



**Yorkshire
of Edina**
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

Happy Birthday

3/1 Audrey T.
3/6 Gwen S.
3/12 Dan P.
3/13 Roderick M.
3/18 Daryl J.

Move In Anniversary

Dan P.	March 2018
Valerie S.	March 2022
Mary S.	March 2021
Audrey T.	March 2023
Milo T.	March 2023

New Residents

Rosemary C. Feb 2024
Kit L. Feb 2024
Kris L. Feb 2024



Department Updates

Director of Health Services:

The hiring of new caregivers is slowing down for the time being. We really have a good group of caregivers hired now who we feel are here to assist our resident live their best lives. You will still see a few new faces from time to time as we have to replace caregivers who move on to other opportunities, but for the most part we are excited to have the excellent team of caregivers we currently employ. Many of you may have had the opportunity to meet my new furry little four-footed friend who comes to work with me. Her Name Is Bijou (Pronounced Bee Ju) and she is a Papillion breed of dog. So far, she is fitting right in with life here at Yorkshire. She is a little shy yet but likes to be petted, so when you see us out and about stop us to say "Hi".

As always please reach out to the nursing department if you have questions or health concerns so that we may assist you as efficiently as possible.

Kelly Douglas RN BSN
Director of Health Services

Sales & Marketing:

Springtime in Minnesota is a delightful season of transition. As we bid farewell to winter's icy grip, the state awakens with vibrant greenery and renewed energy. Here are some wonderful activities to embrace during this rejuvenating time:

1. Arbor Day: Late April marks Arbor Day—a splendid opportunity to venture outdoors and celebrate the spirit of spring. Participate in local festivities, contribute to tree planting efforts, and consider cleaning up your own yard. A visit to the Minnesota Landscape Arboretum is always a joy.
2. Farmers Markets: Spring brings an abundance of fresh produce. Early in the season, you'll find potted plants and seedlings for your garden. As June approaches, juicy fruits and colorful veggies make their appearance. Explore your local farmers' markets for a taste of spring's bounty.
3. Flower Shows: Both the Minnesota Landscape Arboretum and the Como Zoo in St. Paul host spectacular flower displays. If you have a green thumb, these shows offer inspiration for your own backyard blooms.
4. Rainy Day Activities:
 - o Foshay Observation Deck: Marvel at the cityscape from this iconic tower.
 - o Glensheen Mansion: Take a historical tour indoors.
 - o Minneapolis Central Library: Get lost in books.
 - o Mini Golf: Putt your way through a rainy day.
 - o Theater: Catch a play or musical.

Remember, Minnesota's spring weather can be unpredictable—swinging from sunny days to surprise snowflakes. Stay flexible, adapt your plans, and savor the magic of this ever-changing season!

Dining Director:

Hello everyone! We are diligently working to repair all of our equipment and welcome and train our new hires. Please be patient and bare with us as we are transitioning into a new staff, new goals, better service, A NEW ERA!! I hope you are all begining to see and notice the changes as my team and i are working together daily to provide the best service we can. In closing I would like to ask that if you have any of our glass dishware, cups or silverware in your apartments if you could please see to it they are returned to the kitchen? I am enjoying getting to know all of you and looking forward to meeting you all as time goes on. Thank you very much !! Chef Michael

Community Life Director:

Our newest addition to the Community Life team is Fartun Jama. She brings great positive energy to Yorkshire and has a passion for memory care activities. She works Tues-Fri and every other weekend. She will be helping with activities in Assisted/Independent Living and Memory Care.

Upcoming Outings

- 3/5/24: Target at 2:30pm
- 3/11/24 (Memory Care Outing): Como Zoo at 1pm
- 3/13/24: Aldi's at 1pm
- 3/19: Bachman's at 11am for lunch at Patrick's and walking around Bachman's
- 3/26/24: AMF Bowling at 1pm

Chaplain's Corner

Reflection

Motivation is what inspires you or catalyzes you. It is your aspiration, your hopes, your passion, your desire, your incentive, and your dream. Motivation is what gets you out of bed in the morning and gets you through each day. Motivation is a very personal thing and changes developmentally and situationally from year to year or moment to moment. It expresses itself in different ways depending on your moods, past successes or failures, level of maturity, outside influential people, your attitudes, and your knowledge. It can be expressed positively and negatively, intrinsically, or extrinsically. What are you motivated by? We don't often take the time to recognize what motivates us. If we knew the source behind our motivation, it would help us keep the fire alive and keep us pushing through the obstacles to reach our goals. There are too many people that are continually searching to "find" motivation in their lives. I don't think that motivation is something that you find. I think motivation finds you. Make sure you are open to accepting it.

Quotes

"In March winter is holding back and spring is pulling forward. Something holds and something pulls inside of us too." — Jean Hersey

"March is the month of expectation, the things we do not know, The persons of prognostication are coming now. We try to sham becoming firmness, But pompous joy betrays us, as his first betrothal betrays a boy." — Emily Dickinson

Scripture References

"Open thou mine eyes, that I may behold wondrous things out of thy law." -Psalm 119:18

"The Lord is on my side; I will not fear: what can man do unto me?" -Psalm 118:6

From the Executive Director

Hello All:

Springtime is getting closer. Flowers will begin to bloom; weather will continue warming up and spring is in the air. This means the beginning of Spring Training.

Major League baseball teams across the nation prepare for the upcoming season. For any baseball fan it's the time of year with endless possibilities. We all are hopeful, and wonder is this our year?

If professional baseball can teach anything it teaches that there is no shortcut to success. Over the last several months we have been building our team at Yorkshire of Edina. It takes hard work, talent, commitment, and most of all teamwork. We have the "All Star" team right now consisting of seasoned individuals. Our team members are here to make a difference in the lives of others and to make this your home.

This year is our year! We have a talented roster of team members and are training for success! Can we win.... You bet... Play ball! Go Yorkies!

Best Regards,
Nicki Rehnelt

Your Leadership Staff



Nicki Rehnel
Executive Director



Christy Niemann
Office Manager



Nick Campbell
Director of Sales & Marketing



Kelly Douglas
Director of Health Services



Lindsey Moore
Nurse Manager



Danielle Madison
Community Life Director



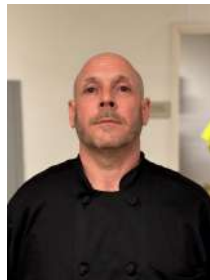
Ajibola Ola
Memory Care Coordinator



Johnny Russell
Chaplain



Christina Dorsett
Director of Housekeeping



Micheal Parle
Director of Culinary



Patton Hudella
Maintenance Director

Lifespark Complete

What Your Life Manager Brings to Your On-Site Team

At the heart of Lifespark COMPLETE is your Life Manager, a licensed professional who gets to know you and what matters to you most. Rigorously trained in the essential elements of well-being, your Life Manager can coordinate additional services and resources to help you stay healthy at home.

Want to dust off those tap dance shoes, learn how to Zoom (or Zumba!) with the grandkids, visit a childhood friend, find volunteer work, or take fewer medications? If it matters to you, it matters to your Life Manager.

For more information on Lifespark COMPLETE, call 952-8737386, email LSCreferrals@lifespark.com, or visit complete.lifespark.com.