



Urbana Place
SENIOR LIVING
A LifePark® Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

NOVEMBER 2024

Hello, November! Recently, we asked questions to our staff & residents during National Assisted Living week for the theme of "Inspiring Generations". We enjoyed reading the answers and think you will too!

Staff question: What is something you have learned from our residents?

- To be more thankful and count my blessings daily
- I admire their ability to adapt to change
- To always find joy in every moment
- There is always something good to focus on
- Cherish moments with friends and family
- Love what you do & always do your best

Resident question: What piece of advice do you have to pass on to the next generation?

- Be patient, kind and faith filled
- Seek ye first the kingdom of God
- Embrace each moment with family
- Life goes fast - enjoy the moments, even the little ones!

Warm wishes for a wonderful month of November!



From the Director's Desk

Stasha Andrews, Asst. Executive Director

We are looking forward to welcoming Shaelee Reichstadt as our new Executive Director! Her official start date is November 4th. She has been the Executive Director at Arbor Oaks, a Lifespark community in Andover, for the last year and a half. She held the Assistant Executive Director/Business Office Manager position prior to that. Join us on Friday November 8th at 2:00 Happy Hour in the Pub to give Shaelee a warm Urbana Place welcome!



STAFF SPOTLIGHT
Maya -Community Life Assistant

I was born in Minneapolis, MN. I enjoy listening to audio books, trying new restaurants and spending time with my family. I surprise people when I speak Spanish. My Dad is from Mexico and we lived there for 5 years when I was a kid.

Community Updates



Share your story! All of us at Urbana Place LOVE to hear your stories, memories and experiences from the past. Please sign up in the Wellness Center to participate. A Community Life staff will connect with you for a short interview and your story will be shared in an upcoming newsletter. Here are a few examples:

* Tell us a favorite memory of your childhood. * What was one of your families holiday traditions? * Did you ever have a really bad date? * How did you meet your spouse?

* Where were you during the 1991 Halloween blizzard?



Our SPARK Challenge is in full swing! Join us on Tuesdays at 12:45 for the Deep Dive portion of our challenge. This is where we watch a virtual presentation and learn information that will be on the quiz portion of the challenge the following day. On Wednesdays at 12:45 we compete against another community in a physical challenge and a quiz show. We work as a team and have fun doing it!



Adventure Awaits Us in 2024!



Throughout 2024, we will take many adventures together.

For November, our theme is

"Starry Nights." Bundle up as we welcome November's cool temperatures and dark evenings. Take some time to rediscover the enchantment of the night sky.

Staff Birthdays and Anniversaries

Happy Birthday to:

Laurie F. 11/1

Korithaney F. 11/13

Jakob B. 11/15

Sylvester N. 11/16

Gwen B. 11/24

Stasha A. 11/25

Happy Work Anniversary to:

Valentine O. - 1 year

Sondra F. - 2 years

Absa J. - 2 years

Erica M. - 3 years

Shelly T. - 3 years

News from Legacy Court

Jackie Benson, Community Life Assistant



What a lovely fall season it has been thus far for us in Legacy Court! We found ourselves on the patio many times in warmer October weather. We've also been enjoying lots of fall crafts and baking together!

Our outing to Paris Baguette was great. The pastries, coffee and company made for an enjoyable morning out of the building.

Plus, the sun was shining and the leaves were all sorts of beautiful colors, so it doubled as a scenic drive!

In October, we loved seeing all the Halloween costumes and visitors to Legacy Court. Our kids' Halloween parade came thru our living room to visit, and we had a nice time with our dog friend, Rosie, who dressed as a hot dog. Lots of smiles all around!



Lifespark Complete

Lifespark Complete Brings Convenience and Flexibility to You



*Jennifer Darr
Nurse Practitioner*

Choosing A Health Plan that Values Quality Over Quantity. It's that time of year again for Medicare's Annual Enrollment Period (AEP) where you can learn about and switch plans. Dr. Ben Bache-Wiig admits he has recently joined the ranks of Medicare recipients and his 30+ years of experience as a primary care physician, including Lifespark's Executive Medical Director, working with seniors has given him an eye-opening front seat to what seniors should think about. "Decades ago, primary care physicians were given the time to get to know their clients, build long-term, trusted relationships with them, and follow them from clinic to hospital to rehab—wherever their care took them. That model of care doesn't exist any longer," said Dr. Bache-Wiig. "Instead, we have a fragmented, a la carte services model that's especially challenging for people who need ongoing care." His advice: "Health plans look pretty good on paper, so the key is to look for the extras you might need in the future." One of the most important extras, particularly for people with ongoing medical needs, is coordination of care. It's the difference between a Medicare Advantage plan with a Lifespark option and one without.

Here are a few other tips:

- Determine the services you want and need before choosing your plan. Various plans offer different benefit packages such as fitness club membership and transportation coverage or look for specialized plans that offer more of what you do need such as vision, dental, or added prescription coverage.
 - Consider Lifespark COMPLETE. This service brings together a full spectrum of senior health services for a single, home-based, more coordinated experience. Lifespark COMPLETE now offers the option for in-home urgent care to help avoid long waits in the ER. This specialized service is available on this campus.
- Want to learn more about Lifespark COMPLETE and what's available? Plan to attend the free virtual webinar. You and/or a loved one can sign up using the web link. Bring your questions.
- Tuesday, November 19 Free and open to Lifespark residents and their loved ones

6:00 pm CT Register at [Lifespark.com/LSC-2024](https://lifespark.com/LSC-2024)

Chaplain's Corner

Rev. Johnny Russell
Community Chaplain

Election season can be both exciting and stressful. No matter what your personal political leanings may be, elections highlight current problems and dilemmas, and are often accompanied by conflicts at a national, community, family and personal level. However, when you approach election season — whether it's by actively campaigning or hiding in the woods! — practicing self-care is essential for maintaining your mental health and well-being. With the 2024 General Election just around the corner you might be noticing shifts in your emotional or physical well-being. The good news is that there's still time to create a plan to take care of yourself and your community. May these tips below help you build a care toolkit for the upcoming election season. Be mindful of your media consumption; Pay attention to how much news you're consuming, where it's coming from, and when you're engaging with it. After consuming news, take a moment to reflect on how you feel and whether any changes in your habits might be helpful. Be intentional when sharing media: While some people find it helpful to talk about the news, others may not. Before starting a conversation or sharing a post, check in with the other person to see if they're open to discussing or receiving news. Respect their boundaries and be mindful that not everyone processes information the same way. Create a list of things that bring you joy: Think about activities, people, or hobbies that make you feel happy or relaxed. Once you have a list, plan to intentionally include these activities in your daily or weekly routine. This can help create moments of calm and balance during stressful times.

Spend time in nature: Nature offers a simple way to restore peace and reset. Take care of your body: Nourishing your body with healthy food and staying hydrated can have a big impact on how you feel. Pay attention to what you eat and drink, and be sure to give your body what it needs to function at its best. This can help you stay physically and mentally strong during stressful times. Focus on what you can control: In times of uncertainty, taking control of what you can is empowering. Make a clear plan for how and when you will vote, and stick to it. Knowing you have a plan in place can help reduce stress leading up to election day. Plan for election night: Think ahead about what you'll need to feel as calm as possible. Planning ahead can help you navigate election night in a way that feels right for you. Prepare for uncertainty: If election results are delayed, waiting can add to stress and anxiety. Have a plan for how you will manage this uncertainty. Consider taking breaks from news updates, focusing on other activities, or connecting with loved ones to stay grounded. Monitor your mental health: Pay attention to signs of anxiety or depression, especially if your sleep patterns are affected. Taking care of your emotional health is just as important as physical well-being.

-"Winning or losing of the election is LESS important than strengthening the country" (Indira Gandhi).

"We are a nation of many nationalities, many races, many religions bound together by a single unity, the unity of freedom and equality" (Franklin D. Roosevelt).

"We are only as strong as we are united, as weak as we are divided" (J.K. Rowling).

"The greatest strength of mankind rests in steadfast unity" (Jorie Niscole McDonald).

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7).

"Behold, How good and pleasant it is when people live together in unity" (Psalm 133:1).

New Residents



Paula

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!

November 4th 2:45PM
in the **Bistro**



Resident Birthdays this Month

Sharmelyn A. 11/1

Carol W. 11/4

Jane R. 11/8

Jan H. 11/12

Gia V. 11/15

Edsel W. 11/25

