



**Yorkshire
of Edina**
A Lifespark Community

Age Magnificently



Our Community's Jan 2026 Newsletter

Discover what's going on in our community.

Residents

- 1/1 Vince N.**
- 1/1 Andy Z.**
- 1/3 Louise M.**
- 1/5 Tim T.**
- 1/8 Michelle W.**
- 1/8 Ken R.**
- 1/10 Merceil B.**
- 1/13 Craig T.**
- 1/15 Scott D.**
- 1/17 Kathy R.**
- 1/18 Karen M.**
- 1/22 Linnea P.**



Staff Birthdays

- 1/1 Pearline M.**
- 1/1 Ayan M.**
- 1/6 Alice G.**
- 1/10 Josephat N.**
- 1/20 Osman H.**
- 1/24 Imman Y.**
- 1/25 Grace O.**
- 1/25 Maria S.**
- 1/28 Tenzin M.**



Executive Director

Happy New Year, everyone. I hope you all had a wonderful holiday season. I don't have many updates to share this month, but I'm pleased to say that both Lisa (DHS) and Lisa (ADHS) are doing an excellent job in their roles, and we are very excited to have them on the team. We also recently welcomed a new nurse, Ann—please be sure to say hello when you see her. As always, my door is open. Feel free to stop by if you have any questions or would simply like to chat.

Thank you, Jason Hagemeyer

Department Updates

Sales & Marketing:

Welcome Home Inger and Laura!

Welcome to our community,
Where every story matters.
Where laughter's shared, and kindness grows,
In ways both big and small.
This is a place to feel at home,
A place of care and dignity.
Where friendly faces greet each day,
And helping hands are close by, always.

May comfort find you every day—
We're happy you're here to stay.

Community Life: Upcoming Outings and Special Events:

1/5: Summit Music, 1/7: Comedy Show, 1/8: Virtual Programming; "A Moment In Time, Reminisce with Relevance", 1/9: Assisted/Independent Living Monthly Birthday Party, 1/13 & 15: TRYathlon Scrimmage, 1/14 Sip & Paint, 1/16: Original Pancake House Outing (AL), 1/19 & 21: Watercolor Painting Class with JBo Instructor, 1/20: Original Pancake House Outing (MC) and Music Concert with Brad in Memory Care, 1/23 Memory Care Monthly Birthday Party, 1/26: Trader Joes Outing

Department Updates

Executive Director In Training

As we settle into the winter season, I want to thank you for being such a wonderful community. It has been a pleasure spending time around the building each day, visiting with residents, and seeing the many moments of connection that make this place feel like home.

Our care team continues to show dedication and compassion, and I am proud to share that residents are being supported by familiar, consistent staff who know them well. As we continue to grow, we remain thoughtful and intentional in welcoming new team members, focusing on hiring the right people who share our values and commitment to quality care.

I also remain committed to ongoing professional development, including completion of Minnesota's Licensed Assisted Living Director program, to help ensure our community continues to provide safe, high-quality care.

Please feel free to stop and say hello if you see me around – I always enjoy visiting. Thank you for being part of our community.

-Lucas Bremseth

Nursing Department

As we welcome the new year, the nursing staff would like to encourage our residents to focus on small, meaningful steps to support overall health and well-being. Staying healthy doesn't require big changes—simple daily habits can make a powerful difference. We recommend prioritizing regular movement, such as short walks or gentle chair exercises, to keep joints flexible and improve circulation. Eating balanced meals, staying well hydrated, and taking medications as prescribed are also key to maintaining strength and energy. Just as important is caring for emotional health by staying socially connected, participating in group activities, and reaching out when feeling lonely or stressed. Getting enough rest, keeping up with routine health appointments, and speaking with nursing staff about any new symptoms or concerns can help catch issues early. Our nursing team is always here to support you, answer questions, and partner with you in making this year a healthy, comfortable, and fulfilling one.

-Lisa Maseseh (DHS) and Lisa Smit (ADHS)

Dining Department

Hello, at dining services we hire a new line cook Angel he's on training and will be a great addition to our team, we have a fantastic feed back on our Christmas decorations. Thank you, Arcides Garcia

Chaplain's Corner

Reflection: Welcoming a New Chapter

As we stand at the threshold of a new year, we're invited to pause and reflect on the journey we've traveled together. The past twelve months have been filled with shared laughter, quiet moments of companionship, and personal victories, both big and small. Each memory is a thread in the rich tapestry of our community life, reminding us of the strength and resilience within us all.

The new year isn't merely a change in the calendar; it's a fresh canvas and a new chapter waiting to be written. It's a wonderful opportunity to look ahead with a spirit of hope and possibility.

Reflecting on Our Journey

This is a great time to take stock of our personal achievements and milestones from the past year. Perhaps you:

- Formed a new friendship during an activity or meal.
- Overcame a personal challenge, like trying a new fitness class or technology.
- Shared a cherished life story or memory with a neighbor or loved one.

These moments, these connections, are the essence of a life well-lived. By framing our experiences and focusing on the good parts, we can define what matters most to us in the year ahead.

Embracing New Possibilities

The beauty of a new year lies in its promise of new beginnings. It's never too late to embrace a new chapter, set a goal, or dream a new dream. This year, we encourage you to focus on what brings you joy and a sense of purpose.

A Toast to the Year Ahead

As we look forward, let's carry a spirit of gratitude for the memories we hold dear and excitement for the things yet to come. We are a vibrant community, built on support and kindness, and we can achieve wonderful things together.

To paraphrase Oprah Winfrey, here's to a new year and another chance for us to get it right. May your year be filled with health, joy, discovery, and shared moments with the ones we hold dear.

Quotes

"Your life does not get better by chance; it gets better by change." – Jim Rohn.

"The secret of getting ahead is getting started." – Mark Twain.

"What the New Year brings to you will depend a great deal on what you bring to the New Year." – Harriet Stillman.

Scripture Verses

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it" (Isaiah 43:18-19)?

"Teach us to number our days, that we may gain a heart of wisdom" (Psalm 90:12).

Making Memories

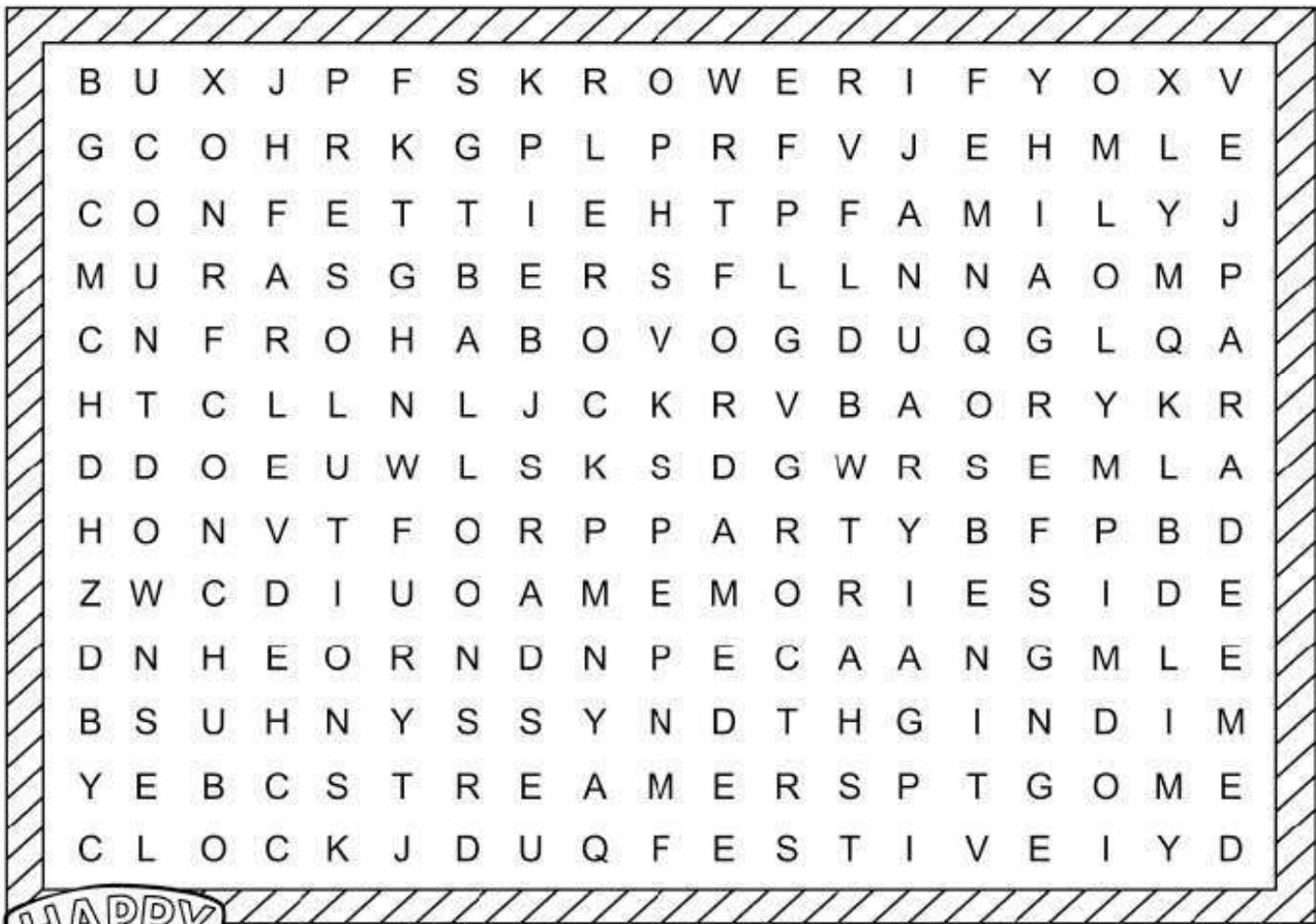


Name: _____

HAPPY New Year!



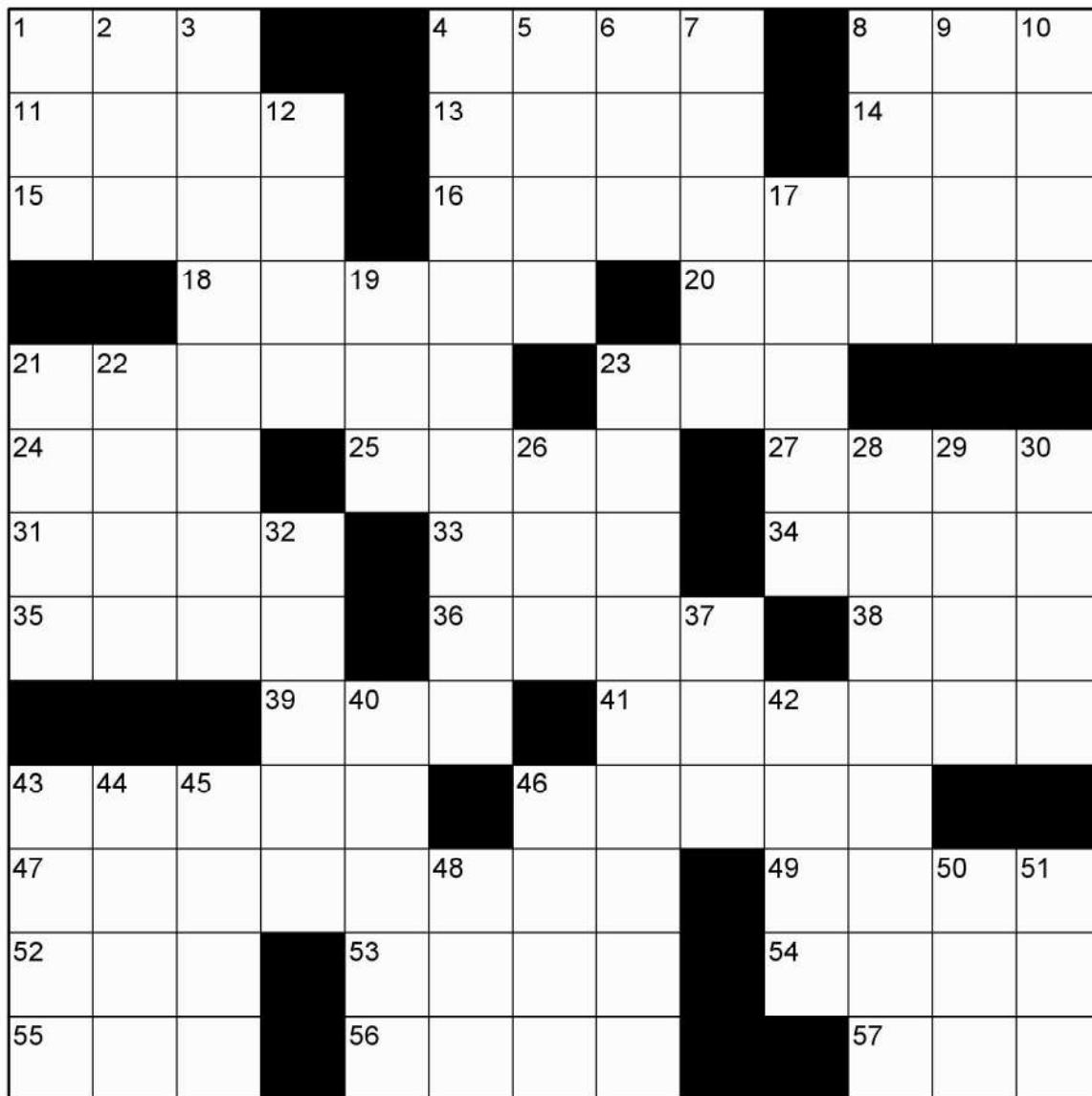
Can you find the words in the word search below? They can be horizontal or vertical, and forward or backward.



January
clock
family
balloons
festive

countdown
party
confetti
resolutions

parade
memories
fireworks
midnight
streamers



ACROSS

1. Time of sunshine
4. Twerp
8. Minor falsehood
11. Was indebted
13. River in central Switzerland
14. Wood sorrel
15. Pottery material
16. Having a softer and smoother texture
18. Wine shelves
20. Tears
21. Subdebutante
23. Affirmative vote
24. In favour of
25. Pornography (Colloq)
27. Siamese
31. Soon
33. Assist
34. Reddish brown chalcedony
35. Portable ice-box
36. Thoroughfare
38. Hive insect

DOWN

39. Insane
41. Practice of going naked
43. Exchanges
46. European ermine
47. One of the 12 tribes of Israel
49. Western pact
52. Bullfight call
53. Republic in SW Asia
54. Enough
55. Marry
56. Car registration (Colloq)
57. Golf peg

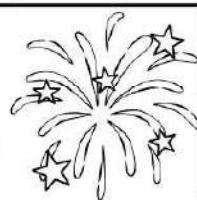
9. Decorated cake
10. Prohibits
12. Group of two
17. Greets
19. Brown-capped boletus mushroom
21. Foretell
22. Vases
23. Slightly faster than andante
26. - de Janeiro
28. Inhabitant
29. Greek god of war
30. As previously given
32. Beautiful maiden
37. Twosome
40. Moving about
42. Norseman
43. Frozen precipitation
44. Welt
45. Mimicked
46. Metal dross
48. Part of verb to be
50. Pedal digit
51. Be indebted

Puzzle Solutions

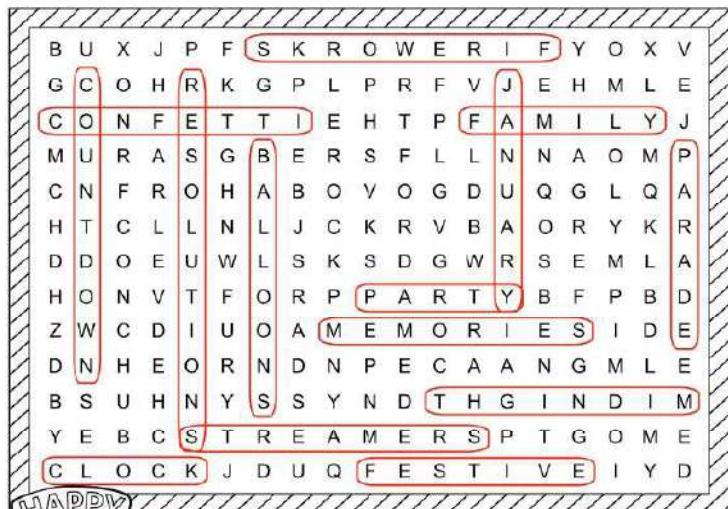


Name: ANSWER KEY

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Your Leadership Staff



Jason Hagemeyer
Executive Director



Lucas Bremseth
Executive Director in
Training



Lisa Maseseh
Director of Health Services



Lisa Smit
Assistant Director of
Health Services



Emily Hunt
Nurse Manager



Christy Niemann
Director of Sales &
Marketing



Danielle Madison
Community Life Director



Ajibola Ola
Memory Care Coordinator



Johnny Russell
Chaplain



James Vest
Maintenance Director



Arcides Garcia
Director of Culinary



Tia Spencer
Director of Housekeeping