



Our Community's March 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 St. Patrick's Day Happy Hour and Birthday Party.

When: Tuesday, March 17, 2026

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 be announcing the winner of the "Guess How Much the Blarney Stone Weighs" contest.

Don't forget to wear green!

Welcome Home: Rodney P.

Town Hall: Deanna, our Director, will be hosting the Town Hall meeting at 2:30 p.m. on Tuesday, March 24th in the Town Hall.

Happy Birthday:

Dave B. 16th
Vickie V. 22nd
Jeanne P. 30th



Residents Council:

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

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

Join me for Chef Chat on Wednesday, March 18th at 2:00 p.m. in the Town Hall.
 Chef Demo is on Wednesday, March 25th at 2:00 p.m. in the First Floor Family area.

Deanna Carlson, LALD, LNHA, Executive Director. Deanna.Carlson@lifesparks.com



As colder weather settles in, it's important to take a few extra steps to stay safe, comfortable, and healthy. Cold temperatures can increase the risk of chills, slips and other weather-related concerns, especially for older adults. Limiting time outdoors on very cold, windy or icy days can help prevent unnecessary exposure and reduce the risk of falls. When going outside is necessary, dressing appropriately makes a big difference. Wearing layers helps trap warmth and allows you to adjust if temperatures change. A warm coat, hat, gloves and scarf are essential, as much of our body heat can be lost through the head and hands. Sturdy, non-slip shoes or boots are also important for navigating icy or wet surfaces. We encourage residents and families to stay mindful of the weather forecast and plan activities accordingly. Staying warm helps everyone stay well & enjoy the winter season safely.



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

Spring has not arrived yet, so the potential for snow and slippery areas around the building and in the building remains. As a result, I will continue to work 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. 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@lifesparks.com The shopping trip to Walmart is on Wednesday, March 4th. The bus leaves at 9:00 a.m., and will return before lunch. We will be providing transportation to the Yellow Bird Coffee Bar on Wednesday, March 11th. Don't forget to bring at least \$20.00 to pay for your coffee and pastries. There will be an art class for attendees, which is free. The bus leaves at 1:00 p.m. We will return before supper. The departure location for both outings is in the front lobby.

Peregrint Morkal-Williams, Chaplain. Peregrine.Morkal-Williams@lifesparks.com

Greetings from your chaplain! This month, I would like to invite you to Coffee & Conversation on Monday, March 2nd at 10:15 a.m. in the Town Hall. This will be an informal time to chat without an agenda. I hope that through this process, we can get to know each other better. I will have some prompts to get the conversations started. Everyone is invited. Regular chaplain programming will also continue on Mondays in March with Hymn Sing and Bible Study on March 9th and the 30th. Hymn Sing Starts at 1:30 p.m., and Bible Study is at 2:00 p.m. Both activities are located in the chapel. The Grief Support Group is on March 16th at 10:15 a.m. in the Village Room. As always, feel free to request a 1:1 visit by leaving a message for me with the front desk or other leadership staff.

And the winners are...

Congratulations are in order for our February contest winners. Asija from our nursing department won the "Guess How Much The Heart Weighs" contest. The actual weight of the heart was 3.5 pounds. Asija came the closest with her guess of 3 pounds. Our 2026 King of Hearts is Jean S. and the Queen of Hearts is Joanne S. They are pictured below and are proudly wearing their crowns. Patricia D.'s guess for the Super Bowl pick was Seattle with the winning score of 27. The actual score was Seahawks 29 and the Patriots 13. Winners received several meal tickets. They can choose to use them as they wish, or share them with family member and friends.



This month's Resident Spotlight is shining brightly on Jerry B.

Jerry was born in Minneapolis, Minnesota. He has two sisters. He is a graduate of North High, and reminisces about the simpler times of this era and the many times that he walked to school.

Some of Jerry's fondest memories are skating and fishing on Medicine Lake with his family.

Right around the tender age of 14, he started working at a Kosher Deli that was owned by his family.

Jerry joined the Army after high school. He was stationed at Homestead Air Reserve Base. Homestead Air Reserve Base is located in Miami-Dade County, in Florida.

Jerry met his wife, Sue, while in the service. The young couple enjoyed walking along the famous 9-mile ocean front promenade at 3rd and Ocean Boulevard. Jerry and Sue enjoyed swimming in the ocean in that same area.

After getting married in a large beautiful ceremony, Jerry brought his bride to Minnesota. At first, Sue was not very excited about the ever-changing Minnesota weather. But she carried on, and slowly became charmed with the seasons of Minnesota.

The couple had two children. One son, and one daughter, as well as many grandchildren and a great grand child.

Jerry retired after 30 years as a bus driver in the city of St. Paul. If you get a chance, ask Jerry how he had to maneuver his bus during the Halloween Blizzard of 1991. It's a very interesting story.

Thank you for joining us at Valora Senior Living. We love your smile and seeing you always makes our day.



From the Lifespark Chaplain:



"A Quiet conscience makes one strong!" - Anne Frank

One of the three components of resilience, according to the Spark Model, is strength. Often, we think of strength as being big, loud, and commanding. Some times it is! And other times, strength is found in the quiet people and places, in doing the right thing day after day. Strength is seen in persistence with facing challenges and in perseverance through troubling times. Throughout our lives, as we collect experiences and come to understand the world in bigger, broader ways, we develop strength of conscience. In elderhood, we have the unique benefit of a lifetime of building this strength. May we seek opportunities to share this strength by building community, encouraging other, and choosing to do the right thing with each new day.