



Our Community Newsletter

Discover what's going on in our community.

Resident Birthdays

5/6 Jan Bartosch, 116
5/12 Bonnie Paquin, 110
5/29 Tricia York, 115
5/30 Maynard Henjum, 138
5/31 Annabel Christiansen, 133

Staff Birthdays

5/4 Tarios Flah, HHA
5/11 Megan Beck, Exec. Director
5/15 Mearel Lee, HHA
5/23 Joyce Pearce, HHA
5/30 Mindy Frost, Marketing Dir.



Executive Director

As we welcome the month of May, we're reminded of the beauty of new beginnings—bright flowers 🌸, longer days ☀️, and fresh energy throughout our community. This month, we also celebrate Mother's Day 🌺 and National Nurses Week 🧑🏻🩺 🧑🏻🩺—two meaningful opportunities to show gratitude to the caregivers and family members who bring so much heart to our lives here.

Our team has planned a variety of engaging activities to enjoy the spring sunshine, from gardening and music on the patio to crafting 🎨 and socials. It's a joy to see residents thrive in a season full of light, laughter, and connection 🌸.

Thank you for your continued trust and support. We're honored to be part of your journey.

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

Community Life

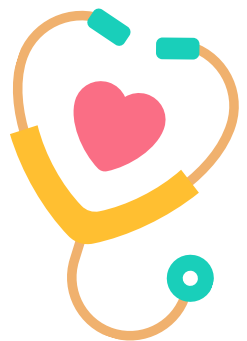
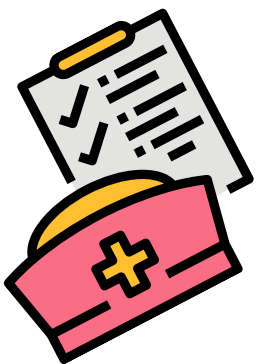
Happy May, everyone! This month is bursting with fun, and I couldn't be more excited about what's ahead. We've got a full calendar of activities to enjoy the all the Spring fun this season brings.

I'm especially looking forward to our trip to the Minnesota Arboretum 🌳 🌸—a perfect place to admire the blooming flowers! We'll take in the beautiful gardens, drive the 3-mile bus route, and soak up the scenery. The cost is \$17 per person, but I'm confident it will be worth every penny! We're also planning a special Mother's Day celebration on Friday, May 9th at 2:30PM 🌺, and we're inviting all the children of mothers in our community to join us for an afternoon to honor all that our mothers do.

🌸 Meet Our New Director of Nursing 🌸

Hello everyone! My name is Kristi, and I'm so excited to be here as your new Director of Nursing! With nearly 20 years of nursing experience under my belt, I've had the privilege of caring for others across a wide range of fields—from the fast-paced emergency room to the compassionate world of hospice, as well as assisted living and long-term care. Each setting has provided me with a variety of knowledge, and I'm thrilled to bring that experience to this community.

My family and I have called Princeton home for the past 19 years. We love spending time outdoors and spend most summer weekends soaking up the sunshine at our seasonal campsite. My heart belongs to three amazing kids—Jackson (16), Macie (8), and Hudson (5)—and our lovable golden retriever, Tank, who's as much a part of the family as anyone else (and thinks he's a lap dog!). I look forward to getting to know all of you and helping our community continue to blossom with care, compassion, and connection. 🌼



Resident Referral Program



Pick Your Neighbor

REFER A FRIEND TO NORBELLA CHAMPLIN & WHEN THEY MOVE IN

you
will receive \$500 off
one month's rent

&

your friend
will receive \$500 off
one month's rent

*friend must mention you during our first conversation



NorBella
CHAMPLIN

It's hard to believe I've already wrapped up my first month here at NorBella! It's been such a warm welcome, and I'm thrilled to be part of this community. One of the highlights so far has been rolling out our new spring menu, filled with lighter, fresher options to match the sunny days ahead. You'll notice more seasonal fruits and veggies, cool salads, and grilled favorites—perfect for those warmer temps and longer days. As we head into the spring and summer months, I'm looking forward to getting feedback from all of you on your favorite warm-weather dishes. It's my goal to make mealtime something everyone looks forward to! 🍓🍊

Spiritual Life

Many of us are well-acquainted with grief. Indeed, as we have experienced losses and changes and endings, we may experience grief as a constant companion – one that sometimes stirs suffering within us. Author Kate Bowler shares a blessing for us in times of grief, recognizing that grief is a holy space in which we can encounter the presence of the divine and the compassion of others. Receive this excerpt from this blessing from Kate's book **Good Enough**: *Blessed are you, dear, dear one, doing this holy work of suffering what must be suffered. Of grieving what has been lost. Of knowing the unthinkable truth that must be known. This grief can make you feel on the other side of glass from the world around you, a force field separating your different realities. Yet blessed are you in your reality, for yours is the one most seen by God, who breathes compassion upon you, even now. Who has walked this path, and who leans toward you, gathering you up into the arms of love. Rest now, dear one. You are not alone.*

Life at a Glance



Management Directory

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