



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

*Age Magnificently*



*The official newsletter of Urbana Place Senior Living*

JANUARY 2025

Hello to a brand new year! This past year was filled with fun events, friends & family get togethers, and staying connected as a community. We wish you all nothing but the best for 2025! Thank you for being here.

We're kicking off January with our latest Spark challenge. We'll begin our TRYathlon on the 14th. Each Tuesday and Thursday afternoon, we'll compete against other communities in a variety of physical challenges. Please join us to compete or cheer on the team! All are welcome.

After staying home for the holidays, our monthly Armchair Travels will resume this month. Join us on the 18th as we travel to Mexico with our Community Life Assistant, Maya (who was born in Mexico), as our tour guide! Send us your suggestions for places we should travel to throughout the year!

As we start the new year, let us leave you with this quote:

*"You are never too old to set another goal or to dream a new dream" -C.S. Lewis*

# From the Director's Desk

*Shaelee Reichstadt,  
Executive Director*

Happy Holidays!

Update on our new staff coming to us in the beginning of January. We are starting off 2025 with new staff on the leadership team and we are looking for longevity within these roles. Here are the details of those coming:

Director of Health Services- Elizabeth Betts  
 Assistant Director of Health Services- Tayva Young  
 Assistant Executive Director - Emily Weber  
 Administrative Assistant - Reneea Propps

With the new year among us we are looking forward to what the new year brings and the changes coming with.



## STAFF SPOTLIGHT Erica - Nurse

I was born in New Hope, MN. My inspiration to work in senior living comes from helping take care of my Grandmother when I was young. When im not working, I enjoy gardening, crafts, bowling, spending time w/my 3 boys, going out to eat and Netflix.

### Staff Birthdays and Anniversaries

**Happy Birthday to:**

- Melvina N. - 1/1
- Gertrude B. - 1/4
- Tracey W. - 1/9
- Bobby M. - 1/12
- Melody M. - 1/27
- Lee W. - 1/31

**Happy Work Anniversary to:**

- Keith M. - 2 years or 40?

# Lifespark Complete

*Lifespark Complete Brings  
Convenience and Flexibility to You*



Jennifer Dart  
Nurse Practitioner

## Planning ahead for peace of mind

The last thing you want your loved ones to have to worry about during a health crisis is your preferences for life saving measures and even how you want the period directly before death to play out. An Advance Care Directive is the roadmap you write for your care when you're seriously ill and can't speak for yourself. You get to direct your provider on your care choices. And for your loved ones, it may be in many ways, one of the last gifts you can give them. An advance care directive is as much for your family and loved ones as it is for you. And it's not just for seniors. Because anything can happen – at any time, it helps those you love to know your wishes when it comes to life sustaining interventions, power of attorney, and even the ways in which you would want your last moments of life to play out.

As a definition, The National Institute on Aging website says: “advance care planning involves discussing and preparing for future decisions about your medical care if you become seriously ill or unable to communicate your wishes”. The directive will outline for your provider the life saving measures you would want performed if you were unable to provide that direction. It will also include the name of your health care power of attorney or health care proxy. This person would make your health care decisions should you be unable to do so for yourself. You can also include your goals for health care, your fears about your health care, and your spiritual or religious beliefs and traditions. The documents to fill out can be as detailed about your beliefs, wishes, ideas, and choices as you would like them to be. They even include your preferences for organ donation.

Whether for yourself or to get the ball rolling with an older loved one, learning more about the process will benefit all your loved ones in the long run. In July, Lifespark Communities kicked off a new way to create and store your Advance Care Directive called Plan in A Can. It's a fun way to get creative while putting your preferences down on paper. Your team also has a list of resources to help in putting your plan together. If you haven't heard about it yet, ask your care team how to get started. Getting started on planning now rather than when it's needed in the middle of a serious illness will give you and your loved ones a little more peace of mind.

## Chaplain's Corner

Rev. Johnny Russell  
Community Chaplain

"You are never too old to set another goal or to dream a new dream." ~ C.S. Lewis

The beginning of the year is often a time for resolutions and new ambitions. C.S. Lewis reminds us that it's never too late to chase our dreams and set new goals. The New Year is a new chapter, filled with rich experiences, laughter, and meaningful connections - where every day is an opportunity to embrace the wisdom and joy of living life to the fullest.

Positive outlook - Emphasizes the positive aspects of senior living, like new experiences and community building.

Focus on personal growth - Highlights the potential for continued learning and development in later life.

Community emphasis - Underscores the importance of connection and belonging within the senior living space.

New beginnings - January is a time to reset, recharge, and focus on what's important and what truly matters.

Look to the future - January is a time to look forward to learning more and filling your days with experiences to look back on.

Utilize the Opportunity to: Celebrate life's journey together, where age is just a number, and living is an art. Embrace the wisdom, share the laughter, and thrive in community. Every day is a new adventure, and we're here to enjoy it together. Set goals: Take the new year day by day, goal by goal.

Be kind: Remember to be nice and kind to others.

Be open to change: Life is change, and the new year is a chance to get it right. Be positive: Try to bring balance to your life by letting positive influences outweigh the negative.

"The new year stands before us, like a chapter in a book, waiting to be written". "Turn your wounds into wisdom".

"Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert" (Isaiah 43:18-19).

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope (Jeremiah 29:11).

# New Residents

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**WELCOME**  
Veda

**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!

**January 6th at 2:45PM**  
**in the Bistro**

## Resident Birthdays this Month



Dick R. - 1/1  
Evy W. - 1/6  
Bob M. - 1/11  
Jeanne H. - 1/12  
LeRoy R. - 1/20  
Jeanette P. - 1/26



## News from Legacy Court

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*Jackie Benson, Community Life Assistant*



Happy New Year from Legacy Court! December was jam packed with holiday festivities, food, family and friends! We enjoyed our bus outing to look at all the beautiful holiday lights in our neighborhood as well as all the live music and visitors we had this past month.

While the holiday season brought us much joy, it also brought sadness as we had to say goodbye to three Legacy Court residents in December. Judy, Sharmie, and Kim H. each had a huge impact on our community and will be greatly missed. We are so thankful to have had the opportunity to know these wonderful ladies.

Looking forward to 2025 and seeing you all throughout the year at events and activities! Be well!



## Share Your Story - *Jeanette Priestley!*

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We sat down with Jeannette Priestly to learn more about her years in Jamaica as a missionary. Jeannette was ordained in Bible school at Christ for the Nations in Dallas, Texas. She began her mission work in 1972 in America in the prison ministry and street ministry. Jeannette got the opportunity to expand her ministry to a foreign country. She wanted to go to Haiti, but it was during the embargo, so she was sent to Jamaica where she spent 4 months serving the communities. Immediately, she knew she was being called into full-time ministry. Her desire was to work with children, but opportunities were slim. She found a way to connect with one of the homeless children by sharing candy with him. Suddenly, the children of the neighborhood were at her door asking for candy! This created the perfect opportunity to minister to the children of the neighborhood. She was able to contact her sponsors in the US and request fundraising for a school and the necessary materials to educate the children. Over the 26 years that Jeannette spent in Jamaica, she was able to rent a building for the school and housing of seventeen children and she was able to participate in the raising of the children. She taught them to read and write, which led many to attend trade schools to learn new skills. The children called her mom and grandma! She has "family" all over the globe; many of which are in ministry. Jeannette is planning to take a group for training back to Jamaica in February of 2025 (the perfect time of year to enjoy warmer temperatures and sunshine!). Winter in Jamaica usually has temperatures in the 40s-50s which is "freezing" to the locals. Thank you, Jeannette, for your service to the children and families in Jamaica!