

April Fun Facts



April Holidays



BIRCHWOOD
SENIOR LIVING



Birchwood Senior Living | 604 NE 1st St, Forest Lake, MN 55025 | (651) 464-5600

Our Community Newsletter

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

Lets Celebrate!

Staff Birthdays

4/3- Sue Keen
4/4- Magdeline Tankeh
4/12- Melanie Fon
4/16- Aragsan Nur

Staff Anniversaries

22 Years- Melanie Enquist
10 Years- Sue Keen
9 Years- Mary Beth Olson
2 Years- Latraile Williams
2 Years- Caleb Johnson
1 Year- Frank Robinson

Resident Birthdays

4/5- Janet E.
4/18- Howard N.
4/19- Darlene J.
4/22- Gail S.
4/29- Edith D.
4/30- Mark J.

April Special Holidays

1st- April Fools Day
4th- International Carrot Day
6th- Army Day
11th- National Parkinsons Day
14th- Americas Day
15th- Jackie Robinson Day
16th- National Orchid Day
17th- National Banana Day
21st- National Tea Day
22nd- Earth Day
26th- National Pretzel Day
27th- Babe Ruth Day

Welcome!

Lifespark Complete

WELCOME to Birchwood Health Care Center!



Let's Change the Age-Old Story!

Lifespark is passionate about helping you stay healthy 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 Birchwood 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.



New Staff:

- Telile Oumer** – FT PM CNA
- Nathan Vargovcik** – PT End of Life Doula
- Aragan Nur** – PT AM CNA
- Anita Kreun** – PT AM RN
- Messie Dukuly** – PT AM CNA
- Aaron Simonson** – FT Maintenance Assistant
- Jennine Johnson** – Consolidated Private Pay/Collection Specialist

New Residents:

- Rodney C.** - Brookside
- Duane S.** - Avenue



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.

Information

Feedback

Feedback Forms are located on each unit on the wall in a bin. 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.

Veterans Wall

If you have not done so, please submit your picture to be featured on our Veteran's Wall.

Leadership Contacts

- Executive Director-** Frank Robinson 651-466-1022 frobinson@birchwoods seniorliving.com
- Human Resources-** Megan Falkowski 651-466-1029 mfalkwoski@birchwoods seniorliving.com
- Community Life Director-** Allison Brunberg 651-466-1030 abrunberg@birchwoods seniorliving.com
- Social Services Director-** Caitlin Walczak 651-466-1038 cwalczak@birchwoods seniorliving.com
- Business Office-** Jennine Johnson 651-466-1046 jjohnson3@birchwoods seniorliving.com
- Chaplain-** Kathleen McCauley 651-466-1031 kmccauley@birchwoods seniorliving.com
- End of Life Doula-** Nathan Vargovcik 651-466-1024 nvargovcik@birchwoods seniorliving.com
- Housekeeping/Laundry-** Emily Juelfs 651-466-1028

Spark Performances

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.

NFRL 2024

Tuesdays

| | | |
|----------------|------|----------|
| Scrimmage Week | 4/16 | RBS 4/19 |
| Week 1 | 4/23 | RBS 4/26 |
| Week 2 | 4/30 | RBS 5/3 |

Chaplain's Chat

Change and Hope in Community

Kathleen McCauley

April 2024

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



TRYathlon 2024

2nd Place in Final Four!



Community Life Updates

With the weather (hopefully) getting warmer, we will be adding outdoor visits to the activity calendar coming in May. We can't wait to start cleaning up the flower beds in the court yard and get some sunshine!

In April we look forward to making pine cone bird feeders, flower arranging on paper, umbrella foam art, and caterpillar clothes pins! We have also added fun and games on Thursdays, which will include a variety of cognitive and physical games.

We also have our new Spark Performance (Forklift Racing) starting on April 16th. We would love for you to participate or just come to cheer on our team!

Reminder



Please remember to label clothing for residents. If you need assistance with labeling please notify staff when bringing in new clothes so we can get them labeled!

April 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|--|---|--|---|---|--|--|
| Dining Room-DR Chapel- CH Lounge-L | 1 April Fools' Day 10:00 Exercise Group-DR 11:00 Singing & Scripture- CH 1:00 Nail Painting & Conversation-DR 2:30 Coloring & Movie- DR 6:00 Daily Activity Packets-DR | 2 10:00 St. Peter's - Communion & Rosary - CH 1:00 Forklift Practice- CH 2:30 Fact or Crap-DR 6:00 Daily Activity Packets-DR | 3 10:00 Worship with Chaplain Kathleen-CH 2:00 Bingo-DR 3:00 Music and Coloring- DR 6:00 Daily Activity Packets-DR | 4 10:00 Exercise Group-DR 1:00 Forklift Practice- CH 2:00 Virtual Program: Life on the Space Station-CH 6:00 Daily Activity Packets-DR | 5 10:00 Exercise Group- DR 1:30 Crafty Corner-DR 2:30 Friday Movie-DR 6:00 Daily Activity Packets-DR | 6 10:00 Activity Packets-DR 1:30 Coloring & Socialization-DR | |
| 7 10:00 Worship with Chaplain Kathleen- CH 1:30 Coloring & Socialization- DR | 8 10:30 Resident Council-CH 11:00 Singing & Scripture- CH 1:00 Nail Painting & Conversation-DR 2:30 Coloring & Movie- DR 6:00 Daily Activity Packets-DR | 9 Eid al-Fitr 10:00 St. Peter's - Mass - CH 1:00 Forklift Practice- CH 2:30 Fact or Crap- DR 6:00 Daily Activity Packets-DR | 10 10:00 Forest Hills Church- CH 2:00 Bingo-DR 3:00 Music and Coloring-DR 6:00 Daily Activity Packets-DR | 11 10:00 Exercise Group-DR 1:00 Forklift Practice- CH 2:30 Fun & Games-DR 6:00 Daily Activity Packets-DR | 12 10:00 Exercise Group- DR 1:30 Crafty Corner-DR 2:30 Friday Movie-DR 6:00 Daily Activity Packets-DR | 13 10:00 Activity Packets-DR 1:30 Coloring & Socialization-DR | |
| 14 10:00 Worship- CH 1:30 Coloring & Socialization- DR | 15 Tax Day 10:00 Exercise Group-DR 1:00 Nail Painting & Conversation-DR 2:30 Coloring & Movie- DR 6:00 Daily Activity Packets-DR | 16 10:00 St. Peter's - Communion & Rosary - CH 1:00 Spark Performance "Forklift Racing"- CH 2:30 Fact or Crap- DR 6:00 Daily Activity Packets-DR | 17 10:00 Faith Lutheran Church-CH 2:00 Bingo-DR 3:00 Music and Coloring-DR 6:00 Daily Activity Packets-DR | 18 10:00 Exercise Group-DR 1:00 Forklift Practice-CH 2:30 Fun & Games-DR 6:00 Daily Activity Packets-DR | 19 10:00 Exercise Group- DR 1:00 Spark Performance "Really Big Show"-CH 2:00 Crafty Corner-DR 6:00 Daily Activity Packets-DR | 20 10:00 Activity Packets-DR 1:30 Coloring & Socialization-DR | |
| 21 10:00 Worship with Chaplain Kathleen-CH 1:30 Coloring & Socialization- DR | 22 Passover Begins 10:00 Exercise Group-DR 11:00 Singing & Scripture- CH 1:00 Nail Painting & Conversation-DR 2:30 Coloring & Movie- DR 6:00 Daily Activity Packets-DR | 23 10:00 St. Peter's - Communion & Rosary - CH 1:00 Spark Performance "Forklift Racing"- CH 2:30 Fact or Crap- DR 6:00 Daily Activity Packets-DR | 24 10:00 Current Events & Weather-DR 10:00 Worship with Chaplain Kathleen-CH 2:00 Bingo-DR 3:00 Music & Coloring- DR 6:00 Daily Activity Packets-DR | 25 10:00 Exercise Group-DR 1:00 Forklift Practice- CH 2:30 Fun & Games-DR 6:00 Daily Activity Packets-DR | 26 10:00 Exercise Group- DR 1:00 Spark Performance "Really Big Show"-CH 2:00 Crafty Corner-DR 6:00 Daily Activity Packets-DR | 27 10:00 Activity Packets-DR 1:30 Coloring & Socialization-DR | |
| 28 10:00 Word Puzzles-DR 1:30 Coloring & Socialization-DR | 29 10:00 Exercise Group-DR 11:00 Singing & Scripture- CH 1:00 Nail Painting & Conversation-DR 2:30 Coloring & Movie- DR 6:00 Daily Activity Packets-DR | 30 10:00 St. Peter's - Communion & Rosary - CH 1:00 Spark Performance "Forklift Racing"- CH 2:30 Fact or Crap- DR 6:00 Daily Activity Packets-DR | Activities are subject to change. | | | | |