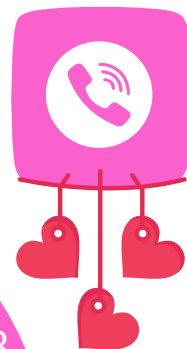
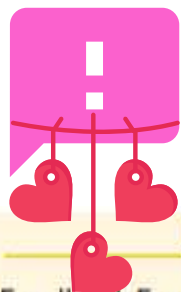


Leadership Contacts



- Frank - Executive Director - 651-466-1022
- 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 Director - 651-466-1014
- Diana - Billing - 763-390-0868
- Michelle - Food Service Manager - 651-466-1017
- Housekeeping - 651-466-1028
- Kathleen-Chaplain - 651-466-1031
- Nathan-End of Life Doula - 651-466-1024
- Front/Home Health Aides - 651-466-1000
- Kitchen - 651-466-1005



Feedback 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.

- 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 and to discuss questions, comments and concerns with your peers.

HEY REHAB!



Ask yourself, have you?

- Fallen
 - Lost Balance
 - Stumbled
 - Had Trouble Chewing
 - Find Yourself More Forgetful
- If any of these things are you, talk to your nurse about Rehab/Therapy Services.*

- Sign up for OUTINGS in the Wellness Room at least 24 hours in advance of the trip.

- Don't forget the **EXERCISE BIKE** is available for **daily** use in the Wellness Room on the first floor!

- See Melissa if you would like to be part of our **VOLUNTEER TEAM**.

Onsite Services

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

With Lifespark COMPLETE™, you get complete senior health services designed to keep you healthy at home, living a happy, sparked life — all on your terms. This proactive approach is proven to keep you off the health care roller coaster, helping you live a fuller, more independent life as you age.



• Ask for more info on Lifespark Complete!



Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

February



Mary Franz
Friday
February 14th
2pm

Bob Scoggin
Friday
February 28th
2pm



Happy Birthday

- Carolyn - 6th
- Joe - 9th
- Dennis -18th
- Vonnie - 22nd
- Bonnie J - 24th

WELCOME

Louise - Apt 204

Welcome & Birthday Party
February 7th at 2pm

Welcome Kiara and Ubah to the PM HHA team. They will begin training in February so please welcome them to the team. We are so happy to have them.

Thanks to Madi Bates, AED for all of her time and care to our community. She will be greatly missed.

A new Executive Director has been hired for our campus, his name is Christopher, and he will start with us in early March. We will follow up with a new staff bio on him once he begins his training.

This month we also say goodbye to another long-term HHA staff, Talli. Talli is moving to Wisconsin and will remain a casual staff so she can still pick up some shifts and help when she can.

It's been a great start to the year. Thank you all for being so wonderful and fun to work with. As we enter February remember to get some fresh air, say nice things to your community members, and consider coming to resident council this month to learn more about our community. Everyone is invited and the more collaboration we have for our community the better.



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!

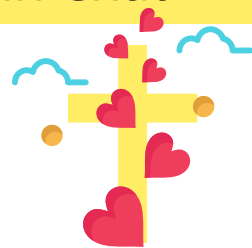
GOAL: to get more steps/miles than the opposing team.
Tuesdays - Whizzer - 30 minutes of taking turns walking with a pedometer.

Thursdays - Arm crank and Leg crank - 20 minutes of taking turns with an arm bike and foot bike.

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 the Spark Performance League that demonstrate strength, purpose, and belonging in action.!

Chaplain Chat

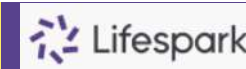


Hearts, Everywhere!
 Kathleen McCauley Campus Chaplain



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.



Lifelong Learning 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 residents with interesting people in amazing places through video conferencing.

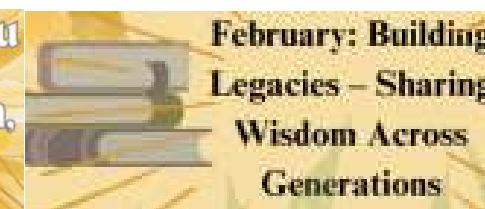
Current programs connect with museums, national parks, experts, and authors to cover a variety of lifelong learning subjects.

How Do They Work?

Residents gather in front of the Chapel TV/conferencing system.

The presenter is 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.



40 Powerful Proverbs and Sayings From Around The World

1. A tree is known by its fruit. – Southern African Proverb
2. The old horse in the stable still yearns to run. – [Asian Proverb](#)
3. Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime. – Asian Proverb
4. A monkey in silk is a monkey no less. – American Proverb
5. Early to bed and early to rise, makes a man healthy, wealthy and wise. – English Proverb
6. Laugh and the world laughs with you, weep and you weep alone. – English Proverb
7. An army of sheep led by a lion would defeat an army of lions led by a sheep – Arabic Proverb
8. Even a small star shines in the darkness. – Finnish Proverb
9. After the game, the king and pawn go into the same box. – Italian Proverb
10. God could not be everywhere and therefore he made mothers. – Jewish Proverb
11. Shared joy is a double joy; shared sorrow is half a sorrow. – Swedish Proverb
12. Words should be weighed, not counted. – Yiddish Proverb
13. Do good and throw it in the sea. – Arabic Proverb
14. Where love reigns, the impossible may be attained. – Indian Proverb
15. Truth is more valuable if it takes you a few years to find it. – French Proverb
16. There is no shame in not knowing; the shame lies in not finding out. – Russian Proverb
17. A loose tooth will not rest until it's pulled out. – African Proverb
18. The path is made by walking. – African Proverb
19. Drop by drop you break the rock – Italian Proverb
20. The tree often hides the forest – [French Proverb](#)
21. Do not push the river, it will flow itself – Polish Proverb

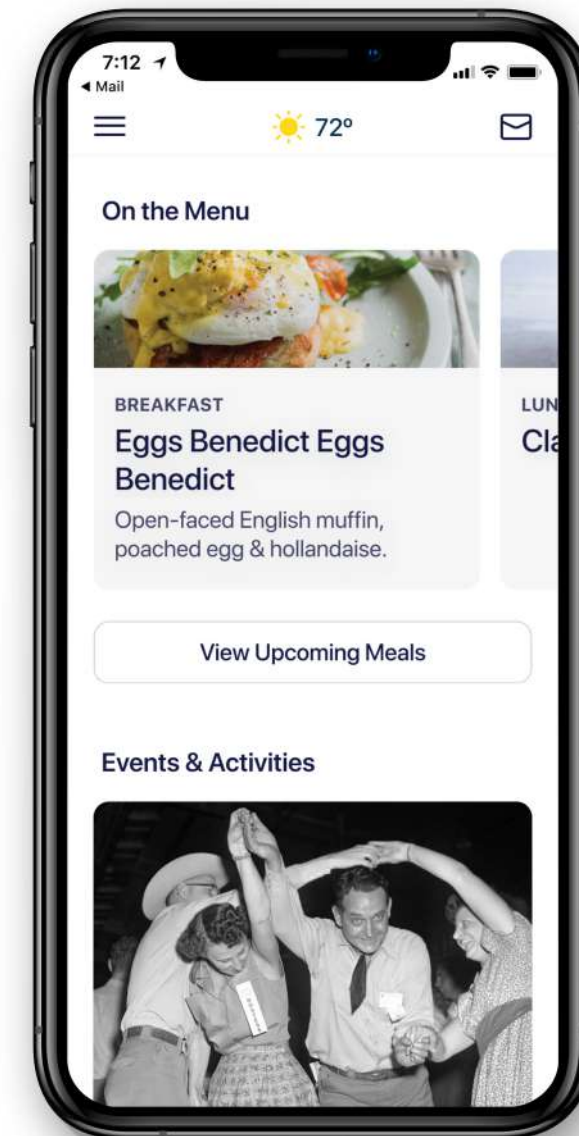
22. Measure a thousand times and cut once. – Turkish Proverb
23. Whoever gossips to you will gossip about you. – Spanish Proverb
24. Don't sail out farther than you can row back. – Danish Proverb
25. If you take big paces, you leave big spaces. – Burmese Proverb
26. Before you score, you first must have a goal. – Greek Proverb
27. Good advice is often annoying, bad advice never is. – French Proverb
28. Instruction in youth is like engraving in stone – Moroccan Proverb
29. A beautiful thing is never perfect. – Egyptian Proverb
30. Turn your face toward the sun and the shadows fall behind you. – Maori Proverb
31. Better little than too little – Cameroonian Proverb
32. Tell me who your friends are, so I can tell you who you are – Bulgarian Proverb
33. Don't count your chickens before they're hatched. – Australian Proverb
34. To be willing is only half the task. – [Armenian Proverb](#)
35. When the sun rises, it rises for everyone. – Cuban Proverb
36. No man can paddle two canoes at the same time. – Bantu Proverb
37. Age is honorable and youth is noble. – Irish Proverb
38. The tree with most leaves will not necessarily produce juicy fruit. – Brazilian Proverb
39. A mother understands what a child does not say – Yiddish Proverb
40. A bad worker blames his tools. – Australian Proverb

Sharing Wisdom



Download the new mobile app for Birchwood Arbors

- ◆ 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/YUMAQ>

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



February 2025 - Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Happy Birthday to 2/6 Carolyn H 2/9 Joseph P 2/18 Dennis M 2/22 Evon "Vonnie" D 2/24 Bonnie J				10:00 Resident Led Walk [AA] 1 1:30 Resident Led Chat [L] 1:30 National Freedom Docum-Ch 95 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Linwood Covenant Worship [CH] 2 1:00 Ice Cream Delivery 1:30 Resident Led Cribbage [DR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 3 1:00 WALMART 3:15 Hymn Sing [AR] 5:30 Movie/Popcorn [L] 6:00 Old Radio Shows-Ch 95	10:00 St Peter's Catholic Communion [CH] 4 10:15 Coffee Talk [L] 1:00 Spark TRYathlon-Leg/Arm Bike [CH] 2:30 Volunteering 3:30 Walk & Talk [L] 5:30 Games w/Tammy [AR]	10:00 Worship w/Kathleen [CH] 5 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR] 3:15 Spiritual/Prayer Grp [AR] 6:00 Mov:Angel & the Badman-Ch 95	10:00 Iced Coffee Goodbye w/Madi [DR] 6 10:30 Physical Therapy Checks w/Chris [L] 1:00 Spark TRYathlon-Walking [CH] 2:00 Lifelong Learning: Chapel Homesteading For Freedom 5:30 Resident Led Chat [L]	National Wear RED Day, to show support for Heart Disease Awareness 7 10:15 Kickball [AR] 1:00 Spark Really Big Show [CH] 2:00 Welcome/Birthday Party [DR] 6:00 Mov:Royal Wedding-Ch 95	10:00 Resident Led Walk [AA] 8 1:30 Resident Led Chat [L] 1:30 National Iowa Day Docum-Ch 95 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Chisago Lakes Baptist Worship [CH] 9 1:00 Ice Cream Delivery 1:30 Bingo [DR] 3:30 Chair Exercises - Ch 95 6:30 Superbowl LIX Viewing & Snacks [L]	10:15 Exercise [AR] 10 1:30 Scattergories [AR] 3:15 Hymn Sing [AR] 5:30 Movie/Popcorn [L] 6:00 Old Radio Shows-Ch 95	10:00 St Peter's Mass [CH] 11 10:15 Coffee Talk [L] 1:00 Spark TRYathlon-Walking [CH] 2:30 Volunteering 3:30 Walk & Talk [L] 6:00 Music Trivia-Ch 95	10:00 Worship w/Kathleen [CH] 12 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR] 3:15 Spiritual/Prayer Grp [AR] 6:00 Mov:Under the Western Stars-Ch 95	10:15 Exercise [AR] 13 10:15 Resident Council [AR] 1:00 Spark TRYathlon-Leg/Arm Bike [CH] 3:00 Word game [AR] 5:30 Resident Led Chat [L] 6:00 Sing-a-long-Ch 95	Valentine's Day 14 10:15 Kickball [AR] 1:00 Spark Really Big Show [CH] 2:00 Music w/Mary Franz [CH] 3:30 Farkel [AR] 6:00 Mov:Valentine's Town-Ch 95	10:00 Resident Led Walk [AA] 15 1:30 Resident Led Chat [L] 1:30 Linwood Ladies Social [DR] 1:30 National Wisconsin Day Docum-Ch 95 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Worship w/Kathleen [CH] 16 1:00 Ice Cream Delivery 1:30 Resident Led Cribbage [DR] 1:30 World Whale Day Docum - Ch 95 3:30 Chair Exercises - Ch 95	Washington's Birthday 17 10:15 Pet Visits 10:30 Men's Club [CH] 1:30 Sharing Wisdom [AR] 5:30 Movie/Popcorn [L] 6:00 Old Radio Shows-Ch 95	10:00 St Peter's Catholic Communion [CH] 18 10:15 Coffee Talk [L] 1:00 Spark TRYathlon-Walking [CH] 3:00 Volunteering 3:30 Walk & Talk [L] 5:30 Games w/Tammy [AR]	10:00 Faith Lutheran Worship [CH] 19 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR] 3:15 Spiritual/Prayer Grp [AR] 6:00 Mov:Riders of Destiny-Ch 95	10:15 Exercise [AR] 20 1:00 Spark TRYathlon-Leg/Arm Bike [CH] 3:00 Trivia [AR] 5:30 Resident Led Chat [L] 6:00 Sing-a-long-Ch 95	10:15 Kickball [AR] 21 1:00 Spark Really Big Show [CH] 2:00 Social Hour [DR] 6:00 Mov:Charade-Ch 95	10:00 Resident Led Walk [AA] 22 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L] 5:30 Grief & Loss Group [AR]
1:00 Ice Cream Delivery 23 1:30 Resident Led Cribbage [DR] 3:30 Chair Exercises - Ch 95	10:15 Resident Led Exercise [AR] 24 10:30 OUT TO LUNCH 1:30 Word Game [AR] 3:15 Hymn Sing [AR] 5:30 Movie/Popcorn [L] 6:00 Old Radio Shows-Ch 95	10:00 St Peter's Catholic Communion [CH] 25 10:15 Coffee Talk [L] 1:00 Spark TRYathlon-Walking [CH] 2:30 Volunteering 3:30 Walk & Talk [L] 6:00 Music Trivia-Ch 95	10:00 Worship w/Kathleen 26 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR] 3:15 Spiritual/Prayer Grp [AR] 6:00 Mov:Santa Fe Trail-Ch 95	10:15 Exercise [AR] 27 1:00 Spark TRYathlon-Leg/Arm Bike [CH] 2:30 Women's Club [CH] 5:30 Resident Led Chat [L] 6:00 Sing-a-long-Ch 95	10:15 Kickball [AR] 28 1:00 Spark Really Big Show [CH] 2:00 Music w/Bob Scoggin [DR] 3:30 Cards & Board Games [A] 6:00 Mov:Never Been Kissed-Ch 95	