



Our Community Newsletter

Discover what's going on in our community.

Resident Birthdays

8/03 Patricia Stas-Smyth, 111

8/12 DeWayne Mead, 104

8/15 John Rollins, 132

Staff Birthdays

8/03 Kimberlyn Mustapha, CNA

8/09 Christine Elliott, HHA


8/30 Faith Austine, HHA


8/31 Ashley Davis, CNA




Executive Director

August is here, and we have a few important updates to share!

 **Pharmacy Transition to Consonus:** We're in the process of switching our pharmacy services over to Consonus Pharmacy this month. Our goal is to ensure a smooth and seamless transition for everyone. Thank you for your cooperation as we make this change to better support your care.

 **Re-sign ACH Forms:** As part of ongoing administrative updates, new ACH forms have been sent out. These need to be completed and returned to Megan if you would like to continue automatic payments. There is a change in dates specified on the form and even if you have already submitted an ACH form, you will need to complete the updated agreement. Please return all forms by August 20th and don't hesitate to reach out with any questions!

 **Medication Cabinet Updates:** We'll soon be installing locks on the top cabinets in resident's bathrooms where medications will be stored. Please clean out your top cabinet if you haven't already so we can prepare for this update.

Thank you, as always, for being such a wonderful community. Have
a safe and sunny August!

*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.

Housekeeping

A quick reminder from our Housekeeper Kim: please make sure your windows are both closed AND locked shut on these extremely hot and humid days! Fully sealing the lock shut is the most efficient way to prevent humidity from entering your room and our building.

💧 Hydration is key! With summer heat still hanging around, don't forget to drink plenty of water throughout the day. If you're noticing any swelling, it could be a sign your body needs more fluids—so keep that water bottle close!

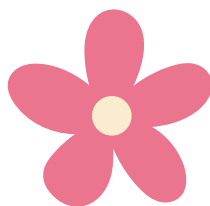
🧴 Sunscreen Reminder: If you'd like to use sunscreen here at the community, we'll need a self-administration order from your healthcare provider first. Nurse Kristi is happy to help you with this process—just stop by and ask! For families of residents in Memory Care: for safety reasons, sunscreen and bug spray are not permitted in resident apartments. If you have any questions about this, please reach out to Kristi or Megan.

We're excited to introduce two wonderful new team members who have recently joined our NorBella family!

👩🏻💊 Hailey Diaz is our new full-time Resident Services Specialist (Monday–Friday). You'll find Hailey assisting in the nursing office alongside Kristi, and you might also catch her helping out with activities or lending a hand with administrative work with Megan. She brings great energy and a helpful spirit—we're so glad to have her on board!

💉 Jennifer Giddens has joined us as a part-time LPN, and will also be working closely with Kristi in the nursing office. Her experience and compassionate care are a wonderful addition to our community.

Please give Hailey and Jennifer a warm NorBella welcome—and don't forget to stop by the nursing office to say hello!



Back to the 60's Party

SATURDAY, AUG 9

12:00 PM - 2:00 PM

WITH LIVE MUSIC FROM HOWIE
SYVERSON AS:

ELVIS

8700 EMERY PKWY N, CHAMPLIN, MN 55316



TIE DYE
T-SHIRTS



YARD
GAMES



GROOVY
TATTOOS

AND CAR
SHOW!



FOOD &
DRINKS



You're Invited to Join Us!

HOSPICE

THE MYTHS & BENEFITS

Presented by LifeSpark Hospice, Kelly Pritchard, RN

Join us for an informative session for families & caregivers on:

- Understanding the Hospice benefit and Philosophy
- Developing a better understanding of Hospice eligibility
- What is Palliative Treatment vs Hospice
- Benefits of a Hospice team and what is covered

OPEN TO THE PUBLIC
DOOR PRIZE DRAWINGS

HOSTED BY:

NorBella of Champlin

8700 Emery Pkwy N, Champlin, MN

DATE: Tuesday, August 19th **TIME: 3:00p - 4:00pm**

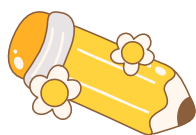
Call Mindy Frost, Director of Sales to RSVP 763-235-2131



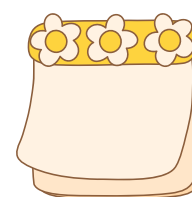
Culinary

We're turning back the clock and firing up the grill for our Summer "Back to the 60s" Party! Get ready for some far-out flavors and groovy good eats as we serve up fun, 60s-inspired dishes with a nostalgic twist. Think retro treats, colorful classics, and a whole lot of grilling goodness! 🍔 🌭 🍹 I'm excited to bring the taste of the decade to your plates and can't wait to see everyone there!

And don't forget—our next Food Committee Meeting is right around the corner. I always enjoy hearing your ideas and feedback, so I hope to see you there!



Stay cool and stay hungry!



Spiritual Life

"Water is the driving force of all nature." -Leonardo da Vinci

In the hot, dry stretches of summer, we can be deeply grateful for the gift of water: for water to cool our faces on a warm day, water to clean our bodies, water to quench our thirst. In many faiths and spiritual traditions, water holds great meaning. It is a symbol of life, of cleansing, of forgiveness, of community, and of wisdom. Here in the upper Midwest, bodies of water reveal to us the beauty of life, from trees and native plants growing on the banks of the river to ducklings and loon babies following behind their mothers across the glassy surface of a lake.

Do you have spiritual practices or meaningful memories that are centered around water? How might you remember and find spiritual grounding in water this month?

Life at a Glance



Management Directory

Executive Director: 763-235-2137

Megan Beck, megan.beck@lifesparksl.com

Director of Nursing: 763-235-2136

Kristi Blomgren, kristi.blomgren@lifesparksl.com

Director of Sales & Marketing: 763-235-2131

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

