

Interim Executive Director- Megan Miller 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!

Welcome to Birchwood!



Staff Birthdays:

- 4/3- Sue Keen, TMA/CNA
- 4/4- Magdeline Tankeh, CNA
- 4/12- Melanie Fon, CNA
- 4/15- Laurie Wortley, RN
- 4/16- Aragsan Nur, CNA
- 4/22- Kiyama Hopkins, CNA
- 4/25- Bailey Benson, CNA

Staff Anniversaries:

- Melanie Enquist, LPN - 23 Years
- Bill Gaetz, LPN - 15 Years
- Sue Keen, CNA - 11 Years
- Mary Beth Olson, LPN - 10 Years
- Caleb Johnson, CNA- 3 Years
- Latraille Williams, CNA 3 Years

Resident Birthdays:

- 4/2- Juliet H.
- 4/10- Beverly D.
- 4/18- Howard N.
- 4/22- Gail S.
- 4/30- Mark J.

Dear Residents, Families, and Staff,

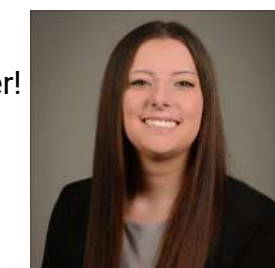
Happy Spring! As we welcome warmer weather, I'm excited to see everyone enjoying the season of renewal. April is always a time of growth and we're so proud of all the positive changes happening in our community.

Our activities this month have been focused on wellness. Hoping to have nicer weather soon so everyone can make the most of the beautiful days ahead. It's also a great time to focus on mental and physical well-being, so let's all embrace the opportunities for fresh air and fun!

A huge thank you to our incredible team for their hard work and dedication. You make this place feel like home, and we appreciate everything you do.

As always, feel free to reach out with any ideas or suggestions. Let's make April a wonderful month together!

Megan Miller, LNHA
Interim Executive Director



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



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

What is Forklift Racing?

Join your community's forklift racing team to compete in the National Forklift Racing League (NFRL)! Success in the NFRL demands a generous portion of teamwork, strategy, and practice. The NFRL improves hand-eye coordination, mental acuity, and mood while reducing social isolation.

How it works:

Teams of 4 work together using remote controlled forklifts to move loads of boxes from one location to another faster than their competitors during a weekly match. Each community may have up to 4 squads competing, with 4 shifts in each match, with a total of 16 people and additional subs if needed. Teams compete against other Senior Living Communities in MN and WI for an 8 week racing season

GO FLAKERS!

April Virtual Program

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**

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

Resident Council

Resident council will be held on Thursday, April 3rd at 1pm in the chapel! Department managers will be in attendance with updates and available for any questions that you may have.

Community Life

Our theme for April is "Growing Together- Engaging Community and Volunteer Spirit" - our Women's Group is putting on a celebration for our volunteers on Thursday, April 24th at 2:30 pm! Some other events that are happening in April are evening activities added to the monthly calendar such as bingo, nail painting, movie & popcorn and table games! We are also excited to enjoy some more live music in April on the 11th @ 1:30 by Adam Daniel and on the 21st @ 2pm with Accordion music by Pete- all held in the dining room.

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@birchwoods seniorliving.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.



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!

BIRCHWOOD VOLUNTEERS

You
Don't
Know

HOW MUCH WE

Appreciate

YOU

Come Celebrate with us!

Thursday, April 24th at 2:30 - Chapel

Made with PosterMyWall.com

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 St. Peter's Catholic Rosary & Communion [CH] 1 10:45 Exercise Group [CH] 1:00 Spring Water Coloring [CH] 2:30 Crafty Corner [DR] 3:30 April Fools Day! [DR]	Happy Birthday Juliet! 2 10:00 Worship with Chaplain Kathleen [CH] 10:45 Exercise Group [CH] 1:00 Daily Chronical Discussion [DR] 2:00 Bingo [DR] 3:30 Lady Liberty Day [DR]	10:00 Exercise Group [DR] 3 10:30 Find a Rainbow Day [DR] 1:00 Resident Council [CH] 2:00 Lifelong Learning: What's Happening in the Middle East? [CH] 3:30 Reminiscing Group [DR] 6:00 Table Games [DR]	10:00 Exercise Group [DR] 4 10:30 Beatles Take Over [DR] 1:30 Piano Music with Eli [CH] 3:00 Coffee & Snack Social [DR] 6:00 Friday Movie- Channel 95	10:00 Daily Chronical [DR] 5 1:30 World Geography Quiz- Channel 95 3:00 Dandelion Day Activity Packets [DR] 6:00 Highs and Lows with Nathan [DR]
10:00 Worship with Corliss [CH] 6 1:00 Daily Chronical [DR] 3:00 Afternoon Movie [DR]	11:15 Billy Holiday's Day [DR] 7 1:30 Table Games [DR] 3:30 Short Stories [DR] 6:00 Bingo [DR]	10:00 St. Peter's Catholic Rosary & Communion [CH] 8 10:45 Exercise Group [CH] 1:00 Forklift Racing Practice [CH] 2:30 Crafty Corner [DR] 3:30 Fire Safety Day [DR]	10:00 Worship with Forest Hills Methodist [CH] 9 10:45 Exercise Group [CH] 1:00 Daily Chronical Discussion [DR] 2:00 Bingo [DR] 3:30 Rosie Riveter Day [DR]	Happy Birthday Bev! 10 10:00 Exercise Group [DR] 10:30 Master's Tournament Begins! Golf Talk [DR] 1:00 Forklift Racing Practice [CH] 2:30 Baking Group [DR] 3:30 Reminiscing Group [DR]	10:00 Exercise Group [DR] 11 10:30 National Pets Day! [DR] 1:30 Live Music with Adam Daniel [DR] 3:00 Coffee & Snack Social [DR] 6:00 Friday Movie- Channel 95	1:30 Travel Talks: Venice, Florence, & Rome- Channel 95 12 3:00 Daily Chronical Discussion [DR] 5:30 First Man in Space Day [DR] 6:00 Highs and Lows with Nathan [DR]
10:00 Worship with Chisago Lakes Baptist Church [CH] 13 3:00 Daily Chronical Discussion [DR] 5:30 Nail Painting [DR]	10:00 Exercise Group [DR] 14 10:30 Dolphin Day! [DR] 1:30 Table Games [DR] 3:30 Short Stories [DR] 6:00 Bingo [DR]	Tax Day 15 10:00 St. Peter's Catholic Mass [CH] 10:45 Exercise Group [CH] 1:00 Spark Performance: Fork Lift Racing (Scrimmage) [CH] 2:30 Crafty Corner [DR] 3:30 Jackie Robinson Day [DR]	10:00 Worship with Faith Lutheran [CH] 16 10:45 Exercise Group [CH] 1:00 Daily Chronical Discussion [DR] 2:00 Bingo [DR] 3:30 National Orchid Day [DR] 6:00 Evening Movie [DR]	11:00 1:1 Visits 17 1:00 Ford Mustang Day [DR] 2:30 Gardening Group [DR] 3:30 Reminiscing Group [DR] 6:00 Table Games [DR]	Happy Birthday Howard! 18 10:00 Good Friday Service [CH] 10:30 Exercise Group [CH] 1:00 Spark Performance: The Really Big Show [CH] 1:30 Piano Music with Eli [CH] 3:00 Coffee & Snack Social [DR] 6:00 Friday Movie- Channel 95	9:00 1:1 Visits 19 10:00 Easter Stories [DR] 1:00 Easter Trivia [DR] 3:00 Easter Coloring [DR]
Easter Sunday 20 10:00 Easter Sunday Worship with Chaplain Kathleen [CH] 11:00 Easter Reminiscing [DR] 1:00 Chaplain Visits with Kathleen	11:00 Hymn Sing [CH] 21 1:00 Social Visits/1:1's 2:00 Live Accordion Music with Pete [DR] 3:30 Short Stories [DR] 6:00 Bingo [DR]	Happy Birthday Gail! 22 10:00 St. Peter's Catholic Rosary & Communion [CH] 10:45 Exercise Group [CH] 1:00 Spark Performance: Fork Lift Racing [CH] 2:30 Crafty Corner- Dying Easter Eggs [DR] 3:30 Earth Day! [DR] 6:00 Nail Painting [DR]	Administrative Professionals Day 23 10:00 Worship with Chaplain Kathleen [CH] 10:45 Exercise Group [CH] 1:00 Daily Chronical Discussion [DR] 2:00 Bingo [DR] 3:30 Movie Theater Day [DR] 6:00 Movie & Popcorn [DR]	10:00 Exercise Group [DR] 24 10:30 Soda Fountain Day [DR] 1:00 Forklift Racing Practice [CH] 2:30 Volunteer Appreciation [CH] 3:30 Reminiscing Group [DR] 6:00 Table Games [DR]	10:00 Exercise Group [DR] 25 10:30 World Penguin Day [DR] 1:00 Spark Performance: The Really Big Show [CH] 1:30 Piano Music with Eli [CH] 3:00 Coffee & Snack Social [DR] 6:00 Friday Movie- Channel 95	10:00 Daily Chronical Discussion [DR] 26 11:00 Social Visits/1:1's 1:30 Beyond Your Backyard: Jamacia- Channel 95 3:00 Carol Burnett Day- Channel 95 5:30 Grief Support Group [A]
10:00 Daily Chronical Discussion [DR] 27 1:00 Morse Code Day [DR] 3:00 Afternoon Movie [DR]	11:00 Hymn Sing [CH] 28 1:30 Table Games [DR] 3:30 Short Stories [DR] 6:00 Bingo [DR]	10:00 St. Peter's Catholic Rosary & Communion [CH] 29 10:45 Exercise Group [CH] 1:00 Spark Performance: Fork Lift Racing [CH] 2:30 Crafty Corner [DR] 3:30 Willie Nelson Day [DR] 6:00 Nail Painting [DR]	Happy Birthday Mark! 30 10:00 Daily Chronical Discussion [DR] 10:45 Exercise Group [CH] 1:00 Musical Favorites [DR] 2:00 Bingo [DR] 3:30 Retro Toy Day [DR] 6:00 Movie & Popcorn [DR]	 <p>Schedule is subject to change.</p>		A Arbors Activity Room CH Chapel DR Dining Room