



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**
Tanya Alderink, LPN



Culinary Director
Michelle Miller



Activites Director
Stephanie Watson



Maintenance
Lutch Martinez



**Housekeeping
Manager**
Alyssa Nyhlen



**Administrative
Assistant**
Karen Ludwig



Chaplain
Kristin Anderson



March 2026 Newsletter
Discover what's going on in our community

MARCH BIRTHDAYS

- 3/1 Susan R.
- 3/9 Agnes S.
- 3/9 Ricky H.
- 3/12 Owen B.
- 3/13 Nancy W.
- 3/16 Judy C.
- 3/18 Susan L.

- 3/18 James G.
- 3/19 Norbert Z.
- 3/26 Denise J.
- 3/26 Alice M.
- 3/27 Bertha P.





Meet our new Chaplain, Kristin Anderson!

Chaplain Kristin is one of the newest members of the Lifespark teams in St. Michael, Harrison Bay, and Delano. She is on-site at each location during the week. Mondays and Thursdays she's at The Legacy of St. Michael, Tuesdays at Harrison Bay, and Wednesdays at the Legacy of Delano). She plans to rotate her location between each site on Fridays.

Before working at Lifespark, Kristin was a hospital chaplain at Buffalo Hospital and Mercy Hospital in Coon Rapids. Whether it's a one-to-one conversation, or a group gathering, Kristin is eager to spend time with residents and their families on both the assisted living and memory care sides of our work. She is looking forward to having longer-term relationships with residents in senior living. It's one of the things that has drew her to this work.

As an interfaith chaplain, one of Kristin's core values is to meet each resident, family member, or staff member "where they're at." The other person's beliefs (whatever they may be) are always the priority in a conversation. She often says, "I can hold onto my own faith, but really matters to me is what you believe or don't believe, and how a person's perspectives are helping them navigate the challenges in life (or how life is challenging their beliefs!)."

When she's not at work, Kristin enjoys photography (see below – use or don't 😊), making art (see below – no pressure to us), and connecting with family and friends.



ATTENTION: BINGO Wednesday 3/18 is at 2:30 in the Dining Room



MARCH: Women's History Month Nutrition Month Colon Cancer Awareness Vision Health Month

EyeWest Medical Eyeglasses Adjustments Monday 3/2 1:30-2:30 Community Room

ATTENTION: 3/2 MANICURES in the LEGENDS CLUB 3/16 MANICURES Cancelled due to Legacy event



Celebrating March Events:

Happy Hour Trivia 3/9 is Barbie Trivia! In honor of Barbie Day and following International Women's Day! 3:00 in the Legends Club

Ladies Tea 3/11 @1:00 Legends Club



Legacy Pub Crawl! 3/16 1:30-2:30 All over Legacy Stay tuned for more information!



Welcome New Residents Social 3/26 @2:15 Community Room A friendly place to meet new neighbors and learn more about the facility and each other!

SPARK Party! 3/27 1:00 Community Room The Mighty Knights have done a TERRIFIC job representing our great community in the Spark Games! Now It's time to CELEBRATE!



TRYathalon
games end 3/26!



SPARK Games!
Be a MIGHTY KNIGHT!



TRYathalon Games
Tuesdays: Whizzer (walking)
Thursdays: Crank Day
(hand/foot pedaling)
1:00pm in the Great Room

Really Big Show!
See how the Mighty Knights
stack up against other teams
Fridays 1:00pm
in the Great Room

Award Show
Friday 3/27
@1:00pm
Community
Room

Monthly Recurring Events



Culinary Chat 3/4 @ 1:30 PM
Chef Demo 3/4 @ 2:00 PM
Community Room

Town Hall 3/11 @ 2:00
Community Room



Memory Cafe 3/18 @ 1:00
Community Room
RSVP to Rachel at
763-497-0171.



Resident Council 3/19 @ 2:00
Community Room



Catholic Mass & Communion
every 3rd Friday of the month
3/20 @ 9:30 Community Room

March Birthday Bash!
with Ross McLeod 3/25 @ 2:00
Dining Room



March

Virtual Learning:
Art & History:
A Journey through
the Civil War
3/5 @ 2:00
Community Room



Entertainment in the Dining Room

Tim Patrick 3/3
Frank Sinatra style music
2:00pm

The Mello Knights 3/12
Polka music
2:00pm

Kevin Wegman 3/17
2:00pm



Ross McLeod 3/25
Birthday BASH
2:00pm



Meet our new Memory Care Coordinator, Tanya Alderink!



Hello Everyone!

I've been a nurse for 22 years this year. I was always told by my family (even as a little girl) that I was destined to be a nurse. I've always cared for people and animals and if someone got a "boo boo" I was there making sure things were done correctly 😊

I truly enjoy what I do, and have learned that working with our elderly is so close to my heart.

I'm a family girl and love spending my free time with them. You can usually see me out on the pontoon in the summer. I love to fish and try to be at the lake as much as possible (I might be from Minnesota, yea?!")

I'm a lucky auntie to a 9 year old niece (Peyton) and a 3 year old Nephew (Maverick). They keep me young and remind me of my age at the same time...lol.

I'm a miniature dachshund mom to the most handsome boy named Brody. He is an English creme long haired dachshund. If you know the breed, this is a very uncommon coloring (picture a miniature golden retriever)

He is my world and the biggest joy in my life ❤️ I love a good sense of humor and making people smile. I'm excited and honored to be a part of this community.

What we did in February

The MIGHTY KNIGHTS

Kept showing up in a BIG way! breaking team records in both walking and pedaling and had a great time competing! Come join us for the last couple weeks of competition. 1:00pm in the Great room!



Tues. 3/3- Walking
Thurs. 3/5- Arm/Foot Pedaling
Fri. 3/6- Results Show!

3/17 & 3/19-
Final 4 Competition

3/24 & 3/26
World Championships



Made Fruit Salsa & Cinnamon Chips -and- Greek Pitas



Exercised!

Active minds and bodies are very important for our physical and cognitive health! Come join us M-F

11:00am (CR)



Had some Mardi Gras Fun!



Played Card Bingo!

What we did in February



Celebrated our female friendships and strong women everywhere with a Galentine's Day tea party.



"Every child IS A DIFFERENT KIND OF FLOWER, AND ALTOGETHER MAKE THIS WORLD a beautiful garden."
- ANONYMOUS -



Visit with Children
A local daycare came prepared with handmade valentines, and simply joyous company for our Gardens residents.



Things got a little messy... and a lot CHEESY!

Residents competed in teams to see who could get more cheeseballs to stay on Shaelee or Stephanie's head. Team Shaelee pulled the "W" by 5 points!

