



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

*Age Magnificently*



*The official newsletter of Urbana Place Senior Living*

DECEMBER 2024

2025 is moments away, but let's first look back on 2024 today.  
We held many parties, activities and events throughout the year,  
Played games, bingo galore, and at happy hour - drank some beer!

We crafted all sorts of cute things from magnets to leaf bowls,  
And our Spark competitions had us setting many new goals.

We had visits from dogs, a horse, and a chicken too,  
And we armchair traveled each month to places that were new.

Dozens of entertainers played us some great tunes,  
And celebrations from birthdays to anniversaries called for balloons.

New residents, staff and family members joined our community,  
And we graciously welcomed each one as together, we create unity.  
We said goodbye to some of our dear residents the last few seasons;  
Each left a big place in our hearts and our memories,

for so many reasons.

As we head into a new year, we want you to know...  
We're so thankful you are here. You're the star of our show!

***Happy Holidays to you & yours!***

# From the Director's Desk

*Shaelee Reichstadt,  
Executive Director*

Thank you for welcoming me into your community and being patient with me as I transition into the Executive Director Role here at Urbana. I have heard you are ready for some change, and I am here to let you know I am ready to jump right in and address your concerns and questions.

A little about me: I am happily married to my best friend; we have a 7-year-old dog along with a 7-month-old baby girl. Our dog has been a part of our lives since he was a puppy and is a lab mixed with a Brittney spaniel. He is the sweetest boy and loves to hang out and play with his little sister. When we are not working, we like to spend time as a family, go for walks, and enjoy nature. I have been working with Lifespark for about 4 years now and have been in different positions for the company. I love what I do and love making a difference in the lives I serve. I look forward to meeting you all and sorry in advance if I do not remember your names right away.



## STAFF SPOTLIGHT Berlinda Home Health Aide

I was born in Ghana West Africa. I enjoy cooking, singing, dancing, sewing and reading. One of my special talents is braiding. I love to help others and see people be happy!

### Staff Birthdays and Anniversaries

**Happy Birthday to:**

- Grace E. 12/10
- Fareeza N. 12/13
- Catherine J. 12/25
- Christie F. 12/26

**Happy Work Anniversary to:**

- Haddy B. - 1 year
- Maimuna J. - 1 year
- Kebbeh F. - 1 year
- Melvina N. - 1 year
- Gertrude B. - 2 years
- Grace E. - 5 years

# Lifespark Complete

*Lifespark Complete Brings  
Convenience and Flexibility to You*



Jennifer Dart  
Nurse Practitioner

## Eating Healthy Over the Holidays Without Feeling Deprived

Everyone knows that the “secret” to good health is eating right and exercising more. The holidays though bring sugary, sweet treats to the table and that can be hard to turn down. If you’re a diabetic or on a limited diet, here are a few tips to add in a few healthier options with those delicious desserts.

If you’re craving something sweet, let yourself enjoy a small piece of chocolate or a cookie—and savor

every bite! Make these an occasional treat rather than an everyday habit.

Here are some additional tips for healthy eating:

- Choose whole fruit instead of fruit juice, such as an apple or orange vs. orange juice. Whole fruit is packed with more vitamins and fiber which keeps hunger at bay and helps with regularity.
- Add protein to your breakfast, such as peanut butter, hardboiled egg, lean meat, cottage cheese, or nuts (good fat and protein), to help stabilize blood sugars.
- Go for whole grain foods, such as brown rice or potatoes (with the skin) instead of white rice or white pasta, to add fiber to your diet.
- For dessert, try fresh or frozen berries with a little whipped topping and a few nuts.
- Stay hydrated to help control your blood sugars, reduce hunger, and support kidney function.
- Right-size your portions using the Plate Method developed by the American Diabetes Association (ADA).

Choosing your food wisely is an excellent investment and one way to Age Magnificently this holiday season!

# Chaplain's Corner

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Rev. Johnny Russell  
Community Chaplain

## Reflection

As the year ends, it's time to pause for a moment and take some time to embrace the wisdom that the holiday season brings. December is a time for reflection, celebration, and embracing the winter season.

Reflect on the year: December is the last month of the year, which can make people think about what's to come. It can be a time to reflect on what you've achieved and how you've grown.

Celebrate the season: December is a festive time with winter holidays like Christmas, Kwanza, and Chanukah. It can be a time to celebrate with family and friends.

Practice gratitude: December can be a time to give thanks and show charity and peace.

Find stillness: December can be a time to find stillness and rest, and to switch off from the everyday hustle and bustle of life.

### Quotes and Wishes

"December is a simple wish that brings spectacular moments"  
Unknown.

"Don't let the past steal the present. This is the message of Christmas: We are never alone" Taylor Caldwell.

May your holiday season be wrapped in happiness and tied with love.

Warm wishes to you and your family this holiday season. Hoping this holiday season gives you many reasons to smile. May the holidays bring peace, love, and joy to your family this season.

### Scripture Verse

John 3:16: "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16).

# New Residents



Jacqui



Gladys



Laurie

## 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!

**December 2nd at 2:45PM  
in the Bistro**

### Resident Birthdays this Month

Phyllis O. 12/3  
Jo F. 12/4  
Linda R. 12/6  
Tim J. 12/6  
Wendy L. 12/7  
Ron B. 12/7

Lillian B. 12/7  
Dale J. 12/9  
Rita K. 12/12  
Kat K. 12/14  
PoKyong N. 12/16

Pauline C. 12/16  
Priscilla P. 12/23  
Lyle N. 12/27  
Mary R. 12/29  
Brenda K S. 12/29



# News from Legacy Court

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*Jackie Benson, Community Life Assistant*



This is such a fun time of year for activities! With the changing of seasons and cooler weather, we have enjoyed cozy indoor activities including lots of seasonal crafts, baking, sipping warm beverages, games, etc. We have also welcomed some new residents to Legacy Court and it has been great getting to know each one!

Our annual November outing for pie at Perkins was, of course, delicious! We enjoyed visiting and getting out of the building for a change of scenery. This month, we will head out one evening to check out Christmas lights in our surrounding neighborhoods.

December is always busy and we have many fun building wide events happening. Looking forward to seeing you all and celebrating the holidays together!



## Share Your Story - Meet Rosemary Johnson!

We asked Rosemary to remember her favorite holiday tradition. Her answer was an easy one: Poppy Seed Biscuits. The recipe came from her mother's side of the family who was Czechoslovakian. Rosemary remembers making the biscuits with her grandmother, her mom, and her aunts. The recipe is used for all holidays and big events such as Christmas, Easter, weddings, and funerals. The most important part of the recipe is the poppy seeds. Rosemary's son has the original grinder from the early 1900s that they use to grind the poppy seeds twice to enhance the flavor. The recipe for the biscuits is a traditional "bucthy" biscuit and then the poppy seed filling recipe has been passed down in the family. Rosemary has graciously shared her recipe- don't forget to grind the poppy seeds!

### Butterhorns (Bucthy)

1 cup milk, scalded  
 1 pkg granular yeast  
 ½ cup shortening  
 3 beaten eggs  
 ½ cup sugar  
 4 ½ cups flour  
 1 tsp salt

Combine milk, shortening, sugar and salt; cool to lukewarm. Add crumbled yeast and stir well. Add eggs, then flour; mix to smooth, soft dough. Knead lightly on flours surface. Place dough in a greased bowl; cover and let rise until at least double in bulk. Then roll dough onto floured surface and cut into squares. Fill with poppy seed filling (see recipe below) and pinch opposite corners together. Place on greased pan, let rise, bake 400-425 degrees for 15 minutes.

### Poppy Seed Filling

1-pound poppy seeds (2 c unground = 4 c ground)  
 2 cups sugar  
 4 cups milk  
 2 Tbsp butter  
 ½ cup cream of wheat cereal  
 1 tsp vanilla extract  
 1/8 tsp salt  
 Graham cracker crumbs  
 ½ cup raisins

Combine and bring to a boil in a heavy pan: milk, cream of wheat, salt and raisins. Add 4 cups GROUND poppy seeds and cook 10-15 minutes more. Add sugar and cook 5 minutes more. Remove from heat, add butter and vanilla and stir. Add crushed graham cracker to thicken as needed.