



## Our Community's November 2025 Newsletter

Valora Senior Living of St. Anthony a Lifespark Community  
2540 Kenzie Terrace St. Anthony, MN 55418 612-843-3700

### Advice to my younger self:

we asked Tim T. what kind of advice he would give to his younger self, he stated that he would just live his life over as it was. So true, and such wonderful words of wisdom. The photo of Tim in the blue shirt is a current photo. Tim in the white shirt is about 20 years old.



**Welcome Home:** Sue S. and Stephen C.

### Residents Council:

The next Resident Council Meeting is on Monday, November 3rd, at 2:00 p.m. in the Town Hall.

### Happy Birthday:

Florence W. 2nd Jim D. 29th



**A Prayer for Veterans Day by David Abernathy. Used with permission**  
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Our God and God of our ancestors, we ask for your blessings for America's veterans, the dedicated men and women who have served our country in uniform, and for all those who serve today. Let those who made the ultimate sacrifice for the cause of freedom rest in peace, honored by a grateful nation. Heal those injured in service to our country, whether their wounds are of body, mind or spirit. Remember the parents, partners, children, other family and friends of all who served: The ones who sacrificed alongside them, missed them when they served far away, and bore the heavy burden when they were wounded or gave their lives for our country. May it be Your will also that we strive every day to give our veterans and service members the greatest possible reward for their service a world secure in freedom and at peace.

And let us say Amen.

**Nursing News:**

The podiatry clinic is on Thursday, November 13, 2025. The clinic is located in the Family Area on first floor, and starts at 9:00 a.m. Questions? See someone in the nursing department if you have questions.

**Deanna Carlson, LALD, LNHA, Executive Director. [Deanna.Carlson@LifesparksI.com](mailto:Deanna.Carlson@LifesparksI.com)**

**Comparing Skilled Nursing Facility:**

**More clinical based environment with nursing on site 24/7.**

Higher care levels, more "skilled" needs.

Most rooms are semi-private. Meaning they may have a roommate, shared bathroom.

All residents receive care and services from clinical staff.

The facility provides personal care supplies, linens, and general living supplies such as toilet paper and Kleenex.

Medications are kept in a secured medication care and typically administered by a nurse or TMA.

Versus Assisted Living Facility:

**More home like environment.**

Lower care levels, but may have residents who require 24 hour care.

Residents rent thier own apartment without a roommate, or they live with a chosen roommate like their spouse or a friend.

Not all residents receive care and services from clinical staff.

Residents provide all supplies, everything in their apartment is their property.

Medications are stored in the resident's own apartment, locked in a cabinet, and can be administered by HHA.

**Patrick Bidon, Director of Environmental Services. Patrick.Bidon@LifesparksI.com**

It's time to turn our thermostats from cool to heat. We have already experienced some cold days, things will only get colder as the year continues on. If you notice that your apartment is colder than you would like, feel free to let us know so that we can take a look. Everyone's furnace filters have been replaced, thermostats and smoke alarm batteries have been changed out too. We want to make sure that your stay is comfortable all winter long! As always, please call down to the reception desk to make arrangements to have someone take a look at any issues that you may be having in your apartments.

**Culinary meetings with Culinary Director Tina Jensen.**

Chef Chat is on Wednesday, November 19, 2025, at 2:00 p.m. in the Grand Parlor. Chef Demo is on Wednesday, November 26, 2025, at 2:00 p.m. in the Grand Parlor.

**Mary Farnham, Community Life Director. Maryann.Farnham@LifesparksI.com** The shopping trip to Walmart is on Wednesday, November 12th. The bus leaves at 9:00 a.m. There is an outing to Silverwood Park on Monday, November 24th. We will be taking an art and nature class called: "The Spiky Side of Nature." Discover how plants use sharp thorns and prickly armor to stay safe. We will then sculpt and decorate our own creation. The bus leaves at 12:30 p.m. The departure location for both outings is the front lobby. Happy Thanksgiving to all!

**Heather Sadler, Business Office Manager. Heather.Sadler@LifesparksI.com**

I would like to thank residents and family members for their prompt monthly payments. . For those of you who are curious about auto pay, please see me. I would be happy to help and to answer any of your questions.

**Amy Rumpca, Sales and Marketing Director. Amy.Rumpca@LifesparksI.com.**

Happy November! The start of the Holiday season, and the perfect time to join our family here, at Valora before the snow officially flies! I am so thankful for our residents, families and staff. Not just in November, but each and every day. What are you most thankful for?

**Hello! My name is Peregrine and I'm honored to serve as your chaplain. I'll be at Valora**

one day a week, usually on Mondays. As the chaplain, I have the privilege of learning more about spirituality from each resident, family and staff members I meet. Spirituality is about our beliefs, our values, and the places where we find meaning and purpose, both within and beyond traditional religious organizations.

I hope to foster spiritual health, which might include conversation groups, worship experiences, one-to-one visits, special gatherings, and more.

If you'd like a visit, please reach out to me.



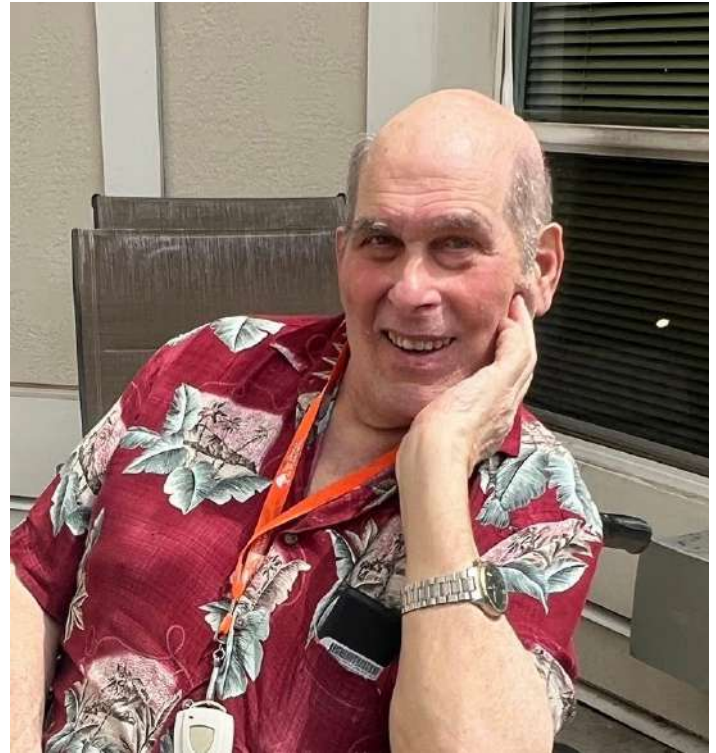
### Resident Spotlight:

This month's Resident Spotlight is shining brightly on Dick H.

Dick was born in Virginia, Minnesota. He is the oldest of four, having three younger sisters.

His dad was an electrician and his mom made sure the children were all well taken care of.

While attending and graduating from Roosevelt High, in Virginia, Minnesota, Dick was a member of the school's downhill ski team. When not in school, he enjoyed hunting, fishing and playing sports within his neighborhood. Before moving



to Minneapolis, Dick attended a junior college "on the range" where he took a variety of general courses. After about five years of doing odd jobs and volunteering, he got involved with a restaurant. This put him on the fast track to become an owner of a restaurant called "The Malt Shop." During this time, he met his wife, and had two sons. Dick had a passion to travel. He has seen Europe, Southern Europe, Asia and Mexico. When asked what his favorite country was, he stated "Italy." Why? Because he is half Italian. Dick loves to watch the Olympics. Especially the Winter Olympics. He still enjoys the excitement of downhill skiing, a sport that is near and dear to him. Some of the activities that Dick enjoys here at Valora Senior Living includes music events, parties and the yoga classes. Thank you, Dick, for sharing your story with us.

