



## Our Community Newsletter

*Discover what's going on in our community.*

### Resident Birthdays

- 3/3 Dorothy Jorgensen-Hansen,  
130  
3/17 Dave Hallson, 107  
3/19 Gloria Davenport, 124

### Staff Birthdays

- 3/10 Ori Yancy, HHA  
3/16 Alex Guck, Director of  
Maintenance  
3/28 Marbay Krangar, HHA



## Executive Director

Spring is just around the corner, and with the changing season comes a few friendly reminders. As the weather warms up, please ensure your loved one has appropriate spring clothing—light layers are great for unpredictable spring days! A quick note on outdoor spaces—each resident is permitted to have one bird feeder outside their apartment. You're also welcome to decorate your window space however you'd like—sun catchers, windmills, or any personal touches to make it feel like home! Wishing you all a happy and refreshing start to spring! 🌸

\*Norbella Champlin offers space for Family Council Meetings each month. Please reach out to Executive Director Megan Beck ([megan.beck@lifesparksl.com](mailto:megan.beck@lifesparksl.com)) if you would like additional information.

## Community Life

February was filled with love, and Valentine's Day was extra special thanks to our wonderful volunteers who delivered roses and goodie bags. It was heartwarming to see so many smiles throughout the community! ❤️🌹 Now, we're gearing up for a fantastic March with Mardi Gras and St. Patrick's Day celebrations, exciting bus outings, and plenty of ways to stay active and connected. 🍀💜 We will also reach the final rounds of our TRYathlon competition and I cannot say enough how blown away I am by the dedication and skill our residents have displayed. Stop by on a Tuesday or Thursday to see the Champlin Champs in action! Want to see your loved ones in activities but can't make it on person? If you haven't already, check out our Facebook page for photos of your favorite faces at <https://www.facebook.com/NorBellaChamplin>. 🙌

# Nursing

As we **March** into a new month, we have a few important nursing updates to share. Service agreements will be coming out soon—please review, sign, and return them as soon as possible. These agreements help us ensure that each resident continues to receive the personalized care they need. Additionally, bath and shower schedules have been finalized. If you have any questions or concerns regarding your loved one's schedule, please reach out to Nancy Boone, and she'll be happy to assist. Thank you all for your cooperation and support in keeping our community running smoothly. As always, our nursing team is here to provide the best care possible!

# Marketing

Coming up just around the corner, our Medicare & Mocktails event on Tuesday, March 11, from 2 PM to 3 PM will be held right here at Norbella. 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! RSVP to Mindy Frost or Bethany Swan if you are interested in attending.

## Culinary

February was a sweet success in the kitchen! Our residents handcrafted chocolate-covered strawberries, while everyone enjoyed the Valentine's Day pudding parfaits prepared by our kitchen team! In other news, we've refreshed our dining experience by replacing old, chipped bowls and plates with brand-new ones! Looking ahead, Regional Manager Tracy Hennen will be joining us for our Food Committee Meeting on March 6th at 10:30 AM. We look forward to hearing your feedback and serving up meals that make you smile!

## Spiritual Life

Come, thou fount of every blessing. Tune my heart to sing thy grace!

-Robert Robinson (1758)

I grew up singing one of my favorite songs, *Come Thou Fount of Every Blessing*. I've sung it hundreds and hundreds of times in my life, but it became my favorite because of some very specific memories. I remember as a child, visiting my grandparents who lived in another state. I remember sitting in the hard, wooden pews of their small-town church, snuggling into my grandmother's warmth, feeling her deep breaths and the vibrations of her singing, "tune my heart to sing thy grace." I felt safe there, and I knew that I was loved. In a way, those moments were attuning my own heart to experience and treasure the faith that has been passed down in my family for generations, even as I have grown into a faith of my own. When you think about what faith – or spirituality – means in your life, are there people or places, songs or words that make you feel safe and loved? How has your own belief been shaped? Who has been a part of your journey to becoming who you are?

# Life at a Glance



## Management Directory

**Executive Director: 763-235-2137**

Megan Beck, [megan.beck@lifesparksl.com](mailto:megan.beck@lifesparksl.com)

**Director of Nursing: 763-235-2136**

Nancy Boone, [nancy.boone@lifesparksl.com](mailto:nancy.boone@lifesparksl.com)

**Director of Sales & Marketing: 763-235-2131**

Mindy Frost, [mindy.frost@lifesparksl.com](mailto:mindy.frost@lifesparksl.com)

**Director of Community Life: 763-235-2138**

Bethany Swan, [bethany.swan@lifesparksl.com](mailto:bethany.swan@lifesparksl.com)

**Director of Maintenance, Alex Guck, [alex.guck@lifesparksl.com](mailto:alex.guck@lifesparksl.com)**

**Director of Dining Services, Tyler Meek, [tmeek@unidine.com](mailto:tmeek@unidine.com)**



Allina Health 

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INVITES YOU TO



# MEDICARE AND MOCKTAILS



***TUESDAY, MARCH 11***

***2:00PM - 3:00PM***

**@ NORBELLA - CHAMPLIN**

COME AND ENJOY A TASTY NON-ALCOHOL BEVERAGE WHILE LEARNING MORE ABOUT HOW TO CONNECT THE ABC'S OF MEDICARE.

SNACKS AND DOOR PRIZES WILL ALSO BE PROVIDED.

LET US KNOW IF YOU ARE INTERESTED IN ATTENDING! [MINDY.FROST@LIFESPARKSL.COM](mailto:MINDY.FROST@LIFESPARKSL.COM)