

Executive Director- Frank Robinson 651-466-1022
 Director of Nursing- Trisha Kramer 651-466-1040
 Assistant Director of Nursing- Laura Harrer 651-466-1044
 TCU Nurse Manager- Christina Lundquist 651-466-1073
 Long Term Care Nurse Manager- Brittana Dehler 651-466-1049
 Human Resources Manager- Shannon Rischer 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



Age Magnificently



 Follow Birchwood Senior Living on Facebook!



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

Let's Celebrate!

February Holidays

Staff Birthdays:

- 2/3- Nadine Ndikum, CNA
- 2/9- Bill Gaetz, LPN
- 2/17- Allison Brunberg, CLD
- 2/24- Kacey Doris, CNA
- 2/28- Cynthia Glycer, TMA
- 2/28- Angelea Folske, LPN
- 2/28- Marion Muddue, CNA

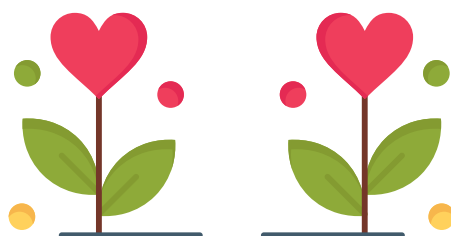
Staff Anniversaries:

- Cynthia Glycer, TMA- 27 Years
- Julie Boatman, HIM- 6 Years
- Corrie McKinzie, CNA- 1 Year
- Kimberly Curtis, CNA- 1 Year

Resident Birthdays:

- 2/11- Janice L.
- 2/15- Paul D.
- 2/15- Nadine J.
- 2/19- Robert E.
- 2/19- Donna S.
- 2/23- Shirley W.

- 1st- National Freedom Day
- 2nd- Groundhog Day
- 4th- Farmer's Day
- 6th- Frozen Yogurt Day
- 8th- National Iowa Day
- 9th- Super Bowl Sunday
- 10th- International Cribbage Day
- 11th- National Peppermint Patty Day
- 14th- Valentine's Day
- 15th- National Wisconsin Day
- 17th- President's Day
- 19th- U.S. Coast Guard Reserve Birthday
- 21st- National Caregivers Day
- 22nd- National California Day
- 27th- National Strawberry Day
- 28th- National Science Day





Hearts, Everywhere!

Kathleen McCauley Campus Chaplain

Free-form Snip

In the month of February, we seem to see hearts everywhere. I enjoy all the colorful decorations and sweets that surface this time of year. Yet, to speak of the heart is serious business, for there lies our greatest joys and pains. While I, like you, have experienced both in my life, our heart holds energy, and passions, that reminds us that we are alive. To feel the various emotions is in fact a gift, for to feel nothing, is to be estranged from the fullness of living, and the fullness of God's love. We get advice from Proverbs on how to deal with our hearts. Proverbs 4:23, NIV: Above all else, guard your heart, for everything you do flows from it. Solomon the author, referenced "heart", meaning the command center of the soul; the mind, will and affections, which totally makes sense. But perhaps many folks took this advice in how we love. Guarding our hearts for sure, fearful of getting hurt, abandoned, or worse. But perhaps we have too much defense going on here. Perhaps we have become so good at guarding our hearts, that the flow of giving and receiving love has diminished to a trickle? Maybe this month of love can provide us with the time and opportunity to give love and experience love in its fullness. My invitation to our Birchwood community is for all of us to look for ways to express and experience love and invite God to oversee our hearts as He can and will, when asked.



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.

February Virtual Program

VIRTUAL PROGRAM
PRESENTED BY: HOMESTEAD NATIONAL HISTORICAL PARK

“
Homesteading for Freedom

Learn how The Homestead Act of 1862 enabled 3,400 Black farmers to build homes, form communities like Nicodemus, Kansas, and pursue freedom, prosperity, and leadership despite systemic challenges.



FEBRUARY 6TH 2:00PM

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.

Community Updates

- *Our 2nd floor transitional care unit is now fully open and operating!
- *Please help us welcome the following new staff members to our Birchwood team!
-Brianna Bunting, LPN
-Jennifer Toscano, CNA
- *Our theme for February is "Building Legacies- Sharing Wisdom Across Generations" This month in community life we will be helping the residents with telling their life stories and their legacies.
- *Resident Council will be held on 2/3 @1pm in the Chapel
- *Resident Valentine's Day Party will be held in the Chapel on 2/14 @ 2pm with treats and music by Mary Hall

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.

Life Engagement Boxes

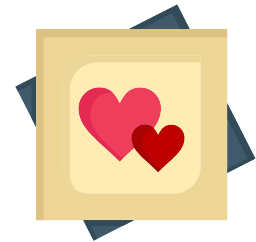


What is a Life Engagement Box?

Life Engagement Boxes are boxes that contain objects or items that help recall memories of a particular life moment. The contents in the boxes are items that are meaningful to the resident that can provide comfort and familiarity. These items can also help encourage conversations with loved ones and other care givers.

What are some ideas of items to place inside of the box?

- *Photos of loved ones
- *Postcards of places that they have traveled or enjoyed
- *Handwritten letters
- *Magazines
- *Tickets from important events
- *Items related to previous occupation
- *Items related to a hobby
- *Stuffed animals
- *Clothing pieces



Where will these be stored?

We will be keeping the Life Engagement Boxes on the top of each resident's closet for staff or families to utilize

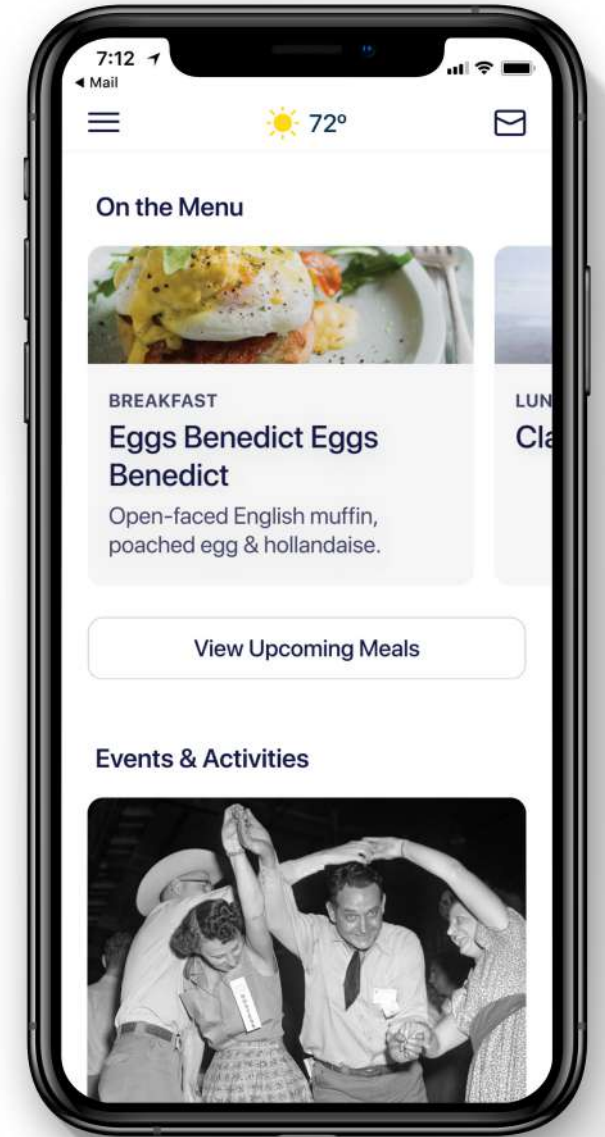
Friendly Reminder...

Please give items to Community Life staff to complete the boxes. Please do not bring in valuable items for the boxes as these can be misplaced when Life Engagement Boxes are being utilized. Community Life will supply the boxes- the size of the box is 6qts (plastic shoe box size)

**If you have any questions please reach out to Allison Brunberg by email or phone
abrunberg@birchwoodseniorliving.com
651-466-1030**

Download the new mobile app for Birchwood

- ◆ View upcoming activities and events
- ◆ See what's on the menu each day
- ◆ Access common resources
- ◆ View and share community photos
- ◆ Receive emergency alerts & updates
- ◆ Check the local weather in Forest Lake, MN




Access Quiltt for iOS, Android, and desktop

<https://get.quiltt.com/org/VTWGQ>

Enter code VTWGQ after opening the Quiltt app for the first time.



February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
	A Arbors Activity Room CH Chapel DR Dining Room					10:00 Vote to see if the Groundhog will see his shadow! [DR] 1 1:30 National Freedom Day-Channel 95 3:30 Gentle Chair Exercises-Channel 95 6:00 Highs & Lows with Nathan [DR]
10:00 Worship with Corliss [CH] 2 11:00 Groundhog Day Fun Facts [DR] 1:30 Afternoon Movie [DR] 3:30 Gentle Chair Exercises-Channel 95	10:00 Nail Painting [DR] 3 10:30 Group Exercise [CH] 11:00 Hymn Sing & Scripture [CH] 1:00 Resident Council [CH] 2:00 Jeopardy! [DR] 3:00 Short Stories [DR] 6:00 Old Time Radio Shows-Channel 95	10:00 St. Peter's Catholic Rosary [CH] 4 10:45 Guided Imagery Meditation [CH] 1:00 TRYathlon: Arm & Leg Crank [CH] 2:30 Crafty Corner [DR] 6:00 Willie Mays Day Documentary- Ch. 95	10:00 Worship with Chaplain Kathleen [CH] 5 10:30 Group Exercise [CH] 1:00 Music Favorites [DR] 2:00 Bingo [DR] 6:00 Western: Angel & The Badman- Ch. 95	10:00 Fun Facts & Current Events [DR] 6 1:00 TRYathlon: Whizzer [CH] 2:00 Virtual Event: Homesteading for Freedom [CH] 3:00 Coffee & Trivia [DR] 6:00 Sing-Alongs- Channel 95	10:00 Go Travel Group [DR] 7 1:00 Really Big Show [CH] 1:30 Table Games [DR] 3:00 Coffee & Snack Social [DR] 6:00 Movie: Royal Wedding (1951)- Ch. 95	10:00 Documentary & Discussion [DR] 8 11:00 Valentine's Day Water Color Craft [DR] 1:30 National Iowa Day Documentary- Channel 95 3:30 Gentle Chair Exercises-Channel 95 6:00 Highs & Lows with Nathan [DR]
10:00 Worship with Chisago Lakes Baptist Church [CH] 9 10:30 Card Games [DR] 1:00 Super Bowl Trivia [DR] 3:30 Gentle Chair Exercises-Channel 95 5:30 Super Bowl Game- Channel 9	10:00 Nail Painting [DR] 10 10:30 Group Exercise [CH] 11:00 Hymn Sing & Scripture [CH] 1:30 Jeopardy! [DR] 3:00 Short Stories [DR] 6:00 Old Time Radio Shows-Channel 95	Happy Birthday Jan! 11 10:00 St. Peter's Catholic Mass [CH] 10:45 Guided Imagery Meditation [CH] 1:00 TRYathlon: Whizzer [CH] 2:30 Crafty Corner [DR] 6:00 Music Trivia- Channel 95	10:00 Worship with Chaplain Kathleen [CH] 12 10:30 Group Exercise [CH] 1:00 Music Favorites [DR] 2:00 Bingo [DR] 6:00 Western: Under Western Stars- Ch. 95	10:00 Fun Facts & Current Events [DR] 13 1:00 TRYathlon: Arm/Leg Crank [CH] 2:00 Building Legacies: Life Stories [DR] 3:00 Coffee & Trivia [DR] 6:00 Sing-Alongs- Channel 95	Valentine's Day 14 10:00 Go Travel Group [DR] 1:00 Really Big Show [CH] 2:00 Valentine's Day Party & Music [CH] 3:00 Coffee & Music Favorites [DR] 6:00 Movie: Valentine's Town-Channel 95	Happy Birthday Nadine! 15 Happy Birthday Paul! 10:00 Comedy Hour [DR] 1:30 National Wisconsin Day Documentary- Ch. 95 3:30 Gentle Chair Exercises-Channel 95 6:00 Highs & Lows with Nathan [DR]
10:00 Worship with Chaplain Kathleen [CH] 16 11:00 1:1 Chaplain visits 1:30 World Whale Day Documentary- Channel 95 3:30 Gentle Chair Exercises-Channel 95	Washington's Birthday 17 10:30 Men's Group with Arbors [CH] 1:30 President Day Documentary-Channel 95 2:30 Presidential Fun Facts [DR] 6:00 Old Time Radio Shows-Channel 95	10:00 St. Peter's Catholic Rosary [CH] 18 10:45 Guided Imagery Meditation [CH] 1:00 TRYathlon: Whizzer [CH] 2:30 Crafty Corner [DR] 6:00 Music Trivia- Channel 95	Happy Birthday Bob! 19 Happy Birthday Donna! 10:00 Worship with Faith Lutheran [CH] 10:30 Group Exercise [CH] 1:00 Music Favorites [DR] 2:00 Bingo [DR] 6:00 Western: Riders of Destiny- Ch. 95	10:00 Fun Facts & Current Events [DR] 20 1:00 TRYathlon: Arm/Leg Crank [CH] 2:00 Building Legacies: Life Stories [DR] 3:00 Coffee & Trivia [DR] 6:00 Sing-Alongs- Channel 95	10:00 Go Travel Group [DR] 21 1:00 Really Big Show [CH] 1:30 Table Games [DR] 3:00 Coffee & Snack Social [DR] 6:00 Movie: Charade(1963)-Channel 95	10:00 Jeopardy! [DR] 22 11:00 Music Favorites [DR] 1:00 Afternoon Movie [DR] 3:30 Gentle Chair Exercises-Channel 95 5:30 Greif/Support Group [A]
Happy Birthday Shirley! 23 10:00 Current Events & Weather [DR] 10:30 Coffee & Trivia [DR] 1:00 Nail Painting [DR] 3:30 Gentle Chair Exercises-Channel 95	10:00 Nail Painting [DR] 24 10:30 Group Exercise [CH] 11:00 Hymn Sing & Scripture [CH] 1:30 Women's Group [DR] 3:00 Short Stories [DR] 6:00 Old Time Radio Shows-Channel 95	10:00 St. Peter's Catholic Rosary [CH] 25 10:45 Guided Imagery Meditation [CH] 1:00 TRYathlon: Whizzer [CH] 2:30 Crafty Corner [DR] 6:00 Music Trivia- Channel 95	10:00 Worship with Chaplain Kathleen [CH] 26 10:30 Group Exercise [CH] 1:00 Music Favorites [DR] 2:00 Bingo [DR] 6:00 Western: Santa Fe Trail- Ch.95	10:00 Fun Facts & Current Events [DR] 27 1:00 TRYathlon: Arm/Leg Crank [CH] 2:00 Building Legacies: Life Stories [DR] 3:00 Coffee & Trivia [DR] 6:00 Sing-Alongs- Channel 95	10:00 Go Travel Group [DR] 28 1:00 Really Big Show [CH] 1:30 Table Games [DR] 3:00 Coffee & Snack Social [DR] 6:00 Movie: Never Been Kissed-Channel 95	