



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

DECEMBER 2025

2025 Year in Review

We welcomed new faces to join our home,
With staff and residents never alone.
Live music, happy hours, games we'd play -
Bean bags flying through many a day.
Manicures sparkled, groups met to share,
With stories, support, and plenty of care.
A ghost hunt brought giggles, endless crafts delight,
And worship gave peace in the soft afternoon light.
We armchair traveled to places far and wide,
And felt the breeze on lovely bike rides.
A year full of moments both joyful and true -
2025 was brighter because of you.



Happy Holidays to you and yours!

From the Desk of our ED *Amy Koehnen, Executive Director*

In this season of gratitude, I want to take the opportunity to once again thank the residents, family members and staff for all the kindnesses you have shown me this first month. I am learning a lot and enjoying every minute of it.

"If the only prayer you ever say in your life is thank you, it will be enough"

~Meister Eckhart

Laughter IS the Best Medicine. *Paul Mazzacano, Resident*

Breaking news-for Thanksgiving Cub has come up with a cross between a turkey and a porcupine. It's delicious and you can pick your teeth at the same time!

~I made a terrible mistake last Christmas. My wife made me swear that I wouldn't give her a fancy or expensive gift...and I didn't. My arm casts come off next month!

~I hinted to my wife I'd like a foreign type of gift. She suggested a Mexican divorce.

~It seems I can't find a Christmas gift my lady would like. Last year I gave her a \$100.00 gift certificate. She exchanged it!

~My Neice found a real surprise in her stockings - her husband!

~Santa is having a difficult time this year. Last year he deducted 8 billion for gifts...the IRS wants an itemized list!

~I wanted to give my brother-in-law a gift he deeply wanted, but how do you wrap up a saloon?

~My son asked for very little this year...a kickstand...with a motorcycle attached!

~My wife can't figure out what to buy me. What do you give a man who's had everything up to here?!

~A Christmas song says, "You better not cry, you better not shout, you better not pout" so how will I get along for the coming weeks?

~The post office is very considerate nowadays. All packages marked 'FRAGILE' will only be thrown underhand.

~Every Christmas my boss gave me a bottle of expensive brandy because I told him my doctor suggested a drink once in a while. This year my boss gave me the name of a new doctor.

~May you each enjoy a blessed Christmas filled with joy, hope, family and friends. Just don't forget the real reason for this season.

Buona Natale!

Feliz Navidad!

Lifespark Complete

*Lifespark Complete Brings
Convenience and Flexibility to You*

Can't Sleep? Here's What Not to Do

We all have our own bedtime tricks for getting sleepy—a late-night TV show, a glass of something warm, maybe a game of solitaire until our eyes get heavy. But sometimes the habits we rely on to fall asleep are the very ones keeping us awake. This month, we're shining a light on a few common sleep habits that backfire—and offering simple swaps to help your body (and mind) drift into rest more easily.

- Watching the clock ... Peeking at the time when sleep won't come (adding extra mental pressure) Try this: Turn your clock around. An easy, stress-relieving tip.
- Staying in bed, wide awake... Tossing and turning, wishing you could sleep (which can actually train your brain to associate your bed with wakefulness and stress) Try this: If you can't sleep after 20 minutes, get up and do something that relaxes you. Maybe read a book or listen to soft music. Then come back to bed when you feel drowsy.
- Napping late in the day... Taking a late-afternoon nap (which can throw off your natural sleep rhythm, making it harder to fall asleep at night). Try this: If you need to nap, aim for earlier in the day. And keep it under 30 minutes (20 is ideal)
- Looking at screens before bed... Watching TV or using a phone or tablet (in other words, staring into devices that emit blue light which tell your brain it's still daytime and can delay sleep) Try this: Dim the lights an hour before bed. Wind down with quiet activities that don't involve a screen. By giving your body a few simple cues, you can make it easier to fall (and stay) asleep. But if you struggle with ongoing insomnia, you might want to let your Lifespark primary care team know. We're here to help you feel like your very best self again.

From the Nursing Dept.

Hello residents and loved ones,
Our nursing team would like to share that the new Lifespark Portal is available for use to stay connected with your—or your loved one's—Lifespark primary provider, Jennifer Dart. You can send messages, check updates, and communicate directly with a member of Lifespark Primary Care Team. Also, with colder weather on the way, please remember to practice good hand hygiene and keep an eye out for any early signs of illness. If you or your loved one start feeling unwell, let our nursing team know right away so we can support you quickly, notifying Lifespark triage nurse at #952-345-3215.

Tayva, Maureen, Erica, Melody & Max

Manage Your Health with Lifespark's Online Member Portal



Secure Convenience, Anytime, Anywhere

- » Message your provider or clinical staff
- » View test results and lab notifications
- » Request prescriptions or refills
- » Request an appointment



Registration is quick and easy – a designated family member can register too! [Scan code or see backside »](#)

CALL THE LIFESPARK CLINIC at 952-345-3215
to provide or verify your email address:

— 1 —

A portal registration invite will be emailed from Athena Health.

— 2 —

Upon login, your Lifespark health and account information will be available to review and update.

Lifespark | athenahealth

Chaplain's Corner

Rev. Johnny Russell
Community Chaplain

This is a time for reflection, a reminder that life is a collection of moments built on the love and wisdom we share with one another. Each resident's life story is a treasure, with a rich history that holds lessons for us all. To the staff, your caring actions—a smile, a listening ear, a kind word—create profound ripples of positivity that build a stronger, more vibrant community. For our entire community, we are all connected in this journey, and by honoring our elders, we demonstrate a deep respect for the lives that have shaped our present.

Residents:

Your stories are valuable. Your life experiences have shaped who we are today. We honor your journey and want to hear and share your stories, for they are a source of wisdom and connection for everyone. You are a cherished part of this community. Every day is an opportunity to find joy, to share a laugh, or to simply be present with one another. You are important, and your presence enriches our lives. Today, we are reminded of the rich tapestry of life that each of you brings to our community. Your stories, your experiences, and your very presence are the foundation upon which we build a vibrant home. We are inspired by your strength, your resilience, and your enduring spirit. May you find joy in the simple pleasures, comfort in the familiar, and a deep sense of belonging in this place that we all share.

Staff:

You are the hands that provide comfort, the ears that listen, and the hearts that connect. It is often the simplest gestures that create the most significant impact, and your compassion is what makes this community a home. When you listen, validate feelings, and show that you care, you build a foundation of trust and security. Remember Maya Angelou's words: "people will never forget how you made them feel". To provide the best care for others, you must also care for yourself. Your well-being is essential for sustaining your ability to give and to shine brightly.

We want to express our profound gratitude for the compassionate care you provide. Your patient listening, kind words, and gentle touch are not just services; they are acts of love that make a profound difference in the lives of our residents. Thank you for seeing the individual behind every door and for honoring each person's journey with dignity and respect.

For the whole community:

We are all in this together. We are united by our shared experiences and our commitment to creating a place of love and connection. Small acts make a big difference. In this community, love lives here because of the simple, daily acts of kindness. Let's celebrate the moments that uplift each other and honor the dignity of every person.

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity, and its first chapter is New Year's Day."

~ Edith Lovejoy Pierce

In December, we close the book on the year that has passed and open a new one. Edith Lovejoy Pierce's quote encourages us to seize the opportunities that the new year brings, to write our own story and to create our own destiny.

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



Chuck



Max



Bob



Pat



Angie

Welcome to Urbana Place!

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

Resident Birthdays this Month

Ted C. 12/3

Marguerite R. 12/4

Gladys B. 12/5

Jean P. 12/5

Tim J. 12/6

Linda R. 12/6

Wendy L. 12/7

Rita K. 12/12

Bob B. 12/13

Kat K. 12/14

Marion C. 12/16

Pauline C. 12/16

Priscilla P. 12/23

Dave M. 12/28

Mary R. 12/29

Brenda K S. 12/29

Sheri C. 12/31



Staff Birthdays and Anniversaries

Happy Birthday to:

Famata F. 12/2

Grace E. 12/10

Fareeza N. 12/13

Catherine J. 12/25

Christie F. 12/26

Happy Work Anniversary to:

Haddy B. - 2 years

Grace E. - 6 years

EMPLOYEE OF THE MONTH



Grace is a full time Home Health Aide and has been on the Urbana team for almost 6 years! She is dedicated, reliable, positive and always willing to help. She was nominated for employee of the month for stepping up to help when needed, without hesitation and with a smile on her face. Thank you Grace for all you do for our residents!

News from Legacy Court

Jackie Benson, Community Life Coordinator



November was a meaningful and memorable month in Legacy Court! We proudly honored our Veterans with a special celebration, recognizing the service and stories of those who have given so much.

Residents also enjoyed a rare warm afternoon outdoors, soaking up the sunshine on our patio before winter settles in. Indoors, the season inspired us with festive crafts, cozy baking activities, and plenty of shared laughter. We're also delighted to welcome several new residents to Legacy Court—our community continues to grow, and we're grateful for the warmth and connection each new face brings.

As we look ahead, we're excited to welcome December and the joy of the holiday season. We wish everyone a warm, wonderful holiday, and we look forward to seeing you at our upcoming events this month!



Share Your Story - *Donna Robinson*

Many are aware that Donna Robinson has a deep appreciation for art and enjoys creating beautiful spaces. The Christmas season has always held special significance for Donna and her family, providing an opportunity to make her home inviting and festive.

Each year, Donna would decorate two Christmas trees—one in the family room and another in the living room, where the family often gathered. The trees were adorned with hundreds of multi-colored lights, casting a vibrant glow throughout the rooms. While there was no strict theme, Donna favored large red glass ornaments. An antique heirloom angel, passed down from Donna's mother, always graced the top of the tree, and a red, sequin-covered skirt completed the look.

The rest of the home was decorated with sleighs, elegant silk floral arrangements, garlands, and a cherished nativity scene from Donna's mother. Outdoors, garlands with multi-colored lights added to the festive atmosphere. As a child, Donna's favorite gifts included dolls, games, and clothing, and her parents always ensured that holiday wishes were fulfilled.

A highlight of the season was the traditional Christmas dinner, which Donna prepared with care—serving turkey with all the trimmings and a delightful cherry pie for dessert. It was not uncommon for more than 26 guests to join, as Donna welcomed members of the community who might otherwise spend the holiday alone.

This year, Donna looks forward to celebrating the season with new neighbors at Urbana Place.



Urbana wants to hear from you!

Please watch your email and/or your US mailbox for Lifespark's annual Customer Experience Survey. All residents and many family members will be receiving this survey. We welcome your honest feedback and strongly encourage your participation. If you have questions, please reach out to Amy.

Your Leadership Team



Amy Koehnen
Executive Director
763-296-9083



Hani Mohamud
Asst. Executive Director
763-296-9085



Tayva Young
Interim Director of
Health Services
763-296-9082



Asst. Director
of Health Services
763-296-9087



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**