



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

# Age Magnificently



*The official newsletter of Urbana Place Senior Living*

**JUNE 2025**

Summer has just about arrived and we have lots of outdoor activities planned! We hope you will join us for our Quarter Mile for a Cure event on Saturday, June 7<sup>th</sup> from 1-3. Invite your family and friends and join us outside as we walk/run/wheel around the building while raising money for the Alzheimer's Association. A dunk tank will be onsite as well as snacks, beverages, outdoor games, and lots of fun!

We'll also welcome back the Brooklyn Community Band on Monday, June 9<sup>th</sup> for an outdoor performance on the back patio. They are fantastic and you won't want to miss this evening show!

Our Father's Day social will take place on Thursday, June 12<sup>th</sup> at 1:00. All men are welcome to join as we celebrate with food & games! Wishing a Happy Father's Day to our wonderful Urbana Place dads!

## From the Desk of our ED

*Shaelee Reichstadt, ED*

Urbana Senior Living Community,  
This is a friendly reminder to dog owners, please remember to take your pets outside for bathroom breaks and kindly clean up after them using the dog bags available along the sidewalks. You can find pet stations at both the front and back of the building. This practice supports our pet policy and helps us keep our living spaces clean and sanitary for everyone.

Thank you in advance for your cooperation. We are excited about the warmer months ahead and look forward to enjoying our outdoor spaces to the fullest!

## From the Desk of our ADHS

*Tayva Young, ADHS*

Are you going on vacation.. ? Do you have an upcoming appointment..? We would love to know! Communication and notifying our nursing team of these upcoming appointments as soon as those plans are solidified help us, help you! We can provide you or your loved one : a medication list, package medications the time you are away and/or ensuring you or your loved one is up and ready for transport 😊

## Laughter IS the Best Medicine.

*Paul Mazzacano, Resident*

### (It works faster than Aspirin!)

- ~Ollie, Sven and Luke are walking. Ollie: "Windy, isn't it?" Sven: "No, its Thursday!" Luke: "So am I! Let's go get a beer!"
- ~ Life Guard to Lawyers: "Beware of man eating sharks!" Lawyers replied, "Well be safe. The sharks will show us professional courtesy!"
- ~ Want to prevent wrinkles and sagging? Just dine on cake, ice cream and candy.
- ~ Everything's starting to click for me...my elbows...my neck...my knees...
- ~ If I didn't have bad luck, I would have no luck at all. I sent my shirts to the local laundry...they lost the button holes!
- ~ I tried saving money for a rainy day. Yesterdays drizzle wiped me out! Actually I have enough to last my lifetime...unless I want to buy something!
- ~ I leave you with this sincere wish - May you live as long as you like, and have what you like as long as you live!



# Lifespark Complete

---

*Lifespark Complete Brings  
Convenience and Flexibility to You*

## **Your Annual Wellness Visit: More Than a Checkup**

Your annual wellness visit isn't just about test results and vital signs. It's about you. It's a chance to pause, reflect, and plan for the year ahead, focusing on what matters most in your life.

Think of this appointment as a check-in on your whole self. You have the chance to talk openly with your provider. Take your time to share how you've been feeling in general—physically, mentally, and emotionally. And talk about any specific concerns, like your memory, mobility, mood, or medications. Do you worry about falling, or are you feeling vulnerable in other parts of your daily life? This is the perfect time and place to ask for advice.

You also might want to consider having this essential conversation with a doctor who truly understands the journey of aging—and how to do it magnificently.

For instance, at Lifespark, our geriatric expert clinicians specialize in caring for older adults. They understand that health is personal, and your needs are unique. With Lifespark Primary Care, you receive:

- Convenient on-site visits—no need to travel; we come to you
- Whole-person care that considers your physical, emotional, and social health
- Expertise in geriatric medicine, ensuring your care plan fits the life you want to live

If care that's built around the needs and priorities of older adults sounds like a good fit for you—and you're not currently with Lifespark Primary Care—consider reaching out to get to know us.

Either way ... is it time to schedule your annual wellness visit? Here's to your happiness, health, and vitality!

# Chaplain's Corner

---

Rev. Johnny Russell  
Community Chaplain

## Reflection

Affability is defined as the ability to make other people feel comfortable and at ease. It requires being more approachable and friendlier in our interactions, both from a verbal and non-verbal perspective, and resonates with a feeling of warmth, kindness and good nature to those around us. It is an inner spiritual quality that softens hearts and manifests in a gentle, respectful and compassionate demeanor. May we understand the importance of affability as we create an environment which allows others to be more open with the difficulties and struggles, they may be going through. Let's pray we can all embed the trait of affability in all that we do, allowing us to become better natured, improving our character and allowing us to create deeper more meaningful relationships.

## Quotes

"A warm smile is the universal language of kindness"

"In a world where you can be anything, be kind"

"Kind words do not cost much. Yet they accomplish much"

"A kind gesture can reach a wound that only compassion can heal"

## Bible References

Be kind to one another, tenderhearted, forgiving one another, just as God through Christ has forgiven you (Ephesians 4:32).

Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate, and humble (1 Peter 3:8).

A sweet friendship refreshes the soul (Proverbs 27:8).

## New Residents



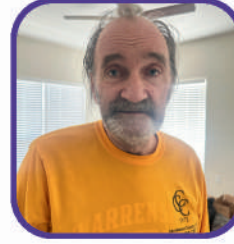
Marlene



Lavonne



Jerry



Pete

**Welcome to Urbana Place!**



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



Emefa

### EMPLOYEE OF THE MONTH

Emefa just celebrated her 1 year anniversary as a Home Health Aide with us! Her commitment to her position and the residents she cares for does not go unnoticed. She is a dedicated caregiver and an asset to the Urbana Place team!



### Resident Birthdays this Month

Mary M. 6/7  
Junean E. 6/26



### Staff Birthdays and Anniversaries

#### **Happy Birthday to:**

Erica M. 6/2  
Melissa N. 6/6  
Joash A. 6/10  
Kalia B. 6/23  
Absa J. 6/23

#### **Happy Work Anniversary to:**

Emily W. - 1 year  
Teri D. - 2 years  
Maria E. - 3 years



# News from Legacy Court

---

*Jackie Benson, Community Life Assistant*



Hello! We have welcomed a few new residents to Legacy Court and our unit is nearly full!

We've loved our partnerships with many students during this school year including volunteers and our 4<sup>th</sup> grade pen pals. June is bittersweet as we are happy for all the students to be on summer break and enjoy some relaxation and time off from school, but we'll certainly miss them these next few months. It has brought us much joy to spend time with them whether it's writing letters, playing games, or just visiting with each other.

June kicks off one of our favorite outdoor activities – TWOcan bike rides! We'll look forward to riding with many of you on these lovely neighborhood assisted bike rides. Here's to another great season with this fabulous program! See you this month for the fun. 😊





## Share Your Story - Carol Witsoe

Carol started writing poetry back in 1965 and has penned over 100 poems inspired by her life. Her style is pretty free-flowing and sometimes rhymes. She initially wrote just for herself but later shared her work with her daughters, who were surprised but supportive. One of her favorite themes is sandcastles, which she uses as a metaphor for how dreams can be easily made and lost. In 2023, she won first place in the Lifespark community art competition and hopes to publish her poems someday.

Dreams – by Carol Witsoe

*How much dreams are like sand – so easy to build, still easier they vanish.*

*Build your dreams on sturdy foundations.*

*Protect them from fear and doubt as you would protect a sand castle from wind and rain.*

*One you have a tight grip, don't let go, for dreams, like sand, will slip slowly through your fingers.*

*And once your dreams begin slipping away, they'll continue faster... faster... faster... until nothing is left.*

*So have your dreams, but protect them, and hold tight to them.*

*Or, in the end, you'll have nothing but – perhaps – a few memories.*

### Craft Group

**Tuesdays at 11:00 in Bistro**

June 3rd – Group Diamond Art Project

June 10th – Paint Terra Cotta Pots

June 17th – No craft – Resident Council Meeting

June 24th – Wine Cork Flag



# Your Leadership Team

---



**Shaelee Reichstadt**  
Executive Director  
763-296-9083



**Emily Weber**  
Asst. Executive Director  
763-296-9085



**Elizabeth Betts**  
Director of  
Health Services  
763-296-9087



**Tayva Young**  
Asst. Director  
of Health Services  
763-296-9082



**Shelly Tennesen**  
Marketing Director  
763-296-9084



**Corrie Hoff**  
Director of  
Community Life  
763-296-9088



**Maureen Hanson**  
Memory Care  
Coordinator  
763-296-0560



**Keith McKinney**  
Maintenance Director



**Reneea Propps**  
Administrative  
Assistant  
763-402-9190



**Jennie Jongeward**  
Director of  
Housekeeping



**Culinary Director**  
763-340-0056



**Johnny Russell**  
Chaplain

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