



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

OCTOBER 2025

Welcome to a new month! We have a number of events to look forward to this October. Our annual Halloween party/staff costume contest will be held in the community room on Thursday, October 30th starting at 1:15 pm. You will have an opportunity to vote on your favorite staff costume. This event always involves a lot of laughs, treats, and Halloween fun – you won't want to miss it! We're also excited to host another Halloween Costume Parade with children in the community on Sunday, October 26th at 2:00 pm. Invite your kids & great grandkids along – all are welcome to participate and walk in the parade!

We'll enjoy one more bike ride this season with the amazing volunteers at Marilyn's TWOcan. With our last ride scheduled for Monday October 6th, we're sure to see lots of beautiful autumn leaves and decor on our route. Bundle up and come on down to the back patio between 10:00 -11:30 to get in on the fun! Many thanks to our dedicated and kind hearted pedalers who give us this wonderful opportunity each year!

Enjoy this beautiful time of year!

"I'm so glad I live in a world where there are Octobers".

- L.M. Montgomery



From the Desk of our ED

Shaelee Reichstadt, ED

Dear Urbana Residents,

I want to share with you that my last day here at Urbana will be September 26th. During the time before our new Executive Director arrives, we have a plan in place to make sure everything continues to run smoothly.

For the two weeks after my last day, two Executive Directors will be here to support you. Heidi, who is an Executive Director and DHS at another community in our region, will be here two days each week. Nicki, our float Executive Director, will be here the other three days.

We are also very excited to welcome our new Executive Director, Amy, who will be starting on October 13th. She brings a lot of experience working in Assisted Living and is looking forward to getting to know each of you.

Thank you all for your kindness and support during this transition.

Laughter IS the Best Medicine.

Paul Mazzacano, Resident

Comedy teams have been in show business over two centuries. Most depend on being physically opposite (Mutt & Jeff, Laurel & Hardy). Other duos consisted of a smart comic and his partner who was dumb in a comedic, clever way (Smother Brothers, Rowan & Martin). Not being 'real people', you have to mentally create the complete array of Ole, Lena, Sven, Lars, and who can question your personally established images. That said, I offer the following Ole, Lena, Sven, and all jokes.

~Ole tried to be a carpenter but he had the misfortune of burning down the house when he tried to weld the 2x4's together.

~To lose weight, Lena's doctor had her ride a horse every day. The first week the horse lost 12 pounds.

~The fertilizer factory boss interviewing Ole asked, "What do you know about nitrates?" Ole replied, "I know dey is cheaper dan day rates."

~Knute: "What's new Ole?" Ole: "My wife just ran off with my best friend...I'm sure going to miss him!"

~Lena: Poor Ole has 'dunlap's disease'. His belly dun-laps over his belt!

~Knute: "Hey Ole, I went past your house last night and saw you hugging and kissing Lena in the front window." Ole: "Da yokes on you...I wasn't home last night!"

~Lena flunked her drivers test. She opened the car door to let out the clutch.

~Ole received cuff links and a short sleeved shirt for Christmas, so he had both his wrists pierced.

~Lena was given pills to cure her hearing problem. They worked...two days later she heard from her Aunt in Norway.

~Ole's sage advice to all: "Never tell people your troubles. Half of dem dont care and da udder half is glad it happened to you, not dem."

Lifespark Complete

*Lifespark Complete Brings
Convenience and Flexibility to You*

In-Home Primary Care: Should Your Primary Care Team Be Senior-Savvy Experts?

The immediate answer is – yes! But aren't all primary care teams experts in serving the unique needs of older adults? For that, the answer is no and that makes a big difference in your health. There is an underlying assumption that geriatrics – or senior-savvy medical expertise – is already part of what traditional primary care delivers. The reality is, it's not. Fewer than 10% of medical schools require a rotation in geriatrics. As a result, most primary care providers lack training in how your body changes as you age. A New York Times article on the 'Decline of Geriatrics Hurts Us All' pointed to this as a big issue for those over 65 saying, "Those fortunate to live into late adulthood face an unfortunate reality: There are not enough doctors to give them the care they need." According to Dr. Nick Schneeman, Lifespark Chief Medical Officer, and geriatrician for over 30 years, as geriatricians, we understand and honor the unique needs of the aging body. "That's a big deal for your long-term health," said Dr. Nick. "The good news, our senior living communities have access to this level of expertise." So, what are some of the biggest differences between traditional primary care and Lifespark in-home primary care? We're glad you asked:

- Convenience. Lifespark brings health services directly to your home including medical care, labs, X-rays, and even EKG tests, without the need to travel.
- Extended Consultation Time. Unlike traditional clinics where appointments are often limited to 15 minutes, Lifespark visits are longer (typically 45 minutes) and focus solely on you.
- In-Home Urgent Care Options. We want you to call Lifespark first if you're contemplating going to the ER. Often, with our in-home urgent care response, we can support you right at home without the need for long waits at emergency rooms. And if you do need the ER, we support that, too.
- Medication Management. As your body ages, a lot changes that many primary care providers aren't in tune with. For example, a medication dosage for you at 65 may be very different than when you are 80 because of how your body metabolizes medications as you age. A provider who has geriatric expertise understands this. You'd be surprised at how often this is overlooked.
- Family Coordination and Support. If desired, the Lifespark team routinely meets and communicates with any designated family member to be sure everyone is on the same page as you weigh the risks and benefits of tests, procedures, or medication changes.
- No Added Cost. Lifespark's in-home primary care services cost the same as going to the clinic. You get Lifespark's added geriatric expertise, longer visits, whole-person approach, in-home urgent care option, convenience, and flexibility at no extra cost.

We hope these gave you a few things to consider as you evaluate your primary care needs. Regardless of who you choose, make sure conversations are geared towards your goals. Reach out to Lifespark if you have additional questions at 952-345-3215.

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

From the Nursing Dept.

Happy fall y'all! Flu & Covid vaccination clinic is Friday Oct. 10th 9:00am-Noon in the Community Room. Pick up your consent form from the front desk, complete and return to the front desk with a copy of your insurance card by Oct. 3rd. Any questions or concerns see Elizabeth. Have a great month!

Chaplain's Corner

Rev. Johnny Russell
Community Chaplain

Gratitude in Troubled Times (adapted from Chaplain K. McCauley)

We certainly speak often about the importance of gratitude. And yet, so often social distress might hinder our ability feel grateful. Knowing that societal discord is a common occurrence in history, let us turn our attention to the holy people of history to help show us the way of hope and grace.

We see with D. Bonhoeffer in concentration camp WWII, M. Gandhi in British Rule & oppression, N. Mandela in South Africa Apartheid and MLK, Jr's work for civil rights in the United States, that God's grace can be found in unrest. The gratitude we have at these times, comes from knowing that God with us. The Divine Presence is with us, even if at times we might have to look harder, forgive more or abandon our judgement to keep our awareness of this Presence alive and well. But at the end of each day our gratitude will be that we know who we are in the eyes of God and that God walks with us always.

All are invited to join Chaplain Russell on
Wednesday October 1st at 1:00 in the Community
Room for a presentation and discussion on
'Mindfulness & Spirituality'



New Residents



Diane



Dave



Gail



Russ



Kathy

Welcome to Urbana Place!

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

Resident Birthdays this Month



Leona M. 10/6
Judy O. 10/10
Ruthann S. 10/14
Russ A. 10/16

John L. 10/16
Christine K. 10/19
Josephine C. 10/26
Dan C. 10/27

Staff Birthdays and Anniversaries

Happy Birthday to:

Emefa E. 10/2
Jozette S. 10/3
Shelly T. 10/7
Haddy B. 10/11
Jackie B. 10/16
Ansu T. 10/18
Rastam R. 10/26
Irene R. 10/27

Happy Work Anniversary to:

Abie N. - 3years
Martina J. - 3 years
Shiroon A. - 6 years

News from Legacy Court

Jackie Benson, Community Life Assistant



Hello there! September was packed with lots of fun, from National Assisted Living Week, to our Grandparent's Day celebration, to everything in between...we stayed busy! We also got outside on our patio quite a bit thanks to some warmer summer-like days as we transition to fall.

October is always a festive month in Legacy Court with fall treats and baking, a scenic drive to see fall leaves, Halloween events, and fall crafts. We also have a couple October birthdays to celebrate this month.

As always, you are welcome to stop down for a visit or to join in on any activities. A few events listed on your calendar: Chaplain Russell hosts hymn sing a couple times a month here, Nolan plays piano, and weekly Eucharist on Thursdays. Hope to see you this month!



Share Your Story - *Judy Oliverius*

Judy is known around Urbana Place for her high energy, athleticism and was the originator of our SPARK Challenge team mantra "We are not here for fun!" In her High School years, Judy was an athlete known for her basketball and softball skills at Spring Lake Park High School. She earned the Athena Award in 1982 in addition to Female Athlete of the Year honors as a standout athlete in tennis, basketball and softball. She earned one letter and was voted MVP of the tennis team in her only year on the squad! She also earned two letters and one all-conference honor with the volleyball team. She earned eight letters, seven team MVP honors and six all-conference honorees with the basketball and softball teams. She scored 1,241 points during her career on the basketball court with the Panthers! After graduating, Judy continued her softball career at the University of Minnesota earning several honors in 1986 including Big Ten All Conference, NCAA All-Midwest Region Team, Patty Berg Award and Big Ten Academic Team. She was inducted into the University of Minnesota Softball Hall of Fame in 1991.

Judy recently went to the NorthShore Inline Skating Marathon in Duluth with friends Jerry, Arve, and Hunter, where they spent the weekend enjoying good food and sharing memories. Judy had a great time cheering for the skaters as they made their way from Two Harbors to Duluth. Judy thought back to when she took part in the marathon back in the mid-1990s, always hoping to hit new personal records on her skates. She loved seeing the crowds and getting pumped up by their cheers as she rolled past. For Judy, one of the best things about the marathon was the friendships and fun she shared with other inline skaters and buddies. She joined not just for the thrill of competition, but also to soak in the amazing views along Minnesota's north shore.

Calling All Urbana Place Super Seniors!

Our next SPARK Challenge Competition is coming soon!! Our 'Deep Dive' part of the Competition will be on Tuesday's at 1:00. The Quiz Show and Physical portion of the Competition against other Lifespark Senior Living Communities will be Wednesday's at 1:00. 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

COMING
SOON

Executive Director
763-296-9083



Emily Haas
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



Quita Thurmond
Administrative
Assistant
763-402-9190



Jennie Jongeward
Director of
Housekeeping



Gerrard Burton
Chef G
Culinary Director
763-340-0056



Johnny Russell
Chaplain

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