



Our Community Newsletter

Discover what's going on in our community.

Resident Birthdays

- 6/21 John Meister, 125
6/28 Kathy Koon, 109
6/30 Adele Tonsager, 134

Staff Birthdays

- 6/05 Susan Nyemah, HHA
6/07 Henrietta Boakai, HHA
6/12 Gbolu Sengbe, CNA
6/12 Patricia Keleekai, HHA
6/27 Ashley Noel-Anampa, HHA
6/30 Kristi Blomgren, DHS



Executive Director

As the sunshine starts to stick around a little longer each day, we're excited to spend more time outdoors enjoying the beautiful weather. With that in mind, please make sure your loved one has appropriate summer clothing as well as a sun hat or baseball cap to help them stay cool and protected during patio time. 😎🧢

If you'd like to set up ACH payments for easier monthly billing, please contact Megan and she can help walk you through the process! Podiatry services will be on-site Tuesday, June 25th—something especially important for mobility and comfort as we stay active this summer. If you would like your loved one to be seen, please connect with Megan to get signed up.

Lastly, we want to encourage everyone to use our Lifespark Super Star Station 🌟—it's a great way to give a shout out to a staff member who has gone above and beyond. Your kind words mean more than you know!

*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.

Nursing

With the warmer weather arriving, it can be an important time to keep summer health in mind! ☀️ Hydration is key – Older adults may not feel thirsty as often, so it's important to remember regular water intake throughout the day. Electrolyte drinks and fruits with high water content like watermelon can also help. Staying hydrated, wearing sun protection, and choosing breathable clothing can make a big difference in keeping our residents safe and comfortable.

Nursing cont.

Also, a quick reminder for families of residents in Memory Care: for safety reasons, sunscreen and bug spray are not permitted in resident apartments. 🧴 If you have any questions about this, please don't hesitate to reach out to Kristi or Megan.

Community Life

Summer is just getting started, and June is bringing the fun! We've got a great month planned, filled with opportunities to enjoy the sunshine, try new things, and make lasting memories together. We're especially excited to host a Father's Day Ice Cream Social to celebrate all the incredible dads in our community! 🍦 Families are warmly invited to join us—be sure to check out the flyer on our Marketing page for the full scoop.

This month's outings include some favorite spots: we'll be taking a trip to a scenic park along the Rum River, a shopping trip to Dollar Tree 🛒, and a delicious lunch at 3 Squares Restaurant. Whether it's fresh air or good food, we've got something for everyone!

And I can't wrap up without giving a HUGE shoutout to our Champlin Champs team! June is the final month of this tournament and watching our residents steer their Forklifts in the competition with such dedication, growth, and team spirit has been truly inspiring. 🚗👏 You are all amazing and continue to raise the bar every week!



ICE CREAM SOCIAL

Get ready for a “scoop-er” fun time as we celebrate FATHER’S DAY with an Ice Cream Social! We will have an afternoon filled with laughter, delicious ice cream, and a sprinkle of joy!

WHERE: NORBELLA

WHEN: JUNE 13

TIME: 2:30PM

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Thank you all so much for the warm welcome—I'm thrilled to be part of this vibrant community! 🍴🌟 It's been a joy getting to know you, and I'm excited to serve up not just meals, but a dining experience you'll truly enjoy. 🍲💛 I always have my ears open, so if there's a favorite dish, comfort food, or new flavor you'd like to see on the menu, please don't hesitate to share your suggestions with the staff. Looking ahead to this summer, I'll be teaming up with Bethany to cook up some themed meals and fun activities—so get ready for a plateful of flavor and festive fun! 🎉🍷

Spiritual Life

All nature sings, and 'round me rings the music of the spheres.

-Maltbie D. Babcock (1901)

The summer months have come around again, the seasons changing as they do. Nature is a wise teacher for us about the rhythms of life. The seasons come and the seasons change, so it is for all of us. Many people around the world believe that connecting with nature can be a source of spiritual growth and healing. Spending time outside, whether soaking up some sun on a warm day or looking up into the night sky, can remind us that we are part of something big and beautiful and complex. Looking closely at a leaf or flower or even a single blade of grass can inspire our creativity or move us to compassion. This summer, can you make time to be outside in nature? Notice what you see, what you hear, and what it feels like to simply be who you are amid the beauty of creation. May you experience belonging in this world and awareness that you, too, are part of the beauty of the earth.

Life at a Glance



Management Directory

Executive Director: 763-235-2137

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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, Levi Ellingson, lellingson@unidine.com

