



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

MAY 2025

Welcome to May! Spring is in full swing now and we have lots going on this month! We'll celebrate all our wonderful ladies during our Mother's Day Tea Social on May 7th. All women are welcome to join us for this special annual tradition with tea, treats, flowers, and recognizing a great group of Urbana Place moms! Also happening this month: horse racing & mint julep mocktails in honor of the Kentucky Derby, fun & games with a local 4th grade class (more details to come), live music, and more!

We're excited to share that we now have Twins games airing on our televisions! Channel 23 is where you can tune in to watch most Twins games; schedules are in the Pub if you'd like to follow along with the games this season. Go Twins! On May 20th, we'll have a baseball social complete with popcorn, root beer floats, trivia, and baseball highlights. Join us for the fun!

Have a wonderful month! Be well.



From the Desk of our ED

Shaelee Reichstadt, ED

Urbana Senior Living Community,
I'm excited to share that I will be holding regular office hours every Thursday from 1:00 PM to 3:00 PM. During this time, residents, families, and friends are welcome to stop by my office with any questions, concerns, or simply to say hello. Whether you have something specific to discuss or just want to connect, I look forward to getting to know each of you better. In addition, I'll be hosting a "Coffee and Chat" event with a special guest on the following dates:

- Tuesday, May 7
- Tuesday, May 21

These informal gatherings will be a great opportunity to enjoy some light refreshments, good conversation, and build stronger connections within our community. I hope to see you soon!

From the Desk of our ADHS

Tayva Young, ADHS

Podiatry's next visit is 4/30/2025 (that's this Wednesday!) starting at 9am in Legacy Court. In-House Services is a 3rd party clinic that provides our community with podiatry, audiology, and optometry needs in our building every 3 months. Around 1 week prior we receive a list of residents who have already enrolled and consented and are able to be seen and treated. If you are curious about enrollment, please call main desk or email nursing staff, MC Coordinator, DHS or ADHS to confirm. (The form required below is what you or your loved one have already filled out prior to move-in)

In-House Senior Services
6625 Lyndale Ave South #300
Richfield, MN 55423
Ph: 612-243-8999
Fax: 612-869-3473



Urbana Place Senior Living
5601 94th Ave N
Brooklyn Park, MN 55443
Ph: 763-402-9190
Fax: 763-402-9191

In-House Senior Services Consent

I hereby request In-House Senior Services to assume responsibility of evaluation and treatment for _____ for the following services (please check boxes):
(Resident's name)

Audiology
Y ☐ | N ☐

Optometry
Y ☐ | N ☐

Podiatry
Y ☐ | N ☐



EMPLOYEE OF THE MONTH

Jackie has been a Community Life Assistant with us for over 5 years! She was born in Maplewood, MN and now lives not far from Urbana Place. In her free time she likes to cheer on her kids at their activities, bake and walk her dog Oreo. Her favorite place to visit is the Knife River on the North Shore where the family cabin is.

Lifespark Complete

*Lifespark Complete Brings
Convenience and Flexibility to You*

Your Good Mood is More Than Just a Pleasant Feeling. It's Important!

Giving your mood a boost changes things! Getting happier can influence your sleep patterns, appetite, memory, energy, and even how well your body heals. As we age, staying emotionally well is just as important as staying physically strong. Everyone has some down days. But there are lots of easy ways to bring yourself back up again. Activities that bring you joy—like movement, sunlight, and connection—can help your brain release natural feel-good chemicals like serotonin and endorphins. And the good news? Improving your sense of well-being can be enhanced with tiny, consistent choices you make.

- Step outside. Natural sunlight helps your body make Vitamin D, which supports a healthy mood. Even five minutes outdoors or near a sunny window can help.
- Move your body. A few stretches, a hallway walk, or dancing to music that makes you happy can lift your spirits.
- Enjoy an energizing snack. Add something nourishing to your diet now and then. A handful of nuts, a few berries, or a little piece of dark chocolate can help fuel your brain and body.
- Try a two-minute reset. Close your eyes, and inhale slowly through your nose for a count of four. Hold that breath for four more. Then exhale through your mouth for six. You'll see the difference! Just a few rounds will calm you.
- Plan for things to look forward to or revisit something you used to love. "Today, I'm going to..." What will it be? Even a small activity—like reading a magazine, taking out your paint set, calling a friend, or attending a performance—can add structure and lift to your day. If you find yourself feeling down too often, be brave and talk to someone. Just like you would for concerns over your physical health. Your Lifespark primary care team is a great resource. Mental health is a big part of Aging Magnificently.

Chaplain's Corner

Rev. Johnny Russell
Community Chaplain

Reflection

Dignity is derived from the Latin words dignitas (merit) and dignus (worthy) and is defined as the state or quality of being honorable, noble, and worthy of respect. It is an inherent value that all human beings have and are endowed simply by virtue of the fact that they are human beings. The protection of dignity is therefore fundamental to realizing our true potential as human beings. As we understand the importance of dignity, especially when supporting or caring for our residents, this is a time when they are at their most vulnerable. We pray we can all embed the aspect of dignity in all that we do; promoting, protecting and respecting an individual's dignity; and pray that we have the strength and courage to recognize and value this noble nature.

Quotes on Dignity:

"One's dignity may be assaulted, vandalized, and cruelly mocked, but it can never be taken away unless it is surrendered."

"Dignity is the crown of human personality development."

Scripture References:

"So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets". This "Golden Rule" highlights the importance of treating others with the same respect and consideration we desire for ourselves (Matthew 7:12).

"In everything show yourself to be a good example". This verse encourages Christians to live dignified lives, setting an example through their actions and words (Titus 2:7).

"Show proper respect to everyone". This verse encourages treating everyone with the respect they deserve, recognizing their inherent worth (1 Peter 2:17).

All are welcome to join Chaplain Russell for an
Ecumenical Worship Service with Communion on
Wednesday May 7th at 2:00 in the Community Room.

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

New Residents



Marguerite



Marlene



Linda



Barb

Welcome to Urbana Place!

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

Resident Birthdays this Month



Mary L. - 5/12

Terri J. - 5/15

Jim D. - 5/15

Betty H. - 5/16

Gail W. - 5/18

Rosemary J. - 5/23

Linda R. - 5/23

Staff Birthdays and Anniversaries

Happy Birthday to:

No Staff born in May

Happy Work Anniversary to:

Emefa E. - 1 year

Fareeza N. - 5 years!

News from Legacy Court

Jackie Benson, Community Life Assistant



Hello! What a wonderful month we've had in Legacy Court. We went on a lunch outing to Culver's one sunny afternoon, baked some Easter & spring treats, and enjoyed socials & live music, to name a few!

We've been very fortunate to have student volunteers from two different schools come each week to our unit. They do a fantastic job in helping with cleaning, and some days they play fun physical games with us like bowling or bean bag toss. We love seeing them and are grateful for their partnership and dedication. They will be with us until June, when school is out for the summer!

We've already been out on our patio a couple times and cannot wait for more activities to take place outdoors. Here's to more beautiful spring weather for all! Have a great month & Mother's Day!



Share Your Story - *Norene Becker*

Meet Norene Becker! Norene moved into our community just a few months ago. When we asked Norene about the importance of Mother's Day, she shared just how much this special day in May means to her. She reminisced about when she was a young girl and what an impact the memories of what her own mom went through during World War II. As an only child, Norene saw her mom handle everything on her own while her dad was away fighting. To find the support they needed, they moved



close to her mom's parents, who became a huge part of their daily lives. Her grandparents helped take care of Norene while her mom worked as an English teacher. Years later, as Norene became a mother herself and was raising her two boys, she realized just how much strength it must have taken for her own mom—and how important it is to have a community of family, friends, and neighbors to help along the way. For Norene, Mother's Day is a time to celebrate all the hands and hearts that come together to raise a child.



Craft Group

Tuesdays at 11:00 in Bistro

May 6th - Group Diamond Art Project

May 13th - Make Poppies

May 20th - No craft - Resident Council Meeting

May 27th - Make a Coaster Set

MAY 2025

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
direct line coming soon



Keith McKinney
Maintenance Director



Reneea Propps
Administrative
Assistant
763-402-9190



Jennie Jongeward
Director of
Housekeeping



David Garner
Culinary Director
763-340-0056



Johnny Russell
Chaplain

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