

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



Age Magnificently



 Follow Birchwood Senior Living on Facebook!



Our Community Newsletter
 Discover what's going on in our community.

Let's Celebrate!



Staff Birthdays:
 12/1- Amy Salvesson
 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.

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.



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

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!



Community Updates

- December 5th - Resident Council @ 1pm in the chapel.
- December 7th- Emanuel 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.





Nov 22nd -
Dec 18th

ADOPT A
GRANDPARENT

HØ
HØ HØ

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



Birchwood Senior Living is owned by
Senior Care Communities
a Non-Profit organization



Made with PosterMyWall.com



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



Made with PosterMyWall.com

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
10:00 Worship w/ Corliss [CH] 1 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 Group 2 10:30 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! 3 10:00 St. Peter's- Communion & Rosary [CH] 10:30 Exercise Group [DR] 1:00 Spark Challenge [CH] 2:00 Holiday Decorating [DR] 6:00 Coloring & 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 [DR] 7 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] 8 12:00 Vikings vs. Falcons- Ch.9 1:30 Christmas Movie- Channel 95 3:30 Gentle Chair Exercises- Channel 95	Happy Birthday Duane! 9 10:00 Walking Group 11:00 Singing & Scripture [CH] 1:30 Price is Right [DR] 3:00 Holiday Coloring & Music [DR] 6:00 Christmas Cards Available [DR]	10:00 St. Peter's- Catholic Mass [CH] 10 10:30 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] 11 10:30 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] 12 11:00 Social Visits/1:1's 1:30 "Rise Up" Christmas Recital [CH] 2:30 Holiday Reminiscing [DR] 6:00 Coloring & Word-puzzles [DR]	10:00 Reminiscing Group [DR] 13 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] 14 11:00 Social Visits/1:1's 1:00 Table Games [DR] 3:30 Gentle Chair Exercises- Channel 95	
10:00 Worship w/ Chaplain Kathleen [CH] 15 11:00 1:1 Visits with Chaplain Kathleen 1:00 Holiday Coloring & Music [DR] 3:30 Gentle Chair Exercises- Channel 95	10:00 Walking Group 16 11:00 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] 17 10:30 Exercise Group [DR] 1:30 Cookie Decorating [DR] 4:30 Resident Christmas Party	10:00 Worship w/Faith Lutheran [CH] 18 10:30 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 [DR] 20 1:30 Crafty Corner [DR] 2:30 Christmas Book Reading [DR] 6:00 Activity Cart [DR]	10:00 Christmas Coloring [DR] 21 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 Group 23 11:00 Social Visits/1:1's 1:00 Nail Painting [DR] 2:30 Christmas Dice Game [DR] 3:30 Christmas Movie [DR]	Christmas Eve 24 10:00 St. Peter's - Communion & Rosary [CH] 10:30 Christmas Present Delivery to Residents! 1:00 Christmas Movie Viewing [DR]	Christmas Day 25 10:00 Holiday Activity Packets [DR] 1:00 Christmas Movie [DR] 3:00 Christmas 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] 27 1:00 Crafty Corner [DR] 2:30 Coffee Social [DR] 6:00 Activity Cart [DR]	10:00 1:1 Visits with Chaplain Kathleen 28 1:30 New Years coloring & Word- Puzzles [DR] 3:30 Gentle Chair Exercises- Channel 95	
Happy Birthday Kari! 29 10:00 Worship with Chaplain Kathleen [CH] 12:00 Vikings vs. Green Bay- Ch.9 3:30 Gentle Chair Exercises- Channel 95	10:00 Walking Group 30 11:00 Singing & Scripture [CH] 1:00 Nail Painting [DR] 2:00 New Year Trivia and Facts [DR] 6:00 Comedy Shows [DR]	New Year's Eve 31 10:00 St. Peter's- Communion & Rosary [CH] 10:30 Exercise Group [DR] 1:30 New Years Eve Party [DR] 6:00 Coloring & Word-puzzles [DR]				CH Chapel DR Dining Room	