



Our Community Newsletter

Discover what's going on in our community.

Resident Birthdays

9/03 Howard Sickle, 139
9/07 Ken Milley, 108
9/22 Tom Thompson, 112

Staff Birthdays

8/05 Hailey Diaz, Res. Services
8/13 Runnell Sonpon, CNA



Executive Director

September is here—and just like the changing seasons, we've got a few changes of our own to share! 🍁

First, we're excited to announce that at the end of this month, NorBella will be switching to in-house dining services. That means our meals will continue to be made with love right here at home, by a team employed wholly by Lifespark. We're looking forward to this new chapter in the kitchen and can't wait to taste what's to come!

A quick reminder: if you'd like to continue automatic payments, please be sure to complete and return your ACH form if you haven't already.


Lastly, the state of Minnesota will be completing our annual Resident Report Card this month. As part of this process, you may receive a survey. Your feedback helps us continue to grow and shine, so we truly appreciate your participation!

*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

As we head into the fall season, let's talk about something simple that makes a big difference: handwashing! With cold and flu season just around the corner, frequent handwashing is the number one way to prevent the spread of infections. It's a small step with a big impact! 🧼✨

Reminder: Locked medication cabinets will take effect on September 2nd. Please remove regularly needed items from the cabinet beforehand, as we will have to move the items out that day!

Looking ahead, mark your calendars for our Flu Clinic on Monday, October 7th from 2:00–4:00 PM. During this clinic, you'll have the opportunity to receive your flu, COVID, and pneumonia vaccines—all in one stop. Protecting yourself means protecting our whole community, and we're here to make it as convenient as possible. 

Community Life

What a great August we had! A big thank you to everyone who helped make our Back to the 60s Party such a success. It was a joy to see such a great turnout and so many smiling faces.

But the fun doesn't stop there—September is packed with more good times ahead! On Thursday, September 12th at 11:30 AM, we'll be heading out for lunch at Pancheros. Family is welcome to join and they're offering us 50% off meals when you download the Pancheros app and select the Maple Grove location. (We have a wonderful friend there—Betty—who also treated us with Pancheros catering at our 60s party!) Don't miss this tasty outing!

I (Bethany!) will be out of town for a few personal events this month, so be sure to check the calendar to see what's planned for those days. Residents are always welcome to facilitate activities with the supplies available in the common areas – let me and your friends here know so we can spread the work and help make preparations!

And finally—let's give a huge shoutout to our own Champlin Champs who are looking to snag 2nd place in the Grip Games competition! 🏆💪 The team worked so hard, showed amazing spirit, and made us all proud. Way to go, Champs!

DO GOOD TO END ALZ

Benefiting The Alzheimer's Association*



Alzheimer's is a national crisis.

- ♥ Over 6 million Americans are living with Alzheimer's.
- ♥ One in three seniors dies of Alzheimer's or another dementia.
- ♥ It kills more than breast cancer and prostate cancer combined.
- ♥ More than 11 million Americans are providing unpaid care for people living with Alzheimer's and other dementia.

The Alzheimer's Association® is the world's leading voluntary health organization in Alzheimer's care, support and research. We need your help to end this devastating disease.

Join me and Do Good to End ALZ

I'm raising funds and awareness for the Alzheimer's Association.

- Scan the QR Code to Follow Our Team's Progress or Donate to Help NorBella Champlin Reach Our Fundraising Goal
- Find Information on Registering for the 2025 Walk to End Alzheimer's
- How to Help: Donate, Walk, or Share Our Page on Facebook



Culinary

At the end of September, Unidine's contract with NorBella will be coming to a close. Moving forward, NorBella will be hiring its own in-house dining team of cooks, servers, and a Culinary Director to continue providing you with delicious meals and heartfelt service. From all of us at Unidine, it has truly been an honor and a joy to be part of this community. We've loved getting to know each of you—residents, staff, and family members alike. Serving you has been more than just our work; it has been our privilege. Thank you for welcoming us into your lives and allowing us the opportunity to cook for you. We will miss you all and wish you the best as NorBella begins a new chapter in dining services.

Spiritual Life

Our deepest calling is to grow into our own authentic self-hood, whether or not it conforms to some image of who we ought to be. As we do so, we will not only find the joy that every human being seeks—we will also find our path of authentic service in the world. -Parker J. Palmer

September marks another turn of the seasons, and another milestone for our children and grandchildren and great-grandchildren as they begin another year of studying, learning, teaching, and growing. We have been there, year after year, discovering more and more about our own authentic selves – what brings us joy, where our gifts are strongest, and what we desire for ourselves, the people we love, and our neighbors. If you were asked today to describe your authentic self in 5 words, which words would you choose? How might those words help you see the ways you live in this community with purpose and service?

Life at a Glance



Management Directory

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