



Our Community Newsletter

Discover what's going on in our community.



Resident Birthdays

2/06 Linda Pelland, Apt 134

2/13 John Rollins, Apt 132

Staff Birthdays

2/08 Precious Blapoh, CNA

2/12 Victoria Subah, CNA

2/17 Sue Saygbay, CNA



Executive Director

February is a wonderful time to reflect on care, connection, and the many people who help make our community feel like home. I'm grateful for the continued partnership and communication we share with residents and families, especially as we move through the winter months together. I also want to share a few helpful updates. CRPs have been mailed out, and if you need an additional copy or have any questions, please don't hesitate to reach out to me—I'm happy to help. Additionally, we're glad to welcome our Director of Maintenance, Alex, back from paternity leave in a part-time capacity. His typical on-site days will be Mondays and Wednesdays and we're thankful to have his support available to the community again.

As always, thank you for being such an important part of our NorBella family. 

*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

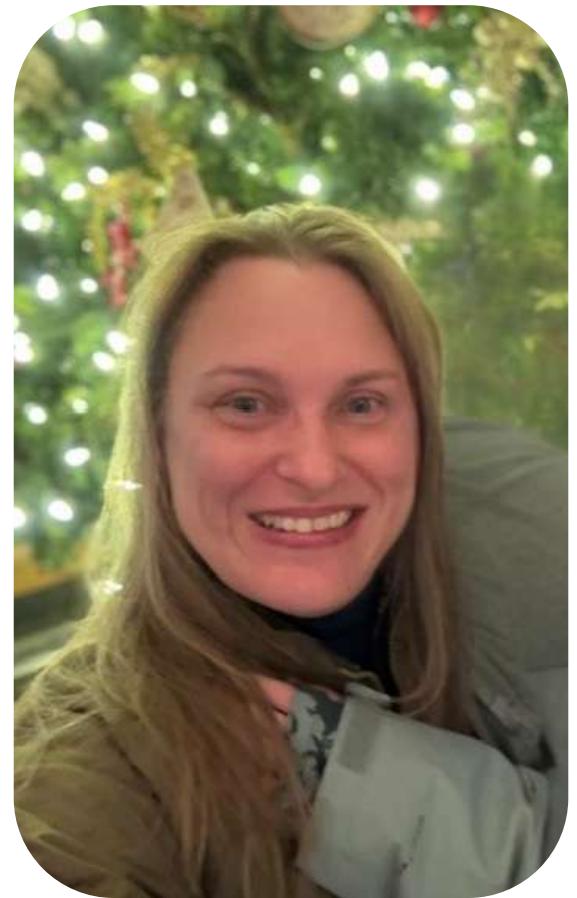
As we head into February, we'd like to take a moment to introduce a new key member of our clinical team. Jenny Hofer will be working as one of our RN's and she will be primarily stationed in Memory Care. We are thrilled to have her as an additional support to our Home Health Aides and residents there. She has been a nurse for about 10 years. Her background includes working as a school nurse, in a Transitional Care Unit (TCU), and in care suites supporting seniors. She's truly looking forward to meeting you all and getting to know our residents and families.

Nursing cont.

A little about her outside of work:

I've been a Champlin resident for the past five years and share my home with my husband, our son, a cat with plenty of attitude, and a very big dog. When I'm not at NorBella, you can find me reading, camping, kayaking, or occasionally volunteering with my son at Oxbow Elementary.

I'm grateful to be part of such a caring community and look forward to working together to keep everyone healthy, supported, and feeling their best —because good care is always at the heart of what we do. 



Community Life

February is here and love in the air! We've got a great lineup of activities planned for this month. We'll be working on Valentine-themed crafts and an outing on Wednesday the 12th to deliver Valentines and spread some cheer out in the community.

Our Valentine's Day Party on Friday the 13th will be a big highlight—fun, social, and a great chance to spread the love together. And on another note, we'll be making our own pizza treats this month because everyone plays better with good fuel - and we need all the fuel we can get for the TRYathlon. Let's keep the momentum Champlin Champs team and make February a fun one! 

Resident Referral Program



Pick Your Neighbor

REFER A FRIEND TO NORBELLA CHAMPLIN & WHEN THEY MOVE IN

you
will receive \$500 off
one month's rent



your friend
will receive \$500 off
one month's rent

*friend must mention you during our first conversation



Culinary

February is all about comfort, connection, and a little extra love on the plate! Our team is looking forward to serving up Valentine's-themed dishes and meals made with care, creativity, and plenty of heart this month.

We love your input as we plan—please join us for our Food Committee Meeting on Thursday, February 5 at 10:00 AM. Your feedback helps us continue creating meals that everyone can truly enjoy. After all, the best recipes are made even better when shared!



Spiritual Life

My life has been the poem I would have writ; But I could not both live and utter it. -Henry David Thoreau

We have come around again to the month of valentines and hearts, flowers and chocolates and sentimental sayings. We share words of love with others, and perhaps we also feel grief when remembering those loves we've lost. This year, consider offering some words of love to yourself. If your life, like Thoreau's were a poem, what words would it include? What parts of you would it celebrate? Have you persevered through a challenge? Survived a heartbreak? Risen to a challenge? What words would you use to describe what is most lovable about you? How would you put into words the arc of your life? Poems don't have to rhyme, and they don't even have to be long. Try writing a short love poem to yourself this month. And if you're feeling brave, find someone to share it with! Love grows when we share it with others.

Life at a Glance



Management Directory

Executive Director: 763-235-2137

Megan Beck, megan.beck@lifesparksl.com

Nursing Office: 763-235-2136

Nalee Vang RN, DHS, nalee.vang@lifesparksl.com

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, 763-235-2136

Director of Dining Services, David Garner, 763-235-2137

