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Blue Stone Physicians
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Contact Us

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Our Location

21900 South
Diamond Lake Road
Rogers, MN, 55374



The NorBella Spark

August 2025



Resident Birthday's

Rosemary P - 8/17

Staff Birthday's

Traci S - 8/12

Richard M - 8/30

Updates from our Executive Director

We are thrilled to share some exciting updates as our community continues to grow and thrive! Over the past few weeks, we've welcomed quite a few new faces to the community- both staff and residents.

We are so delighted to see our family expanding. Thank you all, for making our newcomers feel right at home. With growth comes fresh ideas and improvements! Here are a few things that are happening throughout the community.

*Resident Hand books will be distributed soon to help keep everyone informed and connected

*Our Memory Care Patio is getting brand new furniture, arriving at the end of next month. Just in time for some outdoor enjoyment.

Front entry planters will be brightening up our entrance with fresh greenery and seasonal colors. *Staff will soon be wearing easy to read nametags to help everyone get to know each other. We're excited about the future and all the ways we are enhancing life in our community. Thank you for being a part of our journey with us!

Stay tuned- there is more to come!

-Traci Schabert
Executive Director



Lifespark Chaplain

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 loons 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?

Your Good Mood is More Than Just A Pleasant Feeling

Giving your mood a boost changes things! Getting happier can influence your sleep patterns, appetite, memory, energy and even how well your body heals. As we age, staying emotionally well is just as important as staying physically strong. Everyone has some down days.

But there are lots of easy ways to bring yourself back up.

Step Outside- Natural light helps your body make Vitamin D.

Move your body- A few stretches or a walk can lift your spirits.

Enjoy a snack- Nourish your body with a healthy snack.

Try a two-minute reset- Close your eyes, inhale slowly through your nose and count to four.

Plan for things to look forward to- Even a small activity like reading your favorite book or calling a friend can add structure and lift to your day.



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.





How are we doing? We'd love to hear your feedback. If you like our service, please consider leaving us a Google review.

How To Stop Problem Phone Calls for Alzheimer's & Dementia

Telecalm solves common telephone problems. Seniors often have problems using the telephone. Generic phone services don't help. Frustration grows with age and Dementia progression. Telecalm helps stop repeated dialing. This optional feature triggers when your loved one dials the same person too many times in a short period of time. Telecalm automatically blocks additional repeat dialing attempts. We provide a gentle redirect voice message to your loved one. Telecalm also helps mitigate unwanted late night phone calls. You can manage unwanted calls during special times. You can turn on the "quiet hours" option so you can get a good night's rest. Lastly, it allows you to stop robo calls, telemarketers, and scammers. Protect yourself against potential fraud scams Telecalm pre-approves a list of contacts that go straight to your phone.



Telecalm starts at \$55.99/month
Learn more about Telecalm through their website.
www.telecalmprotects.com

-Kassie Eull
Director of Health Services



Our need for social connection is as basic a need as eating. Yet, 1 and 3 adults reports chronic loneliness and the implications for seniors are staggering. According to the Centers of Disease Control and Prevention, social isolation can be as big a health risk as smoking 15 cigarettes per day. To be clear, isolation and loneliness aren't the same. Social isolation is related to how many people you interact with on a regular basis whereas loneliness is the feeling when close connections are lacking. An important distinction because people can feel lonely in a crowd. Understanding and approaching each of these is important to better health.

**Having meaningful purpose could help you live longer- Positive feelings have been associated with reduced inflammatory and cardiovascular response to stress, significantly reducing risk of heart attack.*

**People with a high sense of purpose are less likely to have a stroke, heart attach or coronary artery disease requiring a stent or bypass surgery. That's according to Dr. Randy Cohen, a cardiologist at Mount Sinai- St. Lukes in NYC. In fact having a meaningful purpose in life has been show to dramatically reduce risks for dementia too.*

**Talk with your primary care provider if you are feeling lonely or disconnected. Lifespark focuses on what matters to each person with complete senior health approach and makes that a big part of our discovery process.*

A Word from Our Chef

I'm happy to announce our culinary team at NorBella of Rogers! In the picture below is myself and Oscar one of my Sous Chef's who started in September of 2024. He has been an amazing asset to our team. He loves to engage with the residents and enjoys cooking great meals for the residents.



To my right is our new Sous Chef, Sarah who joined our team in June of 2025. She has been a great addition to the team. We continue to work hard at creating enjoyable, tasty meals for the residents and staff. We look forward serving you. If you have any questions don't hesitate to contact myself or my team.

Thank you!
-David Harrison
Unidine Culinary Director



How Many Words Can You Find?

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

F	S	A	E
U	N	W	G
U	O	S	O
W	T	D	E

1	13
2	14
3	15
4	16
5	17
6	18
7	19
8	20
9	21
10	22
11	23
12	24

Some updates/activities for this month!

1



National Noon Out

Join us for National Noon Out for some watermelon and yard games !
August 5th from 2pm-3pm

2



Bingo

Join us on Wednesday's at 1pm for BINGO!

3



Bible Study

Join us every Thursday for Bible Study with Kathy- 10:30am in the TV Lounge area.

4



Happy Hour

Join us on Friday's for Happy Hour! Enjoy lemonade, beer or wine with a light snack.
2:30pm- Dining Room



Employee Spotlight: Fatou Camara

- Where were you born?**
I was born in Gambia, West Africa. I came to the United States 29 years ago.
- What is your favorite thing about working at NorBella?**
I enjoy the residents and working with my team.
- What are your hobbies?**
Cooking, gardening, shopping, going out with my family.
- Are you married or have any kids?**
I'm married and I have 5 kids!
- What is your favorite food?**
I love jollof rice (African rice dish) with lamb
- Any words of wisdom you'd like to share with others?**
Make sure you are happy because life is short!