

Leadership Contacts

Executive Director- Frank Robinson 651-466-1022
Director of Nursing- Trisha Kramer 651-466-1040
Assistant Director of Nursing- Laura Harrer 651-466-1044
Long Term Care Nurse Manager- Christina Lundquist 651-466-1049
Human Resources Manager- Megan Falkowski 651-466-1029
Community Life Director- Allison Brunberg 651-466-1030
Social Services Director- Caitlin Walczak 651-466-1038
Chaplain- Kathleen McCauley 651-466-1031
End of Life Doula- Nathan Vargovcik 651-466-1024
Housekeeping/Laundry Director- Emily Juelfs 651-466-1028



Age Magnificently



Our Community Newsletter

Discover what's going on in our community.



This year, Birchwood Senior Living is fundraising for the Alzheimer's Walk in September. Please visit our team page or scan the QR code below to help us reach our goal:

<http://act.alz.org/goto/birchwoodseniorkiving>



BIRCHWOOD SENIOR LIVING

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

Let's Celebrate!

Staff Birthdays:

9/3- Lucy Awason
9/6- Corrie Mckinzie
9/17- Arlene Peterson
9/26- Samuel Williams

Staff Anniversaries:

Karen Deroche- 46 Years
Ella Taylor- 10 Years
Summer Desantis- 4 Years
Heidi Howard- 1 Year
Kaitlyn Steffel- 1 Year

Resident Birthdays:

9/3- MaryAnn H.
9/20- Joyce S.
9/28- Zandra Kirby

Septeber Holidays

2nd- Labor Day
4th- National Wildlife Day
6th- National Read a Book Day
7th- National Hummingbird Day
8th- Grandparents Day
9th- Sudoku Day
10th- World Suicide Prevention Day
11th- Patriot Day
13th- International Chocolate Day
14th- National Coloring Day
18th- US Air Force Day
21st- World Alzheimer's Day
22nd- 1st Day of Fall
28th- National Hunting & Fishing Day
29th- National Coffee Day



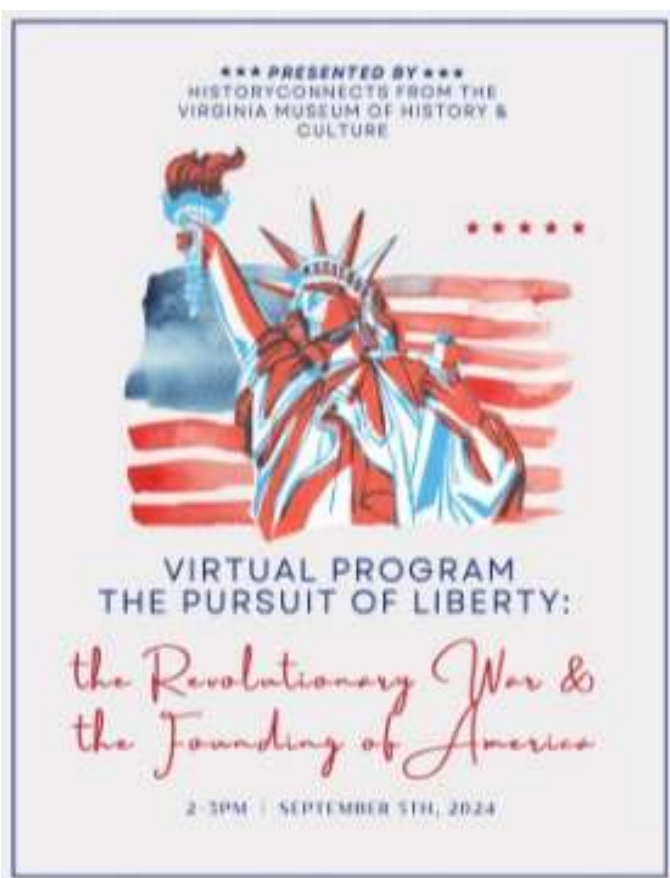
Trusting God in Scary Times

Kathleen McCauley Campus Chaplain



Many of us separate our prayer and spiritual lives from our social and political lives; thinking the two shall not meet. This approach is short sighted of the bounty of God's love. Recognizing God's love in these times, doesn't give us answers or the outcomes we desire. Leaning on God's love provides us comfort and preserves our sense of peace, during times of social and financial turmoil. How do we do this? By being aware of what our minds focus on and what social media/TV we watch. The fear and scarcity messages from the media, fuels our fear which leads us farther away from our trust and faith in God's abundant love. This quote from Proverbs could be a good start. "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight path, means I am not scattered and running in five different directions due to fear. God's love and grace will keep you steady and your path smooth and straight.

September Virtual Program



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.

How Do They Work?

Residents and prospects gather in front of the Opticon video conferencing system at the community. The presenter is coming to them live 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.

Grip Games Start July 23rd-September 12th

Grip Games 2024

Tuesdays



Scrimmage Week	7/16 W	RBS 7/19
Week 1	7/23 W	RBS 7/26
Week 2	7/30 W	RBS 8/2
Week 3	8/6 W	RBS 8/9
Week 4	8/13 W	RBS 8/15
Week 5	8/20 L	RBS 8/23
Week 6	8/27 L	RBS 8/30
Week 7	9/3	RBS 9/6
Final Four	9/10	No RBS
World Championship	9/13	No RBS

RBS= REALLY BIG SHOW

Community Updates

Resident Council- Monday, September 9th at 10:30am in the chapel. Please come and bring any suggestions or concerns that we can address

Staff Appreciation Meal- Friday, September 20th from 11am-3pm

Live Music- Tuesday, September 17th at 2pm with Bill Cagley in dining room

Family Council- Thursday, September 5th from 3pm-4pm in the Chapel

Active Aging Week- September 30th-October 4th

Voting- Washington county will be scheduling a date to come out for the General Election. We will post flyers when we have this date. Only residents that live in long term care can vote.

Suggestions or Compliments?- Fill out a feedback form located on each unit hallway. 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.



— *Open* —
INTERVIEWS

for

HHAs, CNA, LPN & RNs

at

Birchwood Arbors &
Birchwood Healthcare Center

Friday
September 6th from
10am-2pm

Walk-ins Welcome!

604 NE 1st St, Forest Lake,
MN 55025.

Enter through our main entrance and
inform the receptionist that
you are here for our hiring event!

TO PRESET UP A TIME
PLEASE CONTACT:

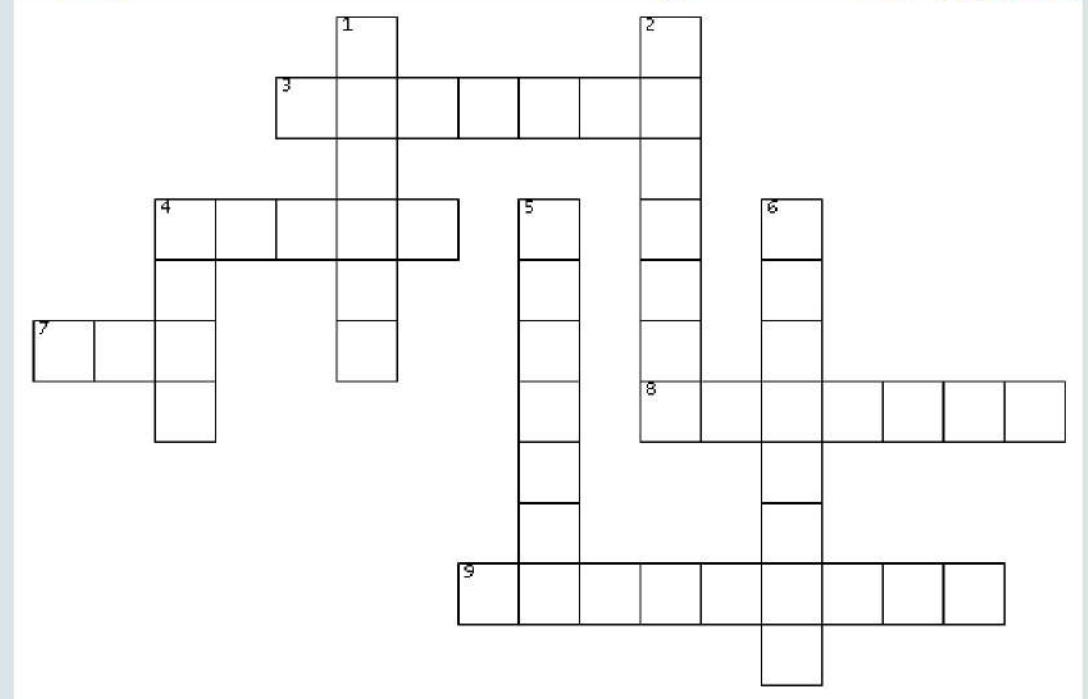
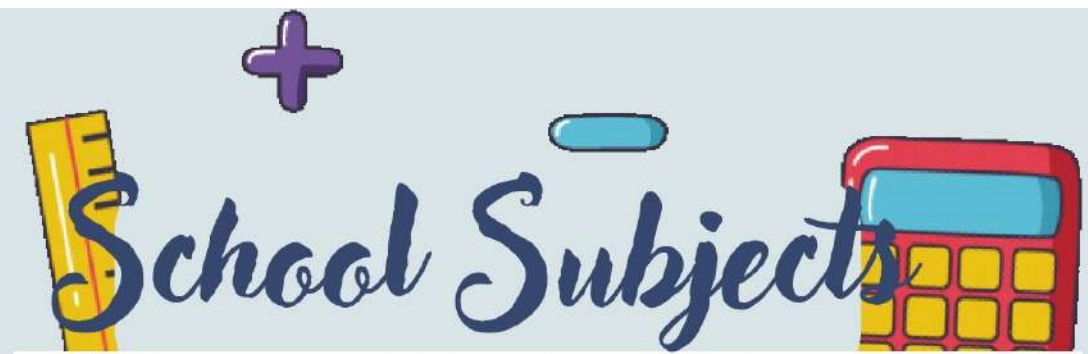
Allie Olson
aolson1@lifespark.com



Join us for a
HIRING
EVENT

love 
WHERE
YOU WORK!

- career advancement
- tuition reimbursement
- healthcare benefits
- flexible schedule



ACROSS

3. Language The study of a language other than one's native tongue
4. The creation and performance of sound
7. The creation of visual works of expression
8. The study of past events
9. The study of the earth and its features


DOWN

1. Studies The study of human society and culture
2. The study of language and literature
4. The study of numbers and their properties
5. The study of the natural world
6. Education The study of physical fitness and sports

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Color by Number [DR] 1 1:30 Afternoon Movie [DR] 3:30 Gentle Chair Exercises-Channel 95	Labor Day 2 10:30 Labor Day Activity Packets [DR] 2:00 Monday Movie [CH] 6:00 Jigsaw Puzzles [DR]	Happy Birthday MaryAnn! 3 10:00 St. Peter's-Communion & Rosary [CH] 10:30 Outdoor Visits [O] 1:00 Spark Grip Games [CH] 2:00 Nail Painting [DR] 3:00 Exercise Group [DR] 6:00 Coloring & Word-puzzles [DR]	10:00 Worship w/ Chaplain Kathleen [CH] 4 10:30 Outdoor Visits [O] 2:00 Bingo [DR] 3:00 Coloring & Water Colors [DR] 6:00 Evening Movie [DR]	10:30 Outdoor Visits [O] 5 1:00 Exercise Group [DR] 2:00 Virtual Learning: Founding of America [CH] 6:00 Coloring & Word-puzzles [DR]	10:30 Outdoor Visits [O] 6 1:00 Spark Really Big Show [CH] 2:00 Crafty Corner [DR] 3:00 Exercise Group [DR] 6:00 Jigsaw Puzzles [DR]	10:00 Outdoor Visits [O] 7 1:00 National Hummingbird Day Documentary 3:00 Coloring & Word- Puzzles [DR] 3:30 Gentle Chair Exercises-Channel 95
10:00 Worship w/Chisago Lakes Baptist [CH] 8 1:00 Outdoor Visits [O] 2:00 Afternoon Movie [DR] 3:30 Gentle Chair Exercises-Channel 95	10:30 Resident Council [CH] 9 11:00 Singing & Scripture [CH] 1:00 Nail Painting [DR] 2:00 Monday Movie [CH] 6:00 Sudoku Puzzles (National Sudoku Day) [DR]	10:00 St. Peter's Catholic Mass [CH] 10 10:30 Outdoor Visits [O] 1:00 Spark Grip Final Four [CH] 2:00 Autum Reminiscing [DR] 3:00 Exercise Group [DR] 6:00 Coloring & Word-puzzles [DR]	10:00 Worship w/Forest Hills Methodist [CH] 11 10:30 Outdoor Visits [O] 2:00 Bingo [DR] 3:00 Coloring & Water Colors [DR] 6:00 Evening Movie [DR]	10:30 Outdoor Visits [O] 12 1:30 Fun & Games [DR] 3:00 Exercise Group [DR] 6:00 Coloring & Word-puzzles [DR]	10:30 Outdoor Visits [O] 13 1:00 Spark Grip World Championship [CH] 2:30 Chocolate Tasting (International Choc. Day) [DR] 3:00 Exercise Group [DR] 6:00 Jigsaw Puzzles [DR]	10:00 Word- Puzzles [DR] 14 1:30 Coloring (National Coloring Day) [DR] 3:30 Gentle Chair Exercises-Channel 95
10:00 Worship w/ Chaplain Kathleen [CH] 15 1:00 Spiritual Visits with Chaplain Kathleen 2:00 Afternoon Movie [DR] 3:30 Gentle Chair Exercises-Channel 95	10:30 Outdoor Visits [O] 16 11:00 Singing & Scripture [CH] 1:00 Nail Painting [DR] 2:00 Monday Movie [CH] 6:00 Comedy Shows- DR [DR]	10:00 St. Peter's-Communion & Rosary [CH] 17 10:30 Outdoor Visits [O] 2:00 Live Music with Bill Cagley [DR] 3:00 Creative Coloring [DR] 6:00 Coloring & Word-puzzles [DR]	10:00 Worship w/Faith Lutheran [CH] 18 10:30 Outdoor Visits [O] 2:00 Bingo [DR] 3:00 Coloring & Water Colors [DR] 6:00 Evening Movie [DR]	10:30 Outdoor Visits [O] 19 1:30 Fun & Games [DR] 3:00 Exercise Group [DR] 6:00 Coloring & Word-puzzles [DR]	Happy Birthday Joyce S.! 20 10:30 Outdoor Visits [O] 1:30 Crafty Corner [DR] 3:00 Exercise Group [DR] 6:00 Jigsaw Puzzles [DR]	10:30 Coloring & Word-Puzzles [DR] 21 11:00 Spiritual Visits with Chaplain Kathleen [D] 1:00 World Alzheimer's Day Documentary 3:30 Gentle Chair Exercises-Channel 95
10:00 Worship with Chaplain Kathleen [CH] 22 1:00 Spiritual Visits with Chaplain Kathleen 2:00 Afternoon Movie [DR] 3:30 Gentle Chair Exercises-Channel 95	10:30 Outdoor Visits [O] 23 11:00 Singing & Scripture [CH] 1:00 Nail Painting [DR] 2:00 Monday Movie [CH] 6:00 Comedy Shows- DR [DR]	10:00 St. Peter's-Communion & Rosary [CH] 24 10:30 Outdoor Visits [O] 1:30 Gardening Group-O [DR] 3:00 Exercise Group [DR] 6:00 Coloring & Word-puzzles [DR]	10:00 Worship with Chaplain Kathleen [CH] 25 10:30 Outdoor Visits [O] 2:00 Bingo [DR] 3:00 Coloring & Water Colors [DR] 6:00 Evening Movie [DR]	10:30 Outdoor Visits [O] 26 1:30 Fun & Games [DR] 3:00 Exercise Group [DR] 6:00 Coloring & Word-puzzles [DR]	10:30 Outdoor Visits [O] 27 1:30 Crafty Corner [DR] 3:00 Exercise Group [DR] 6:00 Jigsaw Puzzles [DR]	Happy Birthday Zandra! 28 10:00 Coloring & Word-puzzles [DR] 1:00 National Hunting & Fishing Day Documentary 3:30 Gentle Chair Exercises-Channel 95

10:00 Worship with Chaplain Kathleen [CH] 29 1:00 National Coffee Day Documentary 3:30 Gentle Chair Exercises-Channel 95	10:30 Outdoor Visits [O] 30 11:00 Singing & Scripture [CH] 1:00 Nail Painting [DR] 2:00 Monday Movie [CH] 6:00 Comedy Shows- DR [DR]
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CH Chapel
 DR Dining Room
 o Outside