

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



Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

November

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

- Remember we have a LOST AND FOUND in the Laundry Room.
- Keep an eye out for the Resident Satisfaction survey coming soon
- See INSERT or 1st floor flyers for Decorating Safety.

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.

- 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.



Kitchen KutUps
 11/7 at 2pm--Dining Room
 One-hour variety show featuring songs, costumes and skits



Gary LaRue
 11/15 at 2pm
 Dining Room

Bob Scoggins
 11/29 at 1:30
 in the Chapel





Daylight Saving Time ends soon. This sleep expert says to start changing your schedule now

Seth Jacobson USA TODAY NETWORK - New England
Published 4:57 a.m. ET Oct. 23, 2024 | Updated 7:55 a.m. ET Oct. 23, 2024

How can sleep patterns be 'adjusted' before daylight saving time ends?

Dr. Spencer said he has these tips for preparing for the end of daylight saving time:

- **Gradually start going to bed later:** Starting Oct. 27, push your bedtime 10-15 minutes later each night," Spencer stated. "By the time DST ends, you'll be going to bed close to your usual time in the new time zone...This gradual adjustment helps maintain a consistent sleep-wake cycle, which is crucial for mood regulation." Have a routine around bedtime also helps.
- **Use light exposure:** In the week leading up to Nov. 3, try to get bright light exposure in the evening, especially between 6-8 p.m. This can help delay your body clock slightly.
- **Push dinner time back:** Push your dinner time 10-15 minutes later each day during the adjustment week, "because this helps align your digestive rhythms with your new sleep schedule."
- **Consider caffeine, exercise:** Manage your caffeine consumption. Try to do any exercise routines later in the day, as "this can help push your body clock slightly later, in line with the upcoming change."

TEN POISONOUS MYTHS

One: Young people are a blessing. Old people are a burden.

Two: Young people are happy. Old people are sad.

Three: Young people are healthy. Old people are sick.

Four: Young people are strong. Old people are weak.

Five: Young people are independent. Old people are dependent.

Six: Young people dream about the future. Old people dread the future.

Seven: Young people need adventure. Old people need safety.

Eight: Young people are randy. Old people are asexual.

Nine: Young people have many friends. Old people are friendless.

Ten: Young people want to be with young people. Old people want to be with the old people.

**Birthday & Welcome Party
November 8th
2:00**

Happy Birthday

- Rose - 3rd
- Judy - 6th
- Kathy - 6th
- Pat - 8th
- Gayle - 16th

Welcome!

- Arlis - 208

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.



Gratitude in Social Unrest



It's November!! The month to show and share gratitude. But in an election year the social distress might hinder our ability feel grateful. Knowing that societal discord is a common occurrence in history, let us turn our attention to the holy people of history to help show us the way of hope and grace. We see with D. Bonhoeffer in concentration camp WWII, M. Gandhi in British Rule & oppression, N. Mandela in S. Africa Apartheid and MLK, that God's grace can be found in unrest. The gratitude we have at these times, comes from knowing that God with us. The Divine Presence is always present, we might have to look harder, forgive more or abandon our judgement to keep this Presence alive a well. But at the end of each day our gratitude will be that we know who we are in the eyes of God and that God walks with us always.

PRESENTED BY THE FDR PRESIDENTIAL MUSEUM

**VIRTUAL PROGRAM
ELEANOR ROOSEVELT**

NOVEMBER 7TH, 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 12/10 Whizzer		World Championship 12/12 Arm Crank	

This competition is 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 on Tuesdays at 1:00 PM followed by the Physical Game and Quiz on Wednesdays starting at 1:00 PM. The Really Big Show is on Fridays at 1:00 to recap the week of events.

11 kindergartners explain how to cook a turkey Unlike one of his classmates who thinks a turkey cooks in 25 seconds, Don O'Neil's son says it's a 35-minute process that includes cartoons. (AP) **BY ERIC MANDEL**
MyNorthwest.com Nov 25, 2015, 10:08 AM | Updated: Nov 26, 2015, 10:34 am

There are plenty of ways to cook a turkey. [KIRO Radio's Ron Upshaw](#) brines his and injects it with Cajun seasoning. Meanwhile, co-host Don O'Neill spent hours researching how to smoke a turkey, only to find some better options from his 5-year-old son's kindergarten class. The kids created a book with each student's own recipe for how to cook a turkey. "I wasted my time last night staying up all night trying to figure out how to cook a turkey because all I had to do was reach into my son's backpack," Don said.

Here are some adorable recipe options, with commentary, that Don read on the air:

Alaina: You take a pan, then make some juice. Then mix it up and put it in the oven to cook, and then you can cook it for a few seconds and take it out and: Oh man, it's yum.

Susanna: First you buy it at the store, then you cook it on the stove and then you eat it.

Christopher: First you buy it at the store, then you chop it into little pieces, then you cook it, then you eat it.

Chloe: The turkey comes from a farm and then you cook it on the stove and then you cook it for a half hour. Then you put stuff on top of it, like seasoning. And then you cut it up and then you feed it to the dog.

Fletcher: Someone shoots it in their family. Then you pick out all the feathers, the wings and the eyes. And then you take all the skin off and then you cut it up. Then you put it in the oven, and then you cook it, and then you take it out of the oven, and then you let it cool down and then you can eat it. And maybe it has a little wishbone and you can crack it over your head.

Francis: I think you just cook it like a chicken. You put a timer in there and when you eat it, it tastes like a chicken and, well, sometimes you make it for your dog, and if you do that, just put it in the oven with your dog.

Airiston: You get the turkey from the store and then you eat it.

Jake: You kill it, you pick all the feathers off and then you bring it home and put it in a pan and you can put it in the oven for 25 seconds. And after that it's ready for the dinner table.

Solomon: I think you roast it in the oven and then you roast it for 15 minutes. Then you get it back from the store and then there's some wet stuff that you put on it and I think the wet stuff looks like dressing, but it tastes horrible.

Theo: You take a suramin and then you take the turkey juice out. Then you put it in the regular oven for 20 minutes and then you put stuff out on the table, and other different kinds of food, like a feast. You've got bread and mozzarella cheese and pretzels and then the oven goes "nanananana, nanananana" and it's ready, and you eat it and the bones are still left and they're gross, so you give the bones to your dog and hope the dog doesn't choke.

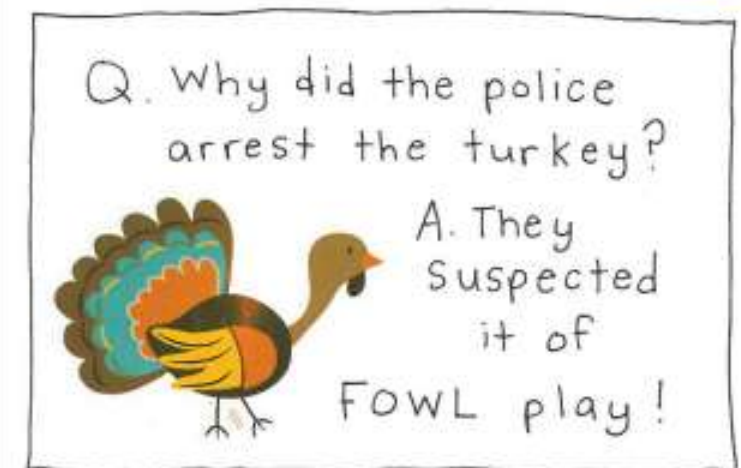
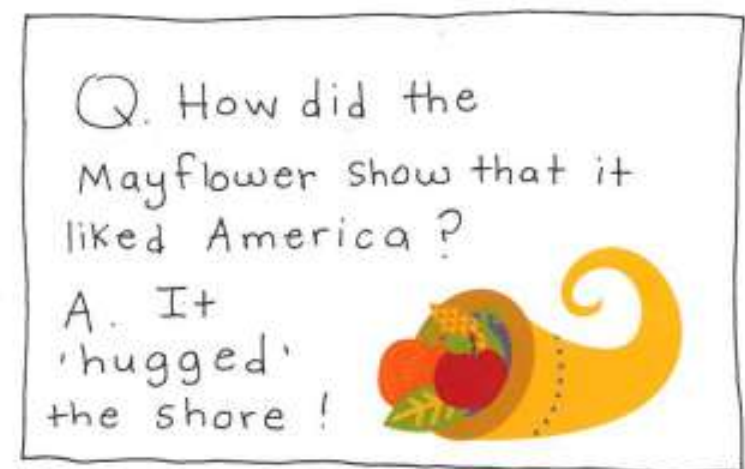
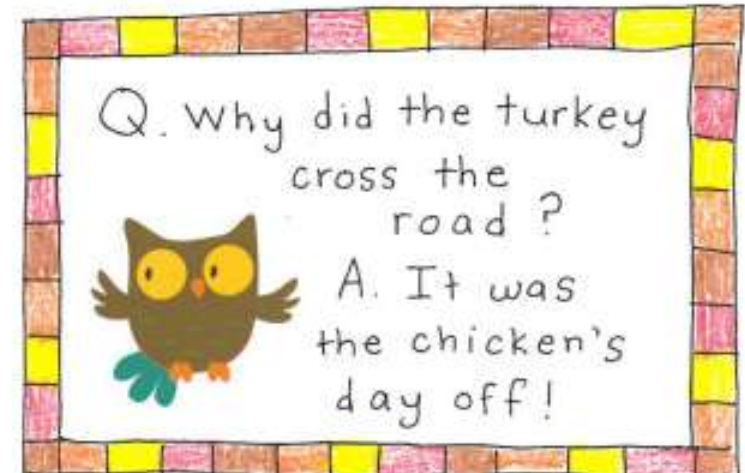
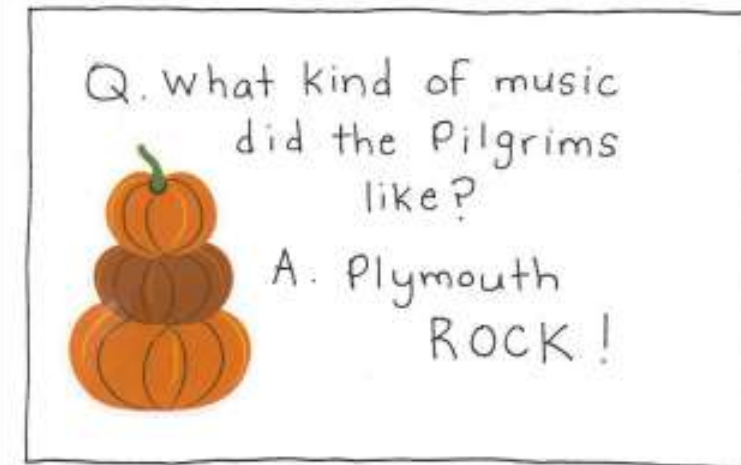
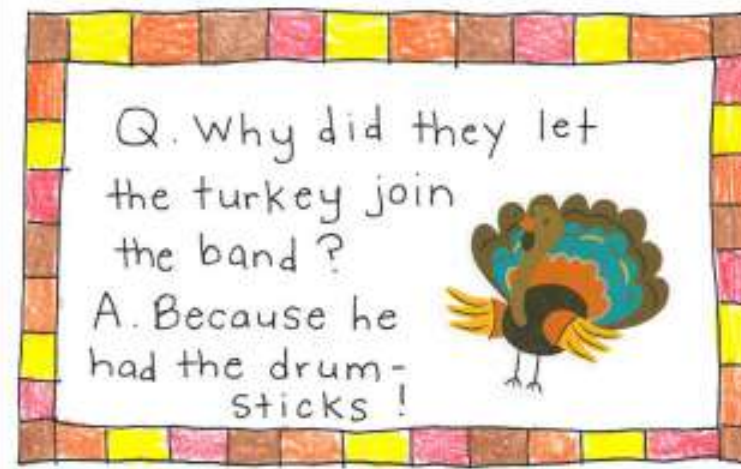
"G-force" O'Neil: You have to kill it first, and that's a lot of fun. And then you bake it and then you put some sugar on it, and after you kill, you put more sugar on it. And then you have to cook it for just about 35 minutes. You set the timer and then you go watch a cartoon. When you come back you get it out with gloves, because it's hot and you don't want to burn yourself, and then you put it on a plate and cut it in half and then you eat the turkey, bones and all.

Ron: You put sugar on his turkey?

Don: You know where I think he gets that from? When we make ribs, we put brown sugar on his ribs.


Ron: He's a pretty good cook though for 4 or 5 years old... I learned a lot. I've been cooking my turkeys for way too long.

Don: I've been wondering why he's wanted to go kill a turkey and now I know.



November 2024 - Monthly Calendar

Happy Thanksgiving

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AA All Around AR Activity Room CH Chapel DR Dining Room L Lobby	Happy Birthday to 11/3 Rosemary Elliott 11/6 Judith Rydeen 11/7 Kathleen Nelson 11/8 Patricia Christensen 11/16 Gayle Vail			10:15 Kickball [AR] 1 1:00 Spark Really Big Show [CH] 2:00 Cards & Board Games [AR]	10:00 Resident Led Walk for Health [AA] 2 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
	10:00 Worship w/Kathleen [CH] 3 12:00 Vikings vs Colts [L] 1:00 Ice Cream Delivery [AA] 1:30 Resident Led Cribbage Club [DR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 4 1:00 WALMART (24 hour in advance sign up required) 3:15 Worship w/Kathleen [AR] 5:30 Movie/Popcorn [L]	Election Day 5 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] 5:30 Games w/Tammy [AR]	10:00 Worship w/Kathleen [CH] 6 10:15 Exercise [AR] 1:00 Spark Challenge Whizzer/Walking [CH] 2:00 Bingo w/Prizes Sponsored by Community Co Church [DR] 3:15 Wed w/Kathleen [AR]	10:15 Exercise [AR] 7 2:00 Virtual Lifelong Learning Program "Eleanor Roosevelt" [CH] 2:00 Kitchen Kutups Variety Show [DR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 8 1:00 Spark Really Big Show [CH] 2:00 Birthday/Welcome Party [DR]
10:00 Worship w/Chisago Lakes Baptist [CH] 10 12:00 Vikings vs Jaguars [L] 1:00 Ice Cream Delivery [AA] 1:30 Dollar Bingo [DR] 3:30 Chair Exercises - Ch 95	Veterans Day 11 10:15 Exercise [AR] 1:30 Veteran's Celebration [DR] 3:15 Worship w/Kathleen [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Mass [CH] 12 10:15 Coffee Talk [L] 1:00 Spark Challenge Deep Dive [CH] 3:30 Walk & Talk [L]	10:00 Worship w/Forest Hills Methodist [CH] 13 10:15 Exercise [AR] 1:00 Spark Challenge Arm Crank [CH] 2:00 Bingo [DR]	10:15 Resident Council [AR] 14 1:30 Baking Group [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 15 1:00 Spark Really Big Show [CH] 2:00 Music w/Gary LaRue [DR] 3:30 Blackjack [AR]	10:00 Resident Led Walk for Health [AA] 16 1:30 Resident Led Chat [L] 1:30 Linwood Ladies Social [DR] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Linwood Covenant Church [CH] 17 12:00 Vikings vs Titans [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] 18 10:30 Men's Club [AR] 1:30 Trivial Pursuit [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Communion & Rosary [CH] 19 10:15 Coffee Talk [L] 1:00 Spark Challenge Deep Dive [CH] 3:30 Walk & Talk [L] 5:30 Games w/Tammy [AR]	10:00 Worship w/Faith Lutheran [CH] 20 10:15 Exercise [AR] 1:00 Spark Challenge Leg Crank [CH] 2:00 Bingo [DR] 3:15 Wed w/Kathleen [AR]	10:15 Exercise [AR] 21 1:30 Word Game [AR] 3:30 Farkel [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 22 1:00 Spark Really Big Show [CH] 2:00 Happy Hour [DR]	10:00 Resident Led Walk for Health [AA] 23 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L] 5:30 Grief & Loss Group [AR]
12:00 Vikings vs Bears [L] 24 1:00 Ice Cream Delivery [AA] 1:30 Resident Led Cribbage Club [DR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 25 10:30 OUT TO LUNCH (24 hour in advance sign up required) 1:30 Word Game [AR] 3:15 Worship w/Kathleen [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Communion & Rosary [CH] 26 10:15 Coffee Talk [L] 1:30 Jeopardy [CH] 3:30 Walk & Talk [L]	10:00 Worship w/Kathleen 27 10:15 Exercise [AR] 2:00 Bingo [DR] 3:15 Wed w/Kathleen [AR]	Thanksgiving Day 28 9:00 Macy's Day Parade [L] 1:30 Movie [L] 5:30 Resident Led Chat [L]	Christmas Decking the Halls Prep 29 Day after Thanksgiving Day 10:15 Kickball [AR] 1:30 Music w/Bob Scoggins [CH]	10:00 Resident Led Walk for Health [AA] 30 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]