

Leadership Contacts

- Megan - Interim Care Center Executive Director - 651-466-022
- Chris - Arbors Executive Director - 651-466-011
- Trista - Director of Health Services - 651-466-012
- Debbie - Assistant Director of Health Services - 651-466-013
- Melissa - Community Life Director - 651-466-014
- Diana - Billing - 763-390-0868
- Michelle - Food Service Manager - 651-466-017
- Housekeeping - 651-466-028
- Kathleen-Chaplain - 651-466-031
- Nathan-End of Life Doula - 651-466-024
- Front Desk/Home Health Aides - 651-466-000
- Kitchen - 651-466-005
- Birchwood Health Care Center - 651-464-5600



Coming soon!

- Vending machine with more drink options
- Vending machine with snack options



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.

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.*

- Resident Council is a great time to talk about activity requests and to discuss questions, comments and concerns with your peers.

- 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.

- There are a lot events listed on the calendar as - Ch 95. Be sure to check them out on your TVs.



Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

March

Curtis & Loretta
Friday, March 14th
2pm



Adam Daniel
Friday, March 21st
2pm--Chapel



Patrick Allen
Friday, March 28th
2pm



Happy Birthday

- Chuck - 5th
- Lyn - 15th
- John - 15th
- Rod - 18th

WELCOME

Phyllis H - Apt 107 possible for late March

Welcome & Birthday Party March 7th 2pm

Welcome

Hello all
 I wanted to take a quick minute to introduce myself. My name is Christopher Dougherty, and I have been working in senior care for decades. I am very grateful to have this opportunity to be your next Executive Director of Birchwood Arbors. I grew up in Fridley Minnesota and went to College at St. Cloud State University, where I graduated with a degree in Sports Medicine Administration. I was very fortunate after graduating college to build my own home just outside of Lindstrom. I am married to an incredible wife, Elizabeth, and together we have a 14-year-old daughter and a 12-year-old son. When I am not at work, we enjoy spending time outdoors, as we have a hobby farm with goats, chickens, quail, and bunnies. Personally, I enjoy my "wind therapy" and am on my motorcycle as much as possible. Again, I am very excited to join such a great group of individuals that reside and the caregivers that work at the Arbors. It truly has felt like a second home from the moment I walked into the Arbors. Please stop by and say "Hi". I am looking forward to meeting and getting to know each and everyone of you.



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	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.

The TRYathlon is part of the Spark Performance League that demonstrate strength, purpose, and belonging in action.

Chaplain Chat



A Resilient Spirit in Winter
 Kathleen McCauley Campus Chaplain

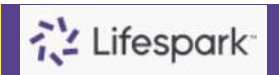


It goes without saying that folks in this part of the country are resilient in the face of brutal winters that seem to go on forever. Having stamina to survive a harsh winter is commendable, but I don't wonder if there is more that sustains our spirits in the depth of winter. There is a grit needed to 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 to sustain others in challenging times.



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!



Lifelong Learning Program

What Are Virtual Programs?

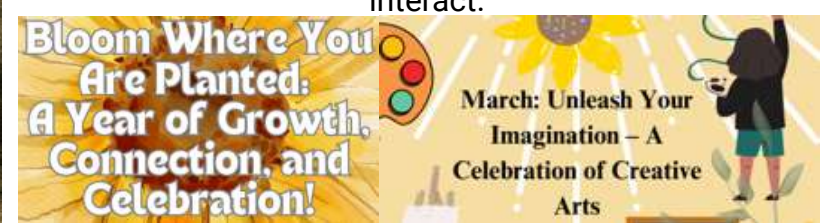
They are live and interactive presentations that connect residents with interesting people in amazing places through video conferencing.

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.



DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

Famous Artists Word Search

Y	S	L	N	P	V	U	O	Z	W	K	K	M	Q	C	C	T	N	J	Y	W
K	C	T	R	L	F	L	V	A	R	D	A	V	I	N	C	I	X	C	H	Y
S	S	Y	M	L	H	J	R	L	I	L	L	E	C	I	T	T	O	B	V	B
N	A	I	L	A	D	H	B	R	I	B	E	E	P	E	F	R	Q	M	G	S
I	X	J	K	X	O	H	C	U	U	L	F	J	T	U	Z	L	I	Z	Q	E
D	T	M	I	L	K	B	F	R	I	F	L	Z	G	X	N	A	Z	S	K	U
N	U	Y	L	U	O	K	E	L	E	Q	B	E	Y	B	K	A	N	Q	A	R
A	V	I	X	D	V	M	H	E	E	M	M	J	T	W	J	C	P	N	S	A
K	U	B	C	K	B	V	K	V	P	A	G	J	B	N	Y	M	O	N	E	T
T	D	F	H	R	Y	O	T	D	K	P	H	G	B	A	I	L	V	W	O	W
E	N	H	A	T	O	Q	H	X	Z	P	A	P	R	O	C	K	W	E	L	L
K	G	N	G	D	E	L	A	C	R	O	I	X	A	U	J	Z	M	X	T	V
U	D	Q	A	B	Q	P	G	Q	W	S	S	C	Q	R	J	A	E	Y	V	P
T	H	F	L	Q	W	Y	O	R	H	Y	D	B	A	Y	X	P	X	H	E	O
W	H	G	L	G	O	B	Y	J	A	Q	C	C	H	S	C	X	P	B	R	L
L	G	M	E	S	S	I	T	A	M	S	E	W	G	H	S	O	A	O	M	L
X	H	L	U	M	A	G	R	I	T	T	E	U	O	G	K	O	I	L	E	O
R	U	B	E	N	S	P	L	X	P	Q	C	B	G	V	Q	G	P	V	E	C
L	L	D	Y	Z	C	H	C	A	S	E	W	U	N	L	G	X	F	P	R	K
N	X	V	D	R	N	H	M	I	C	H	E	L	A	N	G	E	L	O	N	E
L	A	M	P	J	W	N	C	X	O	M	R	U	V	D	P	A	G	K	I	O

- BOTTICELLI
- CEZANNE
- CHAGALL
- DA VINCI
- DALI
- DELACROIX
- KAHLO
- KANDINSKY
- KLIMT
- MAGRITTE
- MATISSE
- MICHELANGELO
- MONET
- MUNCH
- O'KEEFFE
- PICASSO
- POLLOCK
- RAPHAEL
- REMBRANDT
- ROCKWELL
- RUBENS

- SEURAT
- VAN GOGH
- VERMEER
- WARHOL

DID YOU KNOW?

Vincent van Gogh was a Dutch painter who is widely regarded as one of the most influential artists of the 19th century. His works, such as *Starry Night* and *Sunflowers*, are characterized by their vivid colors, bold brushstrokes, and emotional intensity.

What to Know About Urinary Tract Infections – Should You Head to the ER?

Urinary Tract Infections (UTIs) are responsible for about 20% of all hospitalizations in older adults according to a report from the National Institute of Health, and they can lead to severe illness if the bacteria spreads into the blood stream causing sepsis.

According to Dr. Nick Schneeman, geriatrician and Chief Medical Officer for Lifespark, as the flu and norovirus continue to linger, it's important to weigh the risks of heading off to the ER. "Often there are other alternatives that bring the urgent care right to you," said Dr. Nick. "For example, residents who are also Lifespark COMPLETE members have access to Urgent Response Services. A quick call to your campus's main office can determine next steps and to see if a Mobile Urgent Responder can come to you for lab draws and testing to rule in or rule out a UTI without having to leave your room." Dr. Nick adds, depending on the severity though, the ER may just be where you should head. It's always good to ask your Lifespark provider or the nurse on staff.

Overall, when it comes to UTIs, Dr. Nick offers a few questions to consider:

- **Why are you experiencing reoccurring UTIs in the first place?** Understanding the root cause, and if it's really a UTI, should be explored with your primary care provider or geriatric expert. Ensuring the correct diagnosis of a UTI helps you avoid being exposed to the harms of 'overtreatment' which can lead to serious negative outcomes including antibiotic induced colitis, drug resistant organisms, poor appetites, and drug-to-drug interactions.
- **Should you always test for a UTI immediately or are there other ways to do this?** The key here is accurately testing for a UTI to ensure that's actually what it is. Diagnosing and treating UTIs is more complex than many health professionals who don't specialize in the unique needs of older adults and most people understand. Frequent testing can lead to the discovery of contaminated or colonized bacteria that are not causing a problem. This makes the decision to test or to just go ahead and treat pretty complex. The best reason to consider testing or just offering antibiotic treatment is for dysuria, new burning pain with urination. After that, some good reasons include:
 - Lower abdominal pain
 - New urinary frequency- going to the bathroom more often/urge to go
 - New incontinence or loss of bladder control
 - Unexplained fever, chills, low blood pressure, and decreased level of consciousness with concern for sepsis

The good news is that Lifespark can partner with you to sift through symptoms to find solutions that are unique to you, all from the comfort of your home – no waiting rooms or going to the lab.

Encourage your primary care team to explore the cause of your symptoms to avoid missing something serious. Be vocal asking about what's available to you instead of just going to the ER – your health deserves it.

March 2025 - Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Worship w/Kathleen [CH] 30</p> <p>1:00 Ice Cream Delivery</p> <p>1:30 Resident Led Cribbage [DR]</p> <p>3:30 Chair Exercises - Ch 95</p>	<p>10:15 Exercise [AR] 31</p> <p>3:15 Hymn Sing [AR]</p> <p>5:30 Movie/Popcorn [L]</p> <p>6:00 Music Trivia - Ch 95</p>	 <p>Schedule is subject to change.</p> <p>◀ March continued</p>	<p>AA All Around</p> <p>AR Activity Room</p> <p>CH Chapel</p> <p>DR Dining Room</p> <p>L Lobby</p> <p>WR Wellness Room</p>	<p>Happy Birthday to</p> <p>3/5 Charles B</p> <p>3/15 Lynette C</p> <p>3/15 John N</p> <p>3/18 Rodney M</p>		<p>10:00 Resident Led Walk [AA] 1</p> <p>1:30 Resident Led Chat [L]</p> <p>1:30 MN Day Docum - Ch 95</p> <p>3:30 Chair Exercises - Ch 95</p> <p>5:30 Movie [L]</p>
<p>10:00 Linwood Covenant Worship [CH] 2</p> <p>11:00 Girl Scout Cookie Sale [L]</p> <p>1:00 Ice Cream Delivery</p> <p>1:30 Resident Led Cribbage [DR]</p> <p>1:30 Dred Scott Docum - Ch 95</p> <p>3:30 Chair Exercises - Ch 95</p>	<p>10:15 Exercise [AR] 3</p> <p>1:30 Bingo [DR]</p> <p>3:15 Hymn Sing [AR]</p> <p>3:30 Blackjack [WR]</p> <p>5:30 Movie/Popcorn [L]</p> <p>6:00 Music Trivia - Ch 95</p>	<p>10:00 St Peter's Catholic Communion [CH] 4</p> <p>10:15 Coffee Talk [L]</p> <p>1:00 Spark TRYathlon-Walking [CH]</p> <p>2:30 Volunteering</p> <p>3:30 Walk & Talk [L]</p> <p>5:30 Games w/Tammy [AR]</p>	<p>10:00 Worship w/Kathleen [CH] 5</p> <p>10:15 Exercise [AR]</p> <p>10:30 Wed Loop</p> <p>1:15 Creative Arts Mural "Grafitti Art" [AR]</p> <p>3:15 Spiritual/Prayer Grp [AR]</p>	<p>10:15 Exercise [AR] 6</p> <p>1:00 Spark TRYathlon-Leg/Arm Bike [CH]</p> <p>2:00 Lifelong Learning: American Women During the Revolution [CH]</p> <p>5:30 Resident Led Chat [L]</p>	<p>10:15 Kickball [AR] 7</p> <p>1:00 Spark Really Big Show [CH]</p> <p>2:00 Welcome/Birthday Party [DR]</p>	<p>10:00 Resident Led Walk [AA] 8</p> <p>1:30 Resident Led Chat [L]</p> <p>1:30 Zora Neale Hurston Docum - Ch 95</p> <p>3:30 Chair Exercises - Ch 95</p> <p>5:30 Movie [L]</p>
<p>10:00 Chisago Lakes Baptist Worship [CH] 9</p> <p>1:00 Ice Cream Delivery</p> <p>1:30 Bingo [DR]</p> <p>1:30 Why Daylight Savings? - Ch 95</p> <p>3:30 Chair Exercises - Ch 95</p>	<p>10:15 Exercise [AR] 10</p> <p>1:00 WALMART-24 hour advance sign up</p> <p>3:15 Hymn Sing [AR]</p> <p>5:30 Movie/Popcorn [L]</p> <p>6:00 Harriet Tubman Day Docum - Ch 95</p>	<p>10:00 St Peter's Mass [CH] 11</p> <p>10:15 Coffee Talk [L]</p> <p>1:00 Spark TRYathlon Final Four & Forklift Practice [CH]</p> <p>2:30 Volunteering</p> <p>3:30 Walk & Talk [L]</p>	<p>10:00 Forest Hills Methodist Worship [CH] 12</p> <p>10:15 Exercise [AR]</p> <p>10:30 Wed Loop</p> <p>1:30 Leprechaun Hunt for the Pot of Blessings with an Imagination Twist- Meet in the Wellness Room</p> <p>3:15 Spiritual/Prayer Grp [AR]</p>	<p>10:15 Exercise [AR] 13</p> <p>1:00 Spark TRYathlon Final Four [CH]</p> <p>2:15 Bingo [DR]</p> <p>5:30 Resident Led Chat [L]</p>	<p>10:15 Kickball [AR] 14</p> <p>1:00 Spark Really Big Show [CH]</p> <p>2:00 Music w/Curtis & Loretta [DR]</p>	<p>10:00 Resident Led Walk [AA] 15</p> <p>1:30 Linwood Ladies Social [DR]</p> <p>1:30 Sandra Day O'Connor Docum - Ch 95</p> <p>3:30 Chair Exercises - Ch 95</p> <p>5:30 Movie [L]</p>
<p>1:00 Ice Cream Delivery 16</p> <p>1:30 Resident Led Cribbage [DR]</p> <p>3:30 Chair Exercises - Ch 95</p>	<p>10:00 Pet Visits 17</p> <p>10:30 Men's Club [CH]</p> <p>1:30 Hangman [AR]</p> <p>3:15 Hymn Sing [AR]</p> <p>5:30 Movie/Popcorn [L]</p> <p>6:00 Music Trivia - Ch 95</p>	<p>10:00 St Peter's Catholic Communion [CH] 18</p> <p>10:15 Coffee Talk [L]</p> <p>1:00 Spark TRYathlon Finals & Forklift Practice [CH]</p> <p>2:00 Volunteering</p> <p>3:30 Walk & Talk [L]</p> <p>5:30 Games w/Tammy [AR]</p>	<p>10:00 Faith Lutheran Worship [CH] 19</p> <p>10:15 Exercise [AR]</p> <p>10:30 Wed Loop</p> <p>1:30 Bingo [DR]</p> <p>3:15 Spiritual/Prayer Grp [AR]</p>	<p>10:15 Resident Council [AR] 20</p> <p>1:00 Spark TRYathlon Finals & Forklift Practice [CH]</p> <p>3:30 Trivia [AR]</p> <p>5:30 Resident Led Chat [L]</p>	<p>10:15 Kickball [AR] 21</p> <p>1:30 Music w/Adam Daniel [CH]</p> <p>3:30 Farkle [AR]</p>	<p>10:00 Resident Led Walk [AA] 22</p> <p>1:30 Resident Led Chat [L]</p> <p>1:30 The Pankhurst Sisters Docum - Ch 95</p> <p>3:30 Chair Exercises - Ch 95</p> <p>5:30 Movie [L]</p> <p>5:30 Grief & Loss Group [AR]</p>
<p>10:00 Worship w/Kathleen [CH] 23</p> <p>1:00 Ice Cream Delivery</p> <p>1:30 Painting/Coloring Group [AR]</p> <p>3:30 Chair Exercises - Ch 95</p>	<p>10:15 Resident Led Group Exercise [AR] 24</p> <p>10:30 OUT TO LUNCH-24 hour advance sign up</p> <p>1:30 Word Game [AR]</p> <p>3:15 Hymn Sing [AR]</p> <p>5:30 Movie/Popcorn [L]</p> <p>6:00 Music Trivia - Ch 95</p>	<p>10:00 St Peter's Catholic Communion [CH] 25</p> <p>10:15 Coffee Talk [L]</p> <p>11:30 Spark Performance Feast [CH]</p> <p>1:00 Forklift Practice [CH]</p> <p>2:30 Volunteering</p> <p>3:30 Walk & Talk [L]</p>	<p>10:00 Worship w/Kathleen 26</p> <p>10:15 Exercise [AR]</p> <p>10:30 Wed Loop</p> <p>1:30 Bingo [DR]</p> <p>3:15 Spiritual/Prayer Grp [AR]</p>	<p>10:15 Exercise [AR] 27</p> <p>1:00 Forklift Practice [CH]</p> <p>2:30 Women's Club/Community Service Group [CH]</p> <p>5:30 Resident Led Chat [L]</p>	<p>10:15 Kickball [AR] 28</p> <p>2:00 Music w/Patrick Allen [DR]</p>	<p>10:00 Resident Led Walk [AA] 29</p> <p>1:30 Resident Led Chat [L]</p> <p>1:30 Amelia Earhart Docum - Ch 95</p> <p>3:30 Chair Exercises - Ch 95</p> <p>5:30 Movie [L]</p>