



Our Community Newsletter

Discover what's going on in our community.

Resident Birthdays

- 2/2 Forrest Zimpleman, 121
- 2/5 Judy Pierce, 117
- 2/6 Linda Pelland, 119
- 2/7 Butch Hansen, 136

Staff Birthdays

- 2/5 Kuna Taye, HHA
- 2/8 Janelle Gamboa, HHA
- 2/10 Juliana Kosgei, HHA
- 2/14 Yema Kaba, HHA




Executive Director

Happy February, everyone! As we celebrate this month of love, I wanted to share a quick reminder that an ACH payment option is available as an alternative to writing a rent check each month. If this is something you're interested in, just reach out to Megan, and she'll provide you with the form to get started. Wishing you all a February full of love, laughter, and community!

*Norbella Champlin offers space for Family Council Meetings each month.






Please reach out to Executive Director Megan Beck
(megan.beck@lifesparksl.com) for additional information.

Community Life

It's February, and you know what that means - Elvis is back, baby!! Wednesday the 12th at 3:00PM; be there or be square! 

Additionally, we're thrilled to announce—the hearts and community at NorBella Champlin are officially 100% full! We've reached this amazing milestone together, and it's time to celebrate YOU—the residents, families, and team members who make this community so incredible. Tuesday the 11th from 1:00-3:00PM!

Here's what's in store:

-  Adorable and sweet treats
-  Music to get everyone in the celebratory spirit
-  A fun photo booth to capture the memories
-  A swag table full of surprises
-  Meet the Champlin CHAMPS Tryathlon team in action!

We're excited to celebrate with our entire community, and families are welcome to join in the fun.

Nursing

Coming up this month we're glad to share that the podiatry service will be here on February 14th—just in time to give your feet some love this Valentine's Day! If you're not already signed up or want to confirm your spot, please reach out to Megan for more information about podiatry services. She'll be happy to help! In other news, we continue to search for a permanent Director of Nursing, and give a huge thank you to our interim Nurse, Nancy Boone! Take care, and here's to a healthy and happy February!

Marketing

We're excited to invite you to our upcoming event, Medicare & Mocktails, on Tuesday, March 11, from 2 PM to 3 PM. This is a great opportunity to enjoy a refreshing non-alcoholic beverage while gaining valuable insights into Medicare.

Licensed Medicare agent Benita Jackson will guide us through the ABC's of Medicare in a clear and easy-to-understand way. Whether you're a resident or family member, this session is designed to empower you with helpful information about benefits and options.

There will be free:

- 🍹 Delicious mocktails
- 🍿 Snacks
- 🎁 Door prizes

All are welcome, so feel free to bring family and friends! If you'd like to attend, sign up with Mindy Frost or Bethany Swan.

Culinary

Here's what's been cooking behind the scenes in the culinary department: We've focused on providing nutritious snack options for our residents that are both satisfying and wholesome. This month, we've been working closely with our residents to tailor the menu to their preferences. We're continuing to partner with Megan to train and guide our staff on safe and efficient food handling and serving practices.

Spiritual Life

My life has been the poem I would have writ;
But I could not both live
and utter it.

-Henry David Thoreau

We have come around again to the month of valentines and hearts, flowers and chocolates and sentimental sayings. We share words of love with others, and perhaps we also feel grief when remembering those loves we've lost. This year, consider offering some words of love to yourself. If your life, like Thoreau's were a poem, what words would it include? What parts of you would it celebrate? Have you persevered through a challenge? Survived a heartbreak? Risen to a challenge? What words would you use to describe what is most lovable about you? How would you put into words the arc of your life? Poems don't have to rhyme, and they don't even have to be long. Try writing a short love poem to yourself this month. And if you're feeling brave, find someone to share it with! Love grows when we share it with others.

Life at a Glance



Management Directory

Executive Director: 763-235-2137

Megan Beck, megan.beck@lifesparksl.com

Director of Nursing: 763-235-2136

Nancy Boone, nancy.boone@lifesparksl.com

Director of Sales & Marketing: 763-235-2131

Mindy Frost, mindy.frost@lifesparksl.com

Director of Community Life: 763-235-2138

Bethany Swan, bethany.swan@lifesparksl.com

Director of Maintenance, Alex Guck, alex.guck@lifesparksl.com

Director of Dining Services, Tyler Meek, tmeek@unidine.com



Join us at NorBella Senior Living Champlin!

We will be celebrating our NorBella Champlin team for reaching 100% occupancy!

Our Hearts & Community are FULL

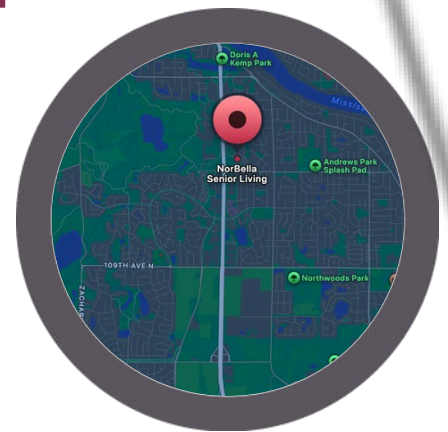
Stop by to celebrate our incredible community at NorBella Champlin for recently reaching 100% occupancy. You can meet our incredible team and immerse yourself in living a sparked life!

Tuesday 1:00-3:00PM

February 11th



NorBella
CHAMPLIN



We hope to see you there!

To RSVP:
contact Taylor at
812.483.6194 or
tpowless@lifepark.com

norbellaseniorliving.com