



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

FEBRUARY 2026

From the Desk of our ED

Amy Koehnen, Executive Director

We Heard You!

Effective Monday, 2/2/2026 residents and family members will be able to call Urbana's front desk to order meals they wish to pick up or have delivered to their apartment. You can call 763-402-9190 between the hours of 8:00 and 4:30 seven days per week and the staff will be able to enter your order into our "E-menu" system. For deliveries, our home health aides will bring the meal to your apartment at the following approximate times: Breakfast: 8:00, Lunch: 12:00 and Dinner 5:00.

We are confident this will eliminate some challenges we have had with calling directly to the kitchen. If you have questions or concerns, please reach out to Executive Director, Amy Koehnen, directly at 763-296-9083 or amy.koehnen@lifesparksl.com

From the Kitchen

New Horizon Foods

Hello residents of Urbana Place! Mixed news coming from culinary this month as our beloved Chef G has moved on to a new opportunity and will no longer be with us here at Urbana. In happier news, we're delighted to begin serving to go and delivery meals using service dinnerware. Please return your dishes to the Dining Room (they do not need to be washed). Thank you!

Laughter IS the Best Medicine.

Paul Mazzacano, Resident

~Allow me to share some 'funny but true' incidents recently experienced by yours truly. Driving home in a recent snowstorm, my driver's side windshield wiper blade quit. Unable to clearly see ahead, I pulled over and tried to figure out a quick fix. I found it in a yellow work glove lying on the car floor. I wedged the cloth hand under the wiper. It did the trick, keeping the windshield clear. Not only that, but you would be amazed at how many passing motorists waved back at me!

~Listen up brainiacs: 1) if you arrest a mime, do you still have to inform them that she/he has the right to remain silent? 2) if athletes get athletes foot, do astronauts get missile toe? 3) why do we call anyone driving slower than us an idiot, and anyone driving faster than us a maniac? Dare I wonder what other drivers call me?

~Preparing to teach a course on history of movie censorship, I asked the Librarian, 'do you have any 'banned' movies in your collection?' She quickly replied, 'yes, several great ones-Tommy Dorsey, Duke Ellington, Count Basie, Glen Miller (band)!"

~Driving on Hwy 610 today, I was behind a pack of cars. The last driver was on his phone, drifting all over the road. State police snuck up behind that car and using his loudspeaker said, 'If you can't stay in your lane while on the phone, pull over until you've completed the call!' Immediately 8 cars pulled over!

~Grandma Sadie Finklestein got on a crowded bus and discovered she didn't have the correct change for the fare. The bus driver tried to be firm with her, but she placed her hand delicately over her chest and murmured, 'If you knew what I had, you'd be nice to me.' He relents and lets her ride for free. Sadie tries to push her way down the crowded aisle, but people will not move for her. She finally places her hand delicately over her chest and murmurs, 'If you knew what I had you'd be nice to me.' The crowd parts like the red sea and lets her pass. She gets to the back of the bus where there are no empty seats and looks at several people, not one of them takes the hint. Once again, her hand over her chest she murmurs, 'If you knew what I have you'd be nice to me.' Several people jump up and insist she take their seat. A woman who had been watching all this leans in and asks her, 'What exactly is it you have?' Sadie, the little Jewish Grandmother proudly smiles and replied - 'CHUTZPAH!!!!' And to you my dear readers --- Shalom Aleighem.

Lifespark Complete

Lifespark Complete Brings Convenience and Flexibility to You

End the Roller Coaster of Health Care Crises with Lifespark COMPLETE

Too many seniors get caught on the “roller coaster of health care crises.” In and out of the hospital, back and forth to doctor appointments, on more and more medications, while slowly losing their independence. Lifespark’s proactive, preventive, whole-person approach, available to [community name] residents through Lifespark COMPLETE, is proven to reduce unnecessary ER visits, hospitalizations, and health care costs. Just as important, your COMPLETE team focuses on all areas of your well-being, not just your physical health, so you can live a fuller, more independent life. To learn more about Lifespark COMPLETE, call 952-873-7386.

From Nursing

*Coltan Jacobson, RN
Director of Health Services*

Hello all!

I know there has been a lot of change happening here at Urbana Place, so I wanted to use my first “Coltan’s Corner” to officially introduce myself to everyone. For those I haven’t yet had the privilege to meet, my name is Coltan, and I am your new Director of Health Services!

A little bit about me: I graduated with my Bachelor of Arts in Nursing from Luther College in 2017 and have proudly held my RN license for nearly ten years. Throughout that time, I’ve had the opportunity to wear many different nursing hats. I began my career as an inpatient nurse at Mayo Clinic in Rochester (my hometown) before transitioning into travel nursing, where I was fortunate to see many corners of our beautiful United States. Eventually, I settled back in Minnesota and entered the home health care sector.

Outside of work, I’m a proud “father” to around 50 houseplants, a novice creative currently working on sewing my first shirt, and a lover of reading, comedies, and spending time with the people I care about. I can’t thank you enough for welcoming me into your home and community. My top priority is to ensure that you all feel heard, respected, and supported here at Urbana Place. I’m grateful to have this space in the newsletter to keep you updated with news from our leadership and nursing team... and maybe share a poorly written joke or two. 😊

I look forward to getting to know each and every one of you. Please don’t hesitate to reach out anytime!

Chaplain's Corner

Rev. Johnny Russell
Community Chaplain

The Quiet Warmth of February: A Time for Tending the Heart

As the winter air stays brisk, February offers us a "pause point", a gentle invitation to stop striving and start savoring. While the world outside may seem quiet, February is actually one of the most vibrant months for fostering warmth and connection inside our community.

February is American Heart Month, which reminds us that taking care of ourselves isn't just about physical health, but about nurturing our emotional well-being. It encourages us to cultivate a "quiet heart" — one that is peaceful, resilient, and filled with gratitude. It is a time to embrace the wisdom that says, "if wrinkles must be written upon our brows, let them not be written upon the heart". Although we honor love on Valentine's Day, February reminds us that connection comes in many forms: a shared laugh over coffee, a supportive chat with a neighbor, or a handwritten letter that brightens a friend's day. It is a time to appreciate the "tapestry of life" we weave together, where every story and experience contributes to the beauty of our community. This month, let us focus on what brings us joy and comfort today, rather than worrying about the future or looking back on the past with regret. It is a month to celebrate the "little moments" and to recognize that we are never too old to learn something new, create something beautiful, or simply enjoy the warmth of companionship.

Quotes

"Being deeply loved by someone gives you strength, while loving someone deeply "Count your life by smiles, not tears. Count your age by friends, not years." –Unknown.

"You don't stop laughing when you grow old, you grow old when you stop laughing." –George Bernard Shaw

Scripture References

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs...". (1 Corinthians 13:4-7).

"And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God" (Micah 6:8).

Welcome to Urbana Place!

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



Joan



Dave



Lois



Andy



Linda



Sue



Steve



Colleen



Bev



Joanne



Resident Birthdays

Paul M. 2/3

Steve W. 2/5

Ken S. 2/5

Linda K. 2/8

Guetahoun T. 2/12



Bill W. 2/19

Judy N. 2/19

Inez H. 2/26

Norm B. 2/28



Staff Birthdays & Anniversaries

Sarah K. 2/6

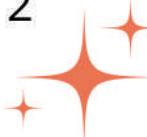
Jaime R. 2/10

Sarah Z. 2/19

Mayama T. 2/22

Essi G. 2/27

Bobby M. - 2
years



News from Legacy Court

Jackie Benson, Community Life Coordinator



January was full of cozy moments and cheerful activities here in Legacy Court! Residents bundled up and enjoyed a delicious outing to Sweet Taste of Italy, where everyone savored a pizza lunch and great conversation. 

Back at the community, we stayed busy and warm with all our favorite indoor winter activities—games, exercise sessions, and crafting projects that kept hands busy and spirits high.

Even though it's only February, we're already looking ahead to warmer days and time spent outdoors on our patio. Until then, we'll continue to enjoy cozy indoor fun and plenty of activities to keep us smiling all winter long! See you this month for many community events!



Share Your Story - JoAnn & Ken Sanders Love Story

Joann and Ken both grew up as “two simple farm kids” near Barnesville, MN, going to a small high school with just 62 students in their class. When they were juniors, they both decided to go to the prom—not as a couple, but they ended up leaving together after meeting at the punch bowl. At the beginning of the evening, Joann and her friend Mavis were in charge of the punch bowl, while Ken and his buddy Leo were wandering around, not really into dancing. Ken spotted Joann and Mavis and told Leo, “I get Joann.” They started chatting, and soon the four of them ditched the prom to catch a movie in Fargo. Leo drove, Mavis rode up front, and Ken and Joann sat together in the back. Neither Ken nor Joann remembers what movie they saw, but Ken did grin when asked if he held her hand.

From then on, they spent time together with the same group of friends and saw each other every day. Joann remembers loving to hear Ken’s voice in their science class—it was a sound she always looked forward to. Ken eventually asked Joann when they’d get married, but since they were so young, they decided to wait. Finally, on August 19, 1954, they got married at Joann’s parents’ house. It was a small wedding, with Joann’s pastor officiating (who retired right after). Joann got a beautiful new dress, and the cake was gorgeous. The newlyweds started their life together in a tiny 16-foot camper on Ken’s uncle’s property. Over the years, they built a loving family with five kids and a lifetime full of love and dedication.



Resident Council Update

The election for two at-large representative positions resulted in a three-way tie. As a result, Gail Anacker, Tim Johnson, and Jeanette Priestley will appear on a vote-for-two ballot at the February 17th Resident Council meeting at 10:00am.

In the officer elections, Wendy Lenss, Mike Hughes, and Gerry Tietz were reelected as secretary, vice chair, and chair, respectively.

Your Leadership Team



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Asst. Executive Director
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Maintenance Director



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Culinary Director
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Johnny Russell
Chaplain

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