Leadership Contacts

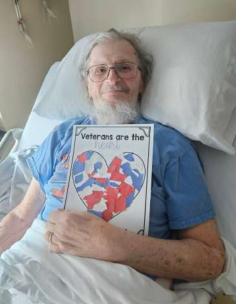
Executive Director- Frank Robinson 651-466-1022 Director of Nursing-Trisha Kramer 651-466-1040 Assistant Director of Nursing-Laura Harrer 651-466-1044 Long Term Care Nurse Manager- Christina Lundquist 651-466-1049 Human Resources Manager- Megan Falkowski 651-466-1029 Community Life Director- Allison 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 | 604 NE 1st Street, Forest Lake, MN 55025 | 651-464-5600







Let's Celebrate!



<u>Staff Birthdays:</u> 12/1- Amy Salveson 12/5 - Genevieve Forsblade 12/8- Jennifer Schifsky 12/26-Winifred Bradford 12/28- Jean Paul Mwamba 12/30- Sharon Doran

Staff Anniversaries:

Emily Juelfs- 4 Years Hanna Stebleton-2 Years Angelea Folske- 2 Years Chelsea Peltier- 1 Year Sandra Camp- 1 Year Sonia Catota- 1 Year Luis Navas- 1 Year

Resident Birthdays: 10/3- Rodney C. 10/9- Duane S. 10/29- Kari V.

Age Magnificently

Discover what's going on in our community.

December Holidays

1st-Rosa Parks Day 2nd- Cyber Monday 5th- Walt Disney Day 7th-National Pearl Harbor Day of Remembrance 8th-National Brownie Day 9th- Christmas Card Day 12th-National Poinsettia day 13th-National Cocoa Day 15th- Ugly Sweater Day 17th- Wright Brother's Day 18th-Bake Cookies Day 21st-1st Day of Winter 24th- Christmas Eve 25th- Christmas Day/Hanukkah begins at sundown 26th- Kwanzaa 31st- New Years Eve

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.

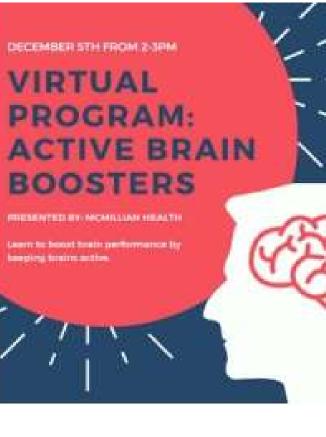
> "Long lay the world in sin and error pining. Till he appear'd and the soul felt it's worth. A thrill of hope the weary soul rejoices..."

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 sould of Jesus. This lifts us out of the woes of the world, to see our "worth". This experience of recognition and wholenss, fills us with hope and our souls rejoice.

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

December 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.

Spark Perfromances



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	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 No Deep Dive Week		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		

Community Updates

-December 5th - Resident Council @ 1pm in the chapel. -December 7th- Emanual Church Christmas Caroling (time TBD) -December 17th- Resident Christmas Party @ 4:30-7pm(Please RSVP if you are planning on attending)

-December 18th- Music with Bill Cagley @ 2pm in dining room -December 24th- Christmas present delivery to residents -December 31st- New Years Eve Party @ 1:30pm in dining room

Bingo Days in December- 12/2, 12/11, 12/19, 12/26

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.







The Spark Challenge is coming to an end next week! We are so proud of our Birchwood Flakers for another great season. We are looking forward to January to kick off the year with the TRYathlon!







HØ HOHO Help be Santa give back to elders in our community at Rolseth Drug Pick a tag off the gifting tree AND BRING BACK AN UNWRAPPED GIFT for Birchwood Senior Living Health Care Center & Assisted Living Merry Christmas and Happy Holidays







SANTA | LIVE MUSIC | DINNER **Birchwood Health Care Center and Birchwood Arbors** FROM 4:30 - 7PM



Allison-Health Care Center abrunberg@birchwoodseniorliving.com - 651-466-1030 Melissa-Arbors

mengelman@birchwoodseniorliving.com - 651-466-1014





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

RSVP REQUIRED



December 20	024					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 10:00 Worship w/ Corliss 1 [CH] 12:00 Vikings vs. Cardinals - Ch. 9 1:30 Rosa Parks Day Documentary- Channel 95 3:30 Gentle Chair Exercises- Channel 95 	10:00 Walking Group210:30 Nail Painting [DR]11:00 Singing & Scripture [CH]2:00 Bingo [DR]3:00 Holiday Decorating [DR]6:00 Comedy Shows [DR]	Happy Birthday Rodney!310:00St. Peter's- Communion & Rosary [CH]10:30Exercise Group [DR]1:00Spark Challenge [CH]2:00Holiday Decorating [DR]6:00Coloring & Word-puzzles [DR]	 10:00 Exercise Group [DR] 4 11:00 Social Visits/1:1's 1:00 Spark Challenge-Quiz [CH] 2:30 Dice Game [DR] 3:30 Coloring & Water Colors [DR] 6:00 Comedy Show [DR] 	 10:00 Exercise Group [DR] 5 11:00 Social Visits/1:1's 1:00 Resident Council [CH] 2:00 Active Brain Boosters [CH] 3:30 Walt Disney Day Trivia [DR] 6:00 Coloring & Word-puzzles [DR] 	 10:00 Reminiscing Group [DR] 6 1:00 Spark Really Big Show [CH] 2:00 Crafty Corner [DR] 3:30 Coffee Social [DR] 6:00 Activity Cart [DR] 	 10:00 December Coloring 7 [DR] 1:00 Christmas Carolers 2:00 Pearl Harbor Remembrance- Channel 95 3:30 Gentle Chair Exercises- Channel 95
 10:00 Worship w/Chisago Lakes Baptist [CH] 12:00 Vikings vs. Falcons- Ch.9 1:30 Christmas Movie- Channel 95 3:30 Gentle Chair Exercises- Channel 95 	Happy Birthday Duane!910:00Walking Group11:00Singing & Scripture [CH]1:30Price is Right [DR]3:00Holiday Coloring & Music [DR]6:00Christmas Cards Available [DR]	10:00 St. Peter's- Catholic Mass [CH]1010:30 Exercise Group [DR]1:00 Spark Challenge Final Four [CH]2:30 Dice Game [DR]6:00 Coloring & Word-puzzles [DR]	10:00 Worship w/Forest Hills Methodist [CH]1110:30 Exercise Group [DR]1:00 Coloring & Water Colors [DR]2:00 Bingo [DR]3:30 Christmas Movie [DR]6:00 Holiday Music TV [DR]	10:00 Exercise Group [DR]1211:00 Social Visits/1:1's1:30 "Rise Up" Christmas Recital [CH]2:30 Holiday Reminiscing [DR]6:00 Coloring & Word-puzzles [DR]	 10:00 Reminiscing Group [DR] 1:00 Crafty Corner [DR] 2:30 Hot Cocoa Social [DR] 3:00 Christmas Carols on TV [DR] 6:00 Activity Cart [DR] 	 10:00 Current Events and Weather [DR] 11:00 Social Visits/1:1's 1:00 Table Games [DR] 3:30 Gentle Chair Exercises- Channel 95
 10:00 Worship w/ Chaplain 15 Kathleen [CH] 11:00 1:1 Visits with Chaplain Kathleen 1:00 Holiday Coloring & Music [DR] 3:30 Gentle Chair Exercises- Channel 95 	10:00 Walking Group1611:00 Singing & Scripture [CH]1:00 Nail Painting [DR]2:30 Dice Game [DR]3:30 Christmas Movie [DR]7:00 Vikings vs. Bears- Ch.9	 10:00 St. Peter's- Communion & Rosary [CH] 10:30 Exercise Group [DR] 1:30 Cookie Decorating [DR] 4:30 Resident Christmas Party 	10:00 Worship w/Faith Lutheran [CH]1810:30 Exercise Group [DR]2:00 Music with Bill Cagley [DR]3:30 Coloring & Water Colors [DR]6:00 Christmas Movie [DR]	 10:00 Exercise Group [DR] 19 11:00 Christmas Trivia [DR] 2:00 Bingo [DR] 3:30 Comedy Movie [DR] 6:00 Coloring & Word-puzzles [DR] 	 10:00 Reminiscing Group 20 [DR] 1:30 Crafty Corner [DR] 2:30 Christmas Book Reading [DR] 6:00 Activity Cart [DR] 	 10:00 Christmas Coloring [DR] 1:30 History of Christmas Documentary- Ch.95 3:30 Gentle Chair Exercises-Channel 95
 10:00 Comedy Shows [DR] 22 1:30 Holiday Word Puzzles [DR] 3:00 Vikings vs. Seahawks- Ch.9 3:30 Gentle Chair Exercises- Channel 95 	10:00 Walking Group2311:00 Social Visits/1:1's1:00 Nail Painting [DR]2:30 Christmas Dice Game [DR]3:30 Christmas Movie [DR]	Christmas Eve2410:00St. Peter's - Communion & Rosary [CH]2410:30Christmas Present Delivery to Residents!1:00Christmas Movie Viewing [DR]	Christmas Day2510:00Holiday Activity Packets [DR]1:00Christmas Movie [DR]3:00Christmas Music Listening [DR]	10:00 Exercise Group [DR] 26 11:00 Social Visits/1:1's 2:00 Bingo [DR] 3:00 Comedy Shows [DR] 6:00 Coloring & Word-puzzles [DR]	10:00 Reminiscing Group [DR]271:00 Crafty Corner [DR]2:30 Coffee Social [DR]6:00 Activity Cart [DR]	10:00 1:1 Visits with Chaplain Kathleen281:30 New Years coloring & Word- Puzzles [DR]3:30 Gentle Chair Exercises- Channel 95
Happy Birthday Kari!2910:00Worship with Chaplain Kathleen [CH]12:00Vikings vs. Green Bay- Ch.93:30Gentle Chair Exercises- Channel 95	10:00 Walking Group3011:00 Singing & Scripture [CH]1:00 Nail Painting [DR]2:00 New Year Trivia and Facts [DR]6:00 Comedy Shows [DR]	New Year's Eve3110:00St. Peter's- Communion & Rosary [CH]10:30Exercise Group [DR]1:30New Years Eve Party [DR]6:00Coloring & Word-puzzles [DR]	BIRCHWOOD SENIOR LIVING	CH Chapel DR Dining Room	<u></u>	1