#### **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



#### **Feeback 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.



If any of these things are

you, talk to your nurse

about Rehab/Therapy

#### Ask yourself, have you?

- Fallen
- Lost Balance
- Stumbled
- Services. Had Trouble Chewing
- Find Yourself More Forgetful

#### **Onsite Services**

Podiatry, Dental, Associated Clinic of Psychology, • or Integrative Therapy, contact floor nurse or front desk.

-Please leave dirty napkins on your plate, do not dispose of them in your glass.

-Come remember those that have passed in 2024 at our Annual Memorial Service on Sunday, January 26th at 10am

- · 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.





## Our Community Newsletter





**Michael Riddle** Friday January 10th **2pm** 



Birchwood Arbors | 750 NE 1st Street, Forest Lake, MN 55025 | 651-466-1000

# Age Magnificently

Discover what's going on in our community.

#### January

Michael Larson Friday January 31 **2pm** 



Birchwood Arbors | 750 NE 1st Street, Forest Lake, MN 55025 | 651-466-1000

#### **Birthdays and New Residents**

#### Spark Performance League TRYathlon



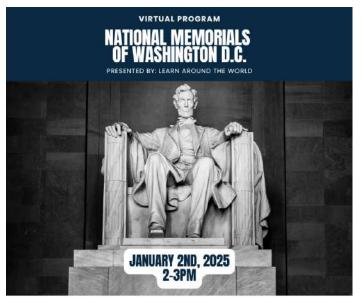
2025

#### **Tuesdays & Thursdays**

Week	Whizzer Day	Crank Day	RBS	
Scrimmage Week	1/14	1/16	1/17	
Week 1	1/21	1/23		
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 3/7 3/14	
Week 7	3/4	3/6		
Final 4	3/11	3/13		
World Championship	3/18	3/20	NO RBS	

#### Lifespark

### **Lifelong Learning Program**



LIVE AND INTERACTIVE MONTHLY PRESENTATIONS THAT CONNECT RESIDENTS WITH INTERESTING PEOPLE IN AMAZING PLACES THROUGH VIDEO CONFERENCING.

CONNECT WITH MUSEUMS, NATIONAL PARKS, EXPERTS, AND AUTHORS TO COVER A VARIETY OF LIFELONG LEARNING SUBJECTS.

#### Welcome & Birthday Party January 3rd at 2pm

#### Happy Birthday

- Ardy-14th
- Janet-19th
- Barb-25th
- Suzette-26th

#### Welcome!

• We are working on several interested new residents.

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.

#### **Chaplain Chat**



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 our 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."

#### 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 Lightning or Thunder League based on their team's overall performance annually.

### 9-Letter Word Puzzle #1

Try to make as many words as you can using the letters in the grid. Words must contain the middle letter. There is at least one 9-letter word!

G	L	Ν
E	Т	А
Μ	Е	Ν

### Stop the spread of germs that make you and others sick!



www.boalth.stato.mn.u

# DEPARTMENT OF HEALTH

#### **Make Hand Washing a Healthy Habit** FACT SHEET

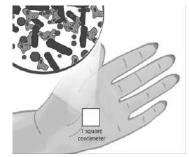
#### Thorough hand washing can help prevent disease

- 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.



3/2020

"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]

Minnesota Department of Health health.mn.gov/handhygiene

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BIRCHWOOD ARBORS	<ul> <li>AA All Around</li> <li>AR Activity Room</li> <li>CH Chapel</li> <li>DR Dining Room</li> <li>L Lobby</li> </ul>	Happy Birthday to 1/14 Ardath J 1/19 Janet A 1/25 Barbara W 1/26 Suzette H	New Year's Day110:00Rose Parade [L]10:00Worship w/Kathleen [CH]3:15Spiritual/Prayer Group w/ Kathleen [AR]	10:15 Exercise [AR]22:00 Lifelong Learning Program: National Memorials of Washington D.C. [CH]25:30 Resident Led Chat [L]	Cardio Equipment Avalable, Wellness Room, Everyday!310:15Kickball [AR]2:00Welcome/Birthday Party [DR]	<ul> <li>10:00 Resident Led Walk for Health [AA]</li> <li>1:30 Resident Led Chat [L]</li> <li>3:30 Chair Exercises - Ch 95</li> <li>5:30 Movie [L]</li> </ul>
10:00Linwood Covenant Church [CH]51:00Ice Cream Delivery [AA]1:30Resident Led Cribbage Club [DR]3:30Chair Exercises - Ch 957:20Vikings vs Lions [L]	10:15 Exercise [AR]61:00 WALMART (24 hour in advance sign up required)3:15 Hymn Sing w/Kathleen [AR]	10:00 St Peter's Communion & Rosary [CH]710:15 Coffee Talk [L]11:30 Spark Performance Feast [CH]2:30 Volunteering-See Melissa3:30 Walk & Talk [L]5:30 Games w/Tammy [AR]	<ul> <li>10:00 Worship w/Forest Hills 8 Methodist [CH]</li> <li>10:15 Exercise [AR]</li> <li>2:00 Spark TRYathlon Team Meeting [CH]</li> <li>3:15 Spiritual/Prayer Group w/ Kathleen [AR]</li> </ul>	10:15 Exercise [AR]91:30 Bingo [DR]3:30 Word Game [AR]5:30 Resident Led Chat [L]	10:15 Kickball [AR]101:00Spark Really Big Awards Show [CH]2:00Music w/Michael Riddle [DR]3:30Farkel [AR]	<ul> <li>10:00 Resident Led Walk for <b>11</b> Health [AA]</li> <li>1:30 Resident Led Chat [L]</li> <li>3:30 Chair Exercises - Ch 95</li> <li>5:30 Movie [L]</li> </ul>
<ul> <li>10:00 Worship w/Chisago Lakes Baptist [CH]</li> <li>1:00 Ice Cream Delivery [AA]</li> <li>1:30 Resident Led Cribbage Club [DR]</li> <li>1:30 Bingo [DR]</li> <li>3:30 Chair Exercises - Ch 95</li> </ul>	10:15 Exercise [AR] <b>13</b> 1:30 Snowman Craft [AR] 3:15 Hymn Sing w/Kathleen [AR]	<ul> <li>10:00 St Peter's Mass 14 [CH]</li> <li>10:15 Coffee Talk [L]</li> <li>1:00 Spark TRYathlon-Walking [CH]</li> <li>2:30 Volunteering-See Melissa</li> <li>3:30 Walk &amp; Talk [L]</li> </ul>	<ul> <li>10:00 Worship w/Faith Lutheran [CH]</li> <li>10:15 Exercise [AR]</li> <li>1:30 Bingo [DR]</li> <li>3:15 Spiritual/Prayer Group w/ Kathleen [AR]</li> </ul>	10:15 Exercise [AR]161:00 Spark TRYathlon-Leg/ Arm Crank [CH]163:00 Word Game [AR]165:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>17</b> 1:00 Spark Really Big Show [CH] 2:00 Happy Hour [DR]	<ul> <li>10:00 Resident Led Walk for 18 Health [AA]</li> <li>1:30 Resident Led Chat [L]</li> <li>1:30 Linwood Ladies Social [DR]</li> <li>3:30 Chair Exercises - Ch 95</li> <li>5:30 Movie [L]</li> </ul>
1:00 Ice Cream Delivery [AA] 1:30 Resident Led Cribbage Club [DR] 3:30 Chair Exercises - Ch 95	Martin Luther King Jr. Day2010:15Pet Visits [AA]10:30Men's Club [AR]1:30Word Game [AR]	10:00 St Peter's Communion & Rosary [CH]2110:15 Coffee Talk [L]1:00 Spark TRYathlon-Walking [CH]2:30 Volunteering-See Melissa3:30 Walk & Talk [L]5:30 Games w/Tammy [AR]	10:00 Worship w/ Kathleen <b>22</b> 10:15 Exercise [AR] 1:30 Bingo [DR] 3:15 Spiritual/Prayer Group w/ Kathleen [AR]	10:15Exercise [AR]231:00Spark TRYathlon-Leg/ Arm Crank [CH]233:00Story/Performance Cubes [AR]5:30Resident Led Chat [L]	10:15 Kickball [AR] <b>24</b> 1:00 Spark Really Big Show [CH] 3:30 Card & Board Games [AR]	<ul> <li>10:00 Resident Led Walk for 25 Health [AA]</li> <li>1:30 Resident Led Chat [L]</li> <li>3:30 Chair Exercises - Ch 95</li> <li>5:30 Movie [L]</li> </ul>
10:00 Annual Memorial Service [CH]261:00 Ice Cream Delivery [AA]1:30 Resident Led Cribbage Club [DR]3:30 Chair Exercises - Ch 95	<ul> <li>10:15 Resident Led Group Exercise [AR]</li> <li>10:30 OUT TO LUNCH (24 hour in advance sign up required)</li> <li>1:30 Word Game [AR]</li> <li>3:15 Hymn Sing w/Kathleen [AR]</li> </ul>	10:00 St Peter's Communion & Rosary [CH]2810:15 Coffee Talk [L]10:15 Coffee Talk [L]1:00 Spark TRYathlon-Walking [CH]2:30 Volunteering-See Melissa3:30 Walk & Talk [L]	10:15 Exercise [AR] <b>29</b> 1:30 Bingo [DR] 3:15 Spiritual/Prayer Group w/ Kathleen [AR]	10:15Exercise [AR]301:00Spark TRYathlon-Leg/ Arm Crank [CH]43:00Name That Tune & Instrument [AR]45:30Resident Led Chat [L]	10:15 Kickball [AR]311:00 Spark Really Big Show [CH]2:00 Music w/Michael Larson [DR]3:30 Blackjack [AR]	