



**Yorkshire  
of Edina**  
A Lifespark Community

# Age Magnificently



## Our Community's March 2026 Newsletter

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

### Residents

- 3/1 Audrey T.**
- 3/13 Roderick M.**
- 3/20 Nadine J.**
- 3/30 Mary A.**
- 3/31 Janis C.**

### Staff Birthdays

- 3/3 Lisa P.**
- 3/13 Linus O.**
- 3/15 Valerie D.**
- 3/16 Archana P.**
- 3/29 Amy S.**



# Department Updates

## Community Life:

### **March Outings**

3/4 Arboretum for flower show (indoors)  
3/10 Original Pancake House (Legacy Court)  
3/11 Target  
3/23 Fresh Thyme  
3/31 Minneapolis Institute of Art

### **March special events**

3/2 Neil Diamond Concert by Todd Anderson  
3/6 Girl Scout Cookies Sale  
3/9 Door Wreath Making  
3/10 Sip & Paint  
3/12 Russell's Going Away Party  
3/16 LLAMA VISIT! At 3pm  
3/26 (Thursday) Live music from the Pistachio Singers

## Marketing & Sales:

We are delighted to welcome all our new residents to the community! We're excited you've chosen to make your home here and hope that you're settling in comfortably.

Our community is built on connection, respect, family, and shared sense of pride. We encourage you to get involved, go out on outings once a week, join us for our Spark Competitions, come to Live Music and Happy Hour every Friday in the Bistro, play BINGO, have meals in the dining room, play cards in the evenings in the Bistro, and introduce yourself to your neighbors. You will find we are all family here.

Welcome Home, Mary, Sara, Alva, and Jane

## Nursing Department

As your Nursing Department, we want to remind everyone that preventing slips, trips, and falls is especially important during the winter months here in Minnesota. Snow, ice, and wet entryways can quickly create slippery conditions outdoors and inside our community. Please wear sturdy, non-skid footwear, take small careful steps, and use handrails whenever available. Allow extra time when heading to appointments or activities, and never hesitate to ask for assistance if sidewalks or parking areas look icy. Indoors, keep walkways clear of clutter, ensure good lighting (especially at night), and report any spills right away.

Staying hydrated is another key part of fall prevention that is often overlooked in colder weather. Even when you don't feel as thirsty, your body still needs fluids. Dehydration can lead to dizziness, weakness, and confusion, all of which increase fall risk. Be sure to drink water regularly throughout the day unless otherwise directed by your healthcare provider. If you feel lightheaded, unsteady, or notice changes in how you're feeling, please notify the nursing staff promptly. Together, we can take simple steps to stay safe, steady, and healthy for however long this winter lasts!

Dear Residents,

As many of you know, Jason has transitioned to another Lifespark community, where he will continue his great work supporting residents and teams. We are grateful for the leadership, dedication, and care he brought to Yorkshire. His impact here has been meaningful, and we wish him continued success in his next chapter with the Lifespark family.

We also want to share that our Chaplain, Johnny Russel, will be celebrating his final day with us on March 12. Johnny has been a steady and compassionate presence in our community, offering prayer, conversation, encouragement, and comfort to so many. His kindness and spiritual guidance have touched countless lives, and he will truly be missed. We thank him sincerely for his service and wish him the very best.

On a personal note, I am honored to serve as your Interim Executive Director while I complete my state licensure process. During this transition period, I remain fully committed to leading Yorkshire with care. My focus is on supporting our residents and team members each day and ensuring our community continues to operate smoothly and thoughtfully.

I am grateful for the opportunity to serve in this role and look forward to continuing to connect with each of you.

Warmly,  
Lucas Bremseth  
Interim Executive Director



# Chaplain's Corner

As the winds of March blow, they bring with them a unique promise, the gentle reminder that no matter how long the winter, spring is always on its way. March is a quiet, steady threshold. It is a bridge between the quiet introspection of winter and the vibrant, bursting life of the season ahead.

In our lives, we have experienced many such marches. We know that growth often happens slowly—a quiet bud preparing to bloom, a little more daylight in the evening, a softening of the air.

## **This month invites us to:**

- Embrace Gentle Renewal: Just like the earth waking up, we can find joy in small, new beginnings. A new hobby, a warm conversation, or simply enjoying a sunny spot by the window.
- Cultivate Gratitude: Let us cherish the community we have here—the shared stories, the laughter at lunch, and the support we offer one another.
- Trust the Journey: March teaches us patience. It tells us that even if things feel uncertain, we are always moving forward, growing wiser and stronger with every passing season.

As March "comes in like a lion and goes out like a lamb," may we take with us its strength and embrace its tenderness. Let us bloom where we are planted, right here, together.

## **Quotes**

**Reflective Thought:** "March is nature's way of saying, 'It's time to grow.'"

**March:** "In three words, I can sum up everything I've learned about life: it goes on." ~ Robert Frost

No matter what challenges or setbacks we face, life continues to move forward. March, a time of renewal, teaches us the importance of resilience and adaptation.

"March, when days are getting long, let thy growing hours be strong to set right some wintry wrong." ...

"You are reborn with the roses, in every spring." — Juan Ramón Jiménez.

"You can crush the flowers, But you can't stop the spring." — The Flaming Lips

## **Scripture References**

"Every good and perfect gift is from above, coming down from the Father of the heavenly lights" (James 1:17).

"The LORD is good and his love endures forever; his faithfulness continues through all generations" (Psalm 100:5).

# Making Memories



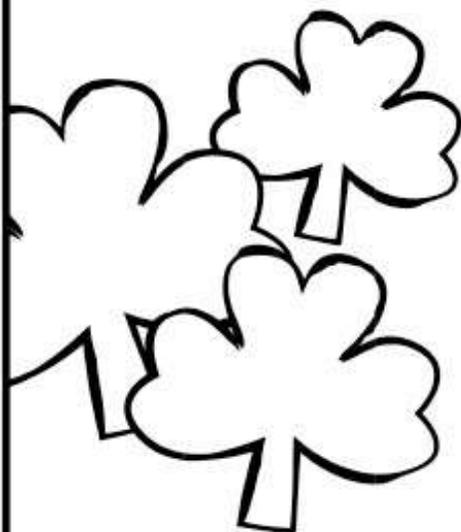
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# HAPPY

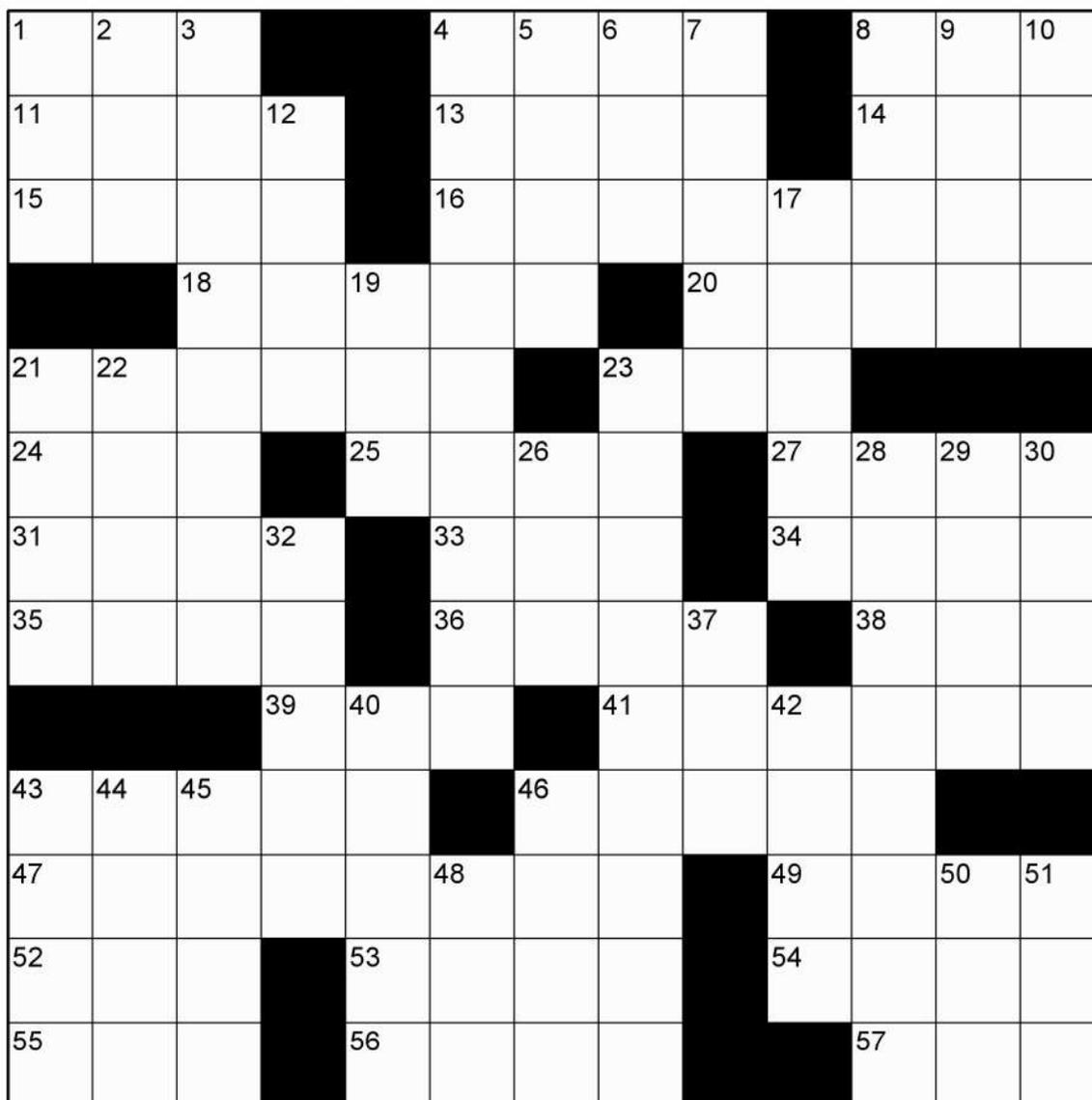
# St. Patrick's Day!



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



|         |            |           |
|---------|------------|-----------|
| luck    | March      | gold      |
| Ireland | leprechaun | rainbow   |
| clover  | jig        | potato    |
| green   | shamrock   | limerick  |
| holiday | tradition  | celebrate |



**ACROSS**

- 1. Ewer
- 4. Burden
- 8. Operations (colloq)
- 11. Soon
- 13. Old
- 14. Bleat
- 15. Donate
- 16. Shaped like a cube
- 18. Weird
- 20. New Guinea  
currency units
- 21. Prison chief
- 23. Donkey
- 24. Tavern
- 25. Soil
- 27. Palm starch
- 31. Pace
- 33. Affirmative vote
- 34. In bed
- 35. Conceal
- 36. Domesticate
- 38. Avail of
- 39. Fish eggs
- 41. Flora

- 43. Blue dye plants
- 46. Flirted
- 47. Person who  
abducts
- 49. Hindu music
- 52. Falsehood
- 53. Region
- 54. Single items
- 55. Decade
- 56. Monetary unit of  
Iran
- 57. Apex

**DOWN**

- 1. Sharp projection
- 2. Prefix, one
- 3. Ruled
- 4. Slashed
- 5. Fever
- 6. Debutante
- 7. Redacts
- 8. Hautboy
- 9. Prefix, beyond
- 10. Surface to air  
missiles

- 12. Requirement
- 17. Cavity
- 19. Colour
- 21. Desire
- 22. Against
- 23. Not limited by time
- 26. Handwoven  
Scandinavian rug
- 28. Abounding
- 29. Romance tale
- 30. Poems
- 32. Hidden
- 37. Cathedral city
- 40. Academy Award
- 42. Prefix, air
- 43. - Disney
- 44. Off-Broadway  
theater award
- 45. Capital of Yemen
- 46. New Guinea  
currency unit
- 48. Prefix, three
- 50. Prefix, the earth
- 51. Egyptian serpent

# Puzzle Solutions

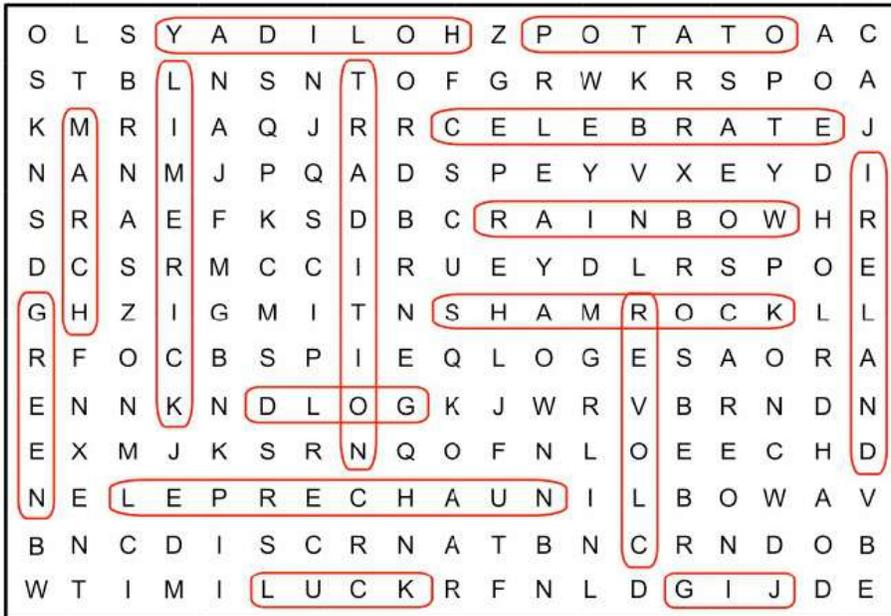
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## HAPPY

St. Patrick's Day!



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



# 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