

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



Age Magnificently



 Follow Birchwood Senior Living on Facebook!

HAPPY
NEW
YEAR!



Birchwood Senior Living | 604 NE 1st Street, Forest Lake, MN 55025 | 651-464-5600

Our Community Newsletter

Discover what's going on in our community.

Let's Celebrate!

Staff Birthdays:

- 1/1- Chelsea, LPN
- 1/9- Ella, LPN
- 1/16- Sabrina, CNA
- 1/23- Megan, HR Director
- 1/29- Abigail, CNA
- 1/30- RoseAnn, LPN

Staff Anniversaries:

- Megan, HR Director- 3 Years
- Jesieca, MDS Coordinator- 3 Years
- Alicia, Community Life Assistant- 1 Year
- Laura, Assistant Director of Nursing, RN- 1 Year
- Lonna, CNA- 1 Year
- Christina, LTC Clinical Coordinator, LPN- 1 Year
- Caitlin, Director of Social Services- 1 Year

Resident Birthdays:

- 1/2- Patricia H.
- 1/4- Shirley L.

January Holidays

- 1st- New Years Day 2025
- 4th- National Spaghetti Day
- 5th- National Bird Day
- 8th- National English Toffee Day
- 9th- National Law Enforcement Day
- 11th- National Milk Day
- 12th- National Hot Tea Day
- 13th- Public Radio Broadcasting Day
- 15th- National Hat Day
- 17th- Benjamin Franklin Day
- 19th- National Popcorn Day
- 20th- Martin Luther King Jr. Day
- 21st- Grandma Day
- 22nd- Grandpa Day
- 27th- Holocaust Memorial Day
- 29th- National Puzzle Day
- 31st- National Hot Chocolate Day



Renewal

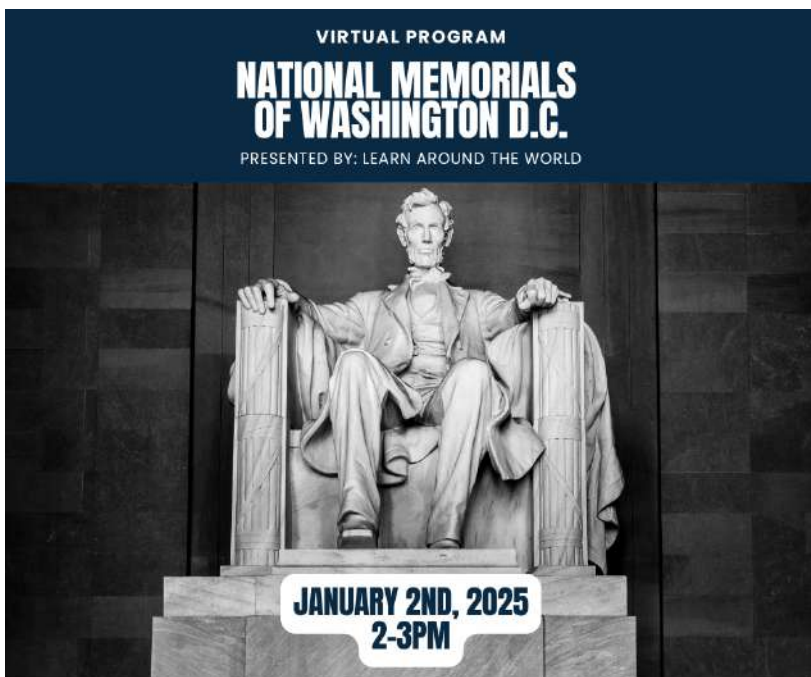
Kathleen McCauley, Campus Chaplain



As we embark on another new year, it is a great opportunity to renew. Renew our outlook on life, renew our commitment to health and wellness and renew our spirit and soul. Renewing our soul/spirit is sometimes a challenge for us; not because we don't deeply desire it, but because it is elusive/mysterious. Oftentimes we believe the use of the familiar tool of *discipline* is necessary for renewal. More disciplined with out prayers and ritual, but we can also renew our souls with enrichment and gentleness. Listening to an inspiring song, spending time in quiet, listening to the birds, writing in a journal etc. These are all spiritual practices that can call forth spiritual growth and renewal.

2 Corinthians 4:16. "So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day."

January Virtual Program



What are Virtual Programs?

They are live and interactive presentations that connect the residents with interesting people in amazing places through video conferencing. Current programs connect with museums, 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 (in the chapel), 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.



2025

Tuesdays & Thursdays

Week	Whizzer Day	Crank Day	RBS
Scrimmage Week	1/14	1/16	1/17
Week 1	1/21	1/23	1/24
Week 2	1/28	1/30	1/31
Week 3	2/4	2/6	2/7
Week 4	2/11	2/13	2/14
Week 5	2/18	2/20	2/21
Week 6	2/25	2/27	2/28
Week 7	3/4	3/6	3/7
Final 4	3/11	3/13	3/14
World Championship	3/18	3/20	NO RBS

** RBS = Really Big Show**

How does the TRYathlon work?

TRYathlon teams contribute to the community by working together to become stronger! It's fun and the events are designed for people of all ages and abilities! Your community needs you to participate, compete, and defend your current league standing!

Tuesdays- Whizzer (walking and trying to get more steps than the opposing team)

Thursdays- Arm crank and Leg crank (20 minutes each) getting more miles than the opposing team

Fridays- Really Big Show held in the chapel which goes over the week of competitions and standings for the year!

The TRYathlon is part of four annual Spark Performances that demonstrate strength, purpose, and belonging in action. Each team is placed in either the Lightening or Thunder League annually, based on their team's overall performance.

Community Updates

Please help us welcome the following new staff members to our Birchwood team



- Mai, LPN
- Nadine, CNA
- Josiene, RN
- Ellie, CNA

January: Where the Music Meets the Soul- A Month of Melody and Performance

1/3: Music with Bob Scoggins @ 2pm in the Chapel

1/6: Music Jeopardy @ 2pm in the Dining Room

1/15: Elvis Documentary @ 3pm (After bingo)

1/22: How The Beatles Changed the World @ 3pm (After bingo)

Resident Council will be held on Thursday, January 9th @ 1pm in the Chapel

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.



Make Hand Washing a Healthy Habit

FACT SHEET

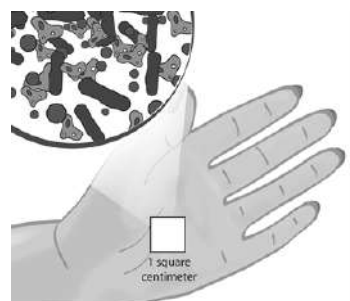
Thorough hand washing can help prevent disease

- Handwashing plays a major role in preventing the spread of diseases.
- Washing your hands regularly with soap and water can protect you from many illnesses caused by viruses and bacteria.
- Washing removes germs you pick up when you touch people, animals, or surfaces.
 - If not removed, these germs may get into your eyes, nose, or mouth and cause illness.
- The Minnesota Department of Health (MDH) strongly encourages everyone to develop good handwashing habits.

You can't see germs

Germs hide on remote controls, door handles, keyboards, faucet handles and any surface people touch.

- Since we can never be sure what germs are on our hands, washing them regularly and thoroughly with soap and water is a very important safeguard against infectious disease.



"Handwashing is the single most important means of preventing the spread of infections."

-- U.S. Centers for Disease Control (CDC)

When to Wash

Overall, wash your hands as frequently as you can; it is **essential** to wash your hands at these special times:

- Before touching any food or eating
- After using the bathroom
- After handling animals or animal wastes

How to Wash

The following procedure will remove up to 99.9 percent of the germs that get on your hands during the course of daily activities:


- Wet your hands with clean water
- Apply soap
- Rub your hands together vigorously and scrub all surfaces
- Scrub for 20 seconds (sing Happy Birthday twice)
- Rinse with clean water
- Dry hands briskly

Note: If soap and water are not available, use an alcohol based hand-rub (wipes or gel). Food handlers in restaurants, schools, delis and grocery stores must wash their hands with soap and water before applying hand sanitizers. [Minn Rules Chap. 4626.0070 - 4626.0085]



January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CH Chapel DR Dining Room		New Year's Day 1 10:00 Worship with Chaplain Kathleen [CH] 1:00 Social Visits/1:1's 2:00 New Year's Day Word Puzzles [DR] 3:00 Creative Coloring [DR] 6:00 Jig-saw Puzzles [DR]	Happy Birthday Patt H.! 2 10:00 Exercise Group [DR] 10:30 Social Visits/1:1's 2:00 Lifelong Learning Virtual-National Memorials of Washington D.C. [CH] 3:30 Comedy Shows [DR] 6:00 Winter Coloring [DR]	10:00 Reminiscing Group [DR] 3 10:30 Exercise Group [DR] 1:00 Short Stories [DR] 2:00 Music with Bob Scoggin [CH] 3:00 Coffee & Snack Social [DR] 6:00 Activity Cart [DR]	Happy Birthday Shirley L.! 4 10:00 Comedy Shows [DR] 1:30 National Missouri Day Doc.- Channel 95 2:00 Word Puzzles [DR] 3:30 Gentle Chair Exercises-Channel 95
	10:00 Worship with Corliss [CH] 5 12:00 Vikings vs. Lions Channel 9 1:30 National Bird Day Documentary- Channel 95 3:30 Gentle Chair Exercises-Channel 95	10:00 Nail Painting [DR] 6 10:30 Walking Group 11:00 Singing & Scripture [CH] 1:00 Exercise Group [DR] 2:00 Music Jeopardy [DR] 3:00 Creative Coloring [DR] 6:00 Evening Movie [DR]	10:00 St. Peter's Catholic Rosary & Communion [CH] 7 10:30 Social Visits/1:1's 11:30 Spark Performance Feast [CH] 1:00 Exercise Group [DR] 2:30 Crafty Corner [DR] 6:00 Activity Cart [DR]	10:00 Worship with Forest Hills Methodist [CH] 8 10:30 Walking Group 1:00 Exercise Group [DR] 2:00 TRYathlon Team Meeting [CH] 3:00 Creative Coloring [DR] 6:00 Jig-saw Puzzles [DR]	10:00 Exercise Group [DR] 9 10:30 Social Visits/1:1's 1:00 Resident Council [CH] 2:00 Bingo [DR] 3:30 Comedy Shows [DR] 6:00 Winter Coloring [DR]	10:00 Reminiscing Group [DR] 10 10:30 Exercise Group [DR] 1:00 2024 Season Really Big Awards Show [CH] 2:00 Table Games- Yahtzee [DR] 3:00 Coffee & Snack Social [DR] 6:00 Activity Cart [DR]
10:00 Worship with Chisago Lakes Baptist Church [CH] 12 10:30 Social Visits/1:1's 1:30 National Hot Tea Day Documentary- Channel 95 3:30 Gentle Chair Exercises-Channel 95	10:00 Nail Painting [DR] 13 10:30 Walking Group 11:00 Singing & Scripture [CH] 1:00 Exercise Group [DR] 2:00 Men's Group- Cribbage & Coffee [DR] 3:00 Creative Coloring [DR] 6:00 Evening Movie [DR]	10:00 St. Peter's Catholic Mass [CH] 14 10:30 Social Visits/1:1's 1:00 TRYathlon: Whizzer (Scrimmage) [CH] 1:00 Exercise Group [DR] 2:30 Crafty Corner [DR] 6:00 Activity Cart [DR]	10:00 Worship with Faith Lutheran [CH] 15 10:30 Walking Group 1:00 Exercise Group [DR] 2:00 Bingo [DR] 3:00 Elvis Documentary [DR] 6:00 Jig-saw Puzzles [DR]	10:00 Exercise Group [DR] 16 10:30 Social Visits/1:1's 1:00 TRYathlon: Arm/Leg Crank (Scrimmage) [CH] 2:30 January Trivia [DR] 3:30 Comedy Shows [DR] 6:00 Winter Coloring [DR]	10:00 Reminiscing Group [DR] 17 10:30 Exercise Group [DR] 1:00 Really Big Show [CH] 1:30 Table Games- Yahtzee [DR] 3:00 Coffee & Snack Social [DR] 6:00 Ben Franklin Day Documentary- Channel 95	10:00 Comedy Shows [DR] 18 1:30 National Michigan Day Documentary-Channel 95 2:00 Creative Coloring [DR] 3:30 Gentle Chair Exercises-Channel 95
10:00 Social Visits/1:1's 19 1:30 National Popcorn Day Documentary-Channel 95 2:00 Brain Games Packets [DR] 3:30 Gentle Chair Exercises-Channel 95	Martin Luther King Jr. Day 20 10:00 Nail Painting [DR] 10:30 Walking Group 1:30 Martin Luther King Jr. Documentary- Channel 95 3:00 Martin Luther King Jr. Facts [DR] 6:00 Evening Movie [DR]	10:00 St. Peter's Catholic Rosary & Communion [CH] 21 10:30 Social Visits/1:1's 1:00 TRYathlon: Whizzer [CH] 1:00 Exercise Group [DR] 2:30 Crafty Corner [DR] 6:00 Activity Cart [DR]	10:00 Worship with Chaplain Kathleen [CH] 22 10:30 Walking Group 1:00 Exercise Group [DR] 2:00 Bingo [DR] 3:00 The Beatles- Documentary [DR] 6:00 Jig-saw Puzzles [DR]	10:00 Exercise Group [DR] 23 10:30 Social Visits/1:1's 1:00 TRYathlon: Arm/Leg Crank [CH] 2:30 Dice Game [DR] 3:30 Comedy Shows [DR] 6:00 Winter Coloring [DR]	10:00 Reminiscing Group [DR] 24 10:30 Exercise Group [DR] 1:00 Really Big Show [CH] 1:30 Table Games- Yahtzee [DR] 3:00 Coffee & Snack Social [DR] 6:00 Activity Cart [DR]	10:00 Nail Painting [DR] 25 1:00 Short Stories [DR] 1:30 National Florida Day Documentary- Channel 95 3:30 Gentle Chair Exercises-Channel 95
10:00 Remembrance 26	10:00 Nail Painting 27	10:00 St. Peter's Catholic 28	10:00 Current Events & 29	10:00 Exercise Group 30	10:00 Reminiscing Group 31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Service [CH] 11:00 Chaplain Visits 1:00 Afternoon Movie [DR] 3:30 Gentle Chair Exercises- Channel 95	[DR] 10:30 Walking Group 11:00 Singing & Scripture [CH] 1:00 Exercise Group [DR] 2:00 Women's Group [DR] 3:00 Creative Coloring [DR] 6:00 Holocaust Memorial Day Documentary- Channel 95	Rosary & Communion [CH] 10:30 Social Visits/1:1's 1:00 TRYathlon: Whizzer [CH] 1:00 Exercise Group [DR] 2:30 Crafty Corner [DR] 6:00 Activity Cart [DR]	Weather [DR] 10:30 Walking Group 1:00 Exercise Group [DR] 2:00 Bingo [DR] 3:00 Creative Coloring [DR] 6:00 Jig-saw Puzzles [DR]	[DR] 10:30 Social Visits/1:1's 1:00 TRYathlon: Arm/Leg Crank [CH] 2:30 Hangman [CH] 3:30 Comedy Shows [DR] 6:00 Winter Coloring [DR]	[DR] 10:30 Exercise Group [DR] 1:00 Really Big Show [CH] 1:30 Table Games- Yahtzee [DR] 3:00 Coffee & Snack Social [DR] 6:00 Activity Cart [DR]	