



NorBella Centerville



April Newsletter

Happy spring NorBella Centerville friends and family:

We have a new hairdresser available starting April 25th on Wednesday. She will be in addition to Leah, that currently comes on Thursdays. Her name is Barb and she does perms for residents interested. She takes checks and also does Venmo if needed. If you are interested in setting up services, please call her at: 763-639-0818

Pricing:

Perms \$60.00

Cut \$20.00

Color \$50.00

Beard trim services are available

We are continuing to ask for the help of family and friends to help maintain the cleanliness in resident apartments. We ask that clutter be removed from apartments that could be a tripping hazard or impact their health and to follow state requirements. We will start reaching out to families individually to make sure that safety is a priority.

Our next family council meeting will be April 9th at 5:30.

Deborah Ashamu

Executive Director

***Hello NorBella residents and family,
April is upon us and we are looking forward to the nice weather ahead. We will be adding some outdoor time in the coming months, like patio time and walking to Kwik Trip, for a nice treat.***

This month we are going to be trying out a new system for bingo, where residents can win bingo bucks and then spend them at the bingo store once a week, the store will be starting in May but bingo bucks will start the end of April.

We have some great entertainment scheduled for April, including Vinnie Rose who will be performing in our building for the first time.

The suggestion boxes are still available for your ideas. One is located on the counter by the bingo tables, the other is by the front lobby near the bulletin board. Let me know about any trips you would like to go on, or anything else that comes to mind. Also don't forget to sign up for outings, the sign up sheets are on the counter by the bingo tables.

We welcome chaplain Kent Lee this month, and we are looking forward to having him here in the building once a week on Tuesdays to get to know our residents and have some fun. I hope you all have a happy Easter and a wonderful month in April.

***Mindy La Clair
Community Life Director***

Entertainment

Michael Larson - accordion player - Friday, April 10th @ 2:30

Steve Rosa - Friday, April 17th @ 2:30

Vinnie Rose - Friday, April 24th @ 2:30

Memory Care

Music with Karen - Tuesday, April 14th @ 2:00

Rockin' with Tony - Tuesday, April 28th @ 2:30

Special Events

Death over Donuts Discussion- Monday, April 13th @ 10:00

Holly the Alpaca - Tuesday, April 21st @ 2:00

Outings

T.J. Maxx - Thursday, April 2nd @ 2:30

Walk to Kwik Trip - Thursday, April 16th @ 2:30

Dairy Queen - Thursday, April 30th @ 2:30

Midweek Matinee's

Wednesday, April 1st @ 2:30 What About Bob

Wednesday, April 8th @ 2:30 Inside Out

Wednesday, April 15th @ 2:30 Karate Kid

Wednesday, April 22nd @ 2:30 Eat, Pray, Love

Wednesday, April 29th @ 2:30 A Simple Twist of Fate

Resident Council

Thursday, April 9th @ 2:30

Family Council

Thursday, April 9th @ 5:30



Happy
Birthday

Residents

Lorraine 4/5

Colleen 4/10

Anne 4/18

Lois 4/22

Staff

Katie G. 4/14



Death *Over* Donuts

A delicious discussion about dying with dignity.

Let's talk about death — over something delicious. Death Over Donuts is a welcoming, no-pressure gathering to explore the not-so-easy topics surrounding death, dying, loss, and the liminal spaces in between. Guided by members of the Lifespark Hospice and Spiritual Health teams, we'll spend an hour together reflecting and sharing our thoughts, questions, and wishes around death and dying, while enjoying a sweet treat and a cup of warmth. No expertise or preparation needed, just an openness for conversation.

This event is open to all and designed to be inviting, curious, and even joyful — because talking about death can also remind us how to live well.

CONVERSATION GUIDES:

Kelly Pritchard, RN, Clinical Liaison,
Lifespark Hospice

Rev. Rachael Warner, Director, Chaplaincy,
Lifespark Senior Living

Chaplain Austin Felber, Director, Chaplaincy,
Lifespark Senior Living

Jackie Bohrer, LICSW, Bereavement Coordinator
and Grief Counselor, Lifespark Hospice

WHO:

Staff, Residents, and
Families Are Invited

WHERE:

NorBella Senior Living
Centerville

WHEN:

April 13,
10:00-11:00 a.m.

Donuts and coffee
and tea will be served!



NorBella
CENTERVILLE



Lifespark™

Relax-A-Crafting Station

We will offer an “Open Crafting” time in which we will explore coloring sheets as well as free form coloring while utilizing “mindfulness” techniques,



visual-music, and general meditative self-care as we explore our artistic side. We will start with coloring sheets and work towards several other art medians. If you wish to bring “your” craft project during this time that is encouraged as well! Otherwise supplies and activities will be hosted by our Chaplain Kent Lee as he hosts this activity with you. Check your Building Calendar for times and location!



At home heart check helps senior avoid the ER

Alone and afraid, Grace was experiencing symptoms she thought may be the sign of a heart attack. She called Lifespark's triage team. They escalated her concern to a mobile Urgent Responder who quickly came to her home.

The responder did a full exam including the use of a SmartHeart electrocardiogram (EKG) which provides hospital-grade 12-lead testing in your home. Five minutes later, a remote cardiologist reviewed the results and put Grace's fears to rest. It wasn't her heart, it was anxiety.

"Our ability to provide rapid EKG results empowers seniors and their loved ones to make quick and informed health decisions," explained Dr. Laine.

"These tools can avoid unnecessary trips to the ER and confirm when an underlying issue needs immediate attention."

Urgent Response Services are available to Lifespark Senior Living residents who receive primary care through Lifespark Medical Group.

Interested in getting fast, convenient care to keep you ready for what's next? Request a packet from your site staff to learn more.

Name: _____

HAPPY Easter



Can you find the words in the word search below? They can be horizontal or vertical, and forward or backward.

F	I	S	P	A	S	T	E	L	B	R	W	C	F	I						
P	L	F	R	M	E	I	M	B	C	H	N	H	S	C	A					
N	B	T	M	U	S	I	Y	B	L	U	E	I	P	H	R	N	A	A	E	
T	B	U	L	A	N	L	S	Y	D	N	A	C	G	U	N	T	D	V	G	
D	C	L	S	A	E	N	A	U	M	T	L	K	A	R	A	E	U	N	G	
A	E	I	U	N	A	S	A	Y	E	O	C	I	L	C	K	M	C	R	S	
F	S	P	R	I	N	G	U	F	N	A	R	O	I	H	E	E	K	N	R	
F	E	H	V	T	F	P	C	B	A	M	O	N	A	T	E	M	L	D	A	
O	N	C	H	O	L	I	D	A	Y	N	P	A	S	E	R	N	I	N	V	
D	A	L	W	T	D	A	G	N	N	A	I	T	G	K	G	C	N	V	R	
I	N	S	U	E	T	A	L	O	C	O	H	C	E	S	N	L	G	S	C	
L	E	B	M	I	R	C	U	M	F	A	L	H	M	A	G	E	O	E	I	
					N	T	H	I	U	N	S	F	O	A	B	U	N	N	Y	R
					A	I	F	A	M	I	L	Y	G	E	M	A	I	R	F	



bunny
eggs
tulip
spring
chick

chocolate
daffodil
candy
hunt
basket

pastel
duckling
holiday
family
church

