



**Urbana Place**  
SENIOR LIVING  
A Lifespark™ Community

# Age Magnificently



*The official newsletter of Urbana Place Senior Living*

## JANUARY 2026

### From the Desk of our ED

*Amy Koehnen, Executive Director*

#### A Bright Start to 2026

Happy New Year to all! As we head into 2026, I'm incredibly excited about what lies ahead for our community. We're thrilled to share that with the addition of our new Director of Health Services, Coltan, our leadership team is now complete.

This marks an important milestone for us and sets a strong foundation for the year ahead. Our newest team members, Hani and Sarah, have already made a fantastic impact, and we are confident that Coltan will be an equally valuable addition.

Together with Corrie, Shelly, Keith, and the rest of the leaders, this strengthened team brings fresh energy, expertise, and dedication to our mission. As we look forward to 2026, we do so with optimism—focused on stability, growth, and continued improvement.

Thank you for being part of our community, and here's to a successful year ahead!

# From the Kitchen

*New Horizon Foods*

Hello residents of Urbana Place! We've had quite the year, including many victories and a few defeats. We're proud of the strides the culinary team has made this year in regards to quality of food, service, and experience in the dining room. We would like to take the time to thank all residents for their patronage of the dining program through the ups and downs. We look forward to serving you even better in the coming year. Thank you.

## Laughter IS the Best Medicine.

*Paul Mazzacano, Resident*

~Why do people celebrate the ending of a year? It only means your car depreciated again. I had a big fight with my wife on New Years Eve. She accused me of being a procrastinator, so I stopped carving the Thanksgiving turkey and walked out of the house.

~Last year the auto club was way off on New Years accidents. My wife took a cab instead of driving.

~I take New Years with a grain of salt...and 3 aspirin!

~New Years Eve celebrations are so fun filled...fancy epicurean dinners, martinis, old fashions, Cuba libras, scotch and soda, streamers, mechanical and people noisemakers, little toy umbrellas stuck into olives in your drinks, dancing to a live orchestra, kissing anyone you can grab (including your waiter) at midnight...you're wishing this would never end, then you get the check!

~I don't need any pre-New Years advance notice by the media or my wife. On December 1<sup>st</sup> my liver begins to cringe.

~There's only one thing more depressing than staying home on New Years Eve, that's going out on New Years Eve!

~I have a lot of problems at New Years. I often misplace things...like New Years Day.

~To be sociable I accepted my hosts offer of a glass of eggnog. Ugh! It's like drinking milk from a smashed cow!

~Last New Years Eve I was out with the town's biggest spender...my wife!

~I know that a New Years party is over when I can lie on the floor without holding on.

~My wife got angry with me because I came home late from a New Years party at our office. June 1<sup>st</sup> to be exact.

~My prayer for each of you...may your troubles last as long as my New Years resolutions!!!



**HAPPY  
2026  
NEW YEAR**



# Lifespark Complete

*Lifespark Complete Brings Convenience and Flexibility to You*

Are your medications still helping or is it time for a change?

More than one third of older Americans take five or more prescription drugs daily and, some of those medications may be carryover from years before. Assuming that the medications you've been taking for thirty years are still valid and will play nicely with those prescribed for newer health concerns, could be deadly. As we age, our needs change along with our bodies. The pill that fixed an issue before could be the pill that's causing a problem now. "We live in a culture that's taught us to expect that there's a pill for everything," said Dr. Nick Schneeman, Lifespark Chief Medical Officer. "It's true that modern medicine has often delivered on that expectation, but it's also contributed to the rise in polypharmacy, which is a disaster for people who are more frail or have complex conditions." The older body processes medications differently than younger bodies, therefore medications that were prescribed earlier in life may no longer be appropriate years later. This can happen due to the normal changes of aging like slower drug absorption and breakdown, or condition shifts after years of treatment. It can even be a matter of choosing to treat one condition over another. In some cases, a drug prescribed to treat one condition may actually be treating the side effect of another medication. This phenomenon is called drug cascading and it's a dangerous waterfall. Fatigue, dizziness, loss of appetite, GI Problems, skin rash, changes in mood... all of these can be symptoms of drug cascading. Understanding which medications are still beneficial for you is an important discussion to have with your doctor. An annual medication review is not only worthwhile, but it could also improve your quality of life.

## From Nurse Tayva

As the year comes to a close, I want to share my heartfelt thanks with our residents and families at Urbana Senior Living. I also want to let you know that beginning in January, I will be transitioning to The Legacy of St. Michael Senior Living as their Director of Nursing. I began my journey here last January as Assistant Director of Nursing, and it has been a true honor to be part of this community. Getting to know our residents — their stories, laughter, and shared moments — and building meaningful connections with families has been one of the most special parts of my time at Urbana. With this transition, I am grateful to remain part of the Lifespark Senior Living family, and my email contact information will stay the same. Please don't hesitate to reach out — I would love to stay connected.

As we move through the winter months, our nursing team kindly reminds everyone to take good care of themselves — practice regular hand washing, stay home if you are feeling unwell, and prioritize rest and self-care. Your health and well-being are always our top priority.

Thank you for allowing me to be a part of your lives this past year. I wish each of you a joyful holiday season filled with peace, warmth, and connection, and a healthy and happy New Year. "How lucky I am to have something that makes saying goodbye so hard." — A.A. Milne

# Chaplain's Corner

Rev. Johnny Russell  
Community Chaplain

## Reflection: Welcoming a New Chapter

As we stand at the threshold of a new year, we're invited to pause and reflect on the journey we've traveled together. The past twelve months have been filled with shared laughter, quiet moments of companionship, and personal victories, both big and small. Each memory is a thread in the rich tapestry of our community life, reminding us of the strength and resilience within us all.

The new year isn't merely a change in the calendar; it's a fresh canvas and a new chapter waiting to be written. It's a wonderful opportunity to look ahead with a spirit of hope and possibility.

This is a great time to take stock of our personal achievements and milestones from the past year. Perhaps you:

- Formed a new friendship during an activity or meal.
- Overcame a personal challenge, like trying a new fitness class or technology.
- Shared a cherished life story or memory with a neighbor or loved one.

These moments, these connections, are the essence of a life well-lived. By framing our experiences and focusing on the good parts, we can define what matters most to us in the year ahead.

## Embracing New Possibilities

The beauty of a new year lies in its promise of new beginnings. It's never too late to embrace a new chapter, set a goal, or dream a new dream. This year, we encourage you to focus on what brings you joy and a sense of purpose.

## A Toast to the Year Ahead

As we look forward, let's carry a spirit of gratitude for the memories we hold dear and excitement for the things yet to come. We are a vibrant community, built on support and kindness, and we can achieve wonderful things together.

To paraphrase Oprah Winfrey, here's to a new year and another chance for us to get it right. May your year be filled with health, joy, discovery, and shared moments with the ones we hold dear.

"Your life does not get better by chance; it gets better by change." – Jim Rohn.

"The secret of getting ahead is getting started." – Mark Twain.

"What the New Year brings to you will depend a great deal on what you bring to the New Year." – Harriet Stillman.

### Scripture Verses

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it" (Isaiah 43:18-19)?

"Teach us to number our days, that we may gain a heart of wisdom" (Psalm 90:12).



## Welcome to Urbana Place!

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



Steve



Terry



### Resident Birthdays this Month



Dick R. 1/1  
Jim B. 1/2  
Pete W. 1/6  
Barb C. 1/8  
Jim S. 1/9

Jeanne H. 1/12  
JoAnn S. 1/16  
LeRoy R. 1/20  
Jeanette P. 1/26  
Bob K. 1/26



### Staff Birthdays

Albert M. 1/1  
Oretha W. 1/3  
Trudy Z. 1/5

Tracey W. 1/9  
Lenah O. 1/15  
Chris C. 1/22  
Melody M. 1/27



### EMPLOYEE OF THE MONTH

*For the past 5 years Fareeza has consistently demonstrated dedication, reliability and excellence. Always on time, always dependable and going above and beyond. She truly embodies the values that make our team successful.*

# News from Legacy Court

*Jackie Benson, Community Life Coordinator*



December was a joyful and lively month for our Legacy Court community, filled with activities that brought us together. One of our favorite traditions was driving around the neighborhood to enjoy the holiday lights, with so many beautiful and creative displays to admire. Our holiday parties and live music events added even more cheer, giving us all plenty of opportunities to celebrate, connect, and enjoy the season.

We were also excited to welcome a few new residents this past month, and we're happy to share that our community is nearly full. As we welcome the new year, we look forward to gathering with you at our upcoming events!

*Wishing everyone a happy and healthy New Year!*



## Share Your Story - Pastor Dan Carlson

Let's learn about Pastor Dan Carlson. He lives in Legacy Court and loves hanging out with friends, chatting, and sharing his faith. Even though he's technically retired, he always says, "Once a pastor, always a pastor." That's just who he is.

Dan grew up on a farm in Parkers Prairie, Minnesota, where his family still grows corn and soybeans. He's pretty proud of that! After high school, he went to Moorhead State University, then headed off to seminary at Trinity College in Chicago. That's where he officially became a pastor in the Evangelical Free Church.

Helping people discover eternal life through Bible

teaching and prayer has always been his passion. His Bible is well-used, full of highlights and bookmarks, and he especially loves the NIV version. His favorite book is Philippians, and the verse that means the most to him is Philippians 4:13:

"I can do all this through him who gives me strength." Dan has traveled all over for mission work—Zaire, India, Zambia, and even Israel. He lights up when he talks about visiting Israel with his wife, Carol, and walking where Jesus walked.



Urbana Place Super Seniors have our next SPARK Competition starting soon and we need more team members! Come to the TRYathlon Team meeting Monday Jan 12 at 1:00 in the Community Room to learn more! There is a spot for everyone!

# Your Leadership Team



**Amy Koehnen**  
Executive Director  
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**Hani Mohamud**  
Asst. Executive Director  
763-296-9085



**Tayva Young**  
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**Sarah Ziehl**  
Asst. Director  
of Health Services  
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**Shelly Tennessen**  
Marketing Director  
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**Corrie Hoff**  
Director of  
Community Life  
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**Maureen Hanson**  
Memory Care  
Coordinator  
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**Keith McKinney**  
Maintenance Director



**Quita Thurmond**  
Administrative  
Assistant  
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**Jennie Jongeward**  
Director of  
Housekeeping



**Gerrard Burton**  
Chef G  
Culinary Director  
763-340-0056



**Johnny Russell**  
Chaplain

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