

### 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
- Diana - Billing - 763-390-0868
- 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



### 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.

### 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.

### Arbors Updates

-If you are going out to visit family for the holidays, please let staff know in advance so we can prepare anything you may need to take with you  
-Resident & Family Satisfaction Surveys are due by December 5th. There is a return box at the front desk



- 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.



# Age Magnificently



## Our Community Newsletter

*Discover what's going on in our community.*



## December



**Amy & Adams**  
**Friday 12/6**  
**at 2pm**  
**in the Dining Room**

**Curtis & Loretta**  
**Victorian Christmas**  
**Sunday 12/22**  
**at 2pm**  
**in the Dining Room**



## Birthday & Welcome Party December 13th 1:30

### Happy Birthday

- Bonnie C - 8th
- Marcy - 15th
- Bozena - 26th

### Welcome!

- We have 2 reservations,
- move in dates TBD

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.

# Holiday Health and Safety Tips

## 1 Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.



## 2 Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing. Check on children, the elderly and pets.



## 3 Manage stress.

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.



## 4 Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Get vaccinations if traveling out of the country.



The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.



## 5 Be smoke-free.

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW, or talk to your health care provider for help.



## 6 Get check-ups and vaccinations.

Exams and screenings can help find problems early or before they start. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.



## 7 Watch the kids.

Children are at high risk for injuries. Keep a watchful eye on your kids. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Develop and reinforce rules about acceptable and safe behaviors for all electronic media.



## 8 Prevent injuries.

Injuries from falls and fireworks often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals.



Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices

inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test and change the batteries regularly.

## 9 Handle and prepare food safely.

As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.



## 10 Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose more vegetables and fruit. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2 1/2 hours a week. Help kids and teens be active for at least 1 hour a day.



To learn more, including the holiday song *The 12 Ways to Health*, visit [www.cdc.gov/family/holiday](http://www.cdc.gov/family/holiday)



Centers for Disease Control and Prevention  
Office of Women's Health

CS22814

## Chaplain Chat

Our Weary Souls Rejoice  
Kathleen McCauley Campus Chaplain

My Christmas message emerges from the popular Christmas Hymn, **Oh Holy Night**. I listened to this hymn my entire life and never really noticed the lyrics and their meaning. One year I sat and prayed with this hymn and the lyrics jumped out at me.

*“Long lay the world in sin and error pining,  
Till He appear'd and the soul felt it's worth.  
A thrill of hope the weary soul rejoices....”*

When I look around it surely does look like 'the world lay in sin and error pining.' Now I don't take the judgmental approach to sin, more as we lost our way. As theologian Ilio|Dileo would say, sin is a disorder of desire. And in doing so, it looks like the world is in a 'hot mess'. According to the hymn we 'pin' for some order in this mixed-up world, but we error often, pining, searching for the wrong things. You know how we look for the quick fix or any short cut out of pain or trouble. This is not working and our soul is then left pining for something of more value and worth. When "He appears", meaning Jesus's birth, the 'soul felt its worth'. Why would that be? Because our divinity, which lies within each of us, felt its full value, when seeing the fullness of Jesus's Divinity.

Our soul, which is born of God's divinity, saw and recognized its connection and fullness when witnessing the soul of Jesus. This lifts us out of the woes of the world, to see our "worth". This experience of recognition and wholeness, fills us with hope and our souls rejoice.

This is what we hope to experience at Christmas, something inside rejoices and feels hope.

DECEMBER 5TH FROM 2-3PM

# VIRTUAL PROGRAM: ACTIVE BRAIN BOOSTERS

PRESENTED BY: MCMILLAN HEALTH

Learn to boost brain performance by keeping brains active.

	Week 7	12/3	12/4 Grip Games
<b>Final 4</b>		<b>World Championship</b>	
12/10 Whizzer		12/12 Arm Crank	

## PHYSICAL THERAPY

Balance and ADL Check

Thursday Dec 12th at 10:30

Chris from therapy will be in the LOBBY to check your balance & Activities of Daily Living



# 12 Days of Christmas

1

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

6

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

3

2

10

9

5

7

12

CALLING BIRDS

CHRISTMAS

DAYS

DRUMMERS

DRUMMING

FRENCH HENS

GEESE

GOLDEN RINGS

LAYING

LEAPING

LORDS

MAIDS

MILKING

PARTRIDGE

PEAR TREE

PIPERS

PIPING

SWANS

SWIMMING

TURTLE DOVES

TWELVE

4

11



**BIRCHWOOD**  
SENIOR LIVING

# Happy HOLIDAYS PARTY



**17**  
**DEC**



**SANTA | LIVE MUSIC | DINNER**

**Birchwood Health Care Center and Birchwood Arbors  
FROM 4:30 - 7PM**


Due to limited space, guests are limited to 2 per resident



RSVP REQUIRED  
 Allison-Health Care Center  
 abrunberg@birchwoods seniorliving.com - 651-466-1030  
 Melissa-Arbors  
 mengelman@birchwoods seniorliving.com - 651-466-1014



# December 2024 - Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Linwood Covenant Church [CH] <b>1</b> 12:00 Vikings vs Cardinals [L] 1:00 Ice Cream Delivery [AA] 1:30 Resident Led Cribbage Club [DR] 1:30 Rosa Parks Documentary-Ch95 3:30 Chair Exercises - Ch 95	<b>Decking the Halls 2</b> 10:15 Exercise [AR] 1:00 WALMART (24 hour in advance sign up required) 3:15 Worship w/Kathleen [AR] 5:30 Movie/Popcorn [L]	<b>Decking the Halls (cont.) 3</b> 10:00 St Peter's Communion & Rosary [CH] 10:15 Coffee Talk [L] 1:00 Spark Challenge Deep Dive [CH] 3:30 Walk & Talk [L]	<b>Decking the Halls (cont.) 4</b> 10:15 Exercise [AR] 1:00 Spark Challenge Grip Games [CH] 2:00 Bingo [DR]	<b>Decking the Halls (cont.) 5</b> 10:15 Exercise [AR] 2:00 Virtual Lifelong Learning Program "Active Brain Boosters" [CH] 5:30 Games w/Tammy [AR]	<b>Decking the Halls (cont.) 6</b> 10:15 Kickball [AR] 1:00 Spark Really Big Show [CH] 2:00 Music w/Amy & Adams [DR] 3:30 Farkel [AR]	10:00 Resident Led Walk for Health [AA] <b>7</b> 1:30 Resident Led Chat [L] 1:30 Possible Christmas Carolers, Time TBD [L] 2:00 Pearl Harbor Documentary-Ch 95 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Worship w/Chisago Lakes Baptist [CH] <b>8</b> 12:00 Vikings vs Falcons [L] 1:00 Ice Cream Delivery [AA] 1:30 Bingo [DR] 3:30 Chair Exercises - Ch 95	<b>10:15 Exercise [AR] 9</b> 1:30 Word Game [AR] 1:30 Price is Right, Christmas Edition [CH] 3:15 Worship w/Kathleen [AR] 5:30 Movie/Popcorn [L]	<b>10:00 St Peter's Mass [CH] 10</b> 10:15 Coffee Talk [L] 1:00 Spark Challenge Final Four Whizzer/Walking [CH] 3:30 Walk & Talk [L]	<b>10:00 Worship w/Forest Hills Methodist [CH] 11</b> 10:15 Exercise [AR] 1:45 Funny Money Auction [DR] 3:15 Wed w/Kathleen, Spiritual/Prayer Group [AR]	<b>10:15 Kickball [AR] 12</b> 10:30 Therapy Balance & ADL Check [L] 1:00 Spark Challenge World Championship [AR] 1:30 "Rise Up" Xmas Piano Recital [CH] 5:30 Resident Led Chat [L]	<b>10:15 Exercise [AR] 13</b> 1:30 Birthday/Welcome Party [DR]	10:00 Resident Led Walk for Health [AA] <b>14</b> 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Worship w/Kathleen [CH] <b>15</b> 1:00 Ice Cream Delivery [AA] 1:30 Resident Led Cribbage Club [DR] 2:00 Documentary/Movie [L] 3:30 Chair Exercises - Ch 95	<b>10:15 Pet Visits [AA] 16</b> 10:30 Men's Club [AR] 1:30 Word Game [AR] 3:15 Worship w/Kathleen [AR] 7:00 Vikings vs Bears [L]	<b>10:00 St Peter's Communion &amp; Rosary [CH] 17</b> 10:15 Coffee Talk [L] 1:30 Walk & Talk [L] 4:30 Resident & Family Christmas Party [AA]	<b>10:00 Worship w/Faith Lutheran [CH] 18</b> 10:15 Exercise [AR] 1:30 Bingo [DR] 2:00 Music w/Bill Cagley - Health Care Center DR 3:15 Wed w/Kathleen with Communion [AR]	<b>10:15 Resident Council [AR] 19</b> 1:30 Baking Group [AR] 5:30 Games w/Tammy [AR]	<b>10:15 Kickball [AR] 20</b> 1:30 Christmas Trivia and Misc Word Games [AR]	10:00 Resident Led Walk for Health [AA] <b>21</b> 1:30 Linwood Ladies Social [DR] 3:30 Chair Exercises - Ch 95 5:30 Movie [L] 5:30 Grief & Loss Group [AR]
1:00 Ice Cream Delivery [AA] <b>22</b> 2:00 Victorian Christmas w/ Curtis & Loretta [DR] 3:05 Vikings vs Seahawks [L] 3:30 Chair Exercises - Ch 95	<b>10:15 Exercise [AR] 23</b> 1:30 Craft [AR] 5:30 Movie/Popcorn [L]	<b>Christmas Eve 24</b> 10:00 St Peter's Communion & Rosary [CH] 10:15 Coffee Talk [L] 1:30 Word Game [AR] 3:30 Resident Led Walk & Talk [L]	<b>Christmas Day 25</b> 9:00 Disney Parks Magical Christmas Day Parade [L] 1:30 Movie "White Christmas" [L]	<b>10:15 Exercise [AR] 26</b> 1:30 Bingo [DR] 5:30 Resident Led Chat [L]	<b>10:15 Kickball [AR] 27</b> 1:30 Cards & Board Games [AR]	10:00 Resident Led Walk for Health [AA] <b>28</b> 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Worship w/Kathleen [CH] <b>29</b> 12:00 Vikings vs Packers [L] 1:00 Ice Cream Delivery [AA] 1:30 Resident Led Cribbage Club [DR] 3:30 Chair Exercises - Ch 95	<b>10:15 Exercise [AR] 30</b> 1:30 New Year's Resolutions [AR] 3:15 Worship w/Kathleen [AR] 5:30 Movie/Popcorn [L]	<b>New Year's Eve 31</b> 10:00 St Peter's Communion & Rosary [CH] 10:15 Coffee Talk [L] 2:00 New Year's Eve Party w/ Music by Deb & Sue [DR]			AA All Around AR Activity Room CH Chapel DR Dining Room L Lobby	<b>Happy Birthday to</b> 12/8 Bonnievieve Crosby 12/15 Marcella Kirby 12/26 Bozena Pruchnik