



Our Community Newsletter

Discover what's going on in our community.

Resident Birthdays

11/07 Marlys Kopen,
Apt 123
11/15 Sharon Blackhawk,
Apt 105
11/30 Betty Powley,
Apt 102

Staff Birthdays

11/07 Sallay Dumbuya,
Lead CNA
11/26 Frankcia Neufville,
HHA
11/29 Kim Nobbe,
Housekeeping
11/29 Johnesha Taylor,
CNA



Executive Director

As the temperatures start to “fall,” we’re reminded that cozy season is officially here! 🍁 Please take a moment to ensure your loved one has weather-appropriate clothing and bedding to keep them warm and comfortable as we head into the cooler months.

Looking ahead, Podiatry will be visiting again in December. If you would like your loved one to be seen during their visit, please let Megan know to get them signed up.

Thank you, as always, for your continued partnership and support.

Wishing everyone a warm, safe, and gratitude-filled November!

*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

It’s hard to believe Thanksgiving is just around the corner—time really does fly when you’re feeling thankful! 🦃 As families make plans for the holiday, please let Nursing (Heidi at heidi.lameyer@lifesparksl.com) know if your loved one will be away for an extended period of time.

This helps us ensure that medications are managed correctly and all scheduled cares are coordinated smoothly before and after their time away.

We’re so grateful for your communication and partnership in helping us provide the best care possible. Wishing everyone a happy, healthy, and heartwarming Thanksgiving season!





FREE!

WHEELCHAIR & WALKER CLINIC

A technician from Liberty Oxygen and Medical Equipment is coming to look over residents' walkers and wheelchairs at no charge—even if your equipment wasn't purchased through them.



FRIDAY, NOV 21TH



2:00 PM - 4:00 PM



AL ACTIVITY TABLES

- ✓ Minor adjustments to walkers/wheelchairs
- ✓ Recommendations for additional services
- ✓ Treats and Giveaways

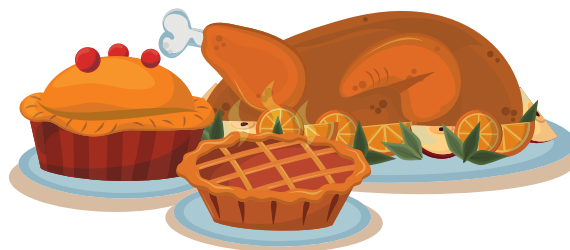


NorBella
CHAMPLIN

Culinary

What a delicious start it's been! 🍴 We've just wrapped up our first successful month with our new in-house Culinary Department, and the team is excited to continue serving up great food and friendly smiles. If you haven't had a chance to meet our wonderful new staff yet, here's who's cooking up something special behind the scenes:

- Servers: Amya, Christal, Lisa
- Chefs: Valerie, Malikai, Alex
- Culinary Director: David



As we look ahead to Thanksgiving, our team is excited to prepare a holiday meal for all who will be celebrating with us here at NorBella. 🦃 To help us plan and ensure we have plenty to go around, please let Nursing know if your loved one (or guests!) will be joining us for the Thanksgiving meal—or if they'll be spending the holiday elsewhere—so we can prepare accordingly.

We're thrilled to bring fresh energy and flavor to NorBella's dining experience and look forward to many more shared meals and full plates ahead!

Community Life

I hope everyone had a fang-tastic Halloween and enjoyed all the spooky fun and celebrations! 🎃 The costumes, treats, and laughter made it a day to remember—thank you to everyone who joined in! November is shaping up to be just as exciting. We'll be getting into the Thanksgiving spirit by making festive treats and gratitude-themed crafts throughout the month. 🦃 ✨

Community Life Cont.

We have an outing to Eastman Nature Center on Thursday, November 13th at 2:30 PM, and family members are more than welcome to join! The same goes for our lunch outing to Dehn's Country Manor on Thursday, November 20th—we'd love to have you join us for some good food and great company.

And don't forget to come cheer on our very own Champlin Champs every Wednesday at 1:00 PM as they put their minds and muscles to the test! They participate in a friendly competition that includes both physical challenges and aging-related health quizzes. Go team! 💪🧠

Spiritual Life

When I was young, I admired clever people. Now that I am old, I admire kind people. -Rabbi Abraham Joshua Heschel

Chances are as you read this newsletter, patience may be running thin. It's the holiday season, where no matter your faith tradition, there is a holiday – a Holy Day – you are likely preparing for. And perhaps you, or the people you love, are worried about what is not getting done or grieving about what can never be done again like it was in years past.

Whenever patience runs thin, kindness can run even thinner. Especially toward ourselves. Remember this Holy Day season that you are enough. The gifts, the food, the merry festivities – they are fine, but even without any of those, you and your loved ones are enough. Know this: You are so loved just as you are. Go love others just as they are. Shower them with patience and kindness this season. Peace be with you!

Life at a Glance



Management Directory

Executive Director: 763-235-2137

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Nursing Office: 763-235-2136

Hailey Diaz, hailey.diaz@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, David Garner, david.garner@lifesparksl.com

