

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  
 Maintenance Director- Harley Swoboda 651-466-1033  
 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:**

- 5/9- Ayawovi DaCruz
- 5/11- MaryBeth Olson
- 5/14 Nicole Frass
- 5/17- Renee Colburn
- 5/20- Nathan Vargovcik
- 5/28- Lucy Walczak
- 5/29- Kim Lemus

**Staff Anniversaries:**

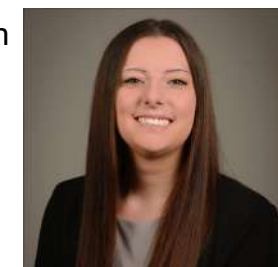
- Allison Brunberg- 8 Years
- Jodi Hartman- 5 Years
- Jamie Rehbein- 4 Years
- Ava Neureurer- 2 Years
- Trisha Kramer- 1 Year
- Kim Lemus- 1 Year
- Megan Miller- 1 Year

**Resident Birthdays:**

- 5/5- Geraldine "Geri" S.
- 5/7- Judith "Judy" T.
- 5/12- Fern J.
- 5/12- Harold "Buzz" J.
- 5/15- Sheldon W.

I'm pleased to share that i've officially accepted the role of Campus Executive Director, moving on from the interim position i've held over the past several months. It's been a privilege to work alongside such a dedicated team and to get to know our residents and their families more deeply during this time. As we head into May, I'm looking forward to continuing the important work we've started together and building on the strong foundation already in place.

Megan Miller, LNHA  
 651-466-1022  
 mmiller@birchwoodseniorliving.com



**It is Time, Dear One**

**Submitted by Kathleen McCauley Campus Chaplain**

It is time Dear One, to grace this Earth with your beauty. We will not let you hide in the ground. We will not let you dry up. It is time for you to rise up and be seen. Do this together. Look around and see the flower in each one who stands upon this Earth. Look around and see how each adds color and beauty to the Earth. One flower is not prettier, worthier, or more valuable than the other. The Earth is a garden that holds beauty as each one blossoms and prepares to share its seeds.

It is time Dear One, to let go of the darkness, fear, and control. Emerge and welcome the light, the freedom, and the breath of your Inner Being. Your beauty and presence is needed at this time. Your seeds are needed to help others grow. It's time to share your beautiful seeds with others and your soul's essence as you shine your light brightly.

It is time, Dear One, to allow the flower within to stand in tall for all to see. The seeds of greatness, unconditional love, compassion, creativity, joy, hope, passion, community, and faith are needed at this time.



May Virtual Program

**THE OREGON TRAIL**

PRESENTED BY: NEBRASKA STATE HISTORICAL SOCIETY

**MAY 1ST | 2PM**



Experience the Oregon Trail like never before with a presentation at Chimney Rock! Discover the importance of choice, chance, and opportunity as an expert shares real stories of those affected by the historic trail.

**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.



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!

Community News & Updates

**Resident Council**

Our next resident council meeting is Thursday, May 1st @ 1pm in the chapel. Chef Talk- Monday, May 5th at 1pm- come and talk about food and some taste testing!

**Community Life**

May 12-16th is National Skilled Nursing Home Week! We are celebrating with lots of fun events for the residents and staff. See flyer in newsletter for details! Bingo continues on Monday evenings at 6pm and outdoor visits have returned back on the calendars until the end of fall!

**Volunteers**

If you are interested in volunteering at Birchwood please reach out to Allison Brunberg by email or phone: abrunberg@birchwoodseniorliving 651-466-1030. We are looking for anyone with musical talents, creativity with crafts, or assistance with bingo

**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/concern they would like to share with management.**

# Now Hiring

LPNs & RNs for FT/PT PMs & NOCs

SCAN FOR OPEN POSITIONS



OR VIEW OUR LIST OF  
OPEN POSITIONS AT  
[LIFESPARK.COM/MY-CAREER/](https://www.lifespark.com/my-career/)

## Love where you work!

- Varied Positions
- Benefits Available – Medical, Vision, Dental
- Creative Scheduling
- Existing & New Development Opportunities

# National Nursing Home Week

**MAY 12TH-16TH**

**Monday:** Pajama Day! Wear your Pjs all day long! 1:30pm- Live Music with Amy & Adams


**Tuesday:** Baseball Day! Wear your favorite team! 2:30pm-Community mural painting activity 5:30pm- Twins Game Viewing

**Wednesday:** Western Day! Wear your western attire! 6pm- John Wayne Movie & Popcorn

**Thursday:** Tropical Day! Wear your favorite Hawaiian shirt! 10:30am- Travel Talk: Hawaii 2:30pm- Build you own yogurt Parfet!

**Friday:** Friday Funday! 10am- Bowling tournament in chapel. 2pm- Ice Cream Sodas

# May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>A Arbors Activity Room CH Chapel DR Dining Room o Outside</p> <p><small>Schedule is subject to change.</small></p>						
9:00 Social Visits/1:1's <b>4</b> 10:00 Worship with Corliss [CH] 11:00 Outdoor Visits (weather permitting) [O] 1:00 Afternoon Movie [DR] 3:30 Chair Exercises- Channel 95	<b>Happy Birthday Geri!</b> <b>5</b> 10:00 Exercise Group [DR] 11:00 Hymn Sing [CH] 1:00 Chef Talk with Dillon [DR] 3:00 Outdoor Visits & Trivia [O] 6:00 Snack Bingo [DR]	10:00 St. Peter's Catholic Rosary & Communion [CH] <b>6</b> 10:45 Exercise Group [CH] 1:00 Spark Performance: Fork Lift Racing [CH] 2:30 Crafty Corner- Thank Yous for Nurses [DR] 3:30 Outdoor Visits [O] 6:00 Nail Painting [DR]	<b>Happy Birthday Judy!</b> <b>7</b> 10:00 Worship with Chaplain Kathleen [CH] 10:45 Exercise Group [CH] 1:00 Daily Chronical Discussion [DR] 2:00 Bingo [DR] 3:30 Outdoor Visits & Garden Talk [O] 6:00 Movie & Popcorn [DR]	10:00 Exercise Group [DR] <b>8</b> 10:30 Outdoor Visits (weather permitting) [O] 1:00 Forklift Racing Practice 2:30 Baking Group [DR] 3:30 Short Stories [DR] 6:00 Table Games [DR]	10:00 Exercise Group [DR] <b>9</b> 10:30 Outdoor Visits (weather permitting) [O] 1:00 Spark Performance: The Really Big Show [CH] 1:30 Bowling [CH] 3:00 Coffee & Snack Social [DR] 6:00 Evening Movie- Channel 95	9:00 Social Visits/1:1's <b>3</b> 10:00 Daily Chronical Discussion [DR] 10:30 Outdoor Visits (Weather Permitting) [O] 1:00 Afternoon Movie [DR] 6:00 Highs & Lows with Nathan [DR]
<b>Mother's Day</b> <b>11</b> 10:00 Worship with Chisago Lakes Baptist Church [CH] 11:00 Handing out Mother's Day Gifts 1:00 Daily Chronical Reading [DR] 3:30 Chair Exercises- Channel 95	<b>Pajama Day!</b> <b>12</b> <b>Happy Birthday Fern &amp; Buzz!</b> 10:00 Exercise Group [DR] 11:00 Hymn Sing [CH] 1:30 Live Music with Amy & Adams [DR] 3:00 Outdoor Visits & Trivia [O] 6:00 Snack Bingo [DR]	<b>Baseball Day!</b> <b>13</b> 10:00 St. Peter's Catholic Mass [CH] 10:45 Exercise Group [CH] 1:00 Spark Performance: Fork Lift Racing [CH] 3:30 Outdoor Visits [O] 5:30 Twins Game Viewing [DR] 6:00 Baseball History/Trivia [DR]	<b>Western Day!</b> <b>14</b> 10:00 Worship with Forest Hills Methodist [CH] 10:45 Exercise Group [CH] 1:00 Daily Chronical Discussion [DR] 2:00 Bingo [DR] 3:30 Outdoor Visits & Garden Talk [O] 6:00 John Wayne Movie & Popcorn [DR]	<b>Tropical Day!</b> <b>15</b> <b>Happy Birthday Sheldon!</b> 10:00 Exercise Group [DR] 10:30 Travel Talk: Hawaii [DR] 1:00 Forklift Racing Practice 2:30 Build Your Own Yogurt Parfait! [DR] 3:30 Short Stories [DR] 6:00 Table Games [DR]	<b>Friday Funday!</b> <b>16</b> 10:00 Bowling Tournament [CH] 10:30 Outdoor Visits (weather permitting) [O] 1:00 Spark Performance: The Really Big Show [CH] 2:00 Ice Cream Sodas [DR] 3:30 Coffee & Trivia [DR] 6:00 Evening Movie- Channel 95	10:00 Daily Chronical Reading [DR] <b>17</b> 1:00 Armed Forces Day Word-Puzzles [DR] 3:00 Musical Favorites on TV [DR] 6:00 Highs & Lows with Nathan [DR]
10:00 Daily Chronical Reading [DR] <b>18</b> 1:30 How Candy is Made- Channel 95 3:30 Chair Exercises- Channel 95	10:00 Exercise Group [DR] <b>19</b> 10:30 Birchwood Men's Club [CH] 11:00 Hymn Sing [CH] 2:00 Live Accordion Music with Pete [DR] 3:00 Outdoor Visits & Trivia [O] 6:00 Snack Bingo [DR]	10:00 St. Peter's Catholic Rosary & Communion [CH] <b>20</b> 10:45 Exercise Group [CH] 1:00 Spark Performance: Fork Lift Racing [CH] 2:30 Crafty Corner- Poppy Field Collage [DR] 3:30 Outdoor Visits [O] 6:00 Nail Painting [DR]	10:00 Worship with Faith Lutheran [CH] <b>21</b> 10:45 Exercise Group [CH] 1:00 Daily Chronical Discussion [DR] 2:00 Bingo [DR] 3:30 Outdoor Visits & Garden Talk [O] 6:00 Table Games [DR]	10:00 Exercise Group [DR] <b>22</b> 10:30 Outdoor Visits (weather permitting) [O] 1:00 Forklift Racing Practice 2:30 Birchwood Women's Group [CH] 3:30 Short Stories [DR]	10:00 Exercise Group [DR] <b>23</b> 10:30 Outdoor Visits (weather permitting) [O] 1:00 Spark Performance: The Really Big Show [CH] 2:00 World Turtle Day (Facts & Discussion) [DR] 6:00 Evening Movie- Channel 95	10:00 Daily Chronical Reading [DR] <b>24</b> 1:30 Great Lakes Creation- Channel 95 3:00 Outdoor Visits [O] 5:30 Grief Support Group [A] 6:00 Bob Dylan Day! [DR]
10:00 Worship with Chaplain Kathleen [CH] <b>25</b> 11:00 Social Visits with Chaplain Kathleen 3:00 Outdoor Visits [O] 3:30 Chair Exercises- Channel 95 6:00 All About Poppies (Trivia & Facts) [DR]	<b>Memorial Day</b> <b>26</b> 10:00 Comedy Shows [DR] 1:00 Memorial Day Word-Puzzles [DR] 4:00 Memorial Day Trivia [DR] 6:00 Bingo [DR]	10:00 St. Peter's Catholic Rosary & Communion [CH] <b>27</b> 10:45 Exercise Group [CH] 1:00 Spark Performance: Fork Lift Racing [CH] 2:30 Crafty Corner [DR] 3:30 Outdoor Visits [O] 6:00 Nail Painting [DR]	10:00 Worship with Chaplain Kathleen [CH] <b>28</b> 10:45 Exercise Group [CH] 1:00 Daily Chronical Discussion [DR] 2:00 Bingo [DR] 3:30 Outdoor Visits & Garden Talk [O] 6:00 Table Games [DR]	10:00 Exercise Group [DR] <b>29</b> 10:30 Outdoor Visits (weather permitting) [O] 1:00 Forklift Racing Practice 2:30 Wisconsin Day Fun Facts [DR] 3:30 Comedy Hour [DR]	10:00 Exercise Group [DR] <b>30</b> 10:30 Outdoor Visits (weather permitting) [O] 1:00 Spark Performance: The Really Big Show [CH] 2:00 Lincoln Memorial Day [DR] 3:00 Coffee & Snack Social [DR] 6:00 Evening Movie- Channel 95	10:00 Daily Chronical Reading [DR] <b>31</b> 10:30 Comedy Shows [DR] 1:30 Clint Eastwood Documentary- Channel 95 3:30 Chair Exercises- Channel 95