

Please follow us on Facebook at **Birchwood Senior Living!**
You can find our monthly calendars and food menu on our website at
birchwoodseniorliving.com



Our Community Newsletter

Discover what's going on in yur neck of the woods.

Let's Celebrate January

Shirley L--4th
Ardy J--14th
Janet A--19th
Barb W--25th
Suzette H--26th

Adventure Awaits: 2024 Topics

This year we are combining the Community Life Calendar themes with the Employee Engagement Themes. "Adventure Awaits in 2024"



Birchwood Arbors | 750 NE 1st Street, Forest Lake, MN 55025 | (651) 466-1000

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New Residents

WELCOME & BIRTHDAY Party

January 12th at 2:30pm
Meet in the Dining Room



New Residents

Welcome

We are working with a few prospective residents and their families, but no confirmed move in dates as of yet.

Welcome

On behalf of the staff at Birchwood Arbors, we would like to welcome and thank you for trusting us with your care. We strive to create an environment that can feel like a home away from home. We are committed to providing you with the best care possible while you are with us.

New Lifelong Learning Program

2024. VIRTUAL PROGRAMS



What Are Virtual Programs?

They are live and interactive presentations that connect residents with interesting people in amazing places through video conferencing.

Current programs connect with museums, national parks, experts, and authors to cover a variety of lifelong learning subjects. See the attachment for the 2024 schedule!

How Do They Work?

Residents and prospects gather in front of the Chapel TV/ conferencing system.

The presenter is coming live via the conferencing TV and there is a program moderator that helps facilitate questions from the audience.

The community staff members are able to submit questions using the live chat at any time during the program for the presenter to answer, making the experience much different from merely watching a documentary where the audience has no ability to interact.

When Do They Happen?

There will be a virtual program on the first Thursday of each month from 2:00pm - 3:00pm CT for 2024.

The July program is scheduled for Monday July 1st at 2:00pm since the first Thursday is the 4th of July.

Chaplain Chat

Renewal

Kathleen McCauley
Campus Chaplain

As we embark on another new year, it is a great opportunity to renew. Renew our outlook on life, renew our commitment to health and wellness and renew our spirit and soul. Renewing our soul/spirit is sometimes a challenge for us; not because we don't deeply desire it, but because it is elusive/mysterious. Oftentimes we believe the use of the familiar tool of discipline is necessary for renewal. More disciplined with our prayers and ritual, but we can also renew our souls with enrichment and gentleness. Listening to an inspiring song, spending time in quiet, listening to the birds, writing in a journal etc. These are all spiritual practices that can call forth spiritual growth and renewal.

2 Corinthians 4:16. "So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day."

Did you know?

Dietary & Housekeeping

Sheng- Food Service Director
651-466-1017

Emily-Housekeeping Manager
651-466-1028

Onsite Services

Chaplain Kathleen McCauley 651-466-1031
kmccauley@birchwoodseniorliving.com

End of Life Doula Kris Hays 651-466-1024
khays@birchwoodseniorliving.com

Podiatry, Dental, Associated Clinic of Psychology, or Integrative Therapy, contact floor nurse or front desk.

Feedback Forms

Feedback Forms are located by the elevator on each floor. Staff, residents and families are encouraged to use the forms at any time they have a comment/suggestion they would like to share with management. Food comment cards are located in the Dining Room.

Business Office

If you have any billing questions or need information about your statement, please contact our Business Office Manager. Cheryl Fields 651-466-1046
cfields@birchwoodseniorliving.com

Arbors Updates

- We have a lot of Lost and Found items. We will have a table out in the Wellness Room on the first floor beginning January 2nd. Items not claimed by January 15th will be donated.
- Assisted Living Certificate of Rent Paid for 2023 will be mailed by 1/31/24.
- Please make sure to bring us any new insurance cards (medical, dental, vision...)

For Residents and Forest Lake Community

BIRCHWOOD
SENIOR LIVING

Presentation by AARP:

How to Prevent Scams and Fraud

Public is welcome! Light snack will be provided.

This session is a part of a local series requested by the Forest Lake Police Chief and organized by the Forest Lake Lions. An officer and a Lions member may attend this session.

Friday, January 19th at 2:00pm

in the Dining Room of Birchwood Arbors Assisted Living
750 NE 1st St., Forest Lake, MN 55025

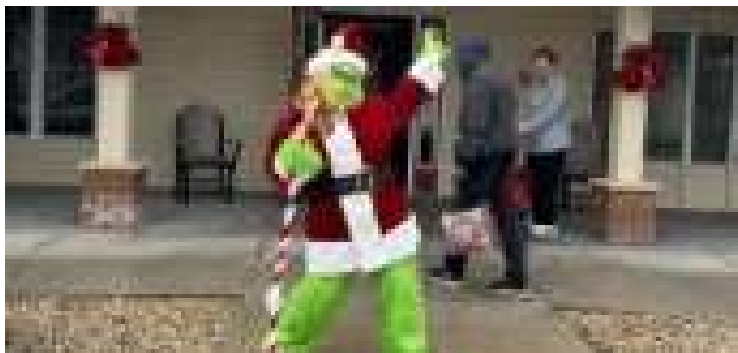
Community Life

Our Community Life Department offers a wide variety of leisure activities and recreational programs.

We strive to fulfill program opportunities within the Wellness Wheel which is comprised of the 7 Dimensions of Wellness. These include; Physical, Social, Emotional, Spiritual, Intellectual, Environmental, and Vocational. Some of you may enjoy programs in one area and not another, and others enjoy it all. We provide a monthly calendar of events for you to look at and plan. The community life team loves when you join in. Come for an entire program or leave anytime you want.

There are NO rules for participation. We hope to enrich your lives and keep you active.

- Activities are Subject to Change. Make sure to check the bulletin board by the 1st floor elevator daily or the Dining Room TV. for the most up to date schedule.
- RESIDENT COUNCIL is a great time to talk about activity requests or changes.
- Sign up for OUTINGS is in the Wellness Room. Sign up closes the day before the event.



Lifespark Events

TRYathlon™
— TOURNAMENT —

Tuesdays & Thursdays

Scrimmage Week	1/16 and 1/18	RBS- 1/19
Week 1	1/23 and 1/24	RBS- 1/26
Week 2	1/30 and 2/1	RBS- 2/2
Week 3	2/6 and 2/8	RBS- 2/9
Week 4	2/13 and 2/15	RBS 2/16
Week 5	2/20 and 2/22	RBS 2/23
Week 6	2/27 and 2/29	RBS 3/1
Week 7	3/ 5 and 3/7	RBS 3/8
Final Four	3/12 and 3/14	RBS 3/15
World Championship	3/19 and 3/21	No RBS

RBS- REALLY BIG SHOW

Aging Magnificently is a team sport. We become stronger, healthier, and happier individuals when we come together as a community. Through our Spark Performance League, we build relationships and challenge one another as we break from the myth that aging is an inevitable decline. Our athletes believe these performances are more than competition, they're about connecting to greater strength, purpose, and belonging (and a whole lot of fun!). Designed by Dr. Bill Thomas, these performances promote healthy aging by purposefully engaging the mind, body, and spirit. With roles for athletes, cheerleaders, analysts, scouts, practice coordinators, rhythm sections and so much more, we promise you, there's a place for you and your skills in our Spark Performance League. Welcome to our team!

JANUARY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AA=All Around AR = Activity Room CH = Chapel DR = Dining Room L = Lobby---O = Outside WR = Wellness Room ** = Tenant Led	1 New Year's Day 2:00 Andre Rieu & the Johann Strauss Orchestra Presents "New Year's In Vienna" - TV viewing in the Lobby	2 10:00 Cath Communion - CH 10:15 Coffee Talk - L 3:30 Exercise - AR 5:30 Games w/Tammy - AR	3 10:00 Worship-Kathleen-CH 10:15 Exercise - AR 1:30 Bingo - DR 3:15 Wednesdays w/Kathleen - AR	4 10:15 Trivia - AR 2:00 The Beatles at Shea Stadium - CH 3:30 Exercise (Moderate Level) - AR 5:30 Lobby Chat - **L/O	5 10:15 Kickball - AR 2:00 Music w/Tony Garry - DR	6 10:00 Walk for Health - **AA 1:30 Lobby Chat & Resident Daily Delight - **L/O 5:30 Movie - **L
7 9:00 Faith Lutheran Worship - Radio 95.9 10:00 Worship w/Linwood Covenant - CH 1:00 Ice Cream Delivery - AA 2:00 Documentary - L	8 10:15 Exercise - AR 12:30 WALMART 3:15 Worship w/Kathleen - AR 5:30 Movie/Popcorn - L	9 10:00 Cath Mass/Priest - CH 10:15 Coffee Talk - L 1:30 Word Game - AR 2:30 Schwan's Man - L/O 3:30 Exercise - AR	10 10:00 Worship w/Forest Hills United Methodist - CH 10:15 Exercise - AR 1:30 Bingo - DR 3:15 Wednesdays w/Kathleen - AR	11 10:15 Resident Council - AR 2:00 Music w/Gary LaRue - DR 3:30 Exercise (Moderate Level) - AR 5:30 Lobby Chat - **L/O	12 10:15 Kickball - AR 1:00 Spark Really Big Awards Show - CH 2:30 Birthday/Welcome Party - DR	13 10:00 Walk for Health - **AA 1:30 Lobby Chat & Resident Daily Delight - **L/O 5:30 Movie - **L
14 9:00 Faith Lutheran Worship - Radio 95.9 10:00 Worship w/Chisago Lakes Baptist - CH 1:00 Ice Cream Delivery - AA 2:00 Documentary - L	15 Martin Luther King Day 10:15 Pet Visits - AA 1:30 Word Game - AR 3:15 Worship w/Kathleen - AR 5:30 Movie/Popcorn - L	16 10:00 Cath Communion - CH 10:15 Coffee Talk - L 1:00 Spark TRY-athlon - CH 3:30 Exercise - AR 5:30 Games w/Tammy - AR	17 10:00 Worship w/Faith Lutheran - CH 10:15 Exercise - AR 1:30 Bingo - DR 3:15 Wednesdays w/Kathleen - AR	18 10:15 Picture & Word Puzzles - AR 1:00 Spark TRY-athlon - CH 3:30 Exercise (Moderate Level) - AR 5:30 Lobby Chat - **L/O	19 10:15 Kickball - AR 1:00 Spark Big Show - CH 2:00 How to Prevent Scams/Fraud - DR, Presented by AARP and FL Lions 3:30 Farkel - AR	20 10:00 Walk for Health - **AA 1:30 Linwood Ladies Social - DR 1:30 Lobby Chat & Resident Daily Delight - **L/O 5:30 Movie - **L
21 9:00 Faith Lutheran Worship - Radio 95.9 10:00 Worship w/Kathleen - CH 1:00 Ice Cream Delivery - AA 2:00 Documentary - L	22 10:15 Exercise - AR 1:30 Word Game - AR 3:15 Worship w/Kathleen - AR 5:30 Movie/Popcorn - L	23 10:00 Cath Communion - CH 10:15 Coffee Talk - L 1:00 Spark TRY-athlon - CH 2:30 Schwan's Man - L/O 3:30 Exercise - AR	24 10:00 Worship-Kathleen-CH 10:15 Exercise - AR 1:30 Bingo - DR 3:15 Wednesdays w/Kathleen - AR	25 1:00 Spark TRY-athlon - CH 3:30 Exercise (Moderate Level) - AR 5:30 Lobby Chat - **L/O	26 10:15 Kickball - AR 1:00 Spark Big Show - CH 2:00 Grief & Loss Support Group - AR 3:30 Blackjack - AR	27 Holocaust Remembrance Day 10:00 Walk for Health - **AA 1:30 Lobby Chat & Resident Daily Delight - **L/O 5:30 Movie - **L
28 9:00 Faith Lutheran Worship - Radio 95.9 1:00 Ice Cream Delivery - AA 2:00 Documentary - L 3:30 Worship w/Forest Lake Christian - CH	29 10:30 OUT TO LUNCH 2:00 Word Game - AR 3:15 Worship w/Kathleen - AR 5:30 Movie/Popcorn - L	30 10:00 Cath Communion - CH 10:15 Coffee Talk - L 1:00 Spark TRY-athlon - CH 3:30 Exercise - AR 5:30 Games w/Tammy - AR	31 10:15 Exercise - AR 1:30 Bingo - DR 3:15 Wednesdays w/Kathleen - AR	This calendar is subject to change. Please look at the daily flyers for updates. OUTINGS SIGN UP IN THE WELLNESS ROOM, closes the day before the trip!	Birthdays 1/4 - Shirley L 1/14 - Ardy J 1/19 - Janet A 1/25 - Barb W 1/26 - Suzette H	Saturday Morning Walk for Health -**AA Walk each hallway, Try the exercise bike, Get your mail, Say hello to someone new!!