



## Our Community Newsletter

*Discover what's going on in our community.*

### Resident Birthdays

10/03 Donna Hartwig, 113

10/07 Beverly Lindsay, 131

10/24 Ernie Schack, 140

10/25 Margery Forster, 107



## Executive Director



Fall is in full swing here at NorBella, and October brings with it a season of change, cozy comforts, and plenty of community spirit. 🍁 Just as the leaves remind us that change can be beautiful, we too are embracing some exciting changes within our community.

This month, we continue welcoming new faces to our dining team as we transition to in-house culinary services. We're thrilled to see the creativity and care they're bringing to your tables every day!

Finally, October wouldn't be complete without a little fun! From pumpkins to parties, there are plenty of fall festivities ahead. I hope you'll join us in celebrating this colorful season together.

As always, thank you for making NorBella not just a community, but a home.

\*Norbella Champlin offers space for Family Council Meetings each month.

Please reach out to Executive Director Megan Beck  
([megan.beck@lifesparks1.com](mailto:megan.beck@lifesparks1.com)) if you would like additional information.

## Nursing

As the crisp fall air rolls in, so does the season of sniffles. October is the perfect time to “fall” into healthy habits—and the best defense against germs is still good old-fashioned handwashing. A little soap and water goes a long way toward keeping our community healthy!

Remember: prevention is always better than treatment. So let's wash those hands, cover those coughs, and keep wellness “in season” all autumn long!



## Nursing cont.

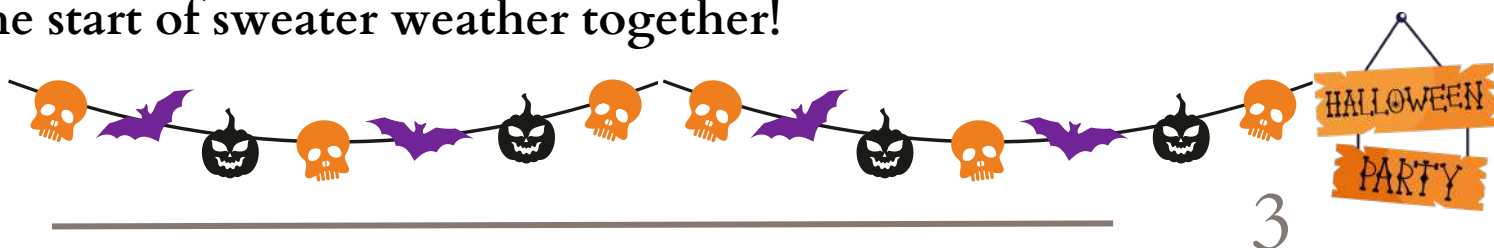
Mark your calendars: our Flu Clinic is scheduled for Monday, October 7th from 2–4 PM. Residents (and staff!) will have the opportunity to receive flu, COVID, and pneumonia vaccines. Staying up to date on these vaccines is one of the most important ways we can protect ourselves and each other as we head into cold and flu season. 💉

## Community Life

Fall is fully here, and we're diving right into the flavors, colors, and festivities of the season. Our October is packed with events that are sure to get you in the spooky season spirit and put a wicked smile on your face!

We'll be soaking up the season with a bus outing to see the beautiful fall leaves, a shopping trip to Hobby Lobby, and a special lunch outing at the Champlin Community Center where seniors from across the community can gather for lunch and a game of bingo. (Be on the lookout—sign-up for this outing will be a little different than usual as spots need to be reserved in advance, and I'll have more information to come!)

And of course, no October is complete without some Halloween fun! Join us for our Halloween Party on the 31<sup>st</sup> featuring a live magician, a haunting happy hour, and lots of ghoulishly good times. Costumes for staff, residents, and families are highly encouraged! We're looking forward to seeing you all and enjoying the start of sweater weather together!





We are thrilled to welcome David as our new Culinary Director here at NorBella! David brings with him over 20 years of experience in the food service industry and has previously shared his talents at other Lifespark communities. With his wealth of knowledge, creativity, and passion for delicious meals, we are excited to see the fresh ideas and special touches he'll bring to our menus. Please join us in giving David a warm welcome—you'll be tasting his creativity in no time!

Keep an eye out for our new cooks and servers, as well - they are excited to serve up great meals and an excellent dining experience!

## Spiritual Life

Gratitude in Troubled Times (adapted from Chaplain K. McCauley)

We certainly speak often about the importance of gratitude. And yet, so often social distress might hinder our ability feel grateful. Knowing that societal discord is a common occurrence in history, let us turn our attention to the holy people of history to help show us the way of hope and grace. We see with D. Bonhoeffer in concentration camp WWII, M. Gandhi in British Rule & oppression, N. Mandela in South Africa Apartheid and MLK, Jr's work for civil rights in the United States, that God's grace can be found in unrest. The gratitude we have at these times, comes from knowing that God with us. The Divine Presence is with us, even if at times we might have to look harder, forgive more or abandon our judgement to keep our awareness of this Presence alive and well. But at the end of each day our gratitude will be that we know who we are in the eyes of God and that God walks with us always.

# Life at a Glance



## Management Directory

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**Director of Dining Services, David Garner, [david.garner@lifesparksl.com](mailto:david.garner@lifesparksl.com)**

