



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

JULY 2025

Hello, and welcome to July! We hope you have been enjoying summer so far. We were thrilled to see so many of you at our Quarter Mile for a Cure fundraising event. It was a wonderful afternoon spent together with residents, staff, families and friends. We're proud to share over \$1,000 was raised for the Alzheimer's Association! Thank you so much for your support for a cause that is near and dear to us.

Congratulations to the Super Seniors for earning \$500 during the forklift competition season! Your dedication and hard work each week was very evident, as well as the teamwork and fun that was had during each competition. These earnings will go towards additional live music performances at Urbana Place. Way to go!

Enjoy this month and have a safe and happy 4th of July!



From the Desk of our ED

Shaelee Reichstadt, ED

Urbana Senior Living Community, As we continue to collaborate and build a strong community together, I invite you to stop by during my open office hours, held every Thursday from 1:00 PM to 3:00 PM. Please note, I will be out of the office the week of July 4th, so office hours will not be held that week.

A friendly reminder to continue taking your dogs outside for restroom breaks and to clean up after them in accordance with our pet policy. I will be conducting an audit on this later in July to ensure we are meeting our facility standards.

We also encourage you to join in on the fun—our Community Life department has some exciting summer activities planned! I'm looking forward to meeting more of you and working together to make Urbana a community you're proud to call home.

Laughter IS the Best Medicine.

Paul Mazzacano, Resident

Humor is an antidote to everyday problems. Even subjects of debate and heated discussion can be defused by humor. ie..."As long as there are exams, there will be prayer in public schools!"

~Just after reaching cruising altitude, our flight steward announced that the plane restroom was out of order. She apologized for the inconvenience, then cheerfully stated, "As compensation for this inconvenience, free drinks will be served!"

~My nephew is very creative. He just invented a frozen bandage for cold cuts. He also invented a wood burning blanket for his winter cabin.

~Lawyers are like beavers. They get in the middle of a stream and dam it up!

~I hate political jokes. Too many of them get elected, then divide their time between running for office and running for cover.

~I ask you: If ignorance is bliss, why aren't there more happy people? If Batman is supposed to be so smart, why does he wear underwear outside his clothes?

~Urbana residents Ollie & Sven, sitting on our back patio had the following conversation: Ollie, "Sven, Im 83 years old and full of aches and pains. I know youre my age...how do you feel?" Sven replied, "I feel just like a newborn baby...no teeth, no hair, and I think I just wet myself!"

~A word of advice: Learn to enjoy your own company. You are the one person you can count on living with for the rest of your life!

Lifespark Complete

*Lifespark Complete Brings
Convenience and Flexibility to You*

What is “Complete Senior Health?”

What is health? Is it simply a state of living without disease? Or is it living with conditions that are under control? Could it be something else?

Complete senior health means a complete picture of you. It's living a full and independent life. It's a complete picture of who you are, the things you love and the things you love to do: a holistic integration of the things that make life feel complete.

~ **Living with purpose ~ Feeling happy at home ~ Feeling loved**

~ **Feeling good ~ Feeling connected to others**

Complete senior health is understanding and embracing your ability to lead a purpose-filled and engaged life. At Lifespark we believe that with a more complete picture of you as a person, we're able to integrate all aspects of your well-being, from medical information to the things that really matter, into insights and options that support your overall health and goals. In one place, for a completely integrated experience.

Of course, feeling good is a big part of health and our senior-savvy doctors, nurse practitioners, registered nurses, and clinicians are all experts in aging and will come to you wherever you call home. Your preferences, priorities, even your pets. The result: easier coordination, more personalized services, and best of all, better outcomes.

Complete health is more about living life fully; it's living life in the way that feels right for you. Want more info? Talk to your campus provider about how you can get access to COMPLETE senior health.

From the Nursing Dept.

*Elizabeth, Tayva, Maureen,
Erica, Melody & Max*

Hello from you Nursing Department!

With the warmer, more humid weather coming please remember to stay hydrated! Water and Gatorade type drinks are the best options....coffee doesn't really count as hydration, in fact coffee can actually dehydrate you. If you are outside listen to your body and take it slow, rest often AND AGAIN....drink plenty of water.

As always you can come and ask us anything, we are here for you.

Chaplain's Corner

Rev. Johnny Russell
Community Chaplain

Reflection

Generosity is the willingness to give freely without expecting anything in return. It puts the needs of others before our own and is one of the greatest acts of selflessness and kindness. It encourages us to perceive others in a more positive light and fosters a sense of community and a feeling of interconnectedness. Every act of generosity reminds us we come with into this world with nothing, we leave with nothing and the finitude of our nature. Generosity not only frees us from the shackles of materialism and consumerism; it frees us from ourselves.

The power of generosity has the potential to improve relationships, wellbeing and happiness. It aids us in reducing stress and negative emotions, and possesses the ability to enhance one's sense of purpose. Generosity contributes to our living a more meaningful and fulfilling life. Let's pray that we will be able to cultivate a spirit of generosity in our community.

Quotes

"You cannot do a kindness too soon, for you never know how soon it will be too late."

"Those who bring sunshine to the lives of others cannot keep it from themselves."

"It's not how much we give but how much love we put into giving."

Scripture References

Whoever is generous to the poor lends to the Lord, and he will repay him for his deed (Proverbs 19:17)

Whoever has a bountiful eye will be blessed, for he shares his bread with the poor (Proverbs 22:0).

Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God (Hebrews 13:16).



We are recruiting Resident
volunteers for our
Welcome Committee!

If you are interested in
connecting with new residents,
please see Shelly our
Marketing Director.



EMPLOYEE OF THE MONTH

Shiroon consistently goes above and beyond in her position as a Lead Home Health Aide. Her dedication, positive attitude, strong work ethic and big heart are a huge asset to the Urbana Place team.

Well done Shiroon!



Resident Birthdays this Month

Jeff A. 7/2

Marlene M. 7/2

Phyllis C. 7/23

Jenny R. 7/24

Staff Birthdays and Anniversaries

Happy Birthday to:

Keith M. 7/3

Berjoneana W. 7/16

Happy Work Anniversary to:

Kalia B. 1 year

News from Legacy Court

Jackie Benson, Community Life Assistant



Hello, all! Our patio has been a busy place this season. You can find us outside soaking up the sun on a warm, sunny day. Our patio flowers are thriving from all the June rain we had!

We've been enjoying our monthly outings this summer. We went on a donut drive around Elm Creek Park, had a picnic at a local playground/splashpad, and this month we'll have ice cream in the park. It is always fun to head out for an afternoon adventure!

We baked cherry crisp in June, and it was so delicious and easy. Not to mention, our unit smelled amazing while it baked in the oven! Here is the recipe if you want a summer treat:

Cherry Crisp:

- 1 can of cherry pie filling
 - 1 box white cake mix
 - 1 stick of butter
 - 1 tsp lemon juice
1. Spread cherry filling in bottom of a pie pan
 2. Sprinkle lemon juice on top
 3. Mix melted butter & cake mix; add on top of cherries
 4. Bake at 350 degrees for 45 minutes



Share Your Story - Pauline Coughlin

Pauline Coughlin has been a devoted Minnesota Twins fan for over two decades, sharing her love for the team with her husband, Clair, as season ticket holders for 23 years. Their seats in section 302 offered a perfect view of the action, and Pauline cherished attending the games with Clair, as it was always so much fun to spend time together. She indulged in her game-day traditions of enjoying a classic hot dog paired with a frozen lemonade, regardless of the season. For chilly April games, Pauline was always prepared, sporting her Twins jersey and wrapping herself in team blankets to stay warm. Her admiration for Kirby Puckett, one of the franchise's legendary players, added a distinctive touch to her loyalty, making each game a cherished experience that celebrated both baseball and community. Being a true sports fan, Pauline also enjoys watching the Vikings, the Timberwolves, and the Lynx, further showcasing her passion for Minnesota's teams.



Craft Group

Tuesdays at 11:00 in Bistro

July 1st - Group Diamond Art Project

July 8th - Button Flowers

July 15th - No craft - Resident Council Meeting

July 22nd - Magnet Craft

July 29th - Rock Painting

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
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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



Gerrard Burton
Chef G
Culinary Director
763-340-0056



Johnny Russell
Chaplain

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