



Our Community Newsletter

Discover what's going on in our community.

Resident Birthdays

- 3/03 Dorothy Jorgensen-Hansen, Apt. 130
- 3/24 Stu Bartholomaus, Apt. 136

Staff Birthdays

- 3/08 Rita Flah, HHA
- 3/15 Marcia McBorrough, CNA
- 3/16 Alex Guck, Dir. of Maintenance



As we welcome March, we begin to see the first signs of spring on the horizon! With the changing weather, we kindly ask families to ensure your loved one has appropriate seasonal clothing and lighter bedding available for the warmer days ahead.

A quick reminder that Daylight Saving Time begins on March 8th, so don't forget to set your clocks forward. While it's just an hour, we know even small changes can impact routines, and our team will be here to help residents adjust comfortably.

Lastly, if you are interested in setting up ACH for billing, please connect with Megan. She will be happy to assist you with the process. As always, thank you for your continued trust and partnership. We are grateful to be part of this community and look forward to the brighter days ahead. 🌸

*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 transition into the spring season, it remains important to stay proactive in protecting the health and well-being of our community. We are pleased to offer a convenient opportunity to support this effort.

A Spring COVID-19 Vaccination Clinic will be held at our community on Thursday, March 19th from 9:00 AM – 11:00 AM. This clinic is designed to provide easy, on-site access to COVID-19 vaccines and boosters for residents, staff, and community members in a safe and efficient setting.



Licensed healthcare professionals will be present to administer vaccines, answer questions, and provide guidance regarding eligibility and aftercare. To help ensure a smooth and timely process on the day of the clinic, we kindly ask that all interested participants stop by the nursing office in advance to complete the necessary paperwork.

We strongly encourage everyone to take advantage of this opportunity to stay up to date with vaccinations and continue protecting both themselves and those around them. Please feel free to reach out to the nursing team with any questions.

Community Life

March is coming in full swing and we've got some seriously fun things lined up—so get ready to shamrock and roll! 🍀 First up: Girl Scout Cookies! Kathy Koon's granddaughter will be selling cookies in our building on Friday the 6th before lunch. Stock up while you can... because we all know those boxes disappear fast. 🍪😊

We're also rolling out the welcome mat for Chaplain Russell, who will be serving our community starting this month! He'll be joining us for a meet & greet on Thursday the 5th at 3PM, and will typically be on-site once a week on Thursdays. Be sure to stop by, say hello, and give him a warm welcome - we are thrilled to have his skills and resources brought to our community!

Last, a behind-the-scenes adventure you won't want to miss—we're heading out for a tour of the TV station where our very own volunteer Jimmy works on Thursday the 26th at 2PM. Lights, camera, action! 📺✨

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



NorBella
CHAMPLIN

Culinary

March is bringing a fresh burst of flavor to our community, along with a little Irish charm! 🍀 With St. Patrick's Day just around the corner, our culinary team is having some fun in the kitchen. Residents can look forward to festive green drinks, themed treats, and a few classic favorites with a spirited twist.

Food Committee will be held on the 1st Thursday of the month at 10AM in the activity area. As always, our focus is on creating meals that are not only delicious, but comforting and enjoyable for all of our residents. We're excited to add a touch of green to the menu this month and make it a celebration to remember!

Spiritual Life



Welcome to our Community, Chaplain Russell! Come meet our new Chaplain, on March 5th at 3:00PM, who will be serving our building weekly on Thursdays.

“A quiet conscience makes one strong!” – Anne Frank

One of the three components of resilience, according to the Spark Model, is strength. Often, we think of strength as being big, loud, and commanding. Sometimes it is! And other times, strength is found in the quiet people and places, in doing the right thing day after day. Strength is seen in persistence when facing challenges and in perseverance through troubling times. Throughout our lives, as we collect experiences and come to understand the world in bigger, broader ways, we develop strength of conscience. In elderhood, we have the unique benefit of a lifetime of building this strength. May we seek opportunities to share this strength by building community, encouraging others, and choosing to do the right thing with each new day.

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

Jenny Hofer RN, jenny.hofer@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, alex.guck@lifesparksl.com

Director of Dining Services, David Garner, david.garner@lifesparksl.com

