Hunt & Games * Snacks * Beverages * Animals from Diamond Hills Boarding Stable

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



Adventure Awaits Us in 2024!



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

Throughout 2024, we will take many adventures together.

For September, our theme is **Fall Extravaganza.**

Join us **September 11th at 2:00** for an Fall Extravaganza Social in the Community Room.

News from Legacy Court

Jackie Benson, Community Life Assistant



August was good to us in Legacy Court! We soaked up as much sun as we could this month by going on walks, riding with TWOcan bikes, and sitting outside on our patio. A couple of us even made it out to Target Field to take in a Twins ball game!

We continue to enjoy piano music each month from our long-time volunteers, Nolan & Joel. Join us in Legacy Court on the third Monday of each month for these wonderful piano performances.

This month, we'll celebrate three Legacy Court birthdays, head out on a scenic tour to see the changing leaves, and join you all for many activities and events during National Assisted Living Week! See you all soon!



Lifespark Complete

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*Jennifer Dart
Nurse Practitioner*

Let's Get Physical: Staying Active and Independent

Unless your goal is to run a 10K, physical exercise doesn't need to be exhausting. The goal is to keep your joints limber, build muscle strength, maintain a healthy weight, and slow down the loss of lean muscle mass.

Going for walks in your neighborhood, down the hall, or even around your living room all count as exercise. Ditto working with a stretchy band or lifting objects, such as soup cans, a laundry detergent jug, or bags of cat food. Both walking and weight resistance get your blood moving and keep the muscles engaged. If you feel a little sore the next day, that just means your muscles got a good workout. Keep at it and the soreness will go away. Here are some easy ways to incorporate physical activity into your everyday life:

- Stand up and sit down five times during each TV commercial break.
 - Do bicep curls using water bottles or soup cans when you're watching TV.
 - Do leg lifts while watching TV or talking on the phone.
 - Walk around the living room, down the hall, or in the stairwell.
- Bottom line, staying active can help you live a happier, healthier, more independent life!

Brought to you by your Lifespark COMPLETE team in partnership with Urbana Place. To learn more about Lifespark COMPLETE, contact Lifespark at 952-873-7386 or LSCreferrals@lifespark.com or visit complete.lifespark.com.



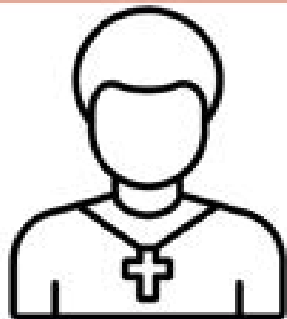
Chaplain's Corner

"Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward."

-C.S. Lewis

"It is in pardoning that we are pardoned." – St. Francis of Assisi
 Nearly every major religious tradition has some understanding of forgiveness, even if they might approach it in different ways. And anyone who has lived as long as we have has probably had to offer forgiveness at some point, and to ask for forgiveness as well, right?

When you look back on your life, are there any unresolved grievances that you are carrying? How do they affect you from day to day? What would it take to find some resolution, whether pardon or forgiveness, or simply no longer giving them power over your spirit? What does it feel like when you are genuinely sorry and have been offered pardon? Is there anyone you seek pardon from? May you find strength in relationships that are tense or challenged, and may you find belonging in this community that welcomes and accepts you for who you are.



We are looking forward to our new Chaplain starting with us at Urbana Place at the end of September

New Residents



Dick & Mary

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!
September 2nd 2:45PM
in the Bistro

Resident Birthdays this Month

- | | |
|-----------------|-----------------|
| Rosalind W. 9/3 | Murph M. 9/18 |
| Trudy S. 9/7 | Natalie B. 9/20 |
| Mike H. 9/8 | Pete J. 9/20 |
| Jim S. 9/8 | Kim R. 9/26 |
| Phyllis D. 9/14 | Larry K. 9/29 |

