



## Our Community Newsletter

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

### Resident Birthdays

12/07 Betty Fischer, Apt 114

### Staff Birthdays

12/06	Alten Chenoweth, HHA	12/20	Theresa Yelobah, CNA
12/07	Ruth Shimaka, HHA	12/20	Amya Armstrong, Server
12/13	Serrea Brown, Server	12/23	Sandra Scott, HHA
12/15	Rita Moore, HHA	12/23	Valerie Garner, Chef
12/17	Adrianna Togba, HHA	12/25	Christal George, Server



## Executive Director

As we welcome the winter season, I want to share a few updates and gentle reminders to help keep everyone comfortable, safe, and supported. First, as the temperatures drop, please ensure your loved one has appropriate winter clothing and warm bedding. We continue to enjoy outings throughout the winter months, and being properly bundled helps everyone stay comfortable. Our winter weather maintenance will also begin as conditions get colder. Even with these precautions in place, please take your time and watch your step when walking outdoors. Your safety is important to us!

Our next podiatry clinic will be held on December 15. If you would like to enroll your loved one, please let me know. Residents who have been seen previously are automatically on the list.

Finally, I will be out of the office from December 25 through January 4, returning on Monday, January 5. During this time, if you need any assistance, please reach out to Garrett Bothun, Regional Director of Operations, at [gbothun@lifespark.com](mailto:gbothun@lifespark.com), and he will be happy to support you. Wishing you and your families a warm, joyful, and safe holiday season!

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

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





Please join us in giving a warm welcome to NaLee Vang, our new Director of Health Services! NaLee comes to us from another LifeSpark community and brings with her a wealth of experience, genuine compassion, and a strong commitment to exceptional care. We are thrilled to have her as part of our team!

Don't hesitate to pop in the nursing office and say hello, help us make her feel right at home!



## Community Life

Happy December, everyone! I hope you're ready, because we are sleigh-ing our way into the most festive month of the year!

We are absolutely thrilled for our annual Holiday Party with families—it's one of the brightest highlights of the season. Join us on Friday, December 19th at 5:30 PM for treats, drinks, Santa sightings, and all kinds of merry mischief. It's always a joyful, laughter-filled evening, and we can't wait to celebrate with you.

Also, keep an eye on your activity calendars for our much-loved Holiday Lights Bus Tour! Seats tend to fill faster, so be sure to RSVP to me ([bethany.swan@lifesparksl.com](mailto:bethany.swan@lifesparksl.com)) if you plan to join!

And this is just the beginning—December is packed with holiday cheer, from carolers filling our halls with music to decorating, seasonal crafts, and plenty of cozy moments together. I can't wait to share all the sparkle and joy with you this month!

# NAVIGATING GRIEF AROUND THE HOLIDAYS

Tips to help you through the Holidays

## Time & Location Details

NorBella Champlin  
8700 Emery Parkway N  
**December 4th @ 3 PM**

RSVP: Mindy Frost  
763-235-2131  
Mindy.Frost@lifesparksll.com

## **Facilitator: Jackie Bohrer LICSW–Bereavement Coordinator at Lifespark Hospice**

Jackie is a clinically trained grief counselor who has worked with hundreds of people of all ages grieving the loss of loved ones.

She has learned a great deal about navigating grief during the holidays—especially which choices never work, which work sometimes, and which work all the time.

**This is an interactive presentation offering participants tips to better survive the holidays, improve their mood during these winter days, and maybe even cultivate more joy.**

We hope you can join us. Handouts and treats will be available.



We hope everyone gobbled up the Thanksgiving meal—we certainly loved preparing it for you! Now we're already brimming with holiday spirit as we start planning our Christmas dinner.

If you'd like to help shape the holiday menu (and we'd love to hear your most well-seasoned opinions), please join us for Food Committee on Thursday, December 4th at 10:00 AM. Your ideas always help us cook up something special for the season.

We can't wait to serve you another festive feast!



## Spiritual Life

Excerpts from: *A Prayer for Veterans* by David Abernathy

Our God and God of our ancestors, we ask for your blessings for America's veterans, the dedicated men and women who have served our country in uniform, and for all those who serve today. Let those who made the ultimate sacrifice for the cause of freedom rest in peace, honored by a grateful nation. Heal those injured in service to our country, whether their wounds are of body, mind or spirit. Remember the parents, partners, children, other family and friends of all who served: the ones who sacrificed alongside them, missed them when they served far away, and bore the heavy burden when they were wounded or gave their lives for our country. May it be Your will also that we strive every day to give our veterans and servicemembers the greatest possible reward for their service – a world secure in freedom and at peace. And let us say Amen.



# Life at a Glance



## Management Directory

**Executive Director: 763-235-2137**

Megan Beck, [megan.beck@lifesparksl.com](mailto:megan.beck@lifesparksl.com)

**Nursing Office: 763-235-2136**

Nalee Vang RN, DHS, [nalee.vang@lifesparksl.com](mailto:nalee.vang@lifesparksl.com)

Hailey Diaz, [hailey.diaz@lifesparksl.com](mailto:hailey.diaz@lifesparksl.com)

**Director of Sales & Marketing: 763-235-2131**

Mindy Frost, [mindy.frost@lifesparksl.com](mailto:mindy.frost@lifesparksl.com)

**Director of Community Life: 763-235-2138**

Bethany Swan, [bethany.swan@lifesparksl.com](mailto:bethany.swan@lifesparksl.com)

**Director of Maintenance, Alex Guck, [alex.guck@lifesparksl.com](mailto:alex.guck@lifesparksl.com)**

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

