



Our mission is to go above and beyond our customer's expectations, by providing quality living environments that enhance our resident's lives physically, socially, and spiritually.

The Lang Nelson Experience Q4 2024

The Lang Nelson Experience...Live it!

The Experience is an informative insert that celebrates all of the value added services and advantages available to you. We appreciate our residents!

Welcome Banfill Crossing!

It is with great excitement and pride that Lang Nelson welcomes its newest community to its award-winning portfolio. Banfill Crossing is an active 55+ community located in the heart of Fridley. The community has a rich history as its name came from one of the first settlers, John Banfill in 1847. The City of Fridley is known for its fantastic schools, cultural diversity, and beautiful parks and trails. They are only 3 minutes from the Springbrook Nature Center, a short drive to Moore Lake Park and Beach, and only 10 minutes north of Downtown Minneapolis. Additionally, Banfill Crossing is so perfectly located amongst many walkable stores and restaurants, and even a brand-new Dunkin' Donuts.



Banfill Crossing fits beautifully into the Lang Nelson Experience, as its residents already share many of the same interests, including the desire to be spoiled. Therefore, the residents are already taking part and traveling to new and fun places, building a full calendar of events, and are being led by an award-winning staff, with the same commitment to learn their story and how to meet and exceed their interests and needs.

Welcome to the Experience, Banfill Crossing.

Surviving the Holidays....

If you find yourself feeling anxious about the holidays, you are certainly not alone. Here are a few steps you can take to prioritize your mental health during this hectic season.

- **Accept Your Feelings.** Holidays can bring up a range of emotions for people. Try your best to acknowledge and accept your emotions rather than place judgment on them. It's OK to feel happy; it's OK to feel sad. Give yourself compassion.

- **Maintain Healthy Habits.** For many people, holidays lead to a disruption in your day-to-day routine. Be sure to get your regular sleep and maintain healthy eating and exercise habits.
- **Make Connections.** Connection and meaning are critical to our mental health. Make time for your important relationships.
- **Express Gratitude.** Reflect on important moments in your life, friends, family, and everything big and small you are grateful for.
- **Make Time for Joy.** You can try baking, playing games, or volunteering in your community.



Enjoy the Season and make it work for you!

Lang Nelson Partners with Conserve, to increase conservation of Utilities!



In 2025 Lang Nelson will partner with one of the industry leaders in Utility conservation. This partnership will benefit you as residents in many ways, some benefits include early detection of major leaks, equitable billing per unit, and usage analysis per building. Utilities are one of the largest expenses that impact rent levels. Keeping utilities down keeps rents down.

What enhancements can you look forward to?

- The water/sewer/trash formula used will be based on your specific apartment size and occupant count.
- The bill back amounts are taken directly from the city/county utility vendor monthly.
- Your share of the utility will be automatically uploaded to your site invoice each month based on actual usage.
- You will pay a proportionate share ONLY for the #of occupants living within your home.

Remember, water conservation is vital and requires a joint effort from everyone. Your cooperation is appreciated as we work together to conserve! Please report any dripping faucets/leaks to your rental office. More information coming soon!

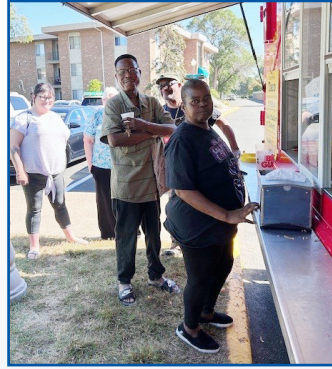




The Lang Nelson Experience... Live it!

Broadway Village Wins!

June marked our 11th Lang Nelson Resident Visit Month, a time where Lang Nelson staff dedicates themselves to learning about its residents and what makes them and their community unique and special. The goal is to use the things learned to spoil the residents and ensure their needs are being met and exceeded where possible. Although resident visits take place all year long, Lang Nelson requests June to be extra special, and it was!



June is when the different Lang Nelson communities are requested to meet with as many residents, in their homes, as possible. The goal is to host more events than normal and draw attention to this special Lang Nelson program. As a result, Lang Nelson met with well over 600 residents companywide. It brought resident happy hours, raffles and giveaways, adorned communities with balloons, streamers, and music. It hosted breakfasts, lunches, outings, juice bars, donuts, chili dogs, root beer floats, scavenger hunts, pool parties, and so much more. We are proud of all that was created, and we say thank you. Yet no community did it better than Broadway Village.

Therefore, Broadway Village staff and residents were honored with an El Taquito Taco Truck lunch, on Wednesday, September 25th. Thank you, Broadway Village, for remaining a destination center and a place where residents can call it home and get spoiled for doing so. We celebrate you!



'Tis the Season of Giving

The holiday season is a time of generosity and giving. Minnesota averaged *7.5 million visits to local food shelves in 2023, with current increased food costs, that number will increase for 2024. Local food pantries and food shelves rely on the goodness of others to keep

shelves stocked with food to benefit the families that are in need, and the need has never been greater than now. A few best practices if you plan to bring donations to your local food pantry include:

- Check with your local food pantry for donation guidelines for perishable or fresh food items
- Boxes of macaroni and cheese, rice or noodle boxes are good but often require butter and milk which are hard to come by in food pantries
- Boxed milk is a great option, it is shelf stable and useful for morning cereal and baking
- Canned vegetables, fruits, and soups are best with pop tops which do not require a can opener
- Spices, salt and pepper or shelf stable condiments are a great option
- Tea bags, hot chocolate and instant coffee are a good treat
- Sugar, flour and oil are pantry staples that are always necessary
- Tuna salad kits make a great, healthy lunch
- Cake mixes and frosting makes celebrating birthdays extra special
- Dish soap, hand soap and cleaning products are appreciated
- Feminine hygiene and baby products: diapers and wipes can be a tremendous help
- If your local food bank allows them, fresh produce and dairy products are a luxury



Here are some links for local food shelves:

<https://cesmn.org/donate-food-goods/>

<https://stepslp.org/donate/#food>

<https://newhopechurchmn.org/serve/food-shelf/>

<https://www.ceap.org/get-involved/donate-overview/in-kind-donations.html>

**<https://www.hungersolutions.org/hunger-data-2/>*

Lang Nelson Service Commitments:

- To exceed your expectations in every interaction
- To build relationships that positively impact our community and company
- To create memorable experiences

www.facebook.com/langnelson