



NorBella  
SENIOR LIVING

*Age Magnificently*



## Our Community Newsletter

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



**Welcome to summer in July. We are planning on window cleaning the inside and outside of all of our windows in the building.**

**We do not have a date set yet, but we will update you all when it is confirmed.**

**Some of you may have noticed the water flowing out on the patio, outside of memory care. We have called in a few experts to help reduce and/or repair the issue that is happening. We expect it to no longer be an issue soon.**

**Lastly, Chris Sakry, our LPN has passed his nursing boards, and is now an RN.**

**He will transition to working one day a week for us, starting in July, as we continue our search for an LPN.**

### **Reminders for July**

**Family Council - Thursday July 10th at 5:30**

**Podiatry onsite visit - Thursday July 17th**

**If you have not been seen by our podiatrist before, sign up with the nurse, Katie Germann.**

**Deborah Ashamu  
Executive Director**





July is here, and I hope everyone is enjoying their summer. We have a lot scheduled ahead for the month of July. I hope you all enjoy and participate in the months activities.

I will be passing out an activity survey, to get an idea of people's preferred activities, and to see where we can add something new to try out.

Suggestion boxes are still available to add your ideas.

Thank you to everyone for your positivity and participation with events and activities.

Have a safe and FUN 4th of July weekend!

Mindy La Clair - Community Life Director

### **Entertainment**

**Gary LaRue 7/11 at 2:30**

**Jenni Thyng 7/18 at 2:30**

**Luau Party with Ross  
McLeod 7/25 at 2:30**

**Rockin' with Tony playing  
in memory care 7/1 & 7/15  
at 2:30**

### **Resident Council**

**Thursday 7/3 at 2:30**

### **Family Council**

**Thursday 7/10 at 5:30**

### **Midweek Matinee's**

**Blast from the Past 7/2**

**Finding Nemo 7/16**

**Mrs. Doubtfire 7/30**

### **Outings**

**Target 7/9 at 2:00**

**Living Waters Church  
Garage Sale 7/17 at 9:30**

**Walk to Kwik Trip 7/22 at  
2:15**

**Dairy Queen 7/28 at 1:30**



# Happy Birthday

## Residents

Jean 7/2

Mar 7/16

Ruth 7/29

## Staff

Rosemund 7/1

Mumtaz 7/2

Princess 7/9

NorBella Senior Living is excited to now offer outpatient Occupational Therapy ( OT ) services, through Aegis therapies. Located conveniently on-site. Outpatient OT can support your loved one's strength, balance, vision, and cognition. We also help preserve independence in hygiene tasks, grooming, dressing, bathing, and other self-cares. Furthermore, OT promotes participation in hobbies and leisure activities. Our therapeutic approaches include skill development, compensatory strategies, and creative adaptations to the task or environment.

OT promotes the utmost quality of life as resident's age in place. If you have further questions or would like to make a referral to OT, please contact Alissa Nowack, OTR/L at

[alissa.nowack@aegistherapies.com](mailto:alissa.nowack@aegistherapies.com)  
651-316-0951

Hours

Monday 2 - 4

Friday 9 - 11



rehab and wellness services

## THERAPY AT YOUR DOORSTEP

**We are proud to provide our residents access to the industry-leading outpatient services of Aegis Therapies®.**

The comprehensive therapy services provided right here in your community include physical, speech and occupational therapy. Therapists with specialized training in the treatment of older adults are experienced and ready to help you gain better control over specific conditions and day-to-day functioning, including:

- Improved strength, coordination and range of motion
- Greater mobility, balance and endurance
- Pain management
- Reduction of swelling in arms or legs
- Home safety and use of adaptive equipment
- Vision management
- Communication and memory

**AegisTherapies.com**

Aegis Therapies welcomes all persons in need of its services and does not discriminate on the basis of age, disability, race, color, national origin, ancestry, religion, gender identity, sexual orientation or source of payment. Aegis Therapies and the featured company are separate companies. Aegis provides therapy services pursuant to a Service Agreement with the featured company. Interpreter Services are available at no cost. Please visit your local Aegis Therapies location for assistance. Servicios de interpretación están disponibles sin costo. Visite su sucursal local de Aegis Therapies para recibir asistencia. 我们提供免费传译服务。请探访您的本地Aegis Therapies地点以获得协助。AOP-00339-21 M028

# How Many Words Can You Find?

Using the letters in the game box, how many words can you create with 3 or more letters?

U	R	D	R
N	I	U	T
E	E	N	E
L	I	A	B

1

13

2

14

3

15

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