



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

SEPTEMBER 2025

September is here: a month of transition as children return to school and warm summer days slowly slip away and turn into cooler fall days. This will be a fun month of celebrations including National Assisted Living Week (Sept 7-13) and Grandparents Day (Sept 7). Stay tuned for more information and ways you can get in on the fun!

The Grip Games are wrapping up this month and we couldn't be prouder of our Super Seniors for all their hard work and commitment to the team this season! They showed up each week to compete and gave it their all, while encouraging their teammates, laughing, and enjoying the company of friends and staff. There will be a few weeks off before the next competition begins. You are invited to join in as either a competitor or spectator – all are welcome!

A group of Urbana staff members will be participating in the Walk to End Alzheimer's on September 27th. Thank you for your support in our fundraising efforts these last several months. Whether you dropped a few coins in the fundraising bucket, raised money for a t-shirt, or attended our "Quarter Mile for a Cure" event, we couldn't have done it without your support. Have a great month!

From the Desk of our ED

Shaelee Reichstadt, ED

Hello Urbana Residents and Families,

Fall is right around the corner, so please be sure to dress warmly as the cooler weather approaches!

We would also like to invite all residents to our monthly Resident Council Meetings. These meetings are a great opportunity to come together, share ideas, and continue making Urbana a place we are all proud to call home.

Additionally, we are excited to share that PBS will be visiting our community on Sept 3rd, to feature Urbana in one of their upcoming segments! If you would like to be part of this special feature, please see Shelly to complete a consent form. During the visit, PBS will also be highlighting some of our residents' favorite activities, including "Two-Can Bike Rides!"

We look forward to seeing you at these events and sharing in the excitement this season brings!

Laughter IS the Best Medicine.

Paul Mazzacano, Resident

At the expense of being labeled a punster, punchy, a punctilious Punchinello, not willing to be pungent, punny, overly punctate, or to punch out words to suggest two or more meanings, I humbly offer—what else, PUNS!

- My neighbor is a transvestite. He likes to eat, drink, and be Mary.
- Dr. Payne stopped at his favorite bar to have an almond daiquiri. Out of almonds, Dick the bartender used hickory nuts instead. Dr. Payne took a sip and asked, "Is this an almond daiquiri?" Dick replied, "No, it's a hickory daiquiri, Doc!"
- Clyde entered a pun contest, submitting 10 different puns in hopes that at least 1 pun would win. Unfortunately, no pun in ten did!
- Sascha and Zarkov were arguing over whether it was raining or sleeting. They asked party official Rudolph if it was rain or sleet. "Today is officially raining, comrades." He said and walked away. Not satisfied, Sascha insisted it was sleeting, to which Zarkov replied, "Rudolph the red knows rain dear!"
- Stubborn Buddhist Mischa refused Novocain during his root canal. He wanted to transcend dental medication.
- As MsDonald is milking his cow a fly flies into the cows ear. A little later, Old McDonald notices the fly in the pail of milk, to which he comments, "hmmphh in one ear and out the udder!"
- Sammy snail bought a new sportscar with a big red 'S' painted on its side. He drove it everywhere just to hear people say, 'Look at that little S car go!' With that said, and without any letter on my car, I'll go!

Lifespark Complete

*Lifespark Complete Brings
Convenience and Flexibility to You*

Advance Care Planning - Plan Ahead as a Gift to Your Self, and to Your Family

Advance care planning helps you live life your way.

Have you thought about the kind of care you'd want if you couldn't speak for yourself? Advance care planning is a simple way to make sure your wishes are known. It helps you sort through your life goals, personal values, and preferences about your future medical care.

And it's a great gift for your loved ones. You might spare them the stress of making tough choices for you during a medical emergency.

Here's what your advance care planning process might look like:

- Think about what would matter most to you if you were injured or seriously ill
- Choose a health care agent — someone you trust to make decisions if you can't
- Talk about your wishes with that person and others closest to you
- Fill out an Advance Directive — a simple form to make it official
- Share copies with your health care agent, doctor, and loved ones

You don't have to figure out everything at once. A simple conversation with your Lifespark primary care team would be a great place to start. They can walk you through the Advance Directive form and answer any questions. Live your best life!

From the Nursing Dept.

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

Hello from your Urbana Nursing Team!

I would like to usher in this new month with a positive, encouraging thought: "Nobody can go back and start again BUT anyone can start today and make a new end"!

We have our scheduled Flu & Covid shot clinic coming on Friday October 10th from 0900 to 1pm. Sign-up forms will be out at the front desk closer to the date and we will need copies of your most recent insurance card. As always, please let us know if you have any questions, comments or concerns... we can't fix it if we don't know about it!

Chaplain's Corner

Rev. Johnny Russell
Community Chaplain

Reflection

Hope is an optimistic state of mind that is based on an expectation of positive outcomes. It is the feeling that keeps you going when all the odds are stacked against you and the ability to see light despite being surrounded by darkness. Hope is one of the most potent and powerful human emotions we feel and can at times be lost, even though it never truly disappears. It is the extraordinary strength which lies within each and every one of us, that makes us human and allows us to see, believe and dream of a future which will be more beautiful than today. As leaders that serve, we understand the importance of hope when it comes to our healing on an emotional, physical and spiritual level and how it can significantly improve our mental health and wellbeing. It not only reduces feelings of helplessness, boosts happiness, reduces stress and anxieties, and keeps you focused during times of adversity; it also keeps you grounded, and connected to life. For all those who may be struggling we pray for hope, strength and courage during times of distress, difficulties and hardships.

Quotes

We must accept finite disappointment, but never lose infinite hope.- Martin Luther King, Jr.

Hope is the power of being cheerful in circumstances that we know to be desperate - G.K. Chesterton

Optimism is the faith that leads to achievement; nothing can be done without hope. -Helen Keller

I am prepared for the worst, but hope for the best. - Benjain Disraeli

Scripture References

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope (Romans 15:13).

Now faith is the assurance of things hoped for, the conviction of things not seen (Hebrews 11:1).

For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope (Romans 15:4).

New Residents



Joan



Norm



Gary



JoAnn



Ken

Welcome to Urbana Place!

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



EMPLOYEE OF THE MONTH

Maria from our overnight staff has been a valued member of the Urbana family for 3 years. She brings compassion, care, and a bright spirit to everything she does. Her dedication to our residents and her warm, uplifting presence make her a true asset to our community.

Resident Birthdays this Month



Rosalind W. 9/3
Trudy S. 9/7
Mike H. 9/8

Nellie M. 9/12
Murph M. 9/18
Pete J. 9/20

Lavonne A. 9/21
Kim R. 9/26
Veda V. 9/26

Staff Birthdays and Anniversaries

Happy Birthday to:

Evelyn W. 9/1
Maureen H. 9/12
Nyelah M. 9/13
Teri D. 9/15
Kim B. 9/16

Cathy B. 9/16
Maria E. 9/22
Abie N. 9/28
Shiroon A. 9/29

Happy Work Anniversary to:

Corrie H. - 5 years
Sarah K. - 3 years
Laurie F. - 2 years
Tracey W. - 2 years

News from Legacy Court

Jackie Benson, Community Life Assistant



Hello from Legacy Court! We are looking forward to all the fun things September has to offer. Last month, we had two outings to local parks where we enjoyed beautiful August days while seeing the children soak up the last of summer. Our outing this month is scheduled for an apple orchard in White Bear Lake. We're hoping for great weather so we can enjoy fresh apple cider and donuts outdoors!

We have three Legacy Court birthdays to celebrate this month! Other events on our agenda: joining in on National Assisted Living Week festivities, Grandparents Day celebration, and our usual baking & craft groups, exercise classes, socials, etc.

With many building wide events happening this month, we'll definitely see you around! Wishing you all a great September!



Share Your Story - *Nancy Blizil: A Life in Bowling*

Nancy Blizil and her husband of 50 years, John, were the proud owners of Black Duck Bowling Lanes in Black Duck, Minnesota. The bowling alley, equipped with six automated lanes, quickly became a hub for community engagement. Nancy valued the opportunity to interact with local residents through the business, as the facility regularly hosted leagues for both men and women. Saturdays were specially reserved for families and children, fostering a welcoming atmosphere for all ages. The snack bar at Black Duck Bowling Lanes was a favorite among patrons, offering a variety of standard treats. In addition, Nancy and John served homemade broasted chicken, soft serve ice cream, and beer, making the bowling alley a popular gathering spot in the community. Nancy was an active member of a women's bowling team, dedicating time each week to play with her teammates. Her commitment extended beyond local games, as she traveled annually to participate in regional tournaments. Among her achievements, Nancy's highest recorded bowling score was an impressive 237. She cherishes several team shirts from her years of competition, including a maroon polo embroidered with the team name, "T-Birds," on the back and her name stitched on the front. Throughout her bowling career, Nancy used a 14-pound ball, eventually switching to a 12-pound ball as she grew older to ensure she could continue playing. Her preferred bowling ball was blue marble colored, and her typical uniform included either white or red-and-white bowling shoes. Today, Nancy remains engaged with bowling by participating in Wii bowling at the Wellness Center. She enjoys playing alongside family members, staff, and other residents, continuing her lifelong connection to the sport and the community.

Mark your calendars! September 15th-19th is Housekeeping Week! Let's give a huge shoutout to our cleaning superheroes: Jennie, Bobby, Kim, Melanie, and Tami. And hold onto your dusters—Rick, our new Manager-in-Training, is joining the fun soon in September! This week-long fiesta is all about celebrating the amazing feats our Housekeeping squad pulls off daily and the big difference they make in our resident's lives and our community. Get ready to spotlight our fabulous Healthcare Services Group team!



Your Leadership Team



Shaelee Reichstadt
Executive Director
763-296-9083



Emily Haas
Asst. Executive Director
763-296-9085



Elizabeth Betts
Director of
Health Services
763-296-9087



Tayva Young
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of Health Services
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Shelly Tennesen
Marketing Director
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Director of
Community Life
763-296-9088



Maureen Hanson
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Coordinator
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Keith McKinney
Maintenance Director



Quita Thurmond
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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