



Our Community's January 2026 Newsletter

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

Welcome Home: Vincent K.

Residents Council:

The next Resident Council Meeting
is on Tuesday, January 6th at 2:00 p.m.
in the Town Hall.

Happy Birthday:

William H. 7th
Valerie A. 10th
Carol H. 12th
Gordon J. 18th
Sue S. 23rd
Jerry B. 26th



Town Hall with Deanna, our Director, will be
at 2:00 p.m. on Tuesday, January 20th
in the Town Hall.

LET IT SNOW!
LET IT SNOW!
LET IT SNOW!

OH THE WEATHER OUTSIDE IS FRIGHTFUL... BUT OUR COMMUNITY IS SO DELIGHTFUL!

Tours & Information Available
Every Tuesday in January | 9am -12 noon

We will be collecting gently used and new coats (all ages, all sizes) for local charities in our community.

Please feel free to drop off donations in the "Let It Snow" box located in the Lobby.

VALORA SENIOR LIVING OF ST. ANTHONY
A Lifespark Community Lifespark
valoraseniorliving.com

2540 Kenzie Terrace
St. Anthony

WE HOPE TO SEE YOU THERE!

Please join us in welcoming Ron Cahill, the new Executive Director in Training to our community. Ron looks forward to meeting everyone, so be sure to stop by and say hello! He brings a warm, supportive, and a relationship-focused approach to his work. His wife's name is Amanda. She has spent many years leading activities in senior communities. As a result, Ron often volunteers along side her on resident outings and special events. These experiences sparked his passion for senior living and ultimately inspired his transition into the field. Before entering senior care, Ron built a successful career in the legal industry. He spent many years with Thomson Reuters (formerly West Publishing) in leadership roles across legal product development, content strategy and marketing.

Nursing News:

The podiatry clinic is on Thursday, January 22, 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.

**Deanna Carlson, LALD, LNHA,
Executive Director.**

Deanna.Carlson@Lifesparksl.com

Family involvement plays a vital role in a resident's well-being. Staying connected through visits, phone calls, or virtual check ins helps residents feel supported and engaged.

We encourage families to participate in care conferences, attend community events, and share meaningful details about their loved one's routines, preferences, and life story. The partnership allows us to provide more personalized care and strengthens the sense of community within our home. Even small gestures, such as sending photos or notes, can brighten a resident's day. Together, we create an environment where residents feel valued, understood, and never alone.



VALORA
SENIOR LIVING
OF ST. ANTHONY

**Please join us for our
Winter Wonderland/Happy Hour Event**

When: Wednesday, January 7th, 2026
Time: 2:00 p.m. to 3:00 p.m.
**Where: Valora Senior Living
2540 Kenzie Terrace
St. Anthony, MN 55418**

**We will be serving appetizers and having a
variety of beverages.**

**Entertainment information: Jack Schabert and his trio perform in
the metro area. His group, the Blue Ox Jazz Trio, is
consistently upholding a busy performance schedule at many
venues including retirement homes.**

**Jack has performed with international jazz artists including 9
time Grammy Award winning trumpeter Wynton Marsalis.**

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(all ages, all sizes) for local charities in our community.**
**Please feel free to drop off donations in
the "Let It Snow"
box located in the Lobby.**

Patrick Bidon, Director of Environmental Services. Patrick.Bidon@lifesparksll.com

As we continue on through the cold winter months, I will be diligently working on the snow and ice removal on the property. My main goal for all of you is to not have any falls outside of the building, or inside of the building. Melted snow within the building is very dangerous and needs to be tended to as soon as possible. If you see a slippery spot, let Maintenance know so it can be taken care of right away. Remember...Safety First. I would also like to remind everyone to please keep your windows closed for the winter to be able to maintain a comfortable temperature for all. If you have any heating problems, please let the receptionist know, and they will notify me, so that I can take care of any problems sooner, than later. Warm wishes to you in the New Year.

Tina Jensen, Culinary Director. Tina.Jensen@lifesparksll.com

Chef Chat is on Wednesday, January 14, 2026, at 2:00 p.m. in the Town Hall. Chef Demo is on Thursday, January 22, 2026, at 2:00 p.m. in the First Floor Family area.

Mary Farnham, Community Life Director. Maryann.Farnham@lifesparksll.com The shopping trip to Walmart is on Tuesday, January 6th. The bus leaves at 9:00 a.m. We will be providing transportation to Broadway Pizza on Thursday, January 8th. Don't forget to bring at least \$20.00 to pay for your lunch. The bus leaves at 11:30 a.m. The departure location for both outings is in the front lobby. Happy New Year to all!

Peregrine Morkal-Williams, Chaplain. Peregrine.Morkal-Williams@lifesparksll.com

This month, we will be holding two memorial services to remember those residents who have died in the last year. The first is just for Valora. It is on Monday, January 12, 2026 at 2:00 p.m. in our chapel.

The second service is a virtual memorial with all Lifespark communities. It is on Wednesday, January 21, 2026 at 2:00 p.m. in our chapel. I hope all residents, families, friends and staff will join us to honor the memories of the the lives that we have lost. Other spiritual programming will continue as usual. Hymn sing is at 1:30 p.m. Bible study is at 2:00 p.m. Both are located in the chapel are on January 5th and the 26th. The Grief Support Group is on January 19th and is in the Village Room at 10:15 a.m.

The Grief group is open to any resident who wants to talk and learn about grief regardless of how long ago the loss has happened. I hope to see you at one or more of these events.

Tracey Reynolds, Sales and Marketing Director. Tracey.Reynolds@lifesparksll.com

Hello, I'm Tracey Reynolds, the new Sales and Marketing Director. I am so excited to be a part of this growing, caring, communtiy, and am looking forward to meeting all of you. May all of you have a Happy New Year!

This month's Resident Spotlight is shining brightly on Josephine F.

At one time, Josephine lived near Valora Senior Living.

We are very happy that she stayed in the area.

Before getting married, she worked as a stenographer. She received her stenographers training from a vocational high school, and took night classes at the University of Minnesota.

Her office was on the 21st floor of the Foshey Tower. She stated that the view over the city was spectacular.

Josephine has three children, two sons and one daughter. Before her children were old enough to go to school, she returned to work on a part time basis. As a member of St. Charles Catholic Church, she developed many friendships and worked in the church's library.

Some of Josephine's hobbies included skating, skiing and baseball. She shared these activities with some very special friends. She is also a big fan of the University of Minnesota basketball team.

Josephine and her husband traveled throughout the United States visiting World War II friends. The couple had the opportunity to travel to Hawaii, Poland, Denmark, Sweden and Norway. Thank you Josephine, for sharing your time with us. We are so very grateful to have you as a part of the Valora family.

