



Urbana Place
SENIOR LIVING
A Lifespark™ Community

Age Magnificently



The official newsletter of Urbana Place Senior Living

MAY 2026

From the Desk of our ED

Amy Koehnen, Executive Director

Happy May! Each day Urbana receives an average of 25 packages for residents throughout the building. Our process is to have the desk attendant call the residents and for you to come pick up your packages before 4:30pm. We have a new beautiful shelf in the southwest corner of the lobby that will hold the packages. If you need some assistance with delivering your packages, please let us know. We can deliver them by the end of each day or immediately for perishable items.

The Minnesota Department of Human Services will be on-site at Urbana to conduct Quality of Life surveys on Monday, May 11. They will select residents at random to take the survey. They will contact you directly if you have been selected. The survey is part of the Assisted Living Report Card for Minnesota. More information about the report card can be found at: [Minnesota Assisted Living Report Card](#) Please let Amy know if you have any questions.

From the Kitchen

Chef John, New Horizon Foods

Greetings from the culinary department. We are excited to announce that the spring/summer menus will begin on May 3rd. We also hosted a chef chat meeting and discussed many issues to include adding low sugar syrup, switching the potato wedges for thinner French fries, creating special meals with Community Life and hosting a "Chef demo" once a month in the Bistro, where I or another chef create quick and easy snacks that you can enjoy. Thanks for all the support these past months and letting me get my feet on the ground. I have a great crew, and we love what we do! Take care of yourselves.

**Chef Chat is back!
Chat with Culinary
Director John
Wednesday May 13th
1:00 in the
Dining Room**

Laughter IS the Best Medicine.

Paul Mazzacano, Resident

~Lena: You don't love me anymore! All you ever think about is golf. I bet you don't even remember the day we were married. Ole: Of course I do. Dat vas da day I sank a 40-foot putt and had a hole in one!

~Undertaker: What can I do for you, Ole? Ole: I want to arrange for my burial at sea. Undertaker: Why do you want to be buried at sea? Ole: To get back at my wife Lena. She said dat when I die, she's going to dance on my grave!

~The devil decided to go to church in a shower of flame, sparks and smoke. He ran up and down the aisles screaming and all of the congregation except Ole ran out. The devil leaned over Ole, shook his spear, let out a ferocious roar and shouted, I am Satan, the prince of darkness! I am evil incarnate. Do you not fear me? Ole: Why should I? I've been married to your sister Lena for forty years!

~Ole finally convinced Lena to join him on his fishing trip. After an hour of sitting motionless in Ole's small boat, Lena began to slightly bend her legs and move her feet to get some feeling back into her legs. At that point Ole tapped her on her shoulder and asked, 'did you come with to watch me fish or practice your dancing?'

~Lena dosent worry about Ole chasing after women. Lena: Da dog chases cars, but he dont know how to drive!

~Lena: Ole, let's go jogging together. Ole: how come? Lena: Vell because my doctor told me I could lose veight by working out with a dumb bell!

~Ole stopped at a florists to buy Lena some flowers. Florist: You want to say it with flowers? How about 3 dozen American beauty roses? Ole: Make it a half dozen...Im a man of few words.

~Allow me to end this 'humorous' attempt with a simple prayer- Give me a sense of humor Lord. Give me the grace to see a joke, to get some humor out of life, and to pass it on to other folk.

Lifespark Complete

*Lifespark Complete Brings
Convenience and Flexibility to You*

When life throws a curveball, Lifespark Medical Group comes to you. A senior living resident was experiencing pain and sweating episodes Leah Castle, Mobile Urgent Responder, and Dr. Nick Schneeman suspected a urinary tract infection (UTI) and acted swiftly. Leah drew labs to confirm the infection. The member was treated with IV fluids and oral antibiotics. By the end of the visit, they were alert, eating lunch and feeling much better. When something unexpected comes up, Lifespark Medical Group gets members back in the game quickly with in-home urgent care. Request a packet from your site staff to learn more about Urgent Response Services through Lifespark Medical Group.



Meet your new Lifespark Nurse Practitioner! We welcome Bethany Best, Adult-Gerontology Nurse Practitioner as our new in-house NP. With over 30 years of health care experience, and a passion for improving the health and lives of older adults, Bethany is deeply committed to understanding her clients' life goals and collaborating with them and their families to create a compassionate, realistic life plan. We wish Jen Dart the very best at her new communities and are grateful for all the care she has provided our residents.

From Nursing

*Coltan Jacobson, RN
Director of Health Services*

Hi all! Spring has come and the warm weather and sun are a breath of fresh air! Here are some clinical updates - we have a temporary RN here for a month, Loetitia, who is helping me complete routine assessments and answer call lights. Reminder that pendants are for urgent needs (i.e. you need our staff asap/within 10 minutes) and if your request is not urgent, please call the front desk or wait for the next scheduled service. If you have questions on this, please come to DHS or ED - we will be holding care conferences to reassess services if you are hitting your pendant over 6 times a week to try and see if we can help more as your caregivers! Lifespark Senior Living is also changing charting systems, you will not see any difference, but our assessment questions may change. Once this new charting system rolls out we also will be able to directly email you or a loved one directly with any changes to services so you can stay up to date when things change!

Chaplain's Corner

Rev. Johnny Russell
Community Chaplain

Reflection: The Blooming Present

Dear Friends,

May is a month that dares to bloom. No matter what winter—literal or metaphorical—we have passed through, May reminds us that life, growth, and color are inevitable. In our journey together, we often focus on the past or worry about the future. Yet, this month, I invite you to settle into the beauty of the present.

As Henri Nouwen once wrote, "To wait openly is an expression of hope. Hope is the expectation that I will be given the strength to live this day."

Often, in senior living, we may feel our world shrinking. But I believe our capacity for love and connection can actually grow. As St. Thérèse of Lisieux said, "Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love."

Your presence here is a gift to your neighbors and staff. The beauty of a spring day isn't diminished because it is only one day—it is celebrated for that exact moment. You, too, are to be celebrated for who you are today.

Let us remember the words of Psalm 118:24: "This is the day the Lord has made; let us rejoice and be glad in it."

May you feel the warmth of the sun, the joy of companionship, and the peace of knowing you are loved beyond measure. Blessings!

To the Staff:

Every single day, you are doing the work of love. It's easy to focus on the tasks—the medication, the meals, the cleaning—but what you are truly offering is presence. When you stop to listen, when you offer a smile, or hold a hand, you are carrying the stories and fears of our residents in your heart. You are not just caring for them; you are honoring their humanity, and in doing so, you are finding your own, too. Never forget that your work, your patience, and your compassion make a difference. It is all worth it. Thank you for being the hands and feet of kindness.

"The only way to do great work is to love what you do." ~ Steve Jobs
Follow your passions and find joy in your daily tasks.

Welcome to Urbana Place!

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



Lloyd



Rhonda



Resident Birthdays

Janice K. 5/1
Ray A. 5/11
Mary L. 5/12
Terri J. 5/15
Jim D. 5/15
Betty H. 5/16

Rosella H. 5/19
Angie H. 5/23
Rosemary J. 5/23
Linda R. 5/23
Joan A. 5/26
Pat S. 5/29



Staff Birthdays & Anniversaries

Marquita T. 5/10
Fonyama K. 5/20
Debbie A. 5/27

Albert M. - 1 year
Cathy B. - 1 year
Emefa - 2 years



Welcome Stephanie!

We want to introduce Stephanie Smith, Program Manager, Occupational Therapist with Aegis Therapy. She will be presenting a monthly 'Wellness with Aegis' program the second Monday of each month. Stop in the Wellness Center to say hello or ask her any questions you may have about occupational therapy.



News from Legacy Court

Jackie Benson, Community Life Coordinator



What an enjoyable spring we've had so far! With warmer days and plenty of sunshine, we've been getting outside as much as possible and enjoying time on our back patio. Fresh air, good company, and relaxing outdoor moments have made this season especially refreshing.

We're also looking ahead to our monthly outings this season, which often take us outdoors for picnics at local parks or a fun trip for ice cream—always a favorite!

May is shaping up to be a fun and activity-filled month. Highlights include:

- A Mother's Day Tea as we celebrate the wonderful women in our community
- An afternoon outing to Mississippi Gateway Regional Park
- Three live music performances
- And many more activities to enjoy together as a community!

We'd like to extend warm wishes for a very Happy Mother's Day to all the moms and mother figures in our community and beyond. Thank you for all you do. We're excited for everything May has in store and look forward to another great month together!



Share Your Story - *Betty Hanson*

Believe it or not, the White Pages say there are only 35 people named Betty Hanson in Minnesota—and we're lucky enough to have one of them here at Urbana! Betty is the kind of person who brings a smile (and plenty of laughs) wherever she goes. She loves a good game of dominos, and when she's playing Yahtzee with friends, she's definitely the one trying to sneak in "just one more roll." Betty brought that same joy and determination to her 26-year career as a waitress. She truly enjoyed working, serving her community, and helping provide for her family.

Betty's very first waitressing job was at the Hanson House in Mound, MN. She worked there for two years, serving up lots of spaghetti and burgers. She remembers that most people came in with their families—usually for a solid burger and some time together.

Most of her waitressing years were spent at the Bungalow in Crystal, MN. It was an All-American-style restaurant known for its steaks, and Betty remembers it as a really family-friendly place with a fun, comfortable atmosphere. When it came to staff favorites, she had two go-to picks: a 4-ounce steak or the shrimp—always a nice little reward after a long shift.

If you ask Betty about her least favorite place to work, she'll tell you right away: the Wayzata Country Club. She said it felt pretty uppity, and the expectations for servers were extremely high. She even had to cut customers' steaks before serving them—and if it wasn't done perfectly, a server could be fired. Betty stuck it out for one year, and that was definitely enough!

Another favorite job was at a Chinese restaurant in Florida. She was the oldest server they hired—and, by far, one of the best. When other servers didn't show up for their shifts, Betty got creative and found ways to keep things running smoothly. She still remembers the \$.88 lunch special that customers loved. But the best part? The owners and chef would sometimes invite her to stay and eat after closing. Beef and broccoli was her favorite!

After 26 years of waitressing, Betty switched gears and managed apartment buildings until she retired at 77. We're grateful to have such a thoughtful, kind resident here at Urbana!

Resident Council Update

A 'Wheelchair Rodeo' (safe driving workshop for electric wheelchairs and scooters) is scheduled for May 22 at 10:00 in the Community Room. We encourage all residents who use these to attend. All in attendance will be entered in the door prize drawing. Must be present to win!

*Next meeting - May 19 at 10:00am in the Community Room.

All Residents are encouraged to attend.

Your Leadership Team



Amy Koehnen
Executive Director
763-296-9083



Hani Mohamud
Asst. Executive Director
763-296-9085



Coltan Jacobson
Director of
Health Services
763-296-9087



Sarah Ziehl
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



John Politte
Culinary Director



Johnny Russell
Chaplain

Front Desk: **763-402-9190**