



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

Our Community's February 2026 Newsletter

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



Join us for the Valentine's Day/Birthday Party.

When: Thursday, February 12th

Where: The Dining Room.

Time: 2:00 p.m. to 3:00 p.m.

There will be entertainment, a variety of beverages, including champagne, cake and ice cream.

We will crown our new King and Queen of Hearts and announcing the winner of the "Guess How Much the Heart Weighs" contest.

Welcome Home: Jean H.

Town Hall: Deanna, our Director, will be hosting the meeting at 2:30 p.m. on Tuesday, February 10th, 2026 in the Town Hall.

Happy Birthday:

Ron H. 10th

Virgil O. 16th

Donald Y. 16th

Kathleen P. 19th

Madeleine M. 19th



Residents Council:

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

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

As a Culinary Director at Valora of St. Anthony, I approach each day with passion. I face new challenges, hear new stories, and find fresh reasons to feel grateful. I am excited to share how I arrived in this role, what fuels my dedication, and what a typical day looks like in our community. My work goes beyond preparing meals, it centers on building connections, creating purpose and making a real difference where it counts. Being in the food industry for over 30 years, from restaurants to schools to senior living and seeing people excited and happy. I have seen first hand how food was often the one thing that everyone could come together for. These experiences shaped my belief that one good meal can truly make someone's day. From there, the transition to senior living felt natural. After all, what better place to make a difference than in someone's home. Working in a variety of kitchens gave me a well rounded skill set and the tools necessary to succeed. Along the way, I have learned how to lead a team, maintain high standards, and adapt to changing needs. What I enjoy the most about senior living is the opportunity to brighten someone's day with every meal we serve. A warm plate, a familiar flavor, or a new dish can make a meaningful impact on someone's experience. Each morning, I begin by walking through the dining room and kitchen to ensure everything meets our standards. Along the way, I greet every resident and team member I see with a warm "Good Morning." These simple moments of connection matter. They set the tone for a day filled with care and intention. At the end of the day, I take the greatest pride in knowing I've contributed something meaningful-whether it's a favorite dish, a heartfelt conversation, or a comforting moment. To me, success means happy, full bellies and a clean kitchen at the end of the day. Thank you for welcoming me into your community and allowing me to serve at your table. I am truly honored. Tina.

**Deanna Carlson, LALD, LNHA,
Executive Director. Deanna.Carlson@lifesparksl.com**

Supporting cognitive health is an essential part of caring for older adults, whether or not they are experiencing memory loss. At our community, we focus on maintaining mental engagement, emotional well-being, and dignity at every stage of aging.

Cognitive health is supported through daily routines, meaningful activities, social interaction, and personalized care plans. Structured schedules, familiar surrounding, and opportunities for choice help residents feel secure and confident. For those living with memory challenges, our team uses gentle cues, patience, and consistency to reduce anxiety and promote independence whenever possible.

Families play a vital role in this process. Regular visits, sharing familiar stories or photos, and maintaining consistent communication with our care team help reinforce connection and comfort. We encourage families to partner with us, ask questions, and share insights that allow us to provide the most personalized care. Cognitive health is not only about managing symptoms, it's about preserving identity, honoring life stories, and creating meaningful moments every day.

Patrick Bidon, Director of Environmental Services. Patrick.Bidon@lifesparks1.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. 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.

Mary Farnham, Community Life Director. Maryann.Farnham@lifesparks1.com The shopping trip to Walmart is on Wednesday, February 4th. The bus leaves at 9:00 a.m. We will be providing transportation to Culver's on Wednesday, February 11th. 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.

Peregrine Morkal-Williams, Chaplain. Peregrine.Morkal-Williams@lifesparks1.com

Hello, friends, I hope you are staying warm and safe during this icy time of year. One of the activities I run at Valora is a monthly grief support group. This month, it is on Monday, February 16 at 10:15 a.m. in the Village Room. The grief support group is open to anyone who wants to learn or talk about grief. That means anyone who has lost a loved one, a home, health, a job, etc.; a loss that occurred two days ago or two decades ago or a loss that is anticipated in the future. It's open to all spiritual backgrounds, including non-religious. If you have any questions or want to have a conversation about any topic related to spiritual or emotional well-being, please feel free to reach out to me. As a reminder, I am in the building on Mondays.

Tracey Reynolds, Sales and Marketing Director. Tracey.Reynolds@lifesparks1.com

Tracy is a graduate of The Art Institute of Pittsburgh, where she earned a degree in Visual Communications. She brings a strong blend of creativity & strategic insight to her work, with extensive experience in marketing and sales. Her expertise includes brand development, digital marketing, customer engagement, & creating impactful campaigns that drives results and builds meaningful connections.

Prior to transitioning into senior care, Tracy spent more than 30 years in the veterinary & animal health industry, holding a variety of sales and marketing roles across distribution, manufacturing & compounding pharmacy sectors.

Outside of work, Tracey is a passionate artist & art enthusiast who enjoys visiting galleries, singing, & playing multiple instruments, including the flute, clarinet, tenor saxophone, and guitar. She is also an avid reader with interests in history, science fiction, fantasy, & mythology. Other hobbies include cryptography, hiking, kayaking, snowshoeing, comic book collecting, and attending plays and musical theater.



This month's Resident Spotlight is shining brightly on Sandy Y.

Sandy was born in the Highland Park district in St. Paul. She was the only child in a family that loved to travel. The family traveled by car virtually all over the U.S. and Canada as well as Alaska by boat via the inland passage. Her only other foreign travel as a child was to Cuba, which was a memorable experience. She grew up before common use of driving instructors for kids, so her dad was her instructor. On a trip to Arizona, it was her turn to drive. Sandy said that when they got to the road to Jerome, things got a little scary driving the narrow twisty mountain roads. Her love of traveling received a big boost when her middle son started work as a United Airlines pilot, which qualified Sandy and her husband for free airline travel passes. She graduated from Derham Hall High School and St. Catherine's College, both located within walking distance of her home in St. Paul. Her majors in college were French and secretarial studies. She spent one semester at Laval University in Quebec. Her French skills were key to some major endeavors after the kids (Don and Sandy have 3 sons) were out of the nest. On one occasion, she spent a month at a French Language Institute on the Riviera. Another memorable experience was a month living with a French family, where she received tutoring and learned every-day conversational French. Thank you Sandy, for sharing your story with us. We are so very happy to have you living with us at Valora Senior Living.



From the Lifespark Chaplain:

Recent studies from the National Academies of Science, Engineering, and Medicine have found that loneliness can increase our risk for serious health conditions. Still, many of us find ourselves lonelier as we age, and it can be daunting to think about forming new relationships. If we dare, we may just discover that we are not alone after all. This is the work of spirituality, encountering our connectedness to one another, to creation, and to the source of our being. What new connections are you thankful for in Your life?

Here is a blessing for new connection from poet, Morgan Harper Nichols:

"Dare to keep your heart open, allow yourself to be surprised by Hope.

Build a friendship with courage and let it join as you make new connections on the road."

