



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

APRIL 2025

Hello, April, and hello to all of you! This month we are celebrating the theme of "Community Engagement & Volunteering". We are looking forward to honoring each fabulous Urbana Place volunteer at our Volunteer Appreciation Ice Cream Social on Thurs, April 17th at 1:30 pm. Please join us for a sundae and celebration of our volunteers as we thank them for the dedication, hard work, passion, and joy they bring to our building. We couldn't do it without them!

As our weather continues to warm up this spring, we invite you to utilize the outdoor spaces as much as you'd like. The front and back patios are great areas to lounge and get some fresh air with friends and family. We plan to hold some events and activities as well outside when the weather allows.

Hope you have a wonderful month! We hope to see you all for April events -- check your calendar and join us whenever you'd like!

From the Desk of our ED

Shaelee Reichstadt, ED

Spring has finally arrived! Our maintenance team is diligently working on a thorough spring cleanup of our grounds to ensure a well-maintained and welcoming environment. Additionally, we are exploring window cleaning options for both the interior and exterior of the building—more details to come.

We are also excited to announce that our leadership team is now complete! Please join us in welcoming our new Memory Care Coordinator and two new nurses to our team. We remain committed to prioritizing your health and well-being, and we continue to address any concerns promptly and thoroughly.

Thank you for being a valued part of our community!

From the Desk of our DHS

Elizabeth Betts, DHS

HAPPY SPRING from your Nursing Department!

The weather is warming and soon to follow green grass and all the things that bloom. This is the time of year when sinus issues plague most people!

If you are having any symptoms, such as congestion, cough, fever, sinus pain, or sore throat, please let the nursing department know, simply because Covid is still out there, and the Community must still take precautions.

Another word of advice is to HYDRATE....in other words....drink plenty of water each day. Staying hydrated helps to move the mucous and get it out, and that is what you want.

Also, there has been a new Nurse hired for the Nursing department.

Besides Tayva and me we now have another AM LPN, Naomi and she started this week. Please welcome her if you see her around.

We are still hiring home health aides so you will see some new faces over the next several weeks.

As always if you have nursing questions don't hesitate to reach out to Erica, Melody, Tayva or Elizabeth, we will do our best to help you.



EMPLOYEE OF THE MONTH

Maya is an outstanding Community Life Assistant. She brings joy to Urbana Place every day with her bubbly personality and big heart. Join Maya on Wednesdays at 11:00 in the Wellness Center for her Stretching class.

You will be glad you did!

Lifespark Complete

*Lifespark Complete Brings
Convenience and Flexibility to You*

What to Know About Urinary Tract Infections (UTIs)

UTIs are responsible for about 20% of all hospitalizations in older adults according to a report from the National Institute of Health, and they can lead to severe illness if the bacteria spreads into the blood stream causing sepsis. According to Dr. Nick Schneeman, geriatrician and Chief Medical Officer for Lifespark, as the flu and norovirus continue to linger, it's important to weigh the risks of heading off to the ER. "Often there are other alternatives that bring the urgent care right to you," said Dr. Nick. "For example, residents who are also Lifespark COMPLETE members have access to Urgent Response Services. A quick call to your campus's main office can determine next steps and to see if a Mobile Urgent Responder can come to you for lab draws and testing to rule in or rule out a UTI without having to leave your room." Dr. Nick adds, depending on the severity though, the ER may just be where you should head. It's always good to ask your Lifespark provider or the nurse on staff. Overall, when it comes to UTIs, Dr. Nick offers a few questions to consider: · Why are you experiencing reoccurring UTIs in the first place? Understanding the root cause, and if it's really a UTI, should be explored with your primary care provider or geriatric expert. Ensuring the correct diagnosis of a UTI helps you avoid being exposed to the harms of 'overtreatment' which can lead to negative outcomes including antibiotic induced colitis, drug resistant organisms, poor appetites, and drug-to-drug interactions. · Should you always test for a UTI immediately? The key here is accurately testing for a UTI to ensure that's actually what it is. Diagnosing and treating UTIs is more complex than many health professionals who don't specialize in the unique needs of older adults and most people understand. Frequent testing can lead to the discovery of contaminated or colonized bacteria that are not causing a problem. This makes the decision to test or to just go ahead and treat pretty complex. The best reason to consider testing or just offering antibiotic treatment is for dysuria, new burning pain with urination. After that, some good reasons include:

- Lower abdominal pain
- New urinary frequency- going to the bathroom more often/urge to go
- New incontinence or loss of bladder control
- Unexplained fever, chills, low blood pressure, and decreased level of consciousness with concern for sepsis

The good news is that Lifespark can partner with you to sift through symptoms to find solutions that are unique to you, all from the comfort of your home. Encourage your primary care team to explore the cause of your symptoms to avoid missing something serious. Be vocal asking about what's available to you instead of just going to the ER - your health deserves it.

Chaplain's Corner

Rev. Johnny Russell
Community Chaplain

As April dawns, a time of renewal and growth, take a moment to reflect on the past month and set intentions for the coming one. Consider what you've learned, what you're grateful for, and what new opportunities await you in this new month. Identify any significant lessons or insights gained from the past month. Take time to acknowledge the positive aspects of your life and the people who make it special. Reflect on your resilience and the strength you demonstrated in facing difficulties. Anticipate the positive events and experiences that await you, fostering a sense of optimism and excitement. Prioritize your mental and physical health through activities that bring you joy and relaxation. Pay attention to the simple moments that bring you happiness and contentment, like a cup of coffee, a walk in nature, spending time with loved ones or tapping into your spirituality. Consider starting new routines that promote growth and well-being. Share your favorite thing about Spring and how it affects your mood.

"No winter lasts forever; no spring skips its turn. April is a promise that May is bound to keep, and we know it." – Hal Borland

"Spring will come and so will happiness. Hold on. Life will get warmer."
– Anita Krizzan

"April prepares her green traffic light and the world thinks, 'Go!'"
– Christopher Morley

But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint (Isaiah 40:31)

Create in me a clean heart, O God, and renew a right spirit within me (Psalm 51:10).

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness (Lam. 3:22-23).



All are welcome to join Chaplain Russell for an
Easter Worship Service on Wednesday
April 16th- 2:30 in the Community Room.

See your Activity Calendar for Chaplain Russell's
scheduled groups on Mondays and Wednesdays.

New Residents



Kathy



Gary



Jim



Jenny

Welcome to Urbana Place!

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



Bob

Resident Birthdays this Month



Lee L. - 4/1

Mary B. - 4/5

Loan V. - 4/8

Kay G. - 4/9

Don L. - 4/15

Norene B. - 4/28

Staff Birthdays and Anniversaries

Happy Birthday to:

Genevieve F. - 4/9

Sondra F. - 4/9

Emily W. - 4/15

Sando F. - 4/17

Niska A. - 4/25

Happy Work Anniversary to:

Julius A. - 1 year

Christie F. - 5 years!

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News from Legacy Court

Jackie Benson, Community Life Assistant



Greetings from Legacy Court! We had a fun afternoon out last month for Shamrock Shakes from McDonald's (an annual tradition of ours!). We brought our treats to the Mississippi River & River Park and had a nice view out on the water while we sipped on our shakes. The sun was shining and it was a beautiful, spring day!

We also had a bust at the Minnesota Zoo Mobile and hope you all did, too! It was great to see the animals up close and personal and hear about their habitats, what they eat, etc. Many of us touched all the animals including the hissing cockroach and snack, while others opted to view the animals from a safe distance. ;) What a fun and informational exhibit!

Have a wonderful April -- hope to see many of you out and about this month!



Share Your Story - *Mary Bruss*

Mary and her husband, Ron, are residents in Legacy Court. We sat down to chat with Mary over a cup of coffee to learn more about her favorite month, April.

Mary loves the month of April because it is her birthday month! She was born into a loving family on April 5th. Birthdays were always special growing up. She received few presents, but her mother consistently prepared an angel food cake with white frosting and lit candles for her. She remembers the tradition lasting each year through graduation. In addition to the cake, Mary would have one friend come over and celebrate the entire day with her.

The birthday traditions continued after Mary had a family of her own. Ron would take the kids over to Snyder's Drug Store to find a small gift for her. Mary said the gifts were never fancy, but she knew they came from the heart which was what mattered. The best part of her birthday with her family was the trip to the Venetian Inn for dinner and a free dessert! She looked forward to that every year.

If you get a chance to see Mary, please wish her a Happy Birthday!



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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



David Garner
Culinary Director



Johnny Russell
Chaplain

Direct Dial to Kitchen: **763-340-0056**

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