



**Yorkshire
of Edina**
A Lifespark Community

Age Magnificently



Our Community's April 2026 Newsletter

Discover what's going on in our community.

Residents

4/4 Joyce H.
4/17 Vivette N.
4/18 Madonna S.
4/27 Mari H.
4/28 Sara D.

Staff Birthdays

4/3 Danielle M.
4/21 Candace R



Department Updates

Community Life:

March Outings

4/13 Flower Show at Galleria

4/14: Flower Show at Galleria (Legacy Court)

4/15: Twins Game (Free)

4/23: Target

4/27: Dollar Tree

Marketing & Sales:

Please help me in welcoming Mary, Shannon and Gene to our Community and Yorkshire Family!

Spring has come with soft new light,
Longer days and blossoms bright,
And with it comes a joyful start—
A season close to every heart.
We welcome you with open doors,
To friendly smiles and so much more,
A place to rest, to laugh, to be—
A caring, shared community.
Please take this season, fresh and new,
As one that brings good things to you,
For here, each day is meant to say:
“We Are Happy You Are Here!”

Nursing Department

Ever notice you feel a little dizzy when you stand up too fast? You're not alone—and no, it's not just “getting older” (even though we love to blame that 😊). A lot of times, it's something called orthostatic hypotension, which is just a fancy way of saying your blood pressure drops when you change positions. This can happen if you're dehydrated, haven't eaten much, or even as a side effect of certain medications. The fix? Take your time! Sit for a moment before standing and stand still before walking. Try wiggling your toes or taking a few deep breaths before getting up—little things can make a big difference. Also, make sure you're wearing supportive footwear and using your walker or cane if recommended, especially first thing in the morning when dizziness is more common.

Another quick tip—hydration matters more than you think. Even being a little dehydrated can make you feel tired, dizzy, or just “off.” If you're not a big water fan, try mixing it up with flavored water, tea, or even soups. And if something doesn't feel right—don't guess, just ask! That's what we're here for.

Bottom line: listen to your body, don't rush, and never hesitate to stop by the nursing office. We promise we like seeing you—even if it's not for your blood pressure 😊

Dear Residents,

As we move into spring, we're looking forward to brighter days, warmer weather, and more opportunities to enjoy time together in our community. Thank you for being part of what makes Yorkshire such a special place.

We would like to share an important update regarding resident rights. We are currently distributing copies of the Minnesota Assisted Living Bill of Rights to all residents. Each resident will receive two copies, one to keep for your records and one to sign and return. We kindly ask that the signed copy be returned as soon as possible.

Our receptionist, Jane, will be connecting with residents as she sees you throughout the building, and our team may also be going door to door to assist with collecting signatures. If you have any questions while reviewing the document, please do not hesitate to reach out, we are happy to help.

As always, we appreciate your cooperation and your role in making our community a welcoming and supportive place for all.

Warmly,

Lucas Bremseth

Interim Executive Director



Meet Our New Chalain: Nikki

Nikki is a Yooper—she was born and raised in the Upper Peninsula of Michigan. She graduated from Northern Michigan University, Wheaton College (in Illinois), and Evangel University in Missouri. Nikki just took up cross-stitch as a hobby. She also loves reading, nature hikes, swimming in Lake Superior, and saunas. One of her favorite foods is chocolate ice cream. She has three kids: Anna, Evan, and Colin.



Lifespark Spirituality Article:

We've all heard the golden rule, "Do onto others as you would have others do onto you."

While it's important to show grace to others, we also need to find ways to shower grace on ourselves. Showing grace to yourself means that you practice self-compassion, understanding, acceptance, and forgiveness of self. Giving yourself grace is a choice. Giving yourself grace takes practice, but it can heal you and bring you deep peace and joy.

Whatever grace looks like for you today – give it to yourself! Let go of the things you do not have control over. Instead, do what brings you inner-self peace and joy. Make a list. Then, do one thing today from that list that will put joy in your heart and bring peace to your soul.

Making Memories



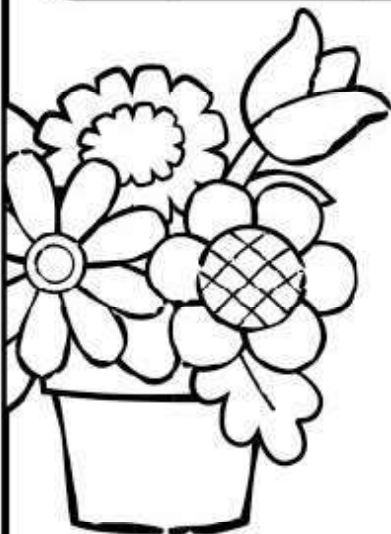
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SPRING Word Search



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

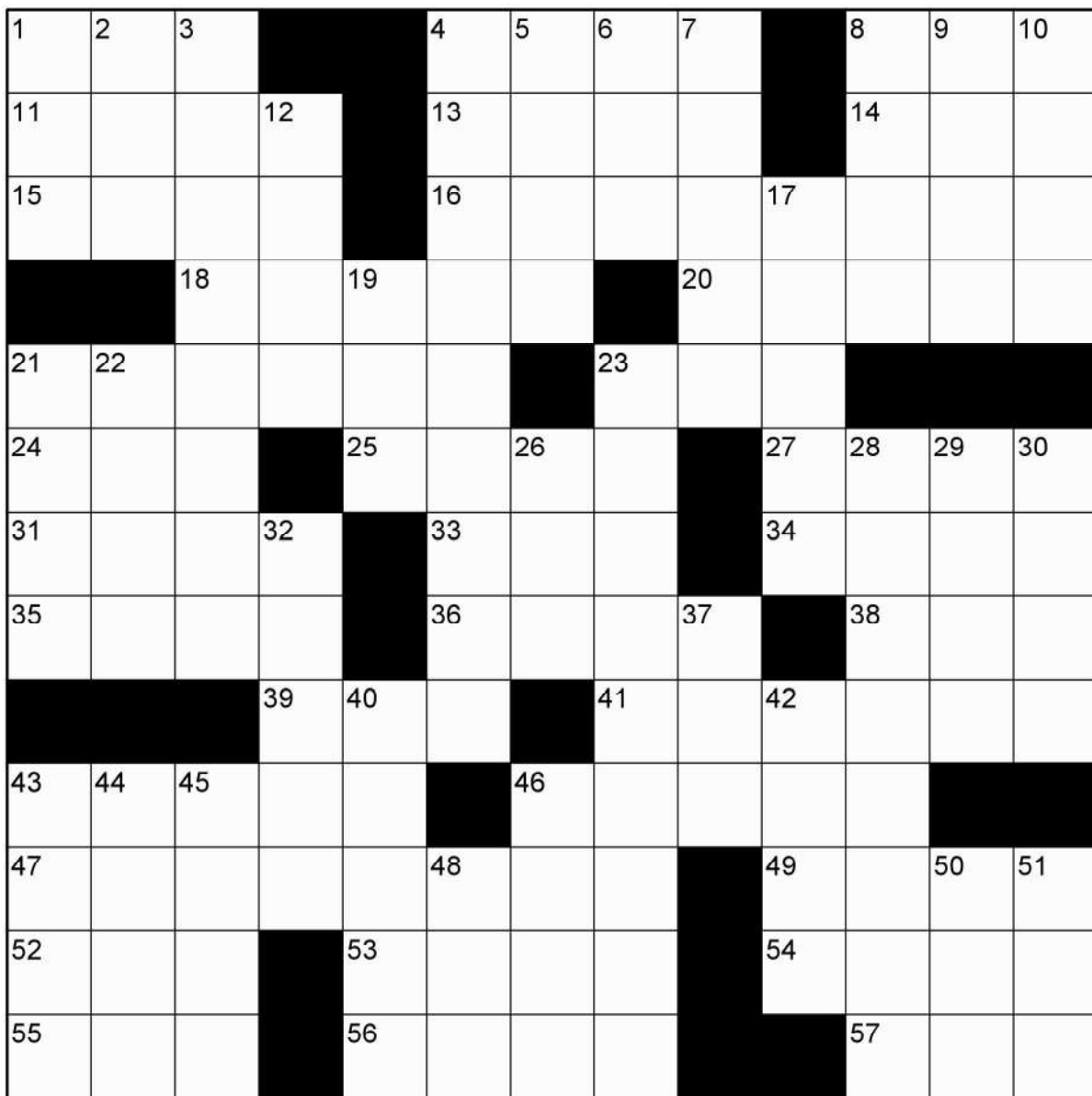
S R A B B I T E Q L O S G D A H C E Q R
A N J M A T Y E A B Z O V M A R C H R S
N F E K V S G G P U M B R E L L A P O U
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A A N O R A I N B O W C O H N T Y X Y S
V D S N A H C U B P N O B L O O M E G T



March
Easter
flower
rainbow
hatch
eggs

puddle
butterfly
picnic
daisy
rabbit
umbrella

bloom
garden
tulip
April
breeze
sunshine



ACROSS

- 1. Government broadcaster
- 4. Carol
- 8. Fruit conserve
- 11. Medicinal plant
- 13. Midday
- 14. Japanese sash
- 15. Maturing agent
- 16. Fastens
- 18. St Nicholas
- 20. Raves
- 21. Frenzied
- 23. Antiquity
- 24. Freeze
- 25. At that time
- 27. Dull
- 31. Sea eagle
- 33. Anger
- 34. American university
- 35. Obligation
- 36. Narcotics agent
- 38. A craze
- 39. Outfit
- 41. Thyroid enlargement

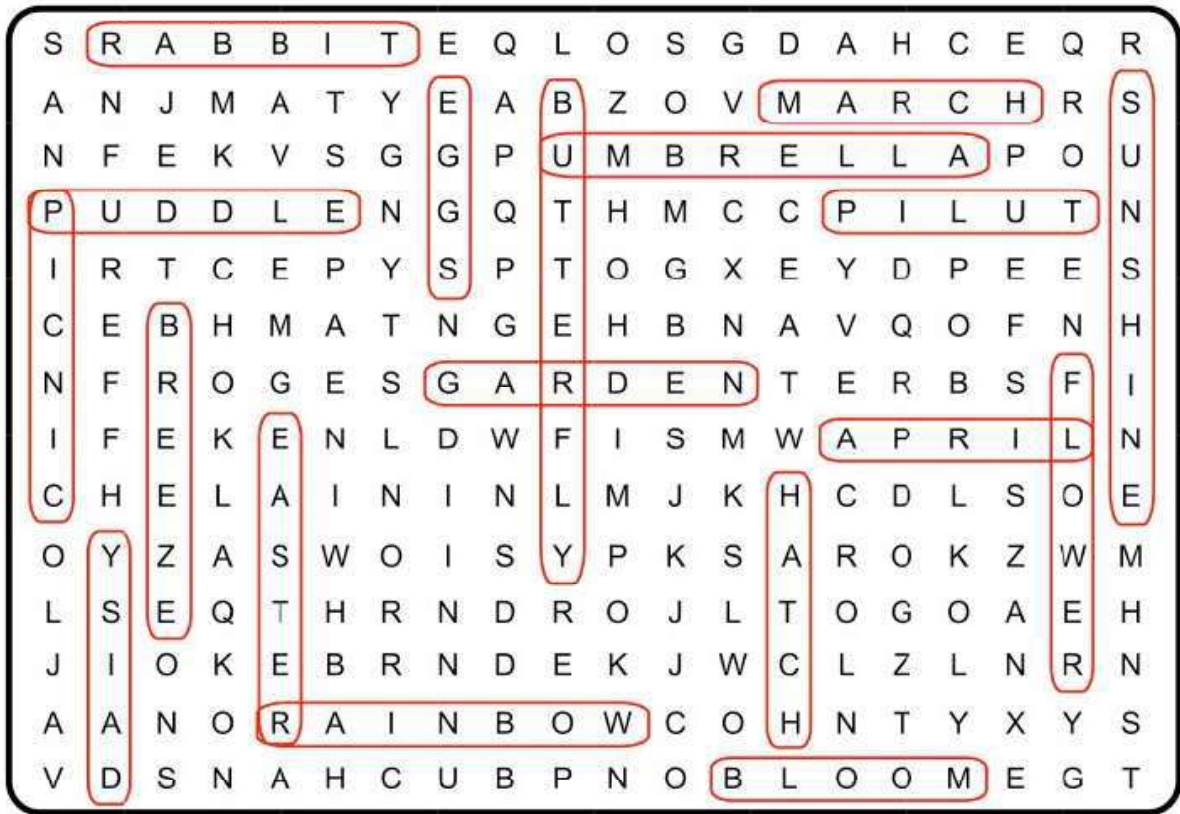
- 43. Beer mug
- 46. Certainties (Colloq)
- 47. Chair for two persons
- 49. Islamic chieftain
- 52. Metal-bearing mineral
- 53. Sewing case
- 54. Club-like weapon
- 55. Was victorious
- 56. Fine powder
- 57. Greek goddess of night

DOWN

- 1. Exclamation of surprise
- 2. Plead
- 3. Semilunar
- 4. Grabbing
- 5. Jot
- 6. Negating word
- 7. Knot
- 8. Fourth Gospel
- 9. Wrongfully assist
- 10. Fail to hit

- 12. Impudent child
- 17. Container for storing items
- 19. Young louse
- 21. Hastened
- 22. Colour of unbleached linen
- 23. Vigorous
- 26. An age
- 28. Person employed on a raft
- 29. Having wings
- 30. English monk
- 32. Hawk's nest
- 37. Minced oath
- 40. Piece put in
- 42. A particular
- 43. Sluggish
- 44. Bull
- 45. Level
- 46. Hood-like membrane
- 48. Greek letter
- 50. Gelid
- 51. King

Puzzle Solutions



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

Your Leadership Staff



Lucas Bremseth
Interim Executive
Director



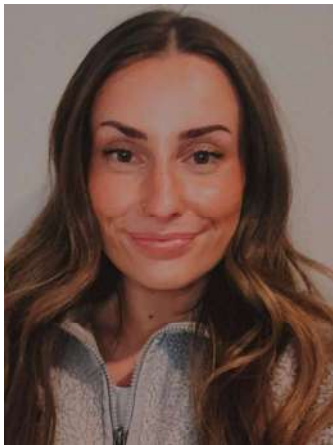
Lisa Maseseh
Director of Health Services



Lisa Smit
Assistant Director of
Health Services



Christy Niemann
Director of Sales & Marketing



Emily Hunt
Nurse Manager



Danielle Madison
Community Life Director



Ajibola Ola
Memory Care Coordinator



Tia Spencer
Director of Housekeeping



Nikki Murray
Chaplain



James Vest
Maintenance Director



Arcides Garcia
Director of Culinary