

# Leadership Contacts

Interim Executive Director- Megan Miller 651-466-1022  
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 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



## Our Community Newsletter

*Discover what's going on in our community.*

### Let's Celebrate!

#### Staff Birthdays:

- 3/1- Shannon Rischer, HR
- 3/3- Laurie Holton, LPN
- 3/7- Brittana Dehler, LTC Nurse Manager
- 3/10- Erika Lewis, CNA
- 3/15- Kaitlyn Steffel, CNA
- 3/16- Diane Weida, RN
- 3/19- Carol Hedin, Scheduling Coordinator

#### Staff Anniversaries:

- Magdeline Tankeh, CNA- 5 years
- Amy Salvesson, CNA- 3 Years
- Lucy Awason- 3 Years
- Aragsan Nur, CNA- 1 Year
- Rubdy Dominguez Ixtlilco, CNA- 1 Year
- Nathan Vargovcik, End of Life Doula- 1 Year

#### Resident Birthdays:

- 3/3- Sandra W.
- 3/5- Gary B.
- 3/9 Michael M.
- 3/13- Elizabeth D.
- 3/15- Bill J.
- 3/16- Albert D.
- 3/20- Curtis A.

### Welcome to Birchwood!

I'm excited to introduce myself as the new Interim Administrator of Birchwood Health Care Center. My name is Megan Miller, and I've had the pleasure of being with Lifespark Communities for the past two years, most recently serving as the Assistant Executive Director of Woodbury Senior Living. I am also a proud graduate of the University of Wisconsin Eau Claire's Healthcare Administration program.

I am committed to ensuring that every resident receives the best possible care in a safe and respectful environment. I look forward to building relationships with each of you and continuing the excellent care at Birchwood Health Care Center.

Please feel free to reach out to me anytime or stop by my office.

Thank You,  
Megan Miller, LNHA



 Follow Birchwood Senior Living on Facebook!





## A Resilient Spirit in Winter

Kathleen McCauley Campus Chaplain

It goes without saying that folks in this part of the country are resilient in the face of brutal winters that seem to go on forever. Having stamina to survive a harsh winter is commendable, but I don't wonder if there is more that sustains our spirits in the depth of winter. There is a grit needed to endure the elements of nature, for sure, then there is a stamina of the interior to sustain our spirits and nourish our souls.

These same qualities of grit and soul stamina are what Jesus needed in the desert. We model Jesus as we cultivate our spiritual and emotional resources. It is my hunch that there are deep emotional and spiritual roots to our resiliency, which consist of hope, vision, and connectedness.

Holding onto hope provides soul energy, to sustain us in tough times. To have a vision with deep conviction that there is more... to life, to myself and to the moment, helps us see past the present. And connectedness, to others in fellowship and to God in prayer, reminds us we are loved and valued.

In a world that sometimes looks gloomy and bleak (like winter or the desert) it is our shared resilient spirits that will sustain others. Let your resilience, which comes from your deepest well, spread and help sustain others in challenging times.



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!

**Our TRYathlon wraps up at the end of this month! The time has flown by and we are looking forward to dusting off our forklifts for our next Spark Performance- Fork Lift Racing! Stay tuned!**

# March Virtual Program

## VIRTUAL PROGRAM

# AMERICAN WOMEN DURING THE AMERICAN REVOLUTION

PRESENTED BY : ARMY WOMEN'S MUSEUM

EXPLORE HOW WOMEN SHAPED AMERICA FROM CAMP FOLLOWERS TO SPIES, EVEN IMPERSONATING MEN TO FIGHT FOR INDEPENDENCE. JOIN THE U.S. ARMY WOMEN'S MUSEUM TO UNCOVER THEIR CONTRIBUTIONS IN HISTORY!



## 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 News & Updates

## Family Council

If you are interested in attending Family Council please reach out to our Social Services Director, Caitlin Walczak at 651-466-1038

## Resident Council

Our next Resident Council will be held on Monday, March 10th at 1pm in the chapel.

## Community Life

Our theme for March is "Unleash your Imagination- A Celebration of Creative Arts"-residents will be busy throughout the month of March creating art in our crafty corner groups and will have an art show at the end of the month on Friday, March 28th in the chapel to display all of their beautiful creations.

## Volunteers

We are always looking for volunteers! Some specific volunteer opportunities we are looking for are: Pet visits, assisting with or calling bingo, 1:1 visits with residents, leading/assisting crafts for residents.

**If you are interested in volunteering please reach out to Allison Brunberg at 651-466-1030 or [abrunberg@birchwoodseniorliving.com](mailto:abrunberg@birchwoodseniorliving.com)**

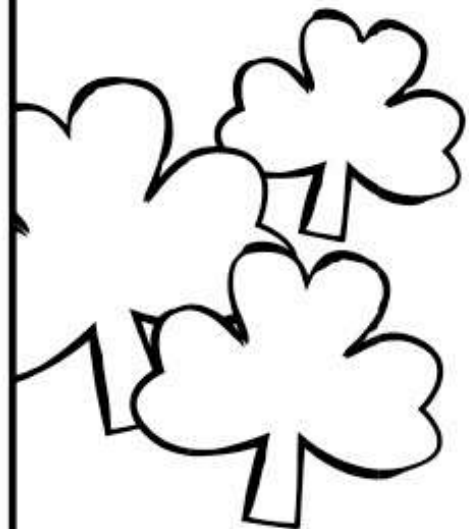
**Suggestions or Compliments?- Fill out a feedback form located on each unit hallway. Staff, residents, and families are encouraged to use the forms at any time they have a comment/suggestion they would like to share with management.**

Name: \_\_\_\_\_

# HAPPY St. Patrick's Day!



Can you find the words in the word search below? They can be horizontal or vertical, and forward or backward.

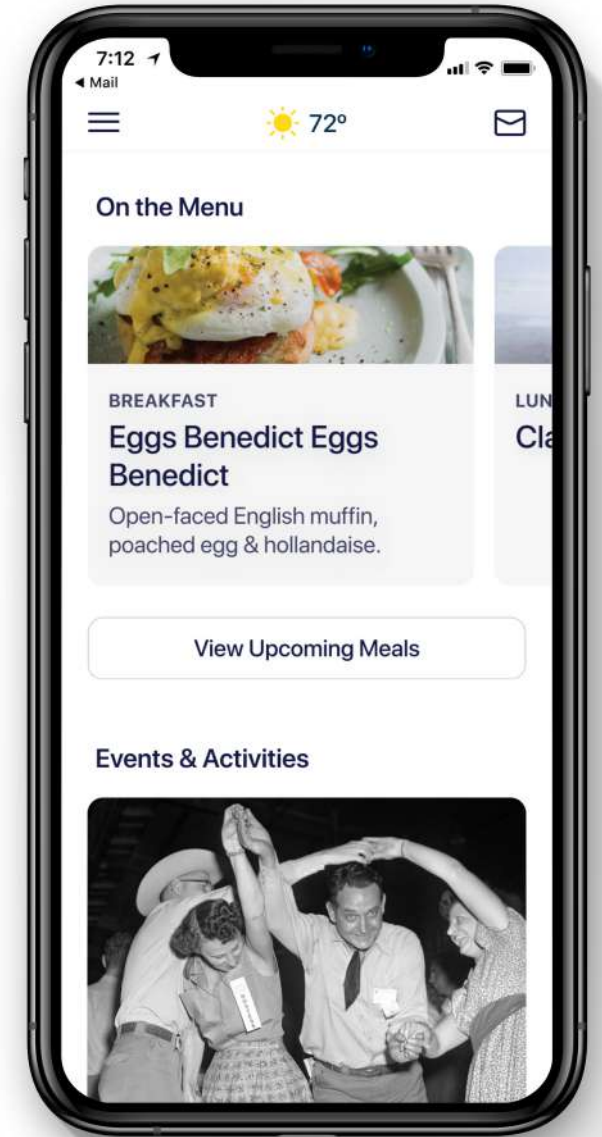


- |         |            |           |
|---------|------------|-----------|
| luck    | March      | gold      |
| Ireland | leprechaun | rainbow   |
| clover  | jig        | potato    |
| green   | shamrock   | limerick  |
| holiday | tradition  | celebrate |



## 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.





# March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Worship with Chaplain Kathleen [CH] <b>30</b></p> <p>11:00 1:1 Visits with Chaplain Kathleen</p> <p>1:30 Afternoon Movie [DR]</p> <p>3:30 Gentle Chair Exercises-Channel 95</p>	<p>10:00 Nail Painting [DR] <b>31</b></p> <p>11:00 Hymn Sing &amp; Scripture [CH]</p> <p>1:00 Exercise Group [DR]</p> <p>1:30 Hangman [DR]</p> <p>3:00 Short Stories [DR]</p> <p>6:00 Music Trivia-Channel 95</p>	 <p>Schedule is subject to change.</p> <p>◀ March continued</p>			<p>A Arbors Activity Room</p> <p>CH Chapel</p> <p>DR Dining Room</p>	<p>10:00 Comedy Shows [DR] <b>1</b></p> <p>1:30 Nat. Minnesota Day Documentary- Channel 95</p> <p>3:30 Gentle Chair Exercises-Channel 95</p> <p>6:00 Highs and Lows with Nathan [DR]</p>
<p>10:00 Worship with Corliss [CH] <b>2</b></p> <p>1:30 The Dred Scott Decision-Channel 95</p> <p>3:30 Gentle Chair Exercises-Channel 95</p>	<p><b>Happy Birthday Sandra!</b> <b>3</b></p> <p>10:00 Nail Painting [DR]</p> <p>11:00 Hymn Sing &amp; Scripture [CH]</p> <p>1:00 Exercise Group [DR]</p> <p>1:30 Hangman [DR]</p> <p>3:00 Short Stories [DR]</p> <p>6:00 Music Trivia-Channel 95</p>	<p>10:00 St. Peter's Catholic Rosary &amp; Communion [CH] <b>4</b></p> <p>10:45 Guided Imagery Meditation [CH]</p> <p>1:00 TRYathlon: Whizzer [CH]</p> <p>2:30 Crafty Corner [DR]</p> <p>6:00 Old Time Radio Shows: Red Ryder- Ch. 95</p>	<p><b>Happy Birthday Gary!</b> <b>5</b></p> <p>10:00 Ash Wednesday Service [CH]</p> <p>10:30 Exercise Group [CH]</p> <p>1:00 Music Favorites [DR]</p> <p>2:00 Bingo [DR]</p> <p>3:30 Reminiscing Group [DR]</p> <p>6:00 Western: Rawhide- Channel 95</p>	<p>10:00 Go Travel Group [DR] <b>6</b></p> <p>10:45 Guided Imagery Meditation [CH]</p> <p>1:00 TRYathlon: Arm/Leg Crank [CH]</p> <p>2:00 Lifelong Learning: American Women During the American Revolution [CH]</p> <p>3:30 Coffee &amp; Trivia [DR]</p> <p>6:00 Classic Country Music- Ch. 95</p>	<p>10:00 Fun Facts &amp; Current Events [DR] <b>7</b></p> <p>10:45 Guided Imagery Meditation [CH]</p> <p>1:00 Really Big Show [CH]</p> <p>1:30 Table Games [DR]</p> <p>3:00 Coffee Social &amp; Snack [DR]</p> <p>6:00 Evening Movie [DR]</p>	<p>10:00 International Women's Day Facts [DR] <b>8</b></p> <p>1:30 Zora Neal Hurston Documentary- Ch. 95</p> <p>3:30 Gentle Chair Exercises-Channel 95</p> <p>6:00 Highs and Lows with Nathan [DR]</p>
<p><b>Happy Birthday Mike!</b> <b>9</b></p> <p>10:00 Worship with Chisago Lakes Baptist Church [CH]</p> <p>1:00 Afternoon Movie [DR]</p> <p>1:30 Why Daylight Savings?-Channel 95</p> <p>3:30 Gentle Chair Exercises-Channel 95</p>	<p>10:00 Nail Painting [DR] <b>10</b></p> <p>11:00 Hymn Sing &amp; Scripture [CH]</p> <p>1:00 Resident Council [CH]</p> <p>2:00 Hangman [DR]</p> <p>3:00 Short Stories [DR]</p> <p>6:00 Harriet Tubman Day Documentary- Ch. 95</p>	<p>10:00 St. Peter's Catholic Mass [CH] <b>11</b></p> <p>10:45 Guided Imagery Meditation [CH]</p> <p>1:00 TRYathlon: FINAL 4 [CH]</p> <p>2:30 Crafty Corner [DR]</p> <p>3:30 Think Fast! [DR]</p> <p>6:00 Old Time Radio Show: CBS Mystery- Ch.95</p>	<p>10:00 Worship with Forest Hills Methodist [CH] <b>12</b></p> <p>10:30 Exercise Group [CH]</p> <p>1:00 Music Favorites [DR]</p> <p>2:00 Bingo [DR]</p> <p>6:00 Western: Albuquerque-Channel 95</p>	<p><b>Happy Birthday Elizabeth!</b> <b>13</b></p> <p>10:00 Go Travel Group [DR]</p> <p>10:45 Guided Imagery Meditation [CH]</p> <p>1:00 TRYathlon: FINAL 4 [CH]</p> <p>2:30 Baking Group [DR]</p> <p>6:00 Rock n Roll Oldies- Ch. 95</p>	<p>10:00 Fun Facts &amp; Current Events [DR] <b>14</b></p> <p>10:45 Guided Imagery Meditation [CH]</p> <p>1:00 Really Big Show [CH]</p> <p>1:30 Table Games [DR]</p> <p>3:00 Coffee Social &amp; Pie (Pi Day) [DR]</p> <p>6:00 Evening Movie [DR]</p>	<p><b>Happy Birthday Bill!</b> <b>15</b></p> <p>10:00 Weather &amp; Current Events [DR]</p> <p>1:00 Dice Game [DR]</p> <p>1:30 Sandra Day Oconnor Documentary- Ch. 95</p> <p>3:00 Short Stories [DR]</p> <p>6:00 Highs and Lows with Nathan [DR]</p>
<p><b>Happy Birthday Albert!</b> <b>16</b></p> <p>10:00 Weather &amp; Current Events [DR]</p> <p>10:30 What's Your Leprechaun Name? [DR]</p> <p>1:00 Disney Movie [DR]</p> <p>3:30 Gentle Chair Exercises-Channel 95</p>	<p>10:00 Nail Painting [DR] <b>17</b></p> <p>11:00 Hymn Sing &amp; Scripture [CH]</p> <p>1:30 St. Patrick's Day Social [DR]</p> <p>3:00 St. Patrick's Day Trivia [DR]</p> <p>6:00 Music Trivia-Channel 95</p>	<p>10:00 St. Peter's Catholic Rosary &amp; Communion [CH] <b>18</b></p> <p>10:45 Guided Imagery Meditation [CH]</p> <p>1:00 TRYathlon: World Championship [CH]</p> <p>2:30 Crafty Corner [DR]</p> <p>3:30 Think Fast! [DR]</p> <p>6:00 Old Time Radio Show: Bob Hope- Ch. 95</p>	<p>10:00 Worship with Faith Lutheran [CH] <b>19</b></p> <p>10:30 Exercise Group [CH]</p> <p>1:00 Music Favorites [DR]</p> <p>2:00 Bingo [DR]</p> <p>3:30 Reminiscing Group [DR]</p> <p>6:00 Western: Walking Thunder-Channel 95</p>	<p><b>Happy Birthday Curtis!</b> <b>20</b></p> <p>10:00 Spring Trivia [DR]</p> <p>10:45 Guided Imagery Meditation [CH]</p> <p>1:00 TRYathlon: World Championship [CH]</p> <p>2:30 Gardening Club [DR]</p> <p>6:00 Classical Music- Ch. 95</p>	<p>10:00 Fun Facts &amp; Current Events [DR] <b>21</b></p> <p>10:45 Guided Imagery Meditation [CH]</p> <p>1:30 LIVE music by Adam Daniel [CH]</p> <p>3:00 Coffee Social &amp; Snack [DR]</p> <p>6:00 Evening Movie [DR]</p>	<p>10:00 1:1 Visits with Chaplain Kathleen <b>22</b></p> <p>1:30 The Pankurst Sisters Documentary- Ch. 95</p> <p>3:30 Gentle Chair Exercises-Channel 95</p> <p>6:00 Grief/Support Group [A]</p>
<p>10:00 Worship with Chaplain Kathleen [CH] <b>23</b></p> <p>11:00 1:1 Visits with Chaplain Kathleen</p> <p>1:30 Afternoon Movie [DR]</p> <p>3:30 Gentle Chair Exercises-Channel 95</p>	<p>10:00 Nail Painting [DR] <b>24</b></p> <p>11:00 Hymn Sing &amp; Scripture [CH]</p> <p>1:00 Exercise Group [DR]</p> <p>2:00 LIVE music by Bill Cagley [DR]</p> <p>3:00 Short Stories [DR]</p> <p>6:00 Music Trivia-Channel 95</p>	<p>10:00 St. Peter's Catholic Rosary &amp; Communion [CH] <b>25</b></p> <p>10:45 Guided Imagery Meditation [CH]</p> <p>1:00 Forklift Racing Practice [CH]</p> <p>2:30 Crafty Corner [DR]</p> <p>3:30 Think Fast! [DR]</p> <p>6:00 Old Time Radio Show: Bold Venture- Ch. 95</p>	<p>10:00 Worship with Chaplain Kathleen [CH] <b>26</b></p> <p>10:30 Exercise Group [CH]</p> <p>1:00 Music Favorites [DR]</p> <p>2:00 Bingo [DR]</p> <p>3:30 Reminiscing Group [DR]</p> <p>6:00 Western: The Tall Texan-Channel 95</p>	<p>10:00 Go Travel Group [DR] <b>27</b></p> <p>10:45 Guided Imagery Meditation [CH]</p> <p>1:00 Forklift Racing Practice [CH]</p> <p>2:30 Women's Club [CH]</p> <p>3:30 Coffee &amp; Trivia [DR]</p> <p>6:00 Popular Music- Ch. 95</p>	<p>10:00 Fun Facts &amp; Current Events [DR] <b>28</b></p> <p>10:45 Guided Imagery Meditation [CH]</p> <p>1:30 Resident Art Show [CH]</p> <p>3:00 Coffee Social &amp; Snack [DR]</p> <p>6:00 Evening Movie [DR]</p>	<p>10:00 1:1 Visits/Social Visits and Coffee [DR] <b>29</b></p> <p>1:30 Amelia Earhart Documentary- Ch.95</p> <p>3:30 Gentle Chair Exercises-Channel 95</p> <p>6:00 Highs and Lows with Nathan [DR]</p>