



Valentine's Day

- HUGS
- ROSES
- SURPRISE
- COUPLE
- ADORE
- HOLIDAY
- BALLOONS
- FLOWERS
- DINNER
- ROMANCE
- DATE
- LETTERS
- FLIRT
- SWEETS
- SEND
- CRUSH
- FOREVER
- CANDY
- ARROW
- HEARTS

D	U	R	S	R	S	D	I	N	N	E	R	S	O
O	O	E	S	I	R	P	R	U	S	U	I	A	D
B	A	L	L	O	O	N	S	W	O	R	R	A	N
N	L	I	D	L	Y	A	D	I	L	O	H	S	C
S	W	E	E	T	S	R	O	M	A	N	C	E	D
R	S	P	O	O	S	H	R	U	O	H	U	G	S
O	S	O	R	R	E	A	Y	U	Y	F	P	R	A
D	A	T	E	S	S	E	N	E	F	L	A	I	D
S	E	P	V	Y	O	O	Y	L	O	I	D	R	O
E	G	S	C	S	R	E	R	P	R	R	Y	D	R
R	S	R	E	T	T	E	L	U	E	T	D	N	E
S	R	E	W	O	L	F	R	O	V	E	N	E	E
H	E	A	R	T	S	Y	S	C	E	A	A	S	E
A	C	R	U	S	H	L	E	R	R	R	C	L	U

Happy Birthday!

- Tony A. 2/1
- Tom H. 2/2
- Claudia E. 2/5
- Jeanne E. 2/9
- Barb H. 2/11
- Mary Ann 2/14
- Edward S. 2/16
- Lura L. 2/16
- Beverly Z. 2/19
- Donna B. 2/21
- Jeanette H. 2/24

Monthly Birthday Party held on February 19th @ 2:00



Birchwood Senior Living

www.birchwoodseniorliving.com

Main Office: 651-464-5600

Community Contacts

Birchwood Health Care Center  
651-464-5600

Campus Administrator  
Mandy Abel

Campus EDIT  
Cole Brody

Campus Student Administrator  
Katelyn Mrozek

Director of Nursing  
Jennifer Husnik, RN

Assistant Director of Nursing  
Angie Wickander

Social Services Director  
Kirsten Erkkila

Community Life Director  
Allison Brunberg

Admissions Coordinator  
Lisa Pfeifer

Environmental Services Director  
Steve Daniels

Food Services Director  
Michael Pilman

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Alex Penn

Campus Chaplain  
Richard Baumann

Birchwood Arbors - Assisted Living  
651-466-1000

Director of Health Services  
Stephanie Lang, RN

Administrative Assistant  
Mary Denzer

Community Life Coordinator  
Melissa Engelman



Updates from Mandy

Creating a Healing Environment

The C.A.R.E. (Continuous Ambient Relaxation Environment) Channel has beautiful nature imagery and original, instrumental music designed to provide a calming environment and comforting sounds over a 24 hour cycle. Noise can be one of the most distressing aspects of the healthcare environment. Our commitment to creating a healing environment at Birchwood Senior Living is greatly enhanced with the addition of the C.A.R.E. Channel (channel 23). Healthcare facilities using the C.A.R.E. Channel have found that it promotes relaxation and reduces anxiety and stress of both residents and staff. It can increase sleep and restfulness, and mitigate the negative impact of the numerous environmental stressors in a healthcare facility. We can use the C.A.R.E. Channel to welcome newly admitted residents with a soothing space, or to provide an atmosphere of calm and comfort for anxious or bored residents. For a resident in pain, staff can assist in putting the C.A.R.E. Channel on while waiting for pain medications to work. The channel can be used in a lounge or activity area, or in resident rooms, and has been found to be comforting to residents on memory care units. We're very pleased to have the C.A.R.E. Channel in our building!

Mandy Abel  
Campus Administrator  
651-466-1022



Employee of the Month

Marcia Rehbine

Congratulations to our Employee of the Month: Marcia! She has been a member of the Birchwood team for nearly 19 years! Her coworkers have noted how she goes above and beyond to help out the team and care for the tenants at the Arbors. We are lucky to have her!

Employee Anniversaries

- Tanja Page - 1 Year
- Sarah Bay - 4 Years
- Lori Kuehn - 4 Years
- Lisa Pfeifer - 13 Years
- Cynthia Glycer - 21 Years

## Mary Denzer

Hello!

I am Mary Denzer and I am an Administrative Assistant at Birchwood Arbors. I am so excited to start my new career here at Birchwood. I am also looking forward to getting to know the tenants here!

A bit about me: After raising my 3 children I started my career at a bank where I worked as a Personal Banker. I enjoyed working with my wonderful customers while assisting them with their banking needs.

I live in Somerset, WI with my husband and our 2 dogs on 7 acres surrounded by woods. I love all kinds of wildlife from birds to bears.

I am looking forward to working with everyone at Birchwood Arbors!

Regards,

Mary Denzer  
Administrative Assistant  
651-466-1001

## Kally Fuller

Hello!

I am Kally Fuller and I have joined the Recreation Department as the new Memory Care Coordinator here at Birchwood. I have an extensive background in health care and love the elderly; they are my passion.

I graduated from UW-Superior with a BS in Psychology and Health. I live in Coon Rapids with my boyfriend and brother.

I enjoy everything: the outdoors, hiking, camping, kayaking, fishing and everything else in between. I enjoy antiquing and restoring old furniture. I recently took up the hobbies of cooking and baking.

I am happy to be apart of the team!

Kally Fuller  
Memory Care Activities Coordinator

### New at Birchwood

Birchwood has updated the Wi-Fi system. The new network is open for all residents, guests, and staff to utilize.

The network is named **TealwoodGuest** and the password is **Welcome!**

Please ask the receptionist if you have any questions or issues with the new network.

## Campus Highlights!

### Birchwood Arbors

- Monday February 11th 10:30 a.m. - Tenant Meeting
- Friday February 22nd 10:30 a.m. - Food Meeting
- Thursday February 28th 1:30 p.m. - General Store

### Birchwood Health Care Center

- Friday February 1st 6:30 p.m. - Bingo with Eaglebrook
- Monday February 4th 1:30 p.m. - Bible Study with Pastor B
- Sunday February 10th 9:15 a.m. - Faith Sunday School Kids
- Monday February 11th 10:00 a.m. - Resident Council
- Thursday February 14th 3:30 p.m. - Valentine's Party
- Wednesday February 20th 11:15 a.m. - Music and Memory

## Chaplain's Chat: Love Comes From God

**“Dear friends, we should love each other, because love comes from God. Everyone who loves has become God’s child and knows God. Whoever does not love does not know God, because God is love.” - 1 John 4: 7-8 (NCV)**

I have a “heart” paper weight that has a double meaning. This being the month that LOVE is mentioned, and you can eat chocolate too that’s in the shape of hearts, I thought it would be good to think about life and Love.

That paperweight I mentioned has two thoughtful words on it-“BE MINE”. Of course, first I think of the most special person I love and use these words to share with my wife!... But there's more, much more! If you think about these words coming from God, they change the view of what they say. It's one thing for one person to say to another person, “Be Mine” but it's so much more when we think of God saying those very same words to us. Because God IS LOVE, what a wonderful thought to know that God wants each of us to be His. So when you see those two words on a heart around Valentines Day, think about how much God Loves each of us no matter what and God says to us, “BE MINE!”

Have a Happy Valentines Day!

**Pastor “B”**

## Community Events - all are welcome to join

- **Charlie’s Music** on **February 3rd, 10th, 17th, and 24th** at 1:00 p.m. in the Chapel
- **Parkinson’s Support Group** on **February 7th** at 1:00-3:00 p.m. in the 2nd Floor Activities Room at the Arbors
- **Entertainment with Troy Flemming**, “Mister Business” on **February 8th** at 2:00 p.m. in the Arbors Dining Room
- **Entertainment with Char Malaske** on **February 22nd** at 2:00 p.m. in the Arbors Dining Room
- **Music by Deb** on **February 24th** at 1:30 p.m. in the Arbors Dining Room