



## Our Community's May 2026 Newsletter

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

JOIN US YOU MUST FOR OUR

# MAY THE 4TH BE WITH YOU CELEBRATION

A joyful gathering, it will be—laughter, connection, and the Force of friendship, strong among us. Residents, families, and friends... welcome, all are. Delight in themed treats, music, and activities designed to bring smiles and warm memories. Celebrate together, we shall... for community, our greatest strength it is.

4 May, 2026  
10:00 am - 11:00 am

HOSTED BY:  
**VALORA**  
SENIOR LIVING  
OF ST. ANTHONY

RSVP You Must by 27 April, 2026  
Tracey.Reynolds@lifesparks.com  
or 612.353.9317

2540 Kenzie Terrace St.  
Anthony MN 55418



### Welcome Home:

Tim S.  
Patty R.  
Diane R.  
Marlys O.  
Diedre K.



**Town Hall:** Ron, our Executive Director in Training, is hosting the Town Hall meeting at 2:30 p.m. on Tuesday, May 12, 2026.

### Happy Birthday:

David T. 4th  
Gerald R. 9th  
Josephine F. 14th  
Jan B. 21st  
Joanne H. 25th  
Vincent K. 26th



**Residents Council:** The next Resident Council Meeting is on Monday, May 4th at 2:00 p.m. in the the Town Hall.

**Spring has Sprung!**

Spring is in full swing, and May brings some truly beautiful days to enjoy! The warmer temperatures, blooming flowers, and longer daylight hours make it a perfect time to get outside, socialize, and soak up some fresh air. We are so happy to see everyone taking advantage of the season and spending more time outdoors together. Even so, Minnesota weather can still keep us on our toes. Sunny mornings can turn breezy, and sudden rain showers or cooler evenings are still common this time of the year. We encourage everyone to plan ahead when heading outside. Light jackets, hats for sun or wind, and umbrellas are always a good idea to have on hand. Our goal is to enjoy all that spring has to offer while staying comfortable and well. A little preparation goes a long way in keeping everyone safe, happy and healthy this season.

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

Join Chef Tina for Chef Chat/Chef Demo on Wednesday, May 13th, 2026. This event starts at 2:00 p.m. in the first floor family area.

The first BBQ lunch of the season is on Wednesday, May 27th, 2026, at 11:30 a.m.

**From the Lifespark Chaplain:** "What drains your spirit drains your body. What fuels your spirit fuels your body." Caroline Myss

According to the National Institutes of Health, research shows a link between positivity and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life. Conversely, research also shows that unresolved trauma can be the hidden cause of preventable illness. Our bodies and our spirits are interrelated, and so it matters that we attend to our spiritual health as well as our physical health. In fact, attending to our spirits is a key part of attending to our bodies. What kinds of practices make your spirit well? Perhaps meditation, prayer, being outdoors, listening to music, reading a sacred text. Maybe you have a hobby that feeds your spirit. Whatever it is, may you find that practice that gives your spirit fuel in this season of life.



**Mary Farnham, Community Life Director. [Maryann.Farnham@lifesparks.com](mailto:Maryann.Farnham@lifesparks.com).**

The shopping trip to Walmart is on Wednesday, May 6th. The bus leaves at 9:15 a.m., and will return before lunch. You must be previously signed up no later than May 1st. We will be going to Silverwood Park on Wednesday May 27th. Please make sure that you have signed up for this outing no later than May 20th. There is a Cafe at Silverwood. If you choose to enjoy something from the Cafe we suggest that you bring about \$20.00 with you. The bus leaves at 1:00 p.m. and will return at about 3:00 p.m. Sign up sheets for all outings are located outside of the Community Life Directors office.

**One special note: We will be training on new software. Due to this change, you may not receive a newsletter or calendar for one or two months. This will affect a few other "posts" as well. Our new software will have a family port much like our current software. When that is available, we will let you know when it is up and running. We will still have the ability to email information, but not in the format that your are familiar with. Expect changes to the calendar. Thank you for understanding.**

**Peregrine Morkal-Williams, Chaplain. [Peregrine.Morkal-Williams@lifesparks.com](mailto:Peregrine.Morkal-Williams@lifesparks.com)**

Warm greetings from your Chaplain.

Hymn Sing and Bible Study are on Monday, May 11th. Hymn Sing starts at 1:30 p.m. and Bible Study is at 2:00 p.m. Both Hymn Sing and Bible Study are held in our chapel.

Grief Support Group is Monday, May 18th at 10:15 a.m. in the Village Room.

Remember, if you want to talk with me on a one-to-one basis in your apartment about spirituality, emotions, grief, family relationships, or anything else, you can always request a visit by aking me directly or leaving a message with the receptionist.



**Advance Planning Seminar**

We invite you to learn how planning for your final wishes can shield your family from unnecessary emotional and financial burden. Join us and learn more about pre-arrangements, veteran benefits, cremation, burials, and more.

Refreshments will be served!

Monday, May 18 | 10:00am



FEATURING



**Pete Thom**  
Prearrangement Specialist

TOPICS INCLUDE

- Cremation & Burials
- Traditional Funerals
- Veteran Benefits
- Payment Plans
- Pre-arrangements

PRESENTED BY



COME & JOIN US FOR A FABULOUS AFTERNOON

**BBQ LUNCH**

Hosted by **VALORA SENIOR LIVING OF ST. ANTHONY**

**WEDNESDAY MAY 27** **11:30AM - 12:30PM**

LIVE MUSIC  
FOOD & DRINKS  
TOURS

RSVP BY FRIDAY, MAY 15TH TO  
TRACEY REYNOLDS AT  
[TRACEY.REYNOLDS@LIFESPARKS.COM](mailto:TRACEY.REYNOLDS@LIFESPARKS.COM)  
OR 612.353.9317

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

Nancy was born in St. Paul, Minnesota. She has three brothers and three sisters. When asked where she lands within the family's line of succession, she stated, "I'm third from the top." Making the most of the winter was always a lot of fun for Nancy, her siblings, and all of the neighborhood kids. They made the most of his time tobogganing an making snow forts and tunnels in the snow that lead to their neighbor's yard. Nancy's absolute favorite winter time activity was ice skating. While attending high school at St. Paul Central, she was active in the schools Y-Teen program, various church groups and the Junior Achievement program hosted by the Ford Motor Company. Junior



Achievement programs inspire young adults to learn a business model by making, packaging and selling a product. The group that Nancy worked with learned how to make ash trays from start to finish including the sales component. After high school, Nancy had her heart set on becoming a nurse. Because of a tobogganing accident which left her with an injury, she set her eyes on other goals. The city of Cross Lake, Minnesota holds some very special memories for her, as it was at an establishment in Cross Lake, called The Log Jam, were she met her husband.

Nancy has three children, seven grandchildren, 10 great-grandchildren with her first husband and three stepchildren with her second husband. Nancy had started to settle in as a "stay at home" mom until she received the news that her husband had passed away. To get through this difficult time, she continued to refresh her soul by going to the family cabin in Cross Lake. She also found a new calling in life-that was to work with young people with disabilities. Some of her new duties included working at Opportunity Workshop, where she guided young adults with disabilities through their daily work programs. Nancy was involved in all aspects of their lives. Which included driving them to and from programing in the company van and assisting them to their cottages every other weekend. She also took students from the Hammer School on outings. During this very busy time in her life, Nancy met her second husband, Don. Some of you may remember Don, as he live here with Nancy before his passing. Don and Nancy loved to travel. They visited New Zealand, Iceland, France and various other European countries. One time after Nancy was recovering from an illness, Don asked Nancy where he could take her next. Her reply? Ireland! The couple spent two weeks on the "Emerald Isle" taking the public transportation everywhere. Don's passing was very difficult for Nancy. But with so many wonderful memories, the love of her family, and the many friends here at Valora, she has persevered. Thank you, Nancy, for sharing your story with us. We are so very happy to have you living with us at Valora Senior Living.

**Patrick Bidon, Director of Environmental Services. [Patrick.Bidon@livesparksl.com](mailto:Patrick.Bidon@livesparksl.com)**

Spring is upon us. But, as you know, the weather in Minnesota is very unpredictable. Patio furniture will not be out until our weather is consistantly warmer. We hope to have the furniture out and the waterfall up and running for the first BBQ lunch of the season on May 27th. if you have any problems in your appartment, please let the receptionist know so that I can take care of any issues that you may have.