



January 2026 Newsletter

Discover what's going on in our community

Happy Birthday !

1/10 Rose K
1/15 LaRose
1/19 John G
1/26 Gloria M
1/26 Betty H
1/31 Grace T
1/31 Joyce L

January





Welcome our new Director of Health Services , Tayva Young!

Hello Everyone!

My name is Tayva (pronounced Tay-vah), and I am so excited to join the Legacy of St. Michael team as the Director of Health Services.

I feel truly grateful for the warm welcome I've already received.

I'm originally from a small town in southeast Minnesota near Rochester. I graduated from Luther College and have been working as a Registered Nurse for nearly 10 years.

My background includes a variety of specialties such as surgical, post-operative, emergency, home health, and travel nursing, with experiences in both Arizona and California.

Outside of work, I enjoy Minnesota sporting events, concerts, snowboarding, puzzles, crosswords, bowling, hiking, visiting vineyards, and traveling. I've been fortunate to experience five continents so far, with two more still on my list!

I'm also a devoted dog lover—we have two Australian Shepherds named Pixie and Willow. I consider myself a self-identified amateur chef who specializes in comfort foods, and I'm happily engaged to my better half of almost nine years.

One of my favorite quotes, from Babe Ruth, is: "Never let the fear of striking out keep you from playing the game."

I look forward to getting to know the residents and families, being involved in community activities, and working alongside such a welcoming and passionate team.

With care,
Nurse Tayva



Introducing: *Memory Cafe*

Wednesday January 21st at 1:00pm
in the Community Room

Join us for a friendly, relaxed gathering designed for individuals living with memory loss and their care partners. Our Memory Café is a place to connect, share stories, enjoy meaningful activities, and build community in a supportive environment.

Come and enjoy; light refreshments, engaging activities and an understanding space for both guests and caregivers. The cost-share contribution will be covered by The Legacy of St. Michael for all residents and families.

DATE: JANUARY 21ST

TIME: 1:00PM-2:30PM

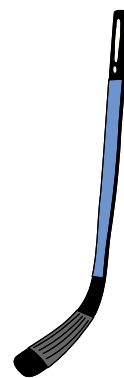
LOCATION: COMMUNITY ROOM

RSVP to Rachel at 763-497-0171

What we did in December



Visited
the Blue Egg Bakery
for some delicious
cookies!



Had FUN with Fitness!

Noodle Hockey! An excellent way to work on coordination, left brain/right brain stimulation, and lots of laughter



Crafting!— Ornaments, DIY Reindeer cards, and many more this festive season!



**Christmas Worship
Service
led by Chaplain Kevin**



Baking with Purpose

Many residents have experience with baking and recount many pies such as the blueberry ones we made! We also made shortbread to prepare for our chair travel to Finland



Residents and their families joined together in a special Christmas worship service to celebrate the reason for the holiday season. The sermon presented a beautiful message of finding the fulfillment and joy in our own ways. Christmas music presented by the Legacy Singers, along with our gracious congregation.

What we did in December



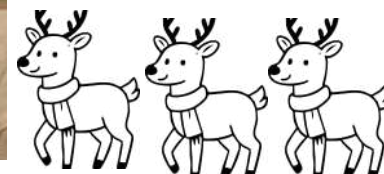
Enjoyed a Variety of Performances!

(Upper Left) Our Birthday Bash show that also included a different take on holiday classics. (Upper Right) A cultural dance group ranging from 20–70yr olds put on a spectacular interactive show for our residents.

Christmas Party Celebration



Jolly Fun
with Family,
Friends,
neighbors,
and SANTA



January Events



SPARK Games! Be a MIGHTY KNIGHT!



SPARK Games are a Lifespark competition among other Lifespark facilities. Winning teams receive prize money to use for their home facility, and residents choose how it is spent!

Be a part of our team and fight as a **Mighty Knight!**

Come learn about
the **TRYathalon Games!**
**1/12 @1:00pm in the
Great Room**



TRYathalon Games start 1/13
**Tuesdays & Thursdays
1:00pm in the Great Room**

SPARK Games: Really Big Show!

See how the
Mighty Knights
stack up against
other teams,

snacks provided

**Fridays 1:00pm
in the Great Room**



1/6 Culinary Chat 1:30 PM

Chef Demo 2:00 PM

Community Room

1/5-1/9 Elvis' Birthday Week!

Check your weekly schedules
for fun festivities all week!



**1/8 Virtual Event:
A Moment in TIME-
Reminisce with Relevance**
2:00 PM in the Community
Room

**** Changes to Watch****

Socials- Moving to Wednesdays
at 2:00 Community Room
(refer to weekly schedules for
any exceptions)

SPARK Games- Moving to the
Great Room! T/Th/F @ 1:00

Movie Matinees- Moving to the
Great room! Sat/Sun 2:00
Adjustments will be made if
room is rented, signs will be
posted.

January Events



National Rubber Ducky Day 1/13

1/12-1/16 Find ducks around Legacy

The resident who finds the most by

Friday 1/16 gets a prize!

Stay tuned for the rules



1/21 Memory Cafe

1:00pm Community Room

Crow River Senior Center is hosting a Memory Cafe here at Legacy. Memory Cafe is a gathering for individuals with Dementia and their caregivers to commiserate and gain support.

There will be light refreshments and an activity provided.

Please RSVP to Rachel at
763-497-0171.



1/22 Resident Council Meeting

2:00 PM in the Community Room



National

Activity Professionals Week

1/19-1/23

Stay tuned for fun dress up days

1/23 Activity Professionals Day

Guess Who? Game

w/ Community Life Staff

1:00pm Community Room

Come play a fun game to learn more about our Community Life staff!



Birthday Bash!

Tuesday 1/27

@ 2:00pm

Dining Room



1/28 Town Hall

2:00 PM in the Community Room

Management



Executive Director
Shaelee Reichstadt



**Assistant ED/
Business Office**
Sheila Gast



Marketing Director
Rachel Rigo



**Director of Health
Services**
Tayva Young



Assistant DHS
Gina Cody, RN



**Memory Care
Coordinator**
Sara Steffens, RN



Culinary Director
Michelle Miller



Activities Director
Stephanie Watson



Maintenance
Lutch Martinez



**Housekeeping
Manager**
Alyssa Nyhlen



**Administrative
Assistant**
Karen Ludwig



Chaplin
Kevin Ekstrom

Phone: 763-497-0171