



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

MARCH 2025

Hello, and welcome to a new month! It has been so chilly lately, so the thought of spring coming soon is very exciting. We will kick off the first day of spring (March 20th) with a lemonade and cookie social. Speaking of cookies, a local Girl Scout troop will be back again this year to sell us their famous cookies and raise money for their troop. We hope you'll swing by the Pub after dinner on March 12th from 4:30-6:30 pm to visit with these young entrepreneurs, and stock up on a box or two of cookies!

We are thrilled to welcome back the Minnesota Zoo Mobile to our community this month! On March 13th, there will be two programs available that afternoon (Community Room & Legacy Court), that will feature a presentation of a few animals at the zoo. Come by to learn all about these animals, as well as meet them up close. You won't want to miss this interactive show!

Wishing you a wonderful month! Be well.



From the ED's & DHS' Desk

Shaelee Reichstadt, ED
Elizabeth Betts, DHS

As we transition into the beautiful season of spring, we are excited to share some wonderful updates and initiatives taking place within our community. Spring represents a time of renewal and growth, and we are embracing this season with several positive changes that will benefit both our residents and our team.

Training and Development for Our Staff: We are committed to providing exceptional care, and as part of that, we are enhancing the skills of all our staff members. We are in the process of training our team to be fluent in both Assisted Living and Memory Care, ensuring that everyone is equipped to provide the best possible care tailored to your individual needs. This initiative will promote a more seamless experience for all residents, regardless of their care requirements.

Ongoing Reeducation for Excellence: To further strengthen the quality of care and services, we are reeducating our staff on best practices and important updates in the senior living field. Through this training, we are not only reinforcing existing knowledge but also incorporating new insights to ensure that we are continuously improving and adapting to meet your needs.

Rigorous Audits and Process Improvements: In addition to our training programs, we are working diligently through several audits to ensure that all processes and policies are being followed properly. These audits are an essential part of our commitment to delivering consistent and high-quality care, while also making sure that we maintain a safe and nurturing environment for everyone in our community.

We want to assure you that every step we are taking is with your well-being in mind, and we are grateful for the trust you have placed in us. As we welcome spring, we look forward to all the positive changes and the continued growth of our community. We will keep you updated with further developments and are always happy to answer any questions you may have.

Thank you for being a valued part of our community.



EMPLOYEE OF THE MONTH

Christie has been a Home Health Aide with us for almost 5 years! She has earned herself a reputation for going 'above and beyond.' She is a natural caregiver who has been praised for her soft and gentle approach with residents, and the wonderful care she gives. Thank you Christie for your dedication and for being AMAZING!

Lifespark Complete

*Lifespark Complete Brings
Convenience and Flexibility to You*



Jennifer Dart
Nurse Practitioner

Get Social in 2025 – It's Good for Your Health

Our need for social connections is as basic a need as eating. Yet, 1 in 3 adults reports chronic loneliness and the implications for seniors are staggering. According to the Centers for Disease Control and Prevention (CDC), social isolation can be as big a health risk as smoking 15 cigarettes per day. To be clear, social isolation and loneliness aren't the same. Social isolation is related to how many people you interact with on a regular basis whereas loneliness is the feeling when close connections are lacking. An important distinction because people can feel lonely in a crowd. Understanding and approaching each of these is important to better health. Here's why:

- Having meaningful purpose could help you live longer. Positive feelings (happiness) have been associated with reduced inflammatory and cardiovascular response to stress, significantly reducing the risk of heart attack.
- People with a high sense of purpose are less likely to have a stroke, heart attack, or coronary artery disease requiring a stent or bypass surgery. That's according to Dr. Randy Cohen, a cardiologist at Mount Sinai St. Luke's-Roosevelt Hospital in NYC. In fact, having a meaningful purpose in life has been shown to dramatically reduce risks for dementia too.
- Talk with your primary care provider if you are feeling lonely or disconnected. Lifespark focuses on what matters to each person with our complete senior health approach and makes that a big part of our discovery process. Talk with your team or your primary care about ways to approach these feelings and what you can do about them.

As you plan for 2025, we encourage you to include socializing more as a goal. Spark Performances are a great way to get socially active, and there are plenty of roles to explore! Not only will it be good for your health it will add a fun spark to the year ahead.

Chaplain's Corner

Rev. Johnny Russell
Community Chaplain

Reflection

Consistency is the quality of being the same regardless of time or situation. It is about learning, growing, and adapting your actions that can help lead to incremental improvements over an extended period of time. It also helps in developing discipline, routines, and momentum in achieving even the most seemingly insurmountable goals. Even though the concept of staying consistent seems simple on the surface, maintaining consistency can be extremely challenging as there are usually no immediate results from our actions and patient perseverance is required to push through challenges and setbacks. Consistency requires having a clear, compelling vision for what we are trying to achieve and knowing why you want to do it as well as having an understanding that most things of value in life are a product of consistency, and the journey is just as important as the destination.

Quotes

Only those with tenacity can march forward in March.

~ Ernest Agyemang Yeboah

In March winter is holding back and Spring is pulling forward. Something holds and something pulls inside of us too. ~ Jean Hersey

No matter what challenges or setbacks we face, life continues to move forward. March, a time of renewal, teaches us the importance of resilience and adaptation. ~ Robert Frost

Scripture Verse

Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. (Joshua 1:9).

All are welcome to join Chaplain Russell for an
Ash Wednesday Service with Communion.
March 5th ~ 1:00 in the Community Room.

Please join us for Hymn Sing with Chaplain Russell on
Wednesday March 12th - 10:30am in the Community Room.

New Residents



Nellie



Norene

Welcome to Urbana Place!

*We are so glad you have chosen our community
for your home!*

Resident Birthdays this Month



Randy H. 3/2
Jim L. 3/2
Nancy B. 3/6
Mike K. 3/8
Lew S. 3/10
Patt J. 3/16
Joe D. 3/19

Lenora C. 3/20
Mary Ann S. 3/22
Winnie H. 3/27
Tom L. 3/29
Andy A. 3/30
Maggie D. 3/30

Staff Birthdays and Anniversaries

Happy Birthday to:

Hassan A. 3/4
Amelia S. 3/20
Corrie H. 3/27
Sarah A. 3/31
Reneea P. 3/31

Happy Work Anniversary to:

Catherine J. - 1 yr
Jackie B. - 5 yrs
Melody M. - 1 yr

News from Legacy Court

Jackie Benson, Community Life Assistant



March is here and that means spring is right around the corner -- hooray for that! We can hardly wait to get outside again and enjoy our patio, plant flowers, and go on TWOcan bike rides with you all. In the meantime, as we know Minnesota winters tend to linger, we've been keeping busy indoors with some of our favorite activities.

Due to the cold temperatures, we were unable to get out this month on our scheduled lunch outing. It was a cool -18 degrees the morning we were set to go to Culver's -- brrr! Although we are hearty Minnesotans, this was just too chilly. Instead, we enjoyed the most delicious croissants from Mi-Sant bakery in Brooklyn Park that afternoon, while dreaming of warmer days ahead!

Wishing you a wonderful March and start to spring!



Share Your Story - *Brenda K Saville*

Brenda K. Saville was working on her degree in Paleontology/Geology at the University of Iowa. She wanted to share her knowledge and decided to complete the application for volunteering in the Badlands of South Dakota with the Geology Society. She got the "job" and was given tasks such as making up signs, guiding tours, and using her knowledge to educate visitors.

Brenda's tasks included creating informative and engaging signs for various geological features in the park. She led guided tours, sharing her knowledge about the geology and history of the Badlands. Brenda also conducted educational sessions, where she explained the significance of different rock formations and fossils to visitors. Additionally, she was responsible for ensuring the safety of visitors by guiding them to watch for thunderstorms and weather dangers, emphasizing the importance of staying hydrated during their treks around the park. Brenda helped to make sure that visitors were educated on fossils with viewings but ensured they didn't take anything away from the state park.

Fun Facts about Geology:

1. **Earth's Oldest Rocks:** The oldest rocks on Earth are over 4 billion years old! These ancient rocks can be found in Western Greenland, Australia, and Canada.
2. **Fossils Tell Stories:** Fossils are like time capsules that tell us about life millions of years ago. The Badlands, where Brenda volunteered, are famous for their rich fossil beds, including ancient mammals and reptiles. She remembers the Oreodonts, which are fossils of an animal with a horn on its nose!
3. **The Power of Plate Tectonics:** The movement of Earth's tectonic plates shapes our planet's surface, creating mountains, earthquakes, and even causing continents to drift over millions of years.

Thank you Brenda K. Saville for sharing another important part of your life with us!

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

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Call the Front Desk: **763-402-9190**