



Our Community Newsletter

Discover what's going on in our community.

Resident Birthdays

7/07 Scott Liptak, 121
7/13 Arleen Meyers, 103

Staff Birthdays


7/27 Kaylee Bunnell, HHA
7/29 Hawa Cooper, HHA




Executive Director

Happy Summer! The sunshine is here, the flowers are blooming, and there's a wonderful energy in the air around our community.

We have a couple of updates and happenings to share:

 Got old glasses? We're collecting donations of gently used or no-longer-needed eyeglasses. If you've got a pair (or two) tucked away in a drawer, bring them down to Megan's office. Your donation could help someone see the world a little more clearly!


 Pharmacy News: Starting in August, we'll be switching our pharmacy services from Thrifty White to Consonus Pharmacy. More information will be coming soon, but rest assured—we'll keep you well informed every step of the way to make the transition as smooth as possible.


Wishing you all sunny days, cool breezes, and lots of smiles this summer!


*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

This month, we're focusing on Fall Prevention! Here are a tips to help keep you safe and steady:

 No rugs in your room: As cozy as they may seem, rugs are a top tripping hazard. Keep pathways clear!

 Wear proper footwear: Shoes that fit well are your best friends - tread carefully in your summer sandals and flip flops.

 Take your time: There's no need to rush—slow down and take time to do things safely.

Nursing cont.

✍️ Use your assistive devices: Canes, walkers, and other mobility aids are there to help—don't forget to use them!

💧 **Sunscreen Reminder:** If you'd like to use sunscreen here at the community, we'll need a self-administration order from your healthcare provider first. Nurse Kristi is happy to help you with this process—just stop by and ask! 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 reach out to Kristi or Megan.

Community Life

Summer fun is in full swing, and we're making the most of the sunshine! ☀️🌸

🚌 Let's hit the road! We have three exciting bus outings planned this month—and as always, family and friends are more than welcome to join us! Look for these outings highlighted on your calendar!

👕 Get ready for some outdoor fun as we make crafts for our gardens and tie-dye T-shirts in preparation for our big "Back to the 60s" Summer Party happening in August. Peace, love, and lots of color coming your way!

💪 This month, we kick off the next Spark Challenge—The Grip Games! It's a friendly competition between all the NorBella communities. The challenge: use your grip strength as a team to "pump" the most water through a handheld hose—we'll measure each team's total by gallons pumped. Family, friends, and even grandchildren are invited to join as participants! The more hands, the better the chance to take home the trophy (and the bragging rights)!

Presented by: **m** MINNESOTA
SENIOR LINKAGE LINE

PREVENTING FRAUD AND SCAMS



Fraud and scams are on the rise, with some scammers specifically targeting older adults. But there are ways you can protect yourself and your personal information. This presentation includes information about fraud prevention, and you'll learn how to detect and report fraud and scams, so you can keep your personal information and yourself safe.



When: July 22, 2025
2:00 PM - 3:00 PM

Hosted by: NorBella Senior Living
8700 Emery Pkwy
Champlin, MN 55316

RSVP: Mindy Frost 763-235-2131

DOOR PRIZE DRAWING!



MUST BE PRESENT TO WIN

Summer is heating up, and so is our kitchen! 🌞🍴

We're excited to be firing up the grill for a 4th of July cookout – get ready for some classic summertime favorites hot off the grill! We'll also be celebrating a few fun food holidays this month with special treats and themed bites. Be sure to keep an eye on your daily menu for these tasty surprises—you never know when a sweet or savory celebration might pop up! And of course, we're embracing the season with plenty of light, fresh, and flavorful summer dishes to help keep things cool and delicious. 🥗🍉

Here's to good food, good company, and sunny days ahead!



Spiritual Life

One of the highlights of the summer season is the prevalence of music! Our communities burst with opportunities to hear live music, and the summer brings gatherings and occasions with music at the center. Every July, I love hearing a live rendition of “Stars and Stripes Forever” by John Philip Sousa. The piccolo solo toward the end always stirs my spirit and transports me to summers as a child sitting on the grass listening to an orchestra before the fireworks display. This music makes me feel full and alive and free. What are the songs of summer that bring you joy, make you feel alive, or stir in your soul? Why do they carry special meaning for you? What memories do they pull forward? What values or core beliefs do these songs remind you of whenever you hear them?

Life at a Glance



Management Directory

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