



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently

HELLO
AUGUST



The official newsletter of Urbana Place Senior Living

AUGUST 2025

Hello there! Hope you have all been enjoying summer and getting outside for some fresh air when the weather allows. Please join us for National Night Out on Tues, Aug 5th at 6:00 pm. We're looking forward to an evening of community, friendship, and s'mores on the back patio. A visit from our Brooklyn Park Police Dept is also scheduled during this celebration. It will be a fun evening together!

We have some new activities starting this month and a few time/date changes to regularly scheduled activities. Check your August calendar for the updates and please join us whenever you are interested and able! You are always welcome at any event!

Food truck Fridays will continue this month. The schedule is posted on the bulletin board outside the dining room as well as in the pub. Menus are available too. Swing by the back patio on Fridays if you'd like to purchase a lunch! Two winners will be chosen from the August exercise challenge and will enjoy a complimentary lunch of their choosing from one of the food trucks (see 2nd floor bulletin board for more information). Good luck, and see you this month!

From the Desk of our ED

Shaelee Reichstadt, ED

We're excited to announce Food Truck Fridays! Join us every Friday through September from 11am-1:30pm in the Back parking lot, to enjoy a variety of fresh and delicious food from local vendors. It's a great way to kick off the weekend—don't miss out!

Also, a quick reminder for our pet owners: please ensure your dogs are taken outside daily for restroom breaks. With the rising temperatures, let's all remember to stay hydrated—including our furry friends.

Thank you for helping us keep our community happy and healthy!

Laughter IS the Best Medicine.

Paul Mazzacano, Resident

While listening to 'The Barber of Seville' I wondered if there existed a real person named 'Barbra Seville'. My research discovered two—one in Idaho, another in California. Suddenly my memory kicked in and I remembered that in my lifetime I personally knew the following people: Paul Beare, Sandy Beech, Rose Budd, Pearl Buttons, Tom Collins, Mickey Finn, Lena Genster, Frank Einstein, Stan Lee, Harry Legg, Otto Maddick. I couldn't stop my curious mind so my search continued. Let me share my findings with you: 9 Robin Banks, Georgia Peach (ND) M.T. Head (NC) Minnie Van (FL). Women's names were plentiful- Sunny Day (PA) Happy Day (IL) Summer Day (NY) a few May Days, but not many May Days, possibly because parents didn't want their daughters to be sounding like a call for help. Men made a good showing too: Phil Harmonic (TX) Lance Boyle (WI) Jim Dandy (NY) Laurel Hardy (KY) Stephen Eady (TN). Some names are only distinctive in listings where the last name appears first (phone books, etc) Cracker, Jack (PA) Dollar, Bill (OR & ND) Wise, Guy (AR) There are dozens of women named West, Virginia (FL) and North, Carolina (VA & NY).

If only my parents had named me Sword, my phone book listing might have given me an edge! I would have been considered a sharp mind! Not a dull blade.

Lifespark Complete

*Lifespark Complete Brings
Convenience and Flexibility to You*

Stress is an all-too-common human condition. Work, kids, bills, illness — all potential sources of stress throughout adulthood. While many of these stressors disappear in retirement, older adults often face new stresses, such as isolation, changes in health, loss of a loved one, and moving to a new home. Whatever the trigger, chronic stress can take a toll on your body, resulting in symptoms that range from insomnia to high blood pressure. While medication may be appropriate for certain health conditions, relaxation techniques, or meditation, can be effective in reducing chronic stress, improving sleep, boosting a sense of wellbeing, lowering blood pressure, and potentially improving memory. Spend a few minutes every day doing some form of relaxation, and you're almost guaranteed to feel less stressed. To get started, try these simple relaxation techniques.

Body scan~

* While sitting or lying down, close your eyes *Starting with your toes, focus on one body part at a time *What sensations can you detect? Pressure? Temperature? Pain? *If your mind begins to wander, gently bring it back *When you reach the top of your head, start back down.

Breath counts~

*Sit or lie comfortably with your eyes closed *Slowly count to 4 as you breathe in through your nose *Hold your breath for another 4 counts.

· Release your breath through your mouth as you count to 8 * Repeat for 10 breaths.

From the Nursing Dept.

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

Awe, August, your most deceptive month. The days are perfect, and the nights are equally as perfect! Just remember that when you head out don't forget your sunscreen, because no one wants skin cancer AND take a jacket for the cool nights by the outdoor fireplace. Also, your Nursing Team just grew by 1...we have a new LPN daytime supervisor that will be working the days that Erica isn't here, her name is Debbie. Please welcome her if you see her. As always, please stay hydrated and if you have questions, you can ask your Nursing team!

Chaplain's Corner

Rev. Johnny Russell
Community Chaplain

Reflection

Perseverance, defined as the ability to persist in a course of action despite difficulties or setbacks, and it plays a crucial role in achieving goals and fostering personal growth. It is the unwavering determination to keep striving, even when the path is challenging or riddled with obstacles. Perseverance fosters a growth mindset. This mindset involves believing that capabilities can be developed through hard work and dedication. Setbacks are viewed as opportunities to learn and improve. This allows one to embrace challenges and continue working towards goals, regardless of difficulties. Perseverance transforms failures into learning opportunities. Each setback becomes a valuable lesson, preparing for future challenges. Consistent efforts, even when small, lead to breakthroughs and progress. Perseverance is a long-term journey, not a sprint. According to the Berkeley Well-Being Institute, "Perseverance is not a long race; it is many short races one after the other". It requires patience, pacing, and celebrating small wins to maintain momentum and motivation. In essence, perseverance means embracing the journey, even with its twists and turns. It's about believing in oneself, learning from each step, and finding the strength to keep moving forward. This unwavering spirit empowers one to unlock their greatest potential and achieve remarkable things.

Quotes

"The future depends on what you do today." ~ Mahatma Gandhi
The height of summer in August should serve as a reminder that our actions today shape our future. Gandhi's message calls us to be proactive and responsible in our choices.

Scripture References

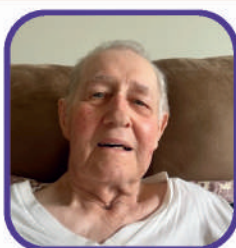
Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him (James 1:12).

And let us not grow weary of doing good, for in due season we will reap, if we do not give up (Galatians 6:9)

New Residents



Dan



Ted



Marion



Bonnie

Welcome to Urbana Place!

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



Ray



EMPLOYEE OF THE MONTH

Cathy joined our team in early June. She has quickly shown us all how valuable of an employee she is! Her dedication, compassion, reliability, strong work ethic and positive attitude are incredible and we are so lucky to have here at Urbana Place!



Resident Birthdays this Month

Gerry T. 8/3
Paula T. 8/13

Rose P. 8/28
Noreen S. 8/30



Staff Birthdays and Anniversaries



Happy Birthday to:

Comfort S. 8/4
Tayva Y. 8/17
Martina J. 8/26



Happy Work Anniversary to:

Sando F. 6 years!



News from Legacy Court

Jackie Benson, Community Life Assistant



Greetings from Legacy Court! July was a great month for us, and it's hard to believe we're already into August! We plan to enjoy this last month of summer to the fullest with TWOcan bike rides, National Night Out, a picnic in the park, a walker & wheelchair wash, etc. Lots of fun outdoor events to look forward to!

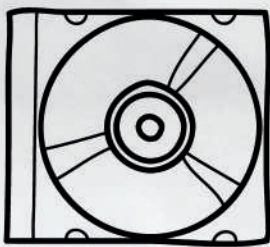
We continue to enjoy monthly visits from our student volunteer, Nolan, who plays piano for us. We also look forward to our visits with Rosie the dog each month (Community Life Assistant Laurie's pup!).

Our Legacy Court living room has been updated with beautiful new chairs and sofas, and we rearranged the furniture in our common areas. We love the fresh new look! Swing by anytime to visit or join us for an activity. 😊



Share Your Story - Joe Dugas

Joe Dugas is passionate about classic rock from the 1960s and 1970s, cherishing memories at Minneapolis's 7th Street Entry, especially seeing his favorite local band, The Pistons. Concerts with family, including performances by Pat Benatar, Foreigner, and others, left a strong impression on him. He also enjoyed iconic shows at the Minnesota State Fair's Grand Stand, watching Styx, REO Speedwagon, and Foreigner. Joe catalogues his extensive music collection across multiple formats, enjoys music videos online, and listens to artists like The Who, Prince, or AC/DC while biking at the Wellness Center. His love of music stems from his parents, who introduced him to Dean Martin and Frank Sinatra, highlighting music's power to connect generations. Don't forget to ask Joe about the LPs he listens to in his apartment on a regular basis!



Grip Games Competition

Our current SPARK Challenge is called the Grip Games. We compete every Tuesday at 1:00 against other Lifespark Senior Living Communities. Come to the Community Room to check it out! We are always looking for new team members, spectators, cheerleaders, time keepers. All are welcome! Come be a Super Senior with us!

Your Leadership Team



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763-296-9087



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Keith McKinney
Maintenance Director



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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