



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

*Age Magnificently*



*The official newsletter of Urbana Place Senior Living*

APRIL 2026

## From the Desk of our ED

*Amy Koehnen, Executive Director*

Happy Spring!!

So glad to see the sun and feel the warm temps! Looking forward to a great month. I will be out on vacation for the first half and then we will be focusing some extra attention on safety during the second half. Here are some key reminders:

- Please allow folks to get off the elevator before you get on. This can reduce collisions;
- When coming in from outside, please be mindful that no "tailgaters" follow you in. Make sure you personally know anyone you let into the building;
- When coming in and out of the garage, please watch the door close behind you. This will prevent any unwanted people (or creatures!) from entering the building;
- Wednesday, April 22 beginning at 11:00 am: Fire Alarm testing -with horn sounds;
- Thursday, April 16 @ 1:00: "What Happens When You Call 911" presentation;
- Thursday, April 23 @ 1:00: Resident Safety and Emergency Preparedness meeting

Our staff will also be going through annual Safety and Emergency Preparedness training this month. Thanks for continuing to make Urbana a great place to live and work!

## From the Kitchen

*New Horizon Foods*

Hello, residents of Urbana Place!  
Thanks to the Resident Council and to New Horizons for working so hard on identifying areas that need improvement in our culinary service. We have seen steady progress and look forward to more!  
A reminder that Urbana has paused charges for meal delivery during this period of food service challenge. We will continue this pause in April and will evaluate it on a monthly basis. Please let Amy know if you have any questions.

Chef Chat is back!  
Chat with Culinary  
Director John  
Tuesday April 7<sup>th</sup>  
1:00 in the  
Dining Room

## Laughter IS the Best Medicine.

*Paul Mazzacano, Resident*

- April Fool's Day- A perfect humor subject because many of our government employees are the epitome of professional fools. I dislike political jokes, but many do get elected.
- When a Politician boasts he's a self-made man, I'm thrilled he's publicly accepting the blame.
- Most Politicians don't believe what they say, so why should we?
- Most Politicians can't stand on their records until they get their feet out of their mouths.
- What would happen if everybody believed what candidates said about one another and nobody voted?
- I've decided to stop voting; it will be great not to feel responsible for what's happening in Washington.
- Fact: Good Politicians fulfill their campaign promises no matter how crooked they have to be to do it.
- The reason America is running low on oil is that most of our oil is in Alaska and most of the dipsticks are in Washington.
- What do you call someone in the White House who is honest, caring and well read?  
A tourist!
- I'm fascinated by Irish Diplomats who have the ability to tell a person to 'go to hell' and have that person look forward to the trip!
- Irish political philosophy says it all: 'May those we love, love us, and those who don't love us, may the good Lord turn their hearts, and if he doesn't turn their hearts, may he turn their ankles so we'll know them by their limping!'
- Drats...I'm late for lunch. Where did I leave my cane?

# Lifespark Complete

*Lifespark Complete Brings  
Convenience and Flexibility to You*

## **At-home heart check helps senior avoid the ER**

Alone and afraid, Grace\* was experiencing symptoms she thought may be the sign of a heart attack. She called Lifespark's triage team. They escalated her concern to a Mobile Urgent Responder who quickly came to her home. The responder did a full exam including the use of a SmartHeart® electrocardiogram (EKG) which provides hospital-grade 12-lead testing in your home. Five minutes later, a remote cardiologist reviewed the results and put Grace's fears to rest. It wasn't her heart, it was anxiety.

"Our ability to provide rapid EKG results empowers seniors and their loved ones to make quick and informed health decisions," explained Dr. Laine. "These tools can avoid unnecessary trips to the ER and confirm when an underlying issue needs immediate attention." Urgent Response Services are available to Lifespark Senior Living residents who receive primary care through Lifespark Medical Group. Interested in getting fast, convenient care to keep you ready for what's next? Request a packet from your site staff to learn more.

\*Name changed for privacy.

## From Nursing

*Coltan Jacobson, RN  
Director of Health Services*

Happy April everybody! We have reached a period of the year where the weather doesn't want to make up its mind - is your sneeze a spring allergy or the flu? Will it be sunny or a blizzard? Either way please remember to wash your hands, cover your cough and drink plenty of fluids (and some rays of sunshine when the timing is right) Centralize narcotics will begin at the end of March. All locked medications will be moved to a new location (if we deliver your medications to you). This will allow better oversight of these important pharmaceuticals. Please also be aware, our partner pharmacy, Consonus, will be auditing a selection of our medication storage cupboards every quarter. If you have any questions please see Amy or Coltan!

# Chaplain's Corner

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Rev. Johnny Russell  
Community Chaplain

## Reflection: Renewal, Growth, and Shared Moments

As the April sun begins to warm the earth, we are reminded that no winter lasts forever; no spring skips its turn. April arrives not just with showers, but with a promise—a promise of renewal, of color returning to our world, and of the gentle unfolding of new life. In our community, April is a beautiful reminder that we, too, are part of this living, breathing cycle.

To our Residents: You are the deep, strong roots of our garden. You hold the stories, the wisdom, and the history that give our home its character. Just as the spring sun coaxes the first green shoots from the ground, we hope you feel inspired to step into this new season—to feel the warmth, to share your laughter, and to know that you are loved.

To our Staff: You are the dedicated caretakers of this garden. Your care is the sunlight and the nourishment that helps our residents bloom every day. We know that caring can be hard work, but we hope that in April, you feel the "joy of the green hours," seeing the direct impact of your compassion and kindness.

Together: April is a reminder that we are partners in this life. Like rain and sun working together, our residents and staff create a "season of reflection"—a time to appreciate the beauty of a moment, the comfort of a friend, and the strength of our community.

Let us take a page from nature this month: Grow slowly, bloom brightly, and support one another.

Quotes:

"Count your age by friends, not years. Count your life by smiles, not tears." — John Lennon

"When we work with love we renew the spirit; that renewal is an act of self-love, it nurtures our growth." — Bell Hooks

Scripture References:

"Create in me a pure heart, O God, and renew a steadfast spirit within me", Psalm 51:10

"For everything there is a season, and a time for every matter under heaven... He has made everything beautiful in its time", Ecclesiastes 3:1 & 3:11.

## Welcome to Urbana Place!

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



Mike



Rosella



Ann



## Resident Birthdays

Leatrice L. 4/1  
Lois B. 4/1  
Sue S. 4/3  
Ann C. 4/4  
Mary B. 4/5

Loan V. 4/8  
Kay G. 4/9  
Don L. 4/15  
Linda M. 4/16  
Gary L. 4/28



## Staff Birthdays & Anniversaries

Sando F. 4/17  
Coltan J. 4/18  
Niska A. 4/25  
Ann P. 4/26

Maxwell W. - 1 year  
Maureen H. - 1 year  
Christie F. - 6 years



## STAFF SPOTLIGHT



Congratulations to Vivian, our Employee of the month! Vivian is a true team player, always stepping in with kindness and dedication. Our residents in Legacy Court adore her, and her warm presence makes a difference every day. Thank you Vivian for all you do!




# News from Legacy Court

*Jackie Benson, Community Life Coordinator*



Greetings from Legacy Court! Spring is officially here and we could not be more thrilled! We've already been outside on our patio and around the building on walks. This lovely weather has us itching to get our flowers planted soon!

In the spirit of St. Patrick's Day last month, we wrote our own Irish blessings and wanted to share a few of our wishes here: 

- May you have a great day
- May you have a long and healthy life
- May you always have what you need
- May you be blessed with love every day of your life
- May you always have the support of family and friends

A March highlight for us was snuggling all the adorable puppies that came to visit us! It was great to see so many of you there!

Enjoy these pictures of our recent happenings. As always, you're welcome to swing by for a visit anytime!



## Share Your Story - *Bonnie Juliot*



Bonnie Juliot grew up on an 80-acre farm in a little valley called Little Plum Creek, Wisconsin. She had three siblings, and the area was full of farms—no matter which direction you looked, there was another one. It was a close-knit farming community, and Bonnie's family farm had a bit of everything. They grew crops like corn and alfalfa and raised animals too, including horses, chickens, pigs, and cows.

Like any kid growing up on a farm, Bonnie had plenty of chores. One she remembers especially well was driving the tractor during harvest time. She would pull a wagon behind her while the farmhands stacked it with hay bales. Since their farm was in a valley, the fields were steep and sloped along the hillsides. Bonnie had to be really careful—timing the brakes, clutch, and gas just right—so the tractor and wagon didn't start sliding downhill.

Some of Bonnie's favorite memories from Little Plum Creek are simpler ones. She loved picking blackberries with her mom and sister, even though the bushes were full of big spiders. She still remembers how sweet the berries tasted. To get to school, Bonnie and her siblings had to cross a pasture where the neighbor's bull lived. They would climb to the top of a hill and ask each other, "Can you see it?" before daring to go any farther.

Bonnie also remembers climbing a place called Turtle Hill. In the spring, crocuses would bloom along the rocky sides, and the view from the top made the climb worth it. One of the biggest changes Bonnie remembers was when electricity finally came to their community. She was about ten years old, and it felt amazing to have lights and a bright house. They didn't have running water like we do today, but water was piped in from a windmill and well to a spigot in the corner of the kitchen.

A pail hung underneath it, always filled with fresh, cold water.

### Resident Council Update

\*Our resident directory will be adding pictures! Please stop in the 2nd floor Pub on Tuesday April 7 between 2:30-3:30 to have your picture taken for the directory.

\*Notes from the previous month's meeting can be found on the bulletin board by the Dining Room, across from the Pub.

\*Next meeting - April 21 at 10:00am in the Community Room.

All Residents are encouraged to attend.

# Your Leadership Team

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



**Coltan Jacobson**  
Director of  
Health Services  
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**Sarah Ziehl**  
Asst. Director  
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Marketing Director  
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**Corrie Hoff**  
Director of  
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Memory Care  
Coordinator  
763-296-0560



**Keith McKinney**  
Maintenance Director



**Quita Thurmond**  
Administrative  
Assistant  
763-402-9190



**Jennie Jongeward**  
Director of  
Housekeeping



**John Politte**  
Culinary Director



**Johnny Russell**  
Chaplain

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