



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

FEBRUARY 2025

Hello and happy February! It has been another interesting winter with minimal snow thus far. Hard to believe we are already in February when it feels like the holidays just ended! Join us this month for our Valentine's Social where we'll gather to celebrate the holiday with sweet treats, games and door prizes.

You are all welcome to attend the new resident led Resident Council meetings each month in the Community Room. They will take place on the 3rd Tuesday of each month at 10:30 am. Your input is valuable and appreciated! Monthly meetings will continue as well with residents and leadership staff, the way they have been done in the past. These meetings will now be called "Town Hall" meetings. Please refer to your monthly activity calendar for these meeting dates as well as other activities.

We're looking forward to seeing you all this month for various events! Have a wonderful February!

From the ED's Desk

*Shaelee Reichstadt,
Executive Director*

Hopefully you have had the opportunity to meet our new Director of Health Services, Elizabeth and Assistant Director of Health Services, Tayva. They are a strong team and are eager to join Shaelee in implementing change.

Just a reminder to please pick up after your dogs when taking them outside. Waste receptacles are located in both the front and back of the building.

As always, thank you for making Urbana your home!

From the DHS' Desk

*Elizabeth Betts,
Director of Health Services*

Both myself and Tayva have been learning a lot about Urbana and about all of you! Please contact us with any questions or concerns you may have.

Elizabeth.Betts@lifesparksl.com or 763-296-9087

Tayva.Young@lifesparksl.com or 763-296-9082

STAFF SPOTLIGHT

Laurie - Community Life Assistant



I was born in Robbinsdale, MN. When I have free time I fill it with baking, knitting, reading and antique shopping. I also volunteer with my dogs to visit senior living communities. We have been doing this for 10 years!

Staff Birthdays and Anniversaries

Happy Birthday to:

Happy Work Anniversary to:

Sarah K. - 2/6

Selma M. - 3 years

Linnet R. - 2/12

Williametta M. - 2/26

Lifespark Complete

*Lifespark Complete Brings
Convenience and Flexibility to You*



Jennifer Dart
Nurse Practitioner

Prevent and Prepare: Falls Don't Have To Lead to Panic

Falls can be scary at any age but for seniors, the fear of complications from falling can be life altering. With some planning and preparation, you'll be able to keep doing the things you love. Lifespark has put together some tips to help you steer clear of risks:

1. Eating, lying down, or resting for a while? Take your time standing up. Give your blood a little extra time to circulate before you start moving.
2. Listen to your feet and legs – tingling, numbness, or pain can be a signal to call your doctor.
3. Want to grab a good book off that high shelf? Try using a reacher instead of a stepstool. On a slippery floor, step stools can slide right out from under you.
4. Keep a nightlight on in the bathroom. Even a small amount of light in and around the room will make getting there a little easier.
5. Rugs are one of the leading causes of in-home falls; if you have one, it might be time to consider whether it's necessary.
6. Not feeling well can also be a falling risk. Washing your hands thoroughly can help minimize the potential for illness.

If a fall happens it's important to be cautious. Don't try to get up immediately; take it slow and take stock of how each part of your body feels. • Check the back of your head: did you hit it? Is there blood? Be on the lookout for feelings of dizziness, confusion, or nausea. • How are your ankles and feet? Do they hurt? Before putting your full body weight on them, try bending your knee and testing each leg while lying down; lift your leg and tap each down to determine if there's any tenderness. • Ask a staff member to help you get back up. They will be able to help you navigate your way up slowly and safely. Prevention is vital and so is planning.

Chaplain's Corner

Rev. Johnny Russell
Community Chaplain

Reflection

February is known for being the month of love, but you don't have to be in love to take advantage of the fresh start that this month brings! February is the perfect time to cherish friendship, celebrate dreams and goals, and refocus on living an intentional life. February, the month of love, reminds us that happiness can be found in the smallest moments shared with loved ones. Let the love in February guide you toward greater compassion and understanding.

Quotes

"The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart." ~ Helen Keller

As Valentine's Day approaches, Helen Keller's words remind us to cherish the intangible treasures of life – love, kindness and empathy.

"In the heart of winter, February brings warmth and love to all" (Ashley).

"February teaches us that love knows no season" (Ashley).

Scripture

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres. 8 Love never fails (1 Corinthians 13:4-8).

Please join us at a new Hymn Sing with Chaplain Russell on Wednesday February 12th - 10:30am in the Community Room.

All are welcome to remember those we lost from our Community in 2024. We will be having a 'Remembrance Gathering' on Wednesday February 26th at 1:00pm in the Community Room.

New Residents



Vern

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!

**February 3rd at 2:45PM
in the Bistro**

Resident Birthdays this Month



Paul M. 2/3
Guetahoun T. 2/12
Terry K. 2/12
Bill W. 2/19
Mavis S. 2/20
Inez H. 2/26



News from Legacy Court

Jackie Benson, Community Life Assistant



Greetings from Legacy Court! We are embracing the cold weather the best way we know how: staying in, staying warm, and enjoying all the cozy indoor activities! Many residents have also begun participating in our pen pal program with a local 4th grade classroom. We love to hear from our 10 year old friends and share stories and memories. This month, we plan to meet our pen pals on a live video call -- and you are all welcome to join us as we say hello and ask questions!

We're looking forward to gathering for Valentine's Day and have started celebrating early by baking festive treats, playing Valentine's bingo and trivia games, and working on craft projects.

Have a wonderful month!

"February is the border between winter and spring". - Terri Guillemets



Share Your Story - Gerry Tietz!

A Love Story: Gerry and Marlys High School Sweethearts to Life Partners

Gerry Tietz met his forever love, Marlys, during their junior year in high school when they both shared an advanced English class in Menomonie, Wisconsin. Gerry, who was determined to capture Marlys's attention, would lean his head back on her purse during class. Eventually, his persistence paid off, and he worked up the courage to ask her to the homecoming dance. Though she initially declined, Marlys soon changed her mind, marking the beginning of their long-lasting romance.

The couple's first date was full of charm and a hint of nostalgia. Gerry picked up Marlys in his 1953 Red Ford Mainliner, a car that, despite its rust and missing floor bits, became an endearing part of their story. They attended the homecoming game and dance together, followed by Marlys's first "fancy" dinner. Gerry made sure to adhere to curfew, ensuring Marlys was home on time.

Gerry and Marlys found that they shared similar goals, values, and ethics, which further cemented their bond. Their mutual love for water sports was another connection point. Marlys worked as a lifeguard at the local beach, so they spent many summer days there. Gerry, an active member of the Menomonie water ski team, performed impressive pyramids, jumps, and slalom tricks during local shows. This common passion for water led them to eventually purchase a cabin in Wisconsin, where they continued to enjoy the outdoors and water activities with their two boys.

Gerry and Marlys's relationship flourished over the years, with love and shared interests at its core. Their story is a testament to the strength of high school sweethearts who grow and succeed together, building a life filled with shared adventures, values, and a deep, abiding love.

Your Leadership Team



Shaelee Reichstadt
Executive Director



Emily Weber
Assistant Executive
Director/Business Office



Elizabeth Betts
Director of
Health Services



Tayva Young
Assistant Director
of Health Services



Shelly Tennesen
Marketing Director



Corrie Hoff
Director of
Community Life



Memory Care
Coordinator



Keith McKinney
Maintenance Director



Reneea Propps
Administrative
Assistant



Jennie Jongeward
Director of
Housekeeping



Rappa' (Rock) Moore
Culinary Director



Johnny Russell
Chaplain

Direct Dial to Kitchen: **763-340-0056**
Call the Front Desk: **763-402-9190**