

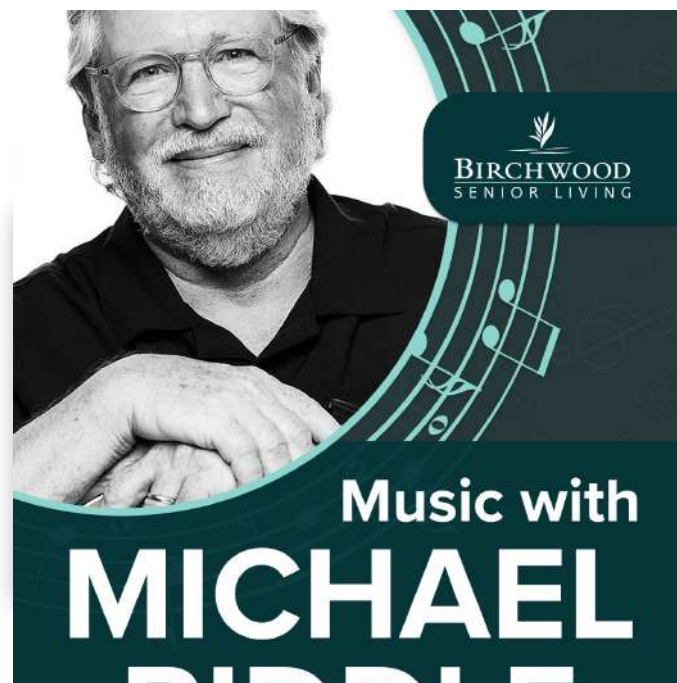
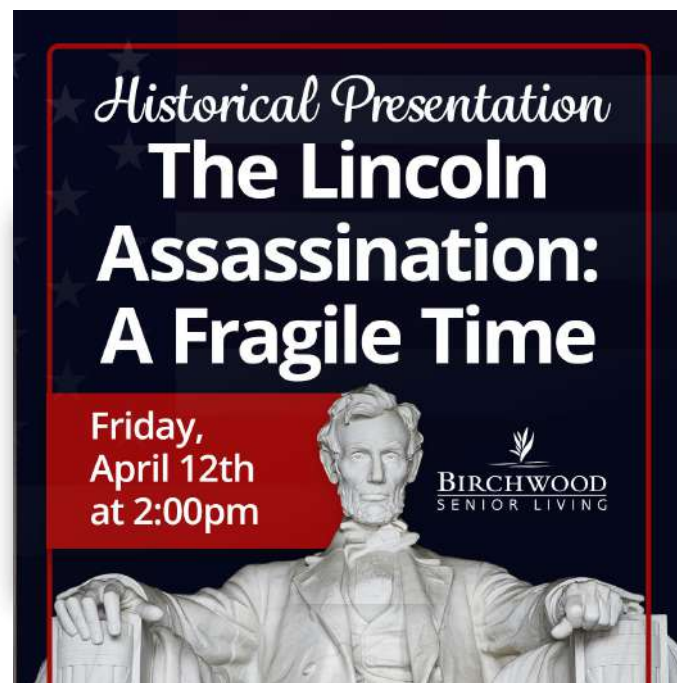
Please follow us on Facebook at **Birchwood Senior Living!**
You can find our monthly calendars and food menu on our website at
birchwoodseniorliving.com

Our Community 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.



Our Community Newsletter

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



We have no resident April birthdays, but we can still celebrate those we know that were born in April!



APRIL SHOWERS
Bring
MAY FLOWERS

New Residents

Virtual Lifelong Learning Program & Lifespark Events

BIRTHDAY & New Resident WELCOME Party
 April 11th at 2:15pm



HOUSTON SPACE CENTER PRESENTS
VIRTUAL PROGRAM: WHEN HOME IS 250 MILES UP!
 LIFE ON THE INTERNATIONAL SPACE STATION

APRIL 4TH, 2024
 2-3PM

GAME - 2 -
NATIONAL FORKLIFT RACING LEAGUE
 1:10 Scale, High-Powered, Full Function, RC Forklifts

The National Forklift Racing League is dedicated to promoting healthy team-based competition centered on the skillful use of Radio Controlled 1:10 scale Forklifts! Success in this competition showcases teamwork, strategy, and discipline to practice! The NFRL improves hand-eye coordination, mental acuity and mood while reducing social isolation.

New Residents & Employees

Welcome

Welcome

- Darlene - Apt 102
- Ginger - Apt 111
- Patricia - Apt 301
- Debbie, LPN-Assistant Dir of Health Services,
- Jennine - Business Office,
- PJ - Home Health Aide

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.

NFRL 2024 *Tuesdays*

| | | |
|--------------------|------|----------|
| Scrimmage Week | 4/16 | RBS 4/19 |
| Week 1 | 4/23 | RBS 4/26 |
| Week 2 | 4/30 | RBS 5/3 |
| Week 3 | 5/7 | RBS 5/10 |
| Week 4 | 5/14 | RBS 5/17 |
| Week 5 | 5/21 | RBS 5/24 |
| Week 6 | 5/28 | RBS 5/31 |
| Week 7 | 6/4 | RBS 6/7 |
| Final Four | 6/11 | No RBS |
| World Championship | 6/14 | No RBS |

RBS- REALLY BIG SHOW

Chaplain Chat

*Change and Hope in Community
 Kathleen McCauley Campus Chaplain*

In our Easter readings we hear many references to community and Jesus's disciples come together at a moment of change, in their lives and in history. Change is never easy and seems scary sometimes. In our times of change where do we find community? Being supported by others in the uncertain times of change is a huge gift and forges serious, long-lasting bonds with those who care for us and united with 'sincerity of heart', which is then our bond. As our lives continue to change in ways that might scare us or surprise us, we can find support within the communities we live. Let us be bold and courageous as the disciples, to come together, to break bread, even if we fear what people might think or believe. So let us join in community and invite others to join us, for it is there that we generate hope for the journey.*

**Acts 2:46*

Did you know?

Leadership Contacts

- Frank-Executive Director-651-466-1022
- Madi-Assistant Executive Director-651-466-1011
- Trista-Director of Health Services-651-466-1012
- Debbie-Assistant Director of HS-651-466-1013
- Melissa-Community Life-651-466-1014
- Kathryn-Arbors Admin Assistant-651-466-1001
- Jennine-Business Office-651-466-1046
- Heather-Food Services-651-466-1017
- Emily-Housekeeping-651-466-1028
- Chaplain-Kathleen McCauley 651-466-1031
- End of Life Doula-Nathan 651-466-1024
- Home Health Aides-651-466-1008

Onsite Services

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.

HEY REHAB!

Ask yourself, have you?

- Fallen
 - Lost Balance
 - Stumbled
 - Had Trouble Chewing
 - Find Yourself More Forgetful
- If any of these things are you, talk to your nurse about Rehab/Therapy Services.**



Arbors Updates

- If you go out for an appointment, don't forget to drop off your appointment summary with a nurse so she can update your chart and/or med list. This is especially important if your Dr made medication changes.
- Don't forget about Schwan's Frozen Food Delivery every other Tuesday. If you are interested in having them visit, please let Kathryn at the front desk know so she can start a list for him.
- Personal items are not moved by housekeeping. Laundry, bed making, and dishes are not a service provided by housekeeping. Please help us by moving rugs, clearing countertops, and other surfaces for your next scheduled cleaning service.
- Please remember housekeeping does not provide trash bags. If you are running low, please contact your family. If you need assistance with trash removal other than your housekeeping day, please contact Trista or Debbie to add a service.
- It is a resident responsibility to clean up after pets. Housekeeping cleans around any pet dish, litter box and/or any litter/food outside said item.



Community Life

- Sunday Cribbage Club-This group is designed for players who already know how to play cribbage. If you want to learn how to play, Melissa will find a volunteer to teach you at a separate time.
- Staffed Walmart Outings are not always first come first serve. If more than 8 people are signed up, spots will be given to those that need staff assistance on the outing and/or to those that are not able to go out on the Wed Loop Bus.
- The Loop Bus departs at 9:50 EVERY WEDNESDAY and has stops all over Forest Lake, no sign up required.
- Please be respectful of your friends and peers, If your phone rings during an activity please excuse yourself from the room to answer the call.
- Summer is coming fast, see Melissa with outing suggestions.
- Please see Melissa or Kris if you are interested in taking care of a raised garden bed this summer. We will help you plant, but you must buy the plants and maintain them.
- Way to GO Birchwood FLakers for making it to the Final 4, walking and cranking 23.68 miles! We placed 2nd in our TRY-athlon league!
- 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 24 hours before the event.

Lifespark Complete

Let's Change the Age-Old Story!

Lifespark is passionate about helping you stay health at home. About empowering you to do what brings you joy, be with the people you cherish, and live life on your terms—no matter how many candles light up your cake.

Lifespark's proactive, complete senior health approach focuses on all areas of your well-being, not just your medical profile, so you can spend less time coordinating care and more time living life. Best of all, your Lifespark COMPLETE team works seamlessly with your on-site team to help you achieve your goals and wishes. To get started, call 952-873-7386, email LSCreferrals@lifespark.com, or visit complete.lifespark.com.

Prevent & Prepare

Prevent and Prepare: Falls Don't Have To Lead to Panic

Falls can be scary at any age but for seniors, the fear of complications from falling can be life altering. With some planning and preparation, you'll be able to keep doing the things you love in the place you love to do them. Lifespark's Home Health team put together some tips to help you steer clear of risks:

1. Eating, lying down, or resting for a while? Take your time standing up. Give your blood a little extra time to circulate before you start moving around.

2. Listen to your feet and legs – tingling, numbness, or pain can be a signal to call your doctor.

3. Want to grab a good book off that high shelf? Try using a reacher instead of a stepstool. On a slippery floor, step stools can slide right out from under you.

4. Consider keeping a nightlight on in the bathroom. Even a small amount of light in and around the room will make getting there a little easier.

5. Rugs are one of the leading causes of in-home falls; if you have one, it might be time to consider whether it's necessary.

6. Not feeling well can also be a falling risk. When you return home, washing your hands thoroughly can help minimize the potential for illness.

If a fall happens it's important to be cautious. Don't try to get up immediately; take it slow and take stock of how each part of your body feels.

· Check the back of your head: did you hit it? Is there blood? Be on the lookout for feelings of dizziness, confusion, or nausea.

· How are your ankles and feet? Do they hurt? Before putting your full body weight on them, try bending your knee and testing each leg while lying down; lift your leg and tap each down to determine if there's any tenderness.

· Ask a staff member to help you get back up. They will be able to help you navigate your way up slowly and safely.

Even if everything seems completely fine when you get up, it will be good to determine the cause of your fall and to make an appointment with your doctor. Prevention is vital and so is planning. Develop a "What If..." plan with your loved ones. Preparing for difficult situations makes them much easier to navigate - it can be the difference between a stay-at-home solution and an ER visit. Check out the Lifespark blog for more on what to do after a fall:

<https://lifespark.com/overcoming-the-fear-of-falling-to-age-magnificently/> and <https://lifespark.com/should-your-loved-one-go-to-the-doctor-after-a-fall-2/>

April 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 April Fools' Day 10:15 Exercise - AR 1:30 Word Game - AR 3:15 Worship w/Kathleen - AR 5:30 Movie/Popcorn - L | 2 10:00 Cath Communion - CH 10:15 Coffee Talk - L 1:00 Spark Forklift Practice - CH 2:30 Schwan's Man - L/O 3:30 Exercise - 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 11:30 Spark Team Feast - CH 2:00 LIFE ON THE SPACE STATION - CH 5:30 Lobby Chat - **L/O | 5 10:15 Kickball - AR 1:00 Spark Forklift Practice - CH 3:30 Farkel - AR | 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 1:00 WALMART (Sign Up Required 24 hours in advance) 3:15 Worship w/Kathleen - AR 5:30 Movie/Popcorn - L | 9 Eid al-Fitr 10:00 Cath Mass/Priest - CH 10:15 Coffee Talk - L 1:00 Spark Forklift Practice - CH 3:30 Exercise - AR 5:30 Games w/Tammy - 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 1:00 Spark Forklift Practice - CH 2:15 Birthday/Welcome Party - DR 5:30 Lobby Chat - **L/O | 12 10:15 Kickball - AR 2:00 Historical Presentation w/David Jones - "The Lincoln Assassination: A Fragile Time" | 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 Tax Day 10:15 Pet Visits - AA 1:30 Bingo - DR 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 Forklift Racing - CH 2:30 Schwan's Man - L/O 3:30 Exercise - AR | 17 10:00 Worship w/Faith Lutheran - CH 10:30 OUT TO LUNCH (Sign Up Required 24 hours in advance) 3:15 Wednesdays w/Kathleen - AR | 18 10:15 Word Game - AR 1:00 Spark Forklift Practice - CH 3:30 Exercise - AR 5:30 Lobby Chat - **L/O | 19 10:15 Kickball - AR 1:00 Spark Really Big Show - CH 2:00 Music w/Michael Riddle - DR 3:30 Blackjack - 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 Piano Recital - DR | 22 Passover Begins 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 Forklift Racing - CH 3:30 Exercise - AR 5:30 Games w/Tammy - AR | 24 10:00 Worship-Kathleen-CH 10:15 Exercise - AR 1:00 Resident Senior Lifesaving Course w/Dr Bill - AR 1:45 Bingo - DR 3:15 Wednesdays w/Kathleen - AR | 25 1:00 Spark Forklift Practice - CH 3:30 Exercise - AR 5:30 Lobby Chat - **L/O | 26 10:15 Kickball - AR 1:00 Spark Really Big Show - CH 2:15 Cards - DR | 27 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 | 29 10:15 Exercise - AR 1:30 Rainy Day Escapades "Suncatchers" - 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 Forklift Racing - CH 2:30 Schwan's Man - L/O 3:30 Exercise - 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! | <u>Birthdays</u> | | Saturday Morning Walk for Health - **AA Walk each hallway, Try the exercise bike, Get your mail, Say hello to someone new!! |