

### Leadership Contacts

- Chris - Arbors Executive Director - 651-466-1011
- Director of Health Services - 651-466-1012
- Assistant Director of Health Services - 651-466-1013
- Melissa - Community Life Director - 651-466-1014
- Front Desk/Home Health Aides - 651-466-1000
- Kitchen - 651-466-1005
- Laura - Billing - 612-451-4754
- Dillon - Food Service Manager - 651-466-1017
- Housekeeping - 651-466-1028
- Kathleen-Chaplain - 651-466-1031
- Nathan-End of Life Doula - 651-466-1024
- Birchwood Health Care Center - 651-464-5600
- Megan - Interim Care Center Executive Director - 651-466-1022



# Age Magnificently



## Our Community Newsletter

Discover what's going on in our community.

### April

#### 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.



*Michael Riddle*  
Friday, April 11th  
2pm



Michael Riddle is "riddleMEmusic" Guitarist\*Vocalist\*Songwriter

*Curtis & Loretta*  
Sunday, April 20th  
2pm



*Darlin Jesse*  
Friday, April 26th  
2pm



### Happy Birthday

- Charlie - 14th
- Gary - 15th

### WELCOME

- Denny S - Apt 306
- Phyllis H - Apt 107
- Liz K - Apt 212
- Bev L - Apt 301

### Welcome & Birthday Party April 4th at 2:00

## Lifespark Complete

## Emergency Rooms Are No Fun.

## Let Help Come to You Instead.

Interesting fact: about one-third of ER visits turn out to be non-emergencies. Older adults often go to the ER to make sure there's nothing seriously wrong—and in many cases, there isn't. According to Dr. Wendy Laine, who spent 19 years on the frontlines of emergency medicine and is now part of Lifespark's primary care and Urgent Response Services team, "Often when you call your clinic's after-hours line or the number on the back of your Medicare card, their only treatment option is the ER." What other choice do you have?

The good news is that Lifespark offers medical support that comes right to you. You don't have to wait long hours in the ER, exposed to other germs and viruses, or be subjected to a long list of unnecessary tests and procedures that might actually make things worse in the long run.

For residents who have Lifespark COMPLETE, Lifespark Urgent Response Services (URS) collaborates with the campus health team to triage calls quickly. They assess your situation to rule out unnecessary ER visits. If URS can provide the diagnosis and treatment you need, a Mobile Urgent Responder (a nurse) comes to your home to give you ER-quality care—right in your comfy chair. If you do need to go to the ER, your experience will be smoother because URS calls ahead to give the staff key information about you.

You might be surprised at the wide range of medical concerns that can be handled right in your building. Here's a small sample of what Lifespark's URS team can diagnose and treat to prevent an ER visit:

- Urinary tract infections (UTI)
- Wounds
- Diabetes-related neuropathy
- Heart failure exacerbation
- COPD complications
- Pain flare-ups
- Nausea, vomiting, and diarrhea
- Mental health issues (like anxiety and depression)
- Respiratory concerns

We get it. Deciding if you should head to the ER is a vital (sometimes confusing) choice. If you're a Lifespark COMPLETE member, we can guide you to the safest, smartest move. Just call the main desk. URS is here for you!

## Spark Performance League Forklift Racing



2025  
Tuesdays

Week	Competition	RBS
Scrimmage Week	4/15	4/18
Week 1	4/22	4/25
Week 2	4/29	5/2
Week 3	5/6	5/9
Week 4	5/13	5/16
Week 5	5/20	5/23
Week 6	5/27	5/30
Week 7	6/3	6/6
Final 4	6/10	No RBS
World Championship	6/12	No RBS

\*\*RBS = Really Big Show\*\*

GAME  
- 2 -



1:10 Scale, High-Powered, Full Function, RC Forklifts

The National Forklift Racing League is dedicated to promoting healthy team-based competition centered on the skillful use of Radio Controlled 1:10 scale Forklifts! Success in this competition showcases teamwork, strategy, and discipline to practice! The NFRL improves hand-eye coordination, mental acuity and mood while reducing social isolation.

# SPARK

PERFORMANCE

# LEAGUE

## Chaplain Chat



### Faith & Hope in Uncertain Times

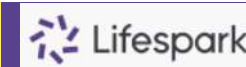
Kathleen McCauley  
April 2025



In our Lenten/Easter readings we hear many references to community and Jesus's disciples coming together at a moment of change, in their lives and in history. Change is never easy and seems scary sometimes. As we are in a time of change, it is best to ask ourselves 'where do we find community?' Being supported by others in the uncertain times of change is a huge gift and forges serious, long-lasting bonds with those who care for us and united with 'sincerity of heart,'\* which is then our bond.

As our lives and world continue to change in ways that might scare us or surprise us, we can find support within the communities we live. Let us be bold and courageous as the disciples, to come together, to break bread, even if we fear what people might think or believe. So let us join in community and invite others to join us, for it is there that we generate hope for the journey.

\*Acts 2:46



**VIRTUAL PROGRAM**

## WHAT'S HAPPENING IN THE MIDDLE EAST?

PRESENTED BY:  
ISRAEL EDUCATION NETWORK

Gain insights into Israeli and Middle Eastern news through discussions, media analysis, and articles, helping residents critically understand daily events and life in the region.

**APRIL 3RD  
2:00PM**

## 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.

**Bloom Where You Are Planted:  
A Year of Growth, Connection, and Celebration!**

April: Growing Together – Engaging Community and Volunteer Spirit



# BIRCHWOOD VOLUNTEERS

You  
**Don't**

KNOW HOW MUCH WE

Appreciate

YOU

Come Celebrate with us!

Thursday, April 24th at 2:30 - Chapel



## Spring Cleaning Tips: Declutter Your Space and Mind

Let's be honest—no one really wakes up thinking, "Today is the perfect day for cleaning!" But spring has sprung, and like it or not, it's officially time to tackle those dust bunnies and clutter piles that multiplied mysteriously over winter. Don't worry; we've got tips to make spring cleaning a breeze—well, almost!

### Start Small, Think Big!

Don't tackle the whole home at once, or you might find yourself taking a "cleaning nap" after 10 minutes! Begin with one drawer, shelf, or corner at a time. It's amazing how quickly small wins add up.

### One-Year Rule

If you haven't used or worn something in a year, maybe it's time to let it go. And no, staring longingly at that sweater from 1985 won't suddenly make shoulder pads come back in style!

### Buddy System

Cleaning is always easier (and funnier) with a friend. Invite a neighbor, turn up some tunes, and laugh your way through the process.

Who knew sweeping could double as a dance move?

### Donate, Don't Hesitate!

Your gently-used items could make someone else's day. Set aside clothing, books, or household goods for donation. Giving back feels great and reduces clutter at the same time.

### The Magic of Music

Create an upbeat playlist of your favorite songs. Music can turn drudgery into a dance party—even vacuuming feels less like a chore when you're singing along!

### Reward Yourself

After you've accomplished a cleaning goal, reward yourself with something enjoyable—a cup of tea, a favorite snack, or perhaps a short break in your newly tidied-up space. You've earned it!

Remember, spring cleaning isn't just about tidying your physical space—it's about refreshing your mental space, too. A cleaner, organized environment can lead to a clearer, happier mind. So, grab that feather duster (or leaf blower—we won't judge), and get cleaning! Who knows, you might actually enjoy yourself this year!

# April 2025 - Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 St Peter's Catholic Rosary [CH] <b>1</b> 10:15 Coffee Talk [L] 1:00 Forklift Practice [CH] 3:30 Walk & Talk [L] 5:30 Games w/Tammy [AR]	10:00 Worship w/Kathleen [CH] <b>2</b> 10:15 Exercise [AR] 10:30 Wed Loop 1:00 Spark New Things Meeting [AR] 1:45 Bingo [DR] 3:15 Spiritual/Prayer Grp [AR]	10:15 Exercise [AR] <b>3</b> 2:00 Lifelong Learning: What's Happening in the Middle East? [AR] 3:30 Blackjack [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>4</b> 2:00 Welcome/Birthday Party [DR]	10:00 Resident Led Walk [AA] <b>5</b> 1:30 Resident Led Chat [L] 1:30 World Geography Quiz - Ch 95 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Linwood Covenant Worship [CH] <b>6</b> 1:00 Ice Cream Delivery 1:30 Bingo [DR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] <b>7</b> 1:00 WALMART-24 hour advance sign up 3:30 Travelogue - Meteora, Greece [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] <b>8</b> 10:15 Coffee Talk [L] 1:00 Forklift Practice [CH] 3:30 Walk & Talk [L]	10:00 Forest Hills Methodist Worship [CH] <b>9</b> 10:15 Exercise [AR] 10:30 Wed Loop 1:00 Forklift Meeting [AR] 1:45 Bingo [DR] 3:30 Word game [AR]	10:15 Resident Council [AR] <b>10</b> 1:00 Forklift Practice [CH] 3:30 Exercise [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>11</b> 2:00 Music w/Michael Riddle [DR]	10:00 Resident Led Walk [AA] <b>12</b> 1:30 Resident Led Chat [L] 1:30 Travel Talks: Venice, Florence & Rome w/ Rick Steves - Ch 95 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Chisago Lakes Baptist Worship [CH] <b>13</b> 1:00 Ice Cream Delivery 1:30 Hymn Sing w/Deb [L] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] <b>14</b> 1:30 Word Game [AR] 5:30 Movie/Popcorn [L]	<b>Tax Day</b> <b>15</b> 10:00 St Peter's Catholic Mass [CH] 10:15 Coffee Talk [L] 1:00 Forklift Racing [CH] 2:30 Volunteering 3:30 Walk & Talk [L] 5:30 Games w/Tammy [AR]	10:00 Faith Lutheran Worship [CH] <b>16</b> 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR] 3:15 Spiritual/Prayer Grp [AR]	10:15 Exercise [AR] <b>17</b> 1:30 Trivia [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>18</b> 1:00 Really Big Show [CH] 1:45 Cards & Board Games [AR] 3:15 Good Friday Service [AR]	10:00 Resident Led Walk [AA] <b>19</b> 1:30 Linwood Ladies Social [DR] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
<b>Easter Sunday</b> <b>20</b> 10:00 Worship w/Kathleen [CH] 1:00 Ice Cream Delivery 2:00 Music w/Curtis & Loretta [DR] 3:30 Chair Exercises - Ch 95	10:15 Pet Visits <b>21</b> 10:30 Men's Club [CH] 1:30 Scattergories [AR] 3:15 Hymn Sing [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] <b>22</b> 10:15 Coffee Talk [L] 1:00 Forklift Racing [CH] 2:30 Volunteering 3:30 Walk & Talk [L]	<b>Administrative Professionals Day</b> <b>23</b> 10:00 Worship w/Kathleen 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Bingo [DR] 3:15 Spiritual/Prayer Grp [AR]	10:15 Exercise [AR] <b>24</b> 1:00 Forklift Practice [CH] 2:30 Women's Club Sponsored Volunteer Appreciation Party [CH] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>25</b> 1:00 Really Big Show [CH] 1:30 Piano Music w/Eli [CH] 2:00 Music w/Darlin Jesse 3:30 Farkle [AR]	10:00 Resident Led Walk [AA] <b>26</b> 1:03 Documentary-Beyond Your Backyard: Jamaica - Ch 95 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 <b>27</b> 1:30 Painting/Coloring Group [AR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] <b>28</b> 1:30 Word Game [AR] 3:15 Hymn Sing [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] <b>29</b> 10:15 Coffee Talk [L] 1:00 Forklift Racing [CH] 2:30 Volunteering 3:30 Walk & Talk [L] 5:30 Games w/Tammy [AR]	10:00 Worship w/Kathleen [CH] <b>30</b> 10:15 Exercise [AR] 10:30 OUT TO LUNCH-24 hour advance sign up 10:30 Wed Loop 1:30 Bingo [DR] 3:15 Spiritual/Prayer Grp [AR]	 <p>AA All Around                      AR Activity Room                      CH Chapel                      DR Dining Room                      L Lobby</p>		<b>Happy Birthday to</b> 4/14 Charles R 4/15 Gary G

Schedule is subject to change.