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





BIRCHWOOD SENIOR LIVING

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

Let's Celebrate!

BIRCHWOOD

SENIOR LIVING

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.

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

October Holidays

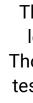
1st-International Coffee Day 2nd-Rosh Hashanah 4th-National Taco Day 6th-World Cerebral Palsy Day 9th- Emergency Nurses Day 12th- Farmers Day 13th-Breast Cancer Awareness Day 14th-Indigenous Peoples' Day 15th-National Cheese Curd Day 18th-National Alaska Day 21st-National Apple Day 24th-United Nations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





Spark Perfromances





Week	Deep Dive	p Dive Competition	
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	1 <mark>0/2</mark> 5
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

Community Updates

12/10

Whizzer

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

12/12

Arm Crank

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.

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 worreis 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 presencce 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 mueseums, national parks, experts, and authors to cover a variety of lifelong learning subjects.

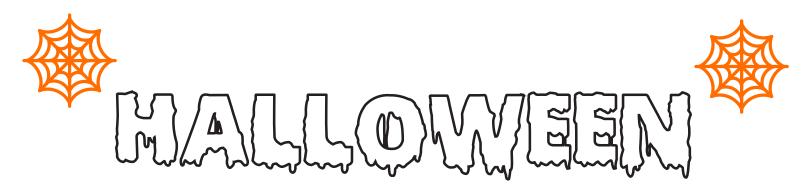
How Do They Work?

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.

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.





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BLACK	NIGHT	SPIDER
CANDY	OCTOBER	SPOOKY
CAT	ORANGE	TREAT
COSTUME	PARTY	TRICK
GHOST	PUMPKIN	WITCH
HALLOWEEN	SCARECROW	

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

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October 2024	4					IIK
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] 	9:301:1 Visits210:00Worship w/ Chaplain Kathleen [CH]210:30Coffee & Snack Social [DR]2:00Bingo [DR]3:00Coloring & Water Colors [DR]6:00Evening 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 4H.!9:301:1 Visits1:30World Animal Day Documentary [DR]3:00Coloring & Word-puzzles [DR]6:00Activity 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]61:30 Afternoon Movie [DR]3:00 Activity Cart [DR]3:30 Gentle Chair Exercises- Channel 95	10:30 Group Exercise [DR]71:00 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 9 Methodist [CH] 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 95123:00 Minnesota Farming Facts [DR]3:30 Gentle Chair Exercises- Channel 95
 10:00 Worship w/Chisago Lakes Baptist [CH] 1:30 Navy Birthday Documentary- Channel 95 3:30 Gentle Chair Exercises- Channel 95 	Columbus Day1410:30Resident Council [CH]11:00Singing & Scripture [CH]1:00Nail Painting [DR]2:00Monday Movie [CH]6:00Native American History- Channel 95	10:00 St. Peter's- Communion & Rosary [CH]1510:30 Exercise Group [DR]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] 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]172:00 Bingo [DR]3:00 Comedy Shows [DR]6:00 Coloring & Word-puzzles [DR]	10:30 Exercise Group [DR]181:00 Spark Really Big Show [CH]182:00 Crafty Corner [DR]6:00 Activity Cart [DR]	 10:30 Current Events & 19 Weather [DR] 1:00 Halloween Movie [DR] 3:30 Gentle Chair Exercises- Channel 95
 10:00 Worship w/ Chaplain 20 Kathleen [CH] 1:30 Afternoon Movie 3:30 Gentle Chair Exercises- Channel 95 	 10:30 Group Exercise [DR] 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] 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]2310:30 Coffee & Snack Social [DR]3000000000000000000000000000000000000	 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 Amy26J.!J.!Happy Birthday PhyllisB.!10:00National Pumpkin Day Coloring [DR]1:30Pumpkin Recipes- Channel 953:30Gentle Chair Exercises- Channel 95
10:00 Worship with Chaplain Kathleen [CH]	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	
 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] 	BI S E

Friday



Saturday