



**Yorkshire  
of Edina**  
A Lifespark Community

# Age Magnificently



## Our Community Newsletter

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

### Happy Birthday

4/4 Joyce H.  
4/18 Cheryl M.  
4/18 Milly S.  
4/19 Lorraine L.  
4/27 Mari H.  
4/28 Betty G.  
4/28 Bonita G.

### Move In Anniversary

Scott D. April 2023  
Susan K. April 2023  
Judy R. April 2023  
Myrtle S. April 2022  
Kevan S. April 2022

### New Residents

Joanne M. March 2024



# Department Updates

## Director of Health Services:

### Pendant Procedures

Pendants are activated by pressing the middle grey button until a vibration is felt, and a red light is blinking on the pendant. At the time of activation, the computer puts up the name of the resident, apartment number and location of resident on a computer screen and sends the information to the caregiver's phones.

The front desk and the caregivers monitor the calls and respond to the pendant pushes. Our goal is to have the pendants answered within 15 minutes. We encourage residents to call the front desk if they have a need that is considered a non-emergency.

### Reasons to call the front desk.

You have dropped something and need help to pick it up. (If you have a scheduled service coming up soon, try to wait until the caregiver is with you to ask for assistance.)

You need medication from your caregiver.

You would like to have your meal delivered.

You need to talk to your caregiver about scheduled services.

### Reasons to push your pendant.

You have fallen or someone you are with has fallen

You are sick or having chest pains

You see a fire or other emergency.

**The pendants are designed for emergency purposes.** They are not a call light system. The more residents who push their pendant for non-emergency reasons the longer it takes to answer pendants.

Reports are printed after each shift 7 days a week. These reports are kept in the nursing office and reviewed daily for long pendant times and ask caregivers why the pendants were on so long.

We continue to strive to answer pendants in a timely fashion. Residents need to remember that if they have a service scheduled for a specific time, the caregivers have one hour before and up to one hour after to complete that service before it is considered late.

## Dining Director:

Hello everyone! As hires are trained and new policies are implemented, I hope that you all are enjoying the positive changes? Please feel free to express gratitude and praise to servers as they are working tirelessly to provide the best customer service we can! As time goes on we will be continuing to make necessary improvements to make your dining experience more pleasurable. Please continue to bare with us and work with us to try and make the Yorkshire culinary community a top standard in dining! Also, in closing I'd like to ask again if you have glassware or silverware or any kitchen dishes at all that you would kindly return them to kitchen. It is our pleasure to serve you!  
-Chef Michael and the Culinary Department

## Community Life Director:

We are starting our new Spark Challenge which is Forklift Racing. We have many positions to fill: drivers, cheerleaders, timekeeper, rule regulator, pit crew members, and flag holder. Come to practice and/or talk to Danielle if you are interested or have questions. It will be called "Forklift Practice/Competition" on the calendar.

## Upcoming Outings

4/2: Walmart 1pm  
4/9: Michael's Craft Store 1pm  
4/17: Lunds & Byerly's 1pm  
4/24: Dairy Queen (Memory Care Outing) 2pm  
4/25: Mill City Museum 1:30pm  
4/30: Target 2:15pm

# Chaplain's Corner

## Reflection

Anyone who has been faced with challenges in their life can turn to the serenity prayer. The serenity prayer focuses on four main ideas: serenity, courage, acceptance, and wisdom. One of the main ideas of serenity prayer is acknowledging that there are things out of your control and accepting that as it is. Many of us have come across the well-known blessing written by Reinhold Niebuhr, which has come to be known as the "The Serenity Prayer."

## Quotes

"Gentleness is strength under control. It is the ability to stay calm, no matter what happens." — Elizabeth George

Scripture – Psalm 23: The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness For His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever.

## Some questions to consider:

What might you need to accept at this moment? How would acceptance bring you peace? What is within your power to change? At this moment, who can you ask for help to discern this and for courage to change? Or where can you turn for help to discern this? Where can you find the courage to change?

May you have all you need this day: Serenity, Acceptance, Courage, Discernment, Wisdom. May it be so!

## From the Executive Director

We are excited to welcome Allison Polster to Yorkshire of Edina as our new Sales & Marketing Director.

Allison is a native Minnesotan, growing up in Chanhassen. She moved to Bloomington in 2011 where she currently lives with her fiancé, Dave and labradoodle, Meetchie. She has one daughter who recently graduated nursing school at the College of St. Benedict. Allison enjoys traveling, gardening, entertaining, music and loves animals.

Allison's background consists of sales and marketing experience in assisted living as well as early childhood education and Montessori. Allison volunteers to serve meals to underprivileged families at Loaves and Fishes and participates in the Juvenile Diabetes Research Foundation One Walk to help fund research on Type 1 diabetes.

Having helped find assisted living and memory care for several family members, Allison understands the challenges families face when they need help for various types of health needs and situations. Allison is a people person and genuinely looks forward to helping families make the best choice possible to fit their needs.

Allison will be starting on April 15th. If you see her, please help us welcome her to Yorkshire.



# Your Leadership Staff



**Nicki Rehnelt**  
Executive Director



**Christy Niemann**  
Office Manager



**Allison Polster**  
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

### Let's Change the Age-Old Story!

Lifespark is passionate about helping you stay health at home. About empowering you to do what brings you joy, be with the people you cherish, and live life on your terms—no matter how many candles light up your cake.

Lifespark's proactive, complete senior health approach focuses on all areas of your well-being, not just your medical profile, so you can spend less time coordinating care and more time living life. Best of all, your Lifespark COMPLETE™ team works seamlessly with your on-site Yorkshire of Edina team to help you achieve your goals and wishes.

To get started, call 952-873-7386, email [LSCreferrals@lifespark.com](mailto:LSCreferrals@lifespark.com), or visit [complete.lifespark.com](http://complete.lifespark.com).