



July Birthday's

Resident Birthday's
John N. - 7/31

Staff Birthday's:
Kassie 7/ 11

Updated Meal Times:

8am-9am- Breakfast

12pm-1pm- Lunch

5pm-6pm- Dinner

Updates from our Executive Director

This July marks a very special milestone- our 1 year anniversary! It has been a very big year of growth and exciting developments! From hiring a dedicated team (and we're still growing) to welcoming 34 new residents- with more on the way! It's been a joy to see our community come to life. In October, we transitioned to LifeSpark for enhanced care services and we proudly joined the I-94 Chamber of Commerce to further connect with the local community. It's been an absolute pleasure to serve you as Executive Director and I'm so grateful to be on this journey with you. We look forward to many more years of care, community and connection. Please join us for our 1 year anniversary party on July 22nd!

-Traci Schabert, Executive Director of NorBella Rogers



Lifespark Chaplain

Growing up, there was nothing quite as magnificent, as hearing a full symphony orchestra play 'Stars and Stripes Forever' in early July. That Piccolo solo sends the heart fluttering, and the bum-bum-ba-dam-bum makes the spirit soar. Many times, when words seem inadequate to describe how we are feeling or what is important to us, music has a way of swooping in with exactly what we need. What are songs, or styles of music, that make your spirit soar? That bring you peace when you feel troubled, that get you going when you feel down in the dumps? What music do you love to experience with friends? What was the first live music performance you ever attended? This month, tell someone a story about how music has been the mediator between your spirit and your senses. May that storytelling be a blessing!

Summer Travel? Stay well on the go!

Travel is good for the soul. Whether you're seeing new places or making memories with people you love, summer trips can spark curiosity and joy. Just one note: the best adventures go more smoothly with a little preparation—especially when it comes to health and comfort.

Keep these few simple tips in mind:

- Talk to your doctor before you go. Make sure your vaccines are current. Go over any health concerns that might affect your trip.
- Pack light- but smart. Bring your medications, a list of your medical conditions, a hat, healthy snacks, and other comfort you might enjoy on the move.
- Give yourself time to recover. It's ok to pace yourself. Build downtime in your schedule, even for short trips.
- Stay hydrated, and dress in layers. Air conditioning, heat, and elevation changes can take a toll. Water and soft breathable clothing can help.
- If you're flying, request support in advance. Most airlines offer wheelchair service and early boarding. You can ask them when you book your flight. Don't let the hustle and bustle of a busy airport stop you from going on that trip!



A summer trip can be a great way to reconnect, recharge, and refresh your perspective. If you've been thinking that you can't travel right now because of your health, consider talking to your Lifespark primary care team. They might have solutions you haven't thought of. Live fully, travel wisely!



KNOW THE SIGNS AND SYMPTOMS

Many signs and symptoms of heat exhaustion can overlap with heat stroke. When in doubt, call 911!

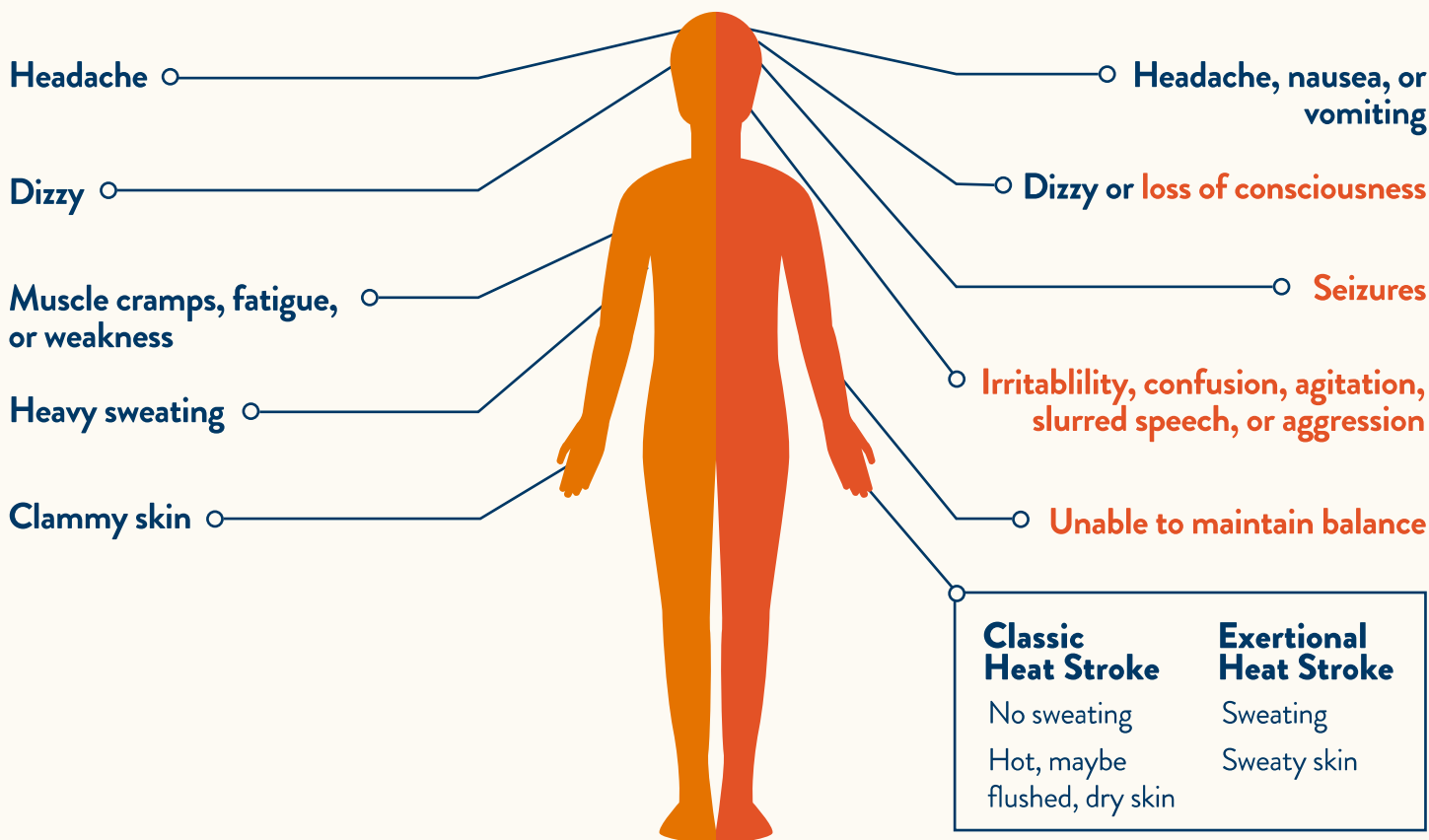
HEAT EXHAUSTION

Heat exhaustion can develop from exposure to heat or working/exercising in it.

HEAT STROKE

Heat stroke is a medical emergency.

It can develop quickly when working or exercising in heat (exertional heat stroke) or gradually over a few days of prolonged heat (classic heat stroke).



WHAT TO DO

MOVE to a cool, shaded place.
REMOVE all clothing possible.
USE cool cloths, a cool bath, or a cool shower to lower body temperature.
FAN wet skin to speed cooling.
DRINK cool water or an electrolyte solution.

CALL 911 if symptoms worsen, last more than an hour, or if there is chest pain or shortness of breath.

WHAT TO DO

CALL 911 IMMEDIATELY!

Heat stroke is a medical emergency.
COOL person down as fast as possible.
USE cold, wet towels or ice packs on their head, neck, armpits, groin, and skin, or put them in cold water (tub, shower, or bath).
FAN wet skin to speed cooling.
STAY with them to monitor breathing and watch for seizures.
DO NOT give them anything to drink.

DANGER

If a person who has been in a hot environment or exercising in the heat is confused, agitated, unconscious, or unable to maintain their balance, call 911 immediately!

STAY COOL MN

NorBella Senior Living -
Rogers

mn DEPARTMENT
OF HEALTH
For more information, visit mn.gov/heat.



Summer Salad Recipe and Idea:

1 ear of corn, cut from the cobb

1 english cucumber

2 cup cherry tomatoes

1/2 of an avocado-cubed

2 cup fresh strawberries

1/2 cup fresh basil, chopped

1/3 cup feta cheese

1/2 cup lemon juice

2 TBSP olive oil

Salt and Pepper to taste

Mix all ingredients in a large salad bowl and serve immediately.

Chef's Corner:

Hi, my name is David Harrison I'm the Dining Service Director at NorBella LifeSpark of Rogers. Oscar is our morning Sous Chef and he's been working with me since September. We recently added to our team with Sarah our afternoon Sous Chef who joined us in June. We strive to create fresh food for our residents everyday. We received a 100% rating from our Assisted Living residents last week on our Happy or Not Kiosk! Please feel free to contact me if you have any questions on our menu. We look forward to serving you.

-David Harrison

Dining Service Director





Please Join us for our

One Year Celebration

Live Music Featured by
The Blue Ox Jazz Trío

Ice Cream Treat & Outdoor Games

Please bring your own lawn chairs

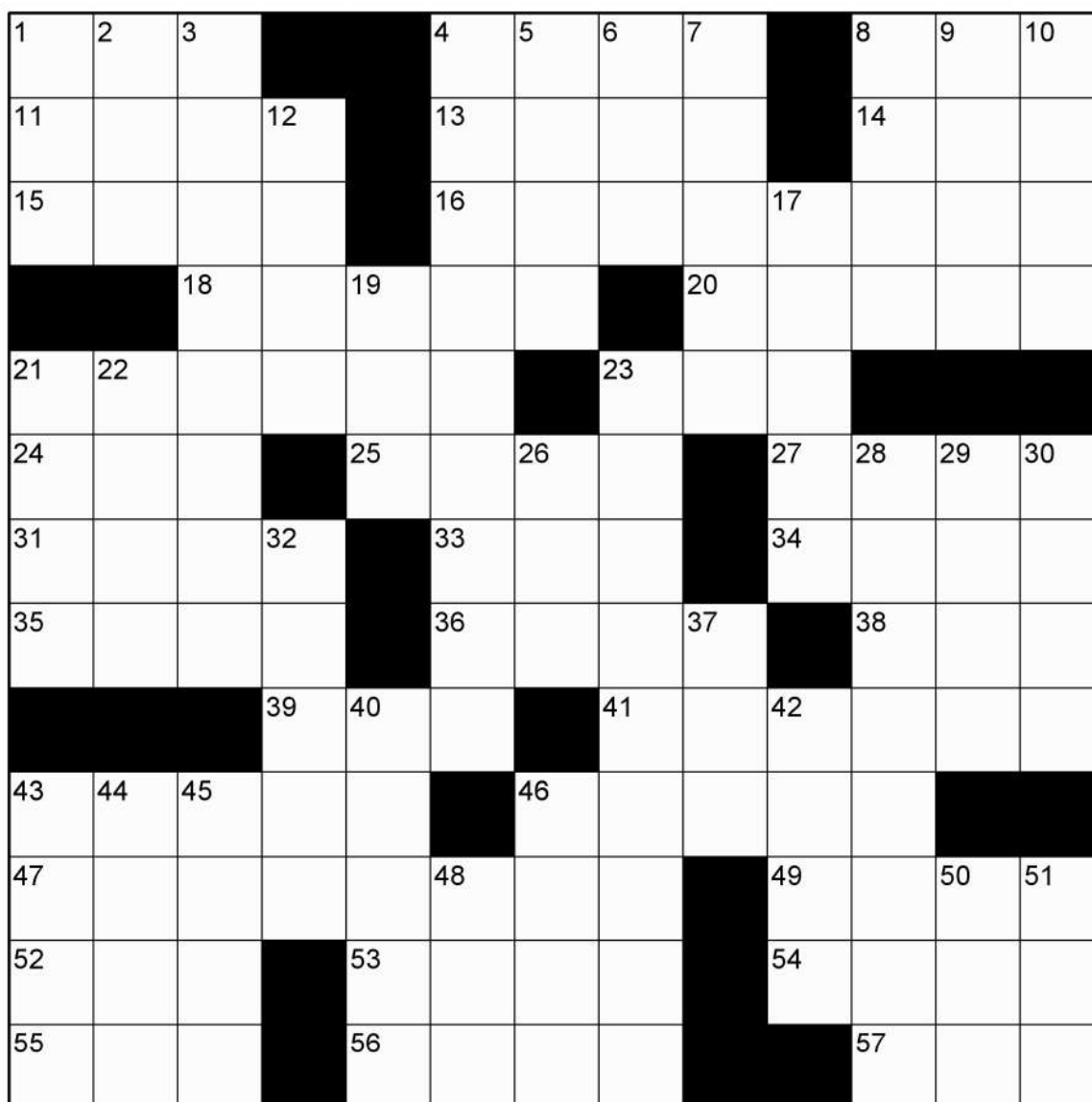
Tuesday July 22nd

3pm-5pm

Norbella Rogers

Also, come
check out a
Tesla car





ACROSS

1. Female pig
4. Crook
8. Spread out for drying
11. Mimicked
13. Friend
14. Monetary unit of Vietnam
15. Abominable snowman
16. Pursuit of high principles
18. Metal spikes
20. Wens
21. Crypts
23. Snow runner
24. Go wrong
25. Submachine gun
27. Grandmother
31. Food
33. Eggs
34. Growl
35. Affectedly dainty
36. Devices for fishing
38. Gymnasium

39. Reverential fear

41. Fondle
43. Wooden box
46. Shallow water
47. Capital of Finland
49. Pastry items
52. Writing fluid
53. Riding strap
54. Colour of unbleached linen
55. Bashful
56. Hit or punch (Colloq)
57. Egyptian serpent

DOWN

1. Utter
2. Open
3. Woman hired to suckle another's infant
4. Pellet of hail
5. One's parents (Colloq)
6. Bullfight call
7. Type of packsack
8. Specific thing indicated
9. The Orient

10. Benedictine monks' titles

12. Face
17. Fibbing
19. Sexless things
21. Air duct opening
22. In a line
23. Grabbing
26. First woman
28. Medicinal plant
29. Negative votes
30. 3 Weapons
32. Makes warmer
37. Cracker biscuit
40. Eerie
42. Take by force
43. Stylish
44. U.S. divorce city
45. An alcoholic
46. Pelt
48. Prefix, new
50. Bitter vetch
51. Dine

How Many Words Can You Find?

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

A	E	D	F
L	Y	E	S
O	N	G	V
B	T	D	S

1

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24

Some updates/activities to plan for in July.

1



Anniversary Party

Join us for Friday, July
22nd
3pm-5pm

2



Bible Study

Join us for Bible Study every
Thursday at 10:30am.



Employee Spotlight: Amber Johnson

Where were you born? I was born in Duluth, MN and now I reside in Rogers, MN.

Are you married? Children? I have a boyfriend and I have two children.

What are your hobbies? I enjoy relaxing by water, being outside in the sun, watching movies, spending time with my family

What is your favorite thing about working at NorBella? I enjoy working with the residents and the staff is so welcoming and we prioritize team work!

What is your favorite foods? I love Italian food, my favorite dessert is anything chocolate.

Any words of wisdom you'd like to leave us with?
Live each day like it's your last!

3



Bingo

Join us on
Wednesday's at 2pm
for Bingo!

4



Happy Hour

Enjoy wine, beer or some
lemonade on us! Join us
every Friday at 2:30pm for
Happy Hour in the Dining
Room!



Shared Memories, Heartfelt Connections

Step into a world of cherished memories and vibrant community life with our special photo showcase. From joyful gatherings to serene landscapes, each picture celebrates the rich experiences and enduring spirit of our residents. Join us as we highlight the beauty of our senior living community, where every snapshot tells a story of friendship, resilience, and the joy of living fully.





Follow us on Social Media



Scan the QR code with your mobile camera to be taken to our Facebook Page. Stay in touch with upcoming events, pictures from previous events and news about our community.

Other Providers:

Blue Stone Physicians

www.bluestonemd.com

Aegis Therapy

www.aegistherapies.com

Lifespark Home Health & Hospice

www.lifespark.com



Contact Us

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Our Location

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Rogers, MN, 55374