

BODEN SENIOR LIVING NEWSLETTER

January 2026



AGE MAGNIFICENTLY
A Lifespark Community

***"YOUR LIFE DOES NOT GET BETTER BY
CHANCE; IT GETS BETTER BY CHANGE."***

- JIM ROHN



Lifespark™

SPARK GAMES

ARE BACK!

**KEEP AN EYE ON THE
ACTIVITY CALENDAR FOR
UPCOMING MEETINGS**

MEET TAYLOR

REGISTERED NURSE

We're excited to welcome Taylor to our team! She recently got married last October in Anoka, MN, and is a proud mom to two kids, an 11 year old daughter and a busy 3 year old son. When she's not caring for others, Taylor loves to relax by crocheting and spending time with her cats. We're so happy to have her with us!



≡ Welcome ≡

There will be a meet and greet for Taylor and Syndey on Friday January 9th, see the Activity TV for time and updates.

MEET SYDNEY

COMMUNITY LIFE ASSISTANT

She loves to travel, try new things, and spend time with her furry cat friends at home, as well as with her family. She has been with Lifespark for a little over a year, and if she is ever having a bad day, she likes to dance it out. She thrives on bringing smiles to other people's faces.



HAPPY BIRTHDAY

**Please join us in wishing a very happy birthday to our
residents celebrating this month!**

**HUN
JARIO
LARRY
SHARON S.
FRANK**

Welcome Home!



Meet your new neighbors

RON

HE GREW UP IN NORTHEAST MINNEAPOLIS AND IN HIS FREE TIME, HE ENJOYS PLAYING CRIBBAGE. SOME OF HIS FONDEST MEMORIES ARE OF HIS MOM'S COOKING. SHE WAS AN INCREDIBLE ITALIAN COOK WHOSE MEALS SET THE BAR SO HIGH THAT NO ITALIAN RESTAURANT HAS EVER QUITE MEASURED UP SINCE. ONE OF HIS FAVORITE SIMPLE PLEASURES IS STARTING EACH DAY WITH AN ICED COFFEE IN THE MORNING.

WELCOME NEW EMPLOYEES



CHRISTINA D.

CNA - EVENING SHIFT



Chaplin's Corner

REFECTION: WELCOMING A NEW CHAPTER

As we stand at the threshold of a new year, we're invited to pause and reflect on the journey we've traveled together. The past twelve months have been filled with shared laughter, quiet moments of companionship, and personal victories, both big and small. Each memory is a thread in the rich tapestry of our community life, reminding us of the strength and resilience within us all. The new year isn't merely a change in the calendar; it's a fresh canvas and a new chapter waiting to be written. It's a wonderful opportunity to look ahead with a spirit of hope and possibility.

REFLECTING ON OUR JOURNEY

This is a great time to take stock of our personal achievements and milestones from the past year. Perhaps you:

- Formed a new friendship during an activity or meal.
- Overcame a personal challenge, like trying a new fitness class or technology.
- Shared a cherished life story or memory with a neighbor or loved one.

These moments, these connections, are the essence of a life well-lived. By framing our experiences and focusing on the good parts, we can define what matters most to us in the year ahead.



Chaplin's Corner

EMBRACING NEW POSSIBILITIES

The beauty of a new year lies in its promise of new beginnings. It's never too late to embrace a new chapter, set a goal, or dream a new dream. This year, we encourage you to focus on what brings you joy and a sense of purpose.

TOAST TO THE NEW YEAR AHEAD

As we look forward, let's carry a spirit of gratitude for the memories we hold dear and excitement for the things yet to come. We are a vibrant community, built on support and kindness, and we can achieve wonderful things together.

To paraphrase Oprah Winfrey, here's to a new year and another chance for us to get it right. May your year be filled with health, joy, discovery, and shared moments with the ones we hold dear.

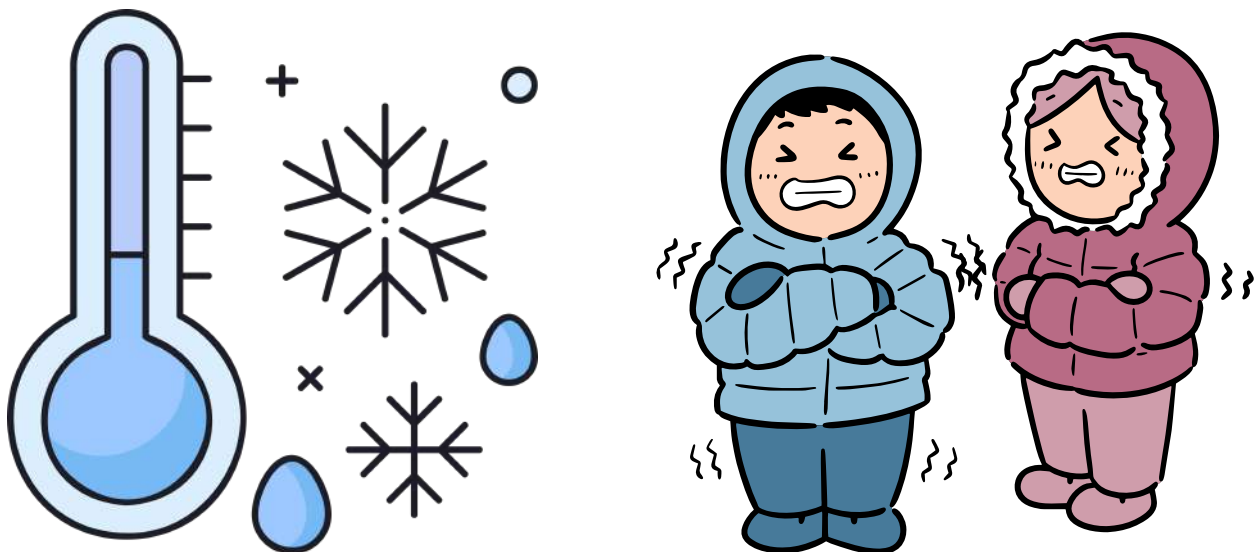
JANUARY SCRIPTURE

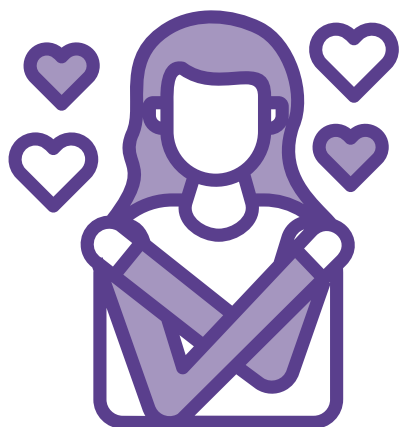
"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it" (Isaiah 43:18-19)

"Teach us to number our days, that we may gain a heart of wisdom" (Psalm 90:12).

Reminders from **nursing**

As the evenings get darker and colder, we kindly remind residents to avoid going outside after dark. Temperatures can drop quickly, and walkways may become slippery, increasing the risk of falls. Your safety is our top priority. Please reach out to staff if you need assistance or have any questions.





JILL'S AFFIRMATION

Today, I choose to move at my own pace. I am safe, supported, and cared for, and I allow myself to enjoy the small moments that bring me peace.

WE RISE BY
LIFTING
OTHERS

you're
WORTHY

JOIN US FOR AN INFORMATIONAL EVENT

HOSPICE MYTHS AND BENEFITS

Understanding Comfort & Support

WHAT YOU WILL LEARN:

- Hospice vs Palliative Care
- Benefits of Hospice
- Support for Clients, Families & Caregivers
- Common Hospice Myths Debunked

WHEN:

Thursday, January 16th, 2026
10:00 AM – 11:00 AM

WHERE:

Boden Senior Living
11372 Robinson Drive NW,
Coon Rapids, MN 55433

FREE & OPEN TO THE PUBLIC!

RSVP by Jan. 10th to 763-233-5106 or
danielle.hemmeter@lifesparksl.com

Refreshments Will Be Provided

