

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 Health Services-651-466-1013
 Melissa - Community Life - 651-466-1014
 Courtney - Billing - 612-238-2540
 Michelle - Food Service Manager - 651-466-1017
 Emily-Housekeeping - 651-466-1028
 Kathleen-Chaplain - 651-466-1031
 Nathan-End of Life Doula - 651-466-1024
 Home Health Aides - 651-466-1008
 Kitchen - 651-466-1005



Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

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.

Arbors Updates

- Fall/Winter Menu cycle coming soon.
- We will pass out candy to Trick or Treaters on Halloween this year. Please join us in the Lobby at 5:30pm. Kris will be here to help bring kids in. If it is nice we can sit outside.
- See Melissa by October 15 if you need help filling out your absentee ballot application. If you would like to vote in person on election day, family would need to assist.
- Activities are subject to change. Please 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.
- Sign up for OUTINGS in the Wellness Room at least 24 hours in advance of the trip.

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.



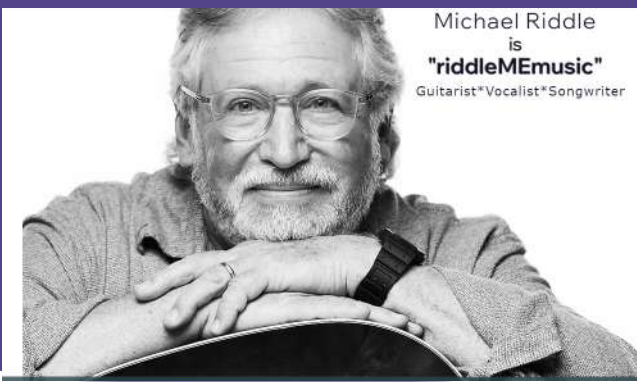
Onsite Services

Podiatry, Dental, Associated Clinic of Psychology, or Integrative Therapy, contact floor nurse or front desk.



Diane Zilverberg
October 4th
2pm

Michael Riddle
October 18
2pm



Michael Riddle is "riddleMEmusic"
 Guitarist*Vocalist*Songwriter

Birthday & Welcome Party
Friday, September 20th
1:30

Happy Birthday

- Darlene - 10/2
- Joyce R - 10/15
- Debra H - 10/27

Welcome!

- We have one apartment open and a waiting list once the apt is ready

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.

Respiratory Virus Guidance Snapshot

Core Prevention Strategies

- Immunizations
- Hygiene
- Steps for Cleaner Air
- Treatment
- Stay Home and Prevent Spread*

Additional Prevention Strategies

- Masks
- Distancing
- Tests

***Stay home and away from others until,**

- Your symptoms are getting better **and**
- You are fever-free (without meds)

for 24 hrs

Then take added precaution for the next 5 days

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

CDC

Flu-COVID Vaccination Clinic -
Monday October 28th
10:00 - 12:15 in the Wellness Room

Chaplain Chat



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.”

Lifespark Events

VIRTUAL PROGRAM

THE RAT PACK

PRESENTED BY
 MANHATTAN SCHOOL OF MUSIC

OCT 3RD
2-3PM

SPARK PERFORMANCE LEAGUE

SPARK challenge
 QUIZ SHOW

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

This competition is going to be Multigenerational, and we will be covering Advanced Lifeguard information. There needs to be equal youngers and elders, each leadership staff will partner with an elder and plan to participate weekly.

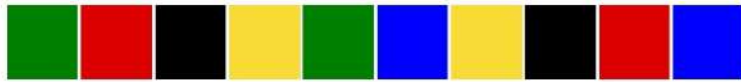
This competition will have a deep dive learning session with Dr. Bill Thomas on Tuesdays at 1:00 PM followed by the Physical Game and Quiz on Wednesdays starting at 1:00 PM.

Creative Thinking Exercises

Use some creative thinking to solve the following puzzles.

Colour

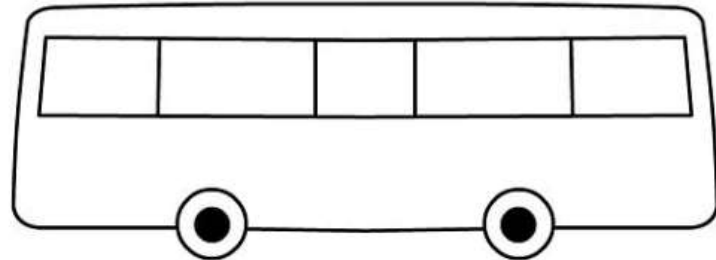
Step 1: Read aloud the colour below as fast as you can.



Step 2: Now, read as fast as you can the colours of the words; not the words, but the colours the words are shown e.g. the first word is 'green', and so on.

red green
blue orange
black blue
yellow gray
red Pink

Is the bus travelling to the left or to the right?



What can you see? (1)



Image by Octavio Ocampo

How are the following objects related?

You will have to be creative and think outside the box.



Potatoes



Shoes



Canon



Gears

What can you see? (2)



Medicare Annual Enrollment – Choosing A Health Plan that Values Quality Over Quantity

It's that time of year again for Medicare's Annual Enrollment Period (AEP) where you can learn about and switch plans. Dr. Ben Bache-Wiig admits he has recently joined the ranks of Medicare recipients and his 30+ years of experience as a primary care physician, including Lifespark's Executive Medical Director, working with seniors has given him an eye-opening front seat to what seniors should think about.

"Decades ago, primary care physicians were given the time to get to know their clients, build long-term, trusted relationships with them, and follow them from clinic to hospital to rehab—wherever their care took them. That model of care doesn't exist any longer," said Dr. Bache-Wiig. "Instead, we have a fragmented, *a la carte* services model that's especially challenging for people who need ongoing care."

His advice: "Health plans look pretty good on paper, so the key is to look for the extras you might need in the future." One of the most important extras, particularly for people with ongoing medical needs, is coordination of care. It's the difference between a Medicare Advantage plan with a Lifespark option and one without.

Here are a few other tips:

- **Determine the services you want and need before choosing your plan.** Various plans offer different benefit packages such as fitness club membership and transportation coverage or look for specialized plans that offer more of what you do need such as vision, dental, or added prescription coverage.
- **Check the in-network providers.** For any health plans you are evaluating, make sure your physicians and primary care are in-network providers. Some medical providers like Lifespark Health offer additional services under partnering Medicare Advantage plans (Lifespark COMPLETE™).
- **Consider Lifespark COMPLETE.** This service brings together a full spectrum of senior health services for a single, home-based, more coordinated experience. In addition to proactive, in-home senior-savvy medical expertise, Lifespark COMPLETE now offers the option for in-home urgent care to help avoid long waits in the ER. This specialized service is available on this campus.
- **Already have Lifespark COMPLETE?** Be sure you keep it. Check any plan you are considering ensuring it offers access to Lifespark COMPLETE's concierge level health services at no additional cost.

Want to learn more about Lifespark COMPLETE and what's available? Plan to attend the free virtual webinar – see date and time below. You and/or a loved one can sign up using the web link. Bring your questions.

We bring THE CLINIC and URGENT CARE to you!

Learn How in a FREE Virtual Webinar

All residents, friends and family are welcome!

Two dates, choose the one that works best for you:

Thursday, October 10
6:00 pm CT

OR
Tuesday, November 19
6:00 pm CT

scan the code below to REGISTER NOW
and LEARN MORE at lifespark.com/LSC-2024

Lifespark COMPLETE™ can help make your life easier, so that you and your loved ones can enjoy quality time together, rather than driving to appointments and sitting in waiting rooms.



Expert In-Home
Primary Care

Urgent Response
Services

Lifespark


lifespark.com/LSC-2024/#free-virtual-webinar

Lifespark COMPLETE is health care that revolves around you – including the convenience of in-home urgent care, to help you avoid long waits at the ER. Stay in control while reducing family stress. Available at no additional cost from partnering Medicare Advantage plans.



October 2024 - Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday to 10/2 Darlene White 10/15 Joyce Reed 10/27 Debra Hintz		10:00 St Peter's Communion & Rosary [CH] 1 10:15 Coffee Talk [L] 1:30 Cards & Board Games [AR] 3:30 Outdoor Walk/Talk [O]	10:00 Worship w/Kathleen [CH] 2 10:15 Exercise [AR] 1:30 Bingo [DR] 3:15 Wed w/Kathleen [AR]	10:30 OUT TO LUNCH (24 hour in advance sign up required) 3 2:00 The Rat Pack Virtual Lifelong Learning Program [CH] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 4 2:00 Music w/Diane Zilverberg [DR] 3:30 Farkel [AR]	10:00 Resident Led Walk for Health [AA] 5 1:30 Resident Led Chat [L] 1:30 National Rhode Island Day Documentary - Ch 95 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
8:30 Vikings vs Jets [L] 6 10:00 Linwood Covenant Church [CH] 1:00 Ice Cream Delivery [AA] 1:30 Resident Led Cribbage Club [DR] 2:00 Documentary/Movie [L] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 7 1:00 WALMART (24 hour in advance sign up required) 5:30 Movie/Popcorn [L]	10:00 St Peter's Mass [CH] 8 10:15 Coffee Talk [L] 1:00 Spark Challenge Deep Dive [CH] 3:30 Outdoor Walk/Talk [O] 5:30 Games w/Tammy [AR]	10:00 Worship w/Forest Hills Methodist [CH] 9 10:15 Exercise [AR] 1:00 Spark Challenge Whizzer [CH] 2:00 Bingo [DR] 3:15 Wed w/Kathleen [AR]	10:15 Kickball [AR] 10 1:30 Hangman w/Shannon [AR] 5:30 Resident Led Chat [L]	10:15 Resident Council [AR] 11 2:00 Birthday/Welcome Party [DR]	10:00 Resident Led Walk for Health [AA] 12 1:30 Hymn Sing w/Deb & Sue [L] 1:30 Farmers Day Documentary - Ch 95 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Worship w/Chisago Lakes Baptist [CH] 13 1:00 Ice Cream Delivery [AA] 1:30 Dollar Bingo [DR] 1:30 US Navy Birthday Documentary - Ch 95 3:30 Chair Exercises - Ch 95	Columbus Day 14 10:15 Exercise [AR] 11:30 Campfire Hot Dogs & S'mores 3:15 Worship w/Kathleen [AR] 5:30 Movie/Popcorn [L] 6:00 Native American History - Ch 95	10:00 St Peter's Communion & Rosary [CH] 15 10:15 Coffee Talk [L] 1:00 Spark Challenge Deep Dive [CH] 3:30 Outdoor Walk/Talk [O]	Wear Team Jersey/Shirt 16 10:00 Worship w/Faith Lutheran [CH] 10:15 Exercise [AR] 1:00 Spark Challenge Arm Crank [CH] 2:00 Bingo [DR] 3:15 Wed w/Kathleen [AR]	10:15 Exercise [AR] 17 3:00 Blackjack [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 18 1:00 Spark Really Big Show [CH] 2:00 Music w/Michael Riddle [DR]	10:00 Resident Led Walk for Health [AA] 19 1:30 Resident Led Chat [L] 1:30 Linwood Ladies Social [DR] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Worship w/Kathleen [CH] 20 12:00 Vikings vs Lions [L] 1:00 Ice Cream Delivery [AA] 1:30 Resident Led Cribbage Club [DR] 3:30 Chair Exercises - Ch 95	10:15 Pet Visits [AA] 21 10:30 Men's Club [AR] 1:30 Word Game [AR] 3:15 Worship w/Kathleen [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Communion & Rosary [CH] 22 10:15 Coffee Talk [L] 1:00 Spark Challenge Deep Dive [CH] 3:30 Outdoor Walk/Talk [O] 5:30 Games w/Tammy [AR]	10:00 Worship w/Kathleen 23 10:15 Exercise [AR] 1:00 Spark Challenge Leg Crank [CH] 2:00 Bingo [DR] 3:15 Wed w/Kathleen [AR]	8:30 CASINO OUTING (24 hour advance sign up required) 24 1:30 Halloween Craft [AR] 5:30 Resident Led Chat [L] 7:15 Vikings vs Rams [L]	10:15 Kickball [AR] 25 1:00 Spark Really Big Show [CH] 2:15 Happy Hour [DR]	10:00 Resident Led Walk for Health [AA] 26 1:30 Resident Led Chat [L] 1:30 National Pumpkin Day Cooking Show - Ch 95 3:30 Chair Exercises - Ch 95 5:30 Grief & Loss Group [AR]
10:00 Worship w/Kathleen [CH] 27 1:00 Ice Cream Delivery [AA] 1:30 Resident Led Cribbage Club [DR] 2:00 Documentary/Movie [L] 3:30 Chair Exercises - Ch 95	10:00 Flu/COVID Vaccination Clinic 28 10:15 Exercise [AR] 1:30 Word Game [AR] 3:15 Worship w/Kathleen [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Communion & Rosary [CH] 29 10:15 Coffee Talk [L] 1:00 Spark Challenge Deep Dive [CH] 3:30 Outdoor Walk/Talk [O]	10:15 Exercise [AR] 30 1:00 Spark Challenge Grip Games [CH] 2:00 Bingo [DR] 3:15 Wed w/Kathleen [AR]	Halloween 31 10:15 Exercise [AR] 1:30 Halloween Party [DR] 5:30 Resident Led Chat [L] 5:30 Pass Out Candy to Trick or Treaters [L]		
						AA All Around AR Activity Room CH Chapel DR Dining Room L Lobby O Outside