



**Urbana Place**  
SENIOR LIVING  
A Lifespark™ Community

*Age Magnificently*



*The official newsletter of Urbana Place Senior Living*

**OCTOBER 2024**

Hi there! Hope you are all doing well and enjoying the start of fall. Thank you to all who celebrated Grandparents' Day & Assisted Living Week with us. It was wonderful to have so many residents, staff, families and friends join in on the fun and busy week! We're so grateful for each and every one of you. Thank you for being a part of our community and our Urbana family.

This month, we'll host our 5th annual Kids' Halloween Parade on Sunday, October 13th at 2:00. We love seeing all the adorable children dressed up in their costumes and excited for Halloween! Be sure to invite your grand/great-grandkids along to walk in our parade - the more the merrier!

We'll begin our next Spark Challenge this month and you are all welcome to join us as we go up against other Lifespark communities each week! For more information, join us for our team meeting on October 8th. We'd love to have you compete or cheer on our Super Seniors team!

Enjoy the beauty of October as our leaves continue to turn the most lovely colors. Enjoy this month!

*"I'm so glad I live in a world where there are Octobers". -L.M. Montgomery*

## From the Director's Desk

*Crystal Kurowski, Executive Director*

It is with mixed emotions I share the news of my resignation from Urbana Place Senior Living, effective October 17, 2024. Over the last two years, it has been an honor and privilege to serve this community, and I am grateful for the warmth, trust, and kindness you have shown me during my time here. Urbana Place will always hold a special place in my heart. I want to reassure everyone the team here is dedicated to continuing to provide excellent care and customer service and you will continue to be in good hands.

Thank you again for the opportunity to be a part of your lives.  
With Gratitude & Appreciation,

Crystal Kurowski



### STAFF SPOTLIGHT Kim - Housekeeping

I was born in Minneapolis, MN. In my free time I enjoy riding motorcycles, live music and helping others. I am loving this new job at Urbana Place! Everyone is so nice!

### Staff Birthdays and Anniversaries

#### Happy Birthday to:

Yawa E. - 10/2  
Shelly T. - 10/7  
Haddy B. - 10/11  
Maimuna J. - 10/15  
Jackie B. - 10/16  
Mutela Z. - 10/19

#### Happy Work Anniversary to:

Sarah A. - 5 years    Fatu D. - 3 years  
Abie N. - 2 years    Comfort C. - 1 year  
Johnetta T. - 1 year    Shiroom A. - 5 years  
Martina J. - 2 years    Zippy M. - 2 years

## 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 will'in and the creek don't rise." Hoping you can join me.

K Saville



We raised \$500.03 as a  
Community for the Walk  
to End Alzheimer's.  
Thank you to all who  
contributed!



## Adventure Awaits Us in 2024!



Throughout 2024, we will take many adventures together.

For October, our theme is 'A Spooky Voyage.' We have many fun seasonal activities planned! You will not want to miss our annual Staff costume contest and Halloween party!

Join us **October 31 at 1:30**  
in the Community Room!

## News from Legacy Court

*Jackie Benson, Community Life Assistant*



Hello! We are embracing the fall season by baking lots of fall goodies in Legacy Court: apple pie crescents, pumpkin bread, sampling a variety of apples & caramel, etc. We also had the most enjoyable picnic lunch at a local park at the end of August. Also at the park was a large group of incoming middle school students who had a gathering there before school started. We enjoyed watching them play basketball, run around the playground, and have a picnic lunch like us! We reminisced about school days and raising our children.

Our October outing is to a new bakery in Maple Grove called 'Paris Baguette'. We are excited to sample some of the delicious pastries and get out and about for a bit!

Have a wonderful October! We'll see you out for many events this month.



## Lifespark Complete

*Lifespark Complete Brings Convenience and Flexibility to You*



*Jennifer Dart  
Nurse Practitioner*

What to Know About Urinary Tract Infections – Is Testing Causing More Harm Than Good?

Urinary Tract Infections (UTIs) are responsible for about 20% of all hospitalizations in older adults according to a report from the National Institute of Health, and they can lead to severe illness if the bacteria spreads into the blood stream causing sepsis.

According to Dr. Nick Schneeman, geriatrician and Chief Medical Officer for Lifespark, urine testing for seniors is a very complex topic and frequent testing leads to frequent “discovery” of contaminated or colonized bacteria that are not causing a problem,” said Dr. Nick. “This makes the decision to test or to just go ahead and treat pretty complex.” Dr. Nick adds that the best reason to consider testing or just offering antibiotic treatment is for dysuria, new burning pain with urination. After that, some good reasons include:

- Lower abdominal pain
- New urinary frequency- going to the bathroom more often/urge to go
- New incontinence or loss of bladder control
- Unexplained fever, chills, low blood pressure, and decreased level of consciousness with concern for sepsis

Without the right diagnosis, attributing UTIs as a root cause can lead to serious negative outcomes including antibiotic induced colitis, drug resistant organisms, poor appetites, and drug-drug interactions.

If your primary care is suggesting testing for a UTI, be sure they understand what your main symptoms are. If they do not align with good reasons to test or treat for a UTI, explore what other causes could be causing your symptoms to avoid missing something serious or be harmed by antibiotic over-treatment. Nobody wants to miss serious UTIs and sepsis. But decisions to test and treat are complex in seniors.

The good news is that Lifespark can partner with you to sift through symptoms to find solutions that are unique to you, all from the comfort of your home – no waiting rooms or going to the lab.

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](mailto:LSCreferrals@lifespark.com) or visit [complete.lifespark.com](http://complete.lifespark.com).

## Chaplain's Corner

We are looking forward to welcoming our new Chaplain to Urbana Place!

Rev. Johnny Russell is a professional chaplain who has worked with Lifespark close to three years since October of 2021. His first assignments as a chaplain were at Allina Northgate, Minneapolis and Park Nicollet Methodist Hospital, St. Louis Park, MN.

Previously, Rev. Russell worked with RESCARE Inc, as a mental health counselor for nine years before moving to the role of chaplaincy.

A few reasons why Russell embraced becoming a chaplain was:

1. Because the discipline values the lives of all peoples.
2. Regardless of an individual's background or orientation, respect is key in working with individuals and serving them.
3. Chaplaincy is collaborative. One must be a team player or learn to work on a team.
4. Service or serving people to help them realize the power they have when they're in a vulnerable place, is the best assistance a person can give to another.
5. Chaplaincy is customer- oriented.
6. Chaplaincy helps people address questions about meaning, purpose and hope.

"Russell", as he prefers to be called, is originally from Liberia, West Africa, and has lived in America since 1998. He is married to his wife Zelda, and they have two children.



## New Residents



Tom & Janet



Linda

### 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!

**October 7th 2:45PM  
in the Bistro**

### Resident Birthdays this Month

Leona M. 10/6  
Judy O. 10/10  
Ruthann S. 10/14  
Cathy E. 10/14

John L. 10/16  
Christine K. 10/19  
Josephine C. 10/26  
Flo V. 10/30

