

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.

Let's Celebrate!

Staff Birthdays:

- 10/1- Brenda Hopkins
- 10/2- Jesieca Waldron
- 10/7- Jamie Rehbein
- 10/8- Karen Deroche
- 10/10- Julie Boatman
- 10/10- Janet Schwartz
- 10/27- Lynda Mangan
- 10/29- Trisha Kramer

Staff Anniversaries:

- 27 Years- Carol Hedin
- 26 Years- Genevieve Forsblade
- 11 Years- Megan Myers
- 1 Year- Nicole Drewlo

Resident Birthdays:

- 10/4- Carroll H.
- 10/8- Barbara R.
- 10/26- Phyllis B.
- 10/26- Amy J.
- 10/29- Shirley A.
- 10/30- Anthony S.

October Holidays

- 1st- International Coffee Day
- 2nd- Rosh Hashanah
- 4th- National Taco Day
- 6th- World Cerebral Palsy Day
- 9th- Emergency Nurses Day
- 12th- Farmers Day
- 13th- Breast Cancer Awareness Day
- 14th- Indigenous Peoples' Day
- 15th- National Cheese Curd Day
- 18th- National Alaska Day
- 21st- National Apple Day
- 24th- United Nations Day
- 25th- Frankenstein Friday
- 26th- National Pumpkin Day
- 29th- National Cat Day
- 30th- National Candy Corn Day
- 31st- Halloween



BIRCHWOOD
 SENIOR LIVING

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



REST

Kathleen McCauley Campus Chaplain



Such an appealing thought... to **rest!** In our society that obsesses on busyness, rest has lost its rightful place as God intended for us, our souls and our wellbeing. We are given an invitation by God to "Come to me, all you who are weary and burdened, and I will give you rest." Mt. 11:28. Why is this so hard for us? We might need to get down to fundamentals: what's the value in rest? In a society that doesn't revere rest, we need to look to the spiritual and emotional side of life to see its value to us. When we are able to rest, take that breather, we can release the worries of the day and be more available to our interior, our soul... God Within. This ability to rest has a direct impact on our relationship with God. As with any good relationship, we must be available to the other person. This is not merely putting someone on our calendar, it means being spiritually and emotionally still enough to be in the presence of another. Being at rest allows us to **be in the presence of God.** Here is our chance to turn off the societal message and accept another invitation from God in Heb. 4:11 "Let us, therefore, make every effort to enter into God's rest."

October 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.



Week	Deep Dive	Competition	RBS
Scrimmage	10/8 PG	10/9 Whizzer	No RBS
Week 1	10/15	10/16 Arm Crank	10/18
Week 2	10/22	10/23 Leg Crank	10/25
Week 3	10/29	10/30 Grip Games	11/1
Week 4	11/5	11/6 Whizzer	11/8
Week 5	11/12	11/13 Arm Crank	11/15
Week 6	11/19	11/20 Leg Crank	11/22
Thanksgiving Week	No Deep Dive	No Competition	No RBS
Week 7	12/3	12/4 Grip Games	12/6

Final 4	World Championship
12/10 Whizzer	12/12 Arm Crank

The Spark Challenge is a team-based approach to learning through deep dive sessions with Dr. Bill Thomas on Tuesdays at 1pm, followed by a physical test and quiz on Wednesdays starting at 1pm. Each community within Lifespark will create a team comprising both of seniors and staff.



Community Updates

Resident Council- Monday, October 14th at 10:30am in the chapel. Please come and bring any suggestions or concerns that we can address.

Staff Appreciation Meal- Friday, October 18th from 11am-3pm

Live Music- Tuesday, October 15th at 2pm with Bill Cagley in dining room

Voting- General Election voting will be held on Thursday, October 17th at 10am in the chapel. Washington county will be assisting with the voting process. **Only long term care residents are eligible to vote.**

Flu Shots- Flu shots will be available for residents the first few weeks of October

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.



HALLOWEEN

LETTER ELIMINATION

USE EACH LETTER IN THE GRID ONCE TO FIND THE FOUR MISSING WORDS

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

TRICK OR _ _ _ _ _

_ _ _ _ _ BREW

_ _ _ _ _ BEANS

JACK-O- _ _ _ _ _

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A	S	H	A	J
L	R	N	C	E
E	T	N	T	Y
R	L	E	T	S

WORD SCRAMBLE

UNSCRAMBLE EACH WORD

- CHTWI _____
- DRIEPS _____
- KRICT _____
- OSHTG _____
- EATTR _____
- GRAEON _____
- YADNC _____
- TELEKONS _____



AUTUMN
 BLACK
 CANDY
 CAT
 COSTUME
 GHOST
 HALLOWEEN

MOON
 NIGHT
 OCTOBER
 ORANGE
 PARTY
 PUMPKIN
 SCARECROW

SKELETON
 SPIDER
 SPOOKY
 TREAT
 TRICK
 WITCH

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 1:1 Visits 1 10:00 St. Peter's- Communion & Rosary [CH] 10:30 Exercise Group [DR] 1:00 Outdoor Visits [O] 2:00 Fun facts & Documentaries [DR] 6:00 Coloring & Word-puzzles [DR]	9:30 1:1 Visits 2 10:00 Worship w/ Chaplain Kathleen [CH] 10:30 Coffee & Snack Social [DR] 2:00 Bingo [DR] 3:00 Coloring & Water Colors [DR] 6:00 Evening Movie [DR]	9:30 1:1 Visits 3 10:30 Exercise Group [DR] 1:00 Outdoor Visits [O] 2:00 Virtual Learning: The Rat Pack [CH] 6:00 Coloring & Word-puzzles [DR]	Happy Birthday Carroll H.! 4 9:30 1:1 Visits 1:30 World Animal Day Documentary [DR] 3:00 Coloring & Word-puzzles [DR] 6:00 Activity Cart [DR]	10:00 Activity Cart [DR] 5 1:30 National Rhode Island Day Documentary-channel 95 3:00 Rhode Island Facts [DR] 3:30 Gentle Chair Exercises-Channel 95
10:00 Worship w/Linwood Covenant [CH] 6 1:30 Afternoon Movie [DR] 3:00 Activity Cart [DR] 3:30 Gentle Chair Exercises-Channel 95	10:30 Group Exercise [DR] 7 1:00 Nail Painting [DR] 2:00 Monday Movie [CH] 6:00 Comedy Shows [DR]	Happy Birthday Barbara R.! 8 10:00 St. Peter's- Catholic Mass [CH] 10:30 Exercise Group [DR] 1:00 Spark Challenge - Learning Session [CH] 2:00 Fun facts & Documentaries [DR] 6:00 Coloring & Word-puzzles [DR]	10:00 Worship w/Forest Hills Methodist [CH] 9 10:30 Coffee & Snack Social [DR] 1:00 Spark Challenge Quiz Show [CH] 2:00 Coloring & Water Colors [DR] 6:00 Evening Movie [DR]	10:30 Exercise Group [DR] 10 1:00 Outdoor Visits [O] 2:00 Bingo [DR] 3:00 Comedy Shows [DR] 6:00 Coloring & Word-puzzles [DR]	10:30 Exercise Group [DR] 11 1:00 Spark Really Big Show [CH] 2:00 Crafty Corner [DR] 6:00 Activity Cart [DR]	1:30 Farmers Day Documentary- Channel 95 12 3:00 Minnesota Farming Facts [DR] 3:30 Gentle Chair Exercises-Channel 95
10:00 Worship w/Chisago Lakes Baptist [CH] 13 1:30 Navy Birthday Documentary-Channel 95 3:30 Gentle Chair Exercises-Channel 95	Columbus Day 14 10:30 Resident Council [CH] 11:00 Singing & Scripture [CH] 1:00 Nail Painting [DR] 2:00 Monday Movie [CH] 6:00 Native American History-Channel 95	10:00 St. Peter's- Communion & Rosary [CH] 15 10:30 Exercise Group [DR] 1:00 Spark Challenge- Learning Session [CH] 2:00 Music with Bill Cagley [DR] 3:30 I Love Lucy [DR] 6:00 Coloring & Word-puzzles [DR]	10:00 Worship w/Faith Lutheran [CH] 16 10:30 Coffee & Snack Social [DR] 1:00 Spark Challenge Quiz Show [CH] 2:00 Coloring & Water Colors [DR] 6:00 Evening Movie [DR]	10:00 General Election Voting [CH] 17 2:00 Bingo [DR] 3:00 Comedy Shows [DR] 6:00 Coloring & Word-puzzles [DR]	10:30 Exercise Group [DR] 18 1:00 Spark Really Big Show [CH] 2:00 Crafty Corner [DR] 6:00 Activity Cart [DR]	10:30 Current Events & Weather [DR] 19 1:00 Halloween Movie [DR] 3:30 Gentle Chair Exercises-Channel 95
10:00 Worship w/ Chaplain Kathleen [CH] 20 1:30 Afternoon Movie 3:30 Gentle Chair Exercises-Channel 95	10:30 Group Exercise [DR] 21 11:00 Singing & Scripture [CH] 1:00 Nail Painting [DR] 2:00 Monday Movie [DR] 6:00 Comedy Shows [DR]	10:00 St. Peter's- Communion & Rosary [CH] 22 10:30 Exercise Group [DR] 1:00 Spark Challenge - Learning Session [CH] 2:00 Fun facts & Documentaries [DR] 6:00 Coloring & Word-puzzles [DR]	10:00 Worship with Chaplain Kathleen [CH] 23 10:30 Coffee & Snack Social [DR] 1:00 Spark Challenge Quiz Show [CH] 2:00 Coloring & Water Colors [DR] 6:00 Evening Movie [DR]	10:30 Exercise Group [DR] 24 1:00 Outdoor Visits [O] 2:00 Bingo [DR] 3:00 Comedy Shows [DR] 6:00 Coloring & Word-puzzles [DR]	10:30 Exercise Group [DR] 25 1:00 Spark Really Big Show [CH] 2:00 Crafty Corner [DR] 6:00 Activity Cart [DR]	Happy Birthday Amy J.! 26 Happy Birthday Phyllis B.! 10:00 National Pumpkin Day Coloring [DR] 1:30 Pumpkin Recipes-Channel 95 3:30 Gentle Chair Exercises-Channel 95
10:00 Worship with Chaplain Kathleen [CH] 27	10:30 Group Exercise [DR] 28 11:00 Singing & Scripture [CH]	Happy Birthday Shirley A.! 29 10:00 St. Peter's- Communion &	Happy Birthday Anthony S.! 30 10:30 Coffee & Snack Social [DR]	Halloween 31 10:30 Exercise Group [DR]		CH Chapel DR Dining Room o Outside

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 Halloween Movie [DR] 3:30 Gentle Chair Exercises- Channel 95	1:00 Nail Painting [DR] 2:00 Monday Movie [CH] 6:00 Comedy Shows [DR]	Rosary [CH] 10:30 Exercise Group [DR] 1:00 Spark Challenge- Learning Session [CH] 2:00 Fun facts & Documentaries [DR] 6:00 Coloring & Word-puzzles [DR]	1:00 Spark Challenge Quiz Show [CH] 2:00 Coloring & Water Colors [DR] 6:00 Evening Movie [DR]	1:30 Halloween Bingo/Party [DR] 3:00 Halloween Movie [DR] 6:00 Coloring & Word-puzzles [DR]		