

Leadership Contacts

Executive Director- Megan Miller 651-466-1022
Assistant Executive Director- Eli Sandin 651-466-1010
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



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Our Community Newsletter

Discover what's going on in our community.

Let's Celebrate!

Staff Birthdays:

- 6/6- Matt Johnson
- 6/7- Connie Rigwald
- 6/9- Tracy Bottolfson
- 6/13- Lonna Rice
- 6/14- Alicia Duffy
- 6/16- Emma Rogers- Winsewski
- 6/20- Caleb Johnson
- 6/22- Michael EmwinronmwaneKhoe
- 6/22- Sharon Fairchild
- 6/24- Latraile Williams
- 6/27- Megan Myers
- 6/30- Ray Osmon

Staff Anniversaries:

- Winifred Bradford- 8 Years
- Alrene Peterson- 4 Years
- Melissa Jaskela- 1 Year

Resident Birthdays:

- 6/7- Dayle K.
- 6/10- Carol S.
- 6/17- Kathleen V.
- 6/21- Bruce Y.
- 6/27- Costley "Pat" P.
- 6/29- June J.

Welcome to Birchwood!

June brings several meaningfull opprotunities to recognize and connect as a community. We're proud to celbrate CNA Week and thank our Certified Nursing Assistants for the essential role they play in providing quality care each day. We'll also take time this month to honor the fathers and father figures in our lives as we celbrate Father's Day. As the summer season begins, we look forward to enjoying outdoor activities and events with residents and families. Thank you for your continued support and partnership.

Megan Miller, LNHA
Campus Executive Director



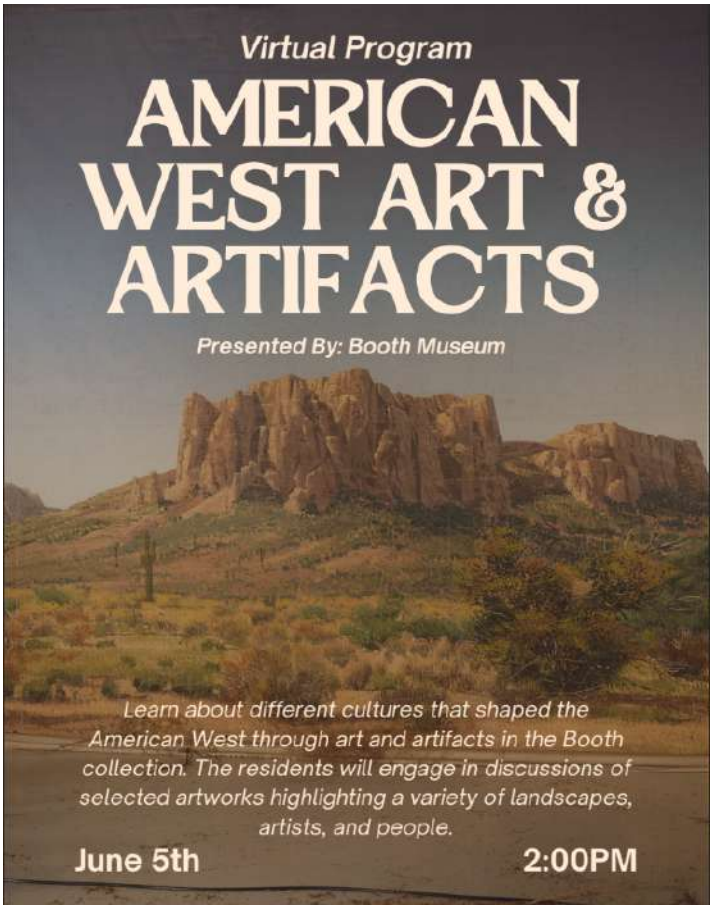
God With Us!

Kathleen McCauley, Campus Chaplain

The first Sunday of June was the last day of the 'Easter Season', and now we return to 'Ordinary Time' in the liturgical cycle. Let us not leave the Easter Season without remembering it's powerful message that 'God is with us.', 'God will not leave us.'" (Hebrews 13:5) Reading this message and remembering it, are two different things. When our lives get busy or we are hyper-focused on a problem or a concern, feeling God with us, is a challenge.

What are some tools we can use to help redirect our thinking, to know and feel that God is among us? Perhaps we can find some songs that hold this theme and listen to them at the beginning or end of the day. The song may stay with you during the day, as a reminder. We might also have a visual, picture and/or image of God holding us, or walking beside us, to be the reminder that 'God is among us.' Or there is always the option to sit quietly and re-read scripture passages that hold this message. Praying with them and digesting them, so as to sustain us throughout our day. Here are a few passages you might reference: John 14:16-17, Jeremiah 31, Matthew 28:20, Psalm 145:18 and Hebrew 13:5. The more aware we are of God's constant presence with us, the more we know and feel the love of God for us, in all things, throughout all of time. This is what it means to be an "Easter People": aware and accepting God's love.

June Virtual Program



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

Our Forklift competitions will be wrapping up this month with the Final 4 competitions on Tuesday, June 10th and the World Championship on Thursday, June 12th

Community News & Updates

Hello!

My name is Elijah Sandin and I could not be more excited to start my new role as the Assistant Executive Director here at Birchwood Senior Living. I am incredibly grateful that I am able to be a part of this community, and I am thrilled to see what my future holds! I've always been drawn to the compassionate and vital work performed in skilled nursing settings. The opportunity to lead such a dedicated team and contribute to the well-being of residents here is truly a privilege. I'm a firm believer in fostering an environment where residents feel not just cared for, but truly at home, and where staff feel valued and empowered. I'm eager to get to know all the residents, their families, and every member of the team. My door is always open, and I look forward to collaborating with everyone to continue building upon the excellent foundation already in place. Together, I know we can ensure Birchwood Senior Living remains a place of comfort, dignity, and exceptional care.

Eli Sandin
Assistant Executive Director



Now Hiring

LPNs & RNs for FT/PT PMs & NOCs

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- Existing & New Development Opportunities

WATERMELON FEST - ARBORS PARKING LOT

**JULY
12**

**1:30-3:30
PM**

SUMMER

PARTY

MUSIC W/JIM KIRKENDALL 2:00-3:00

Join us OUTSIDE ON Saturday July 12th for a
Watermelon Festival!

June 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Worship with Chaplain Kathleen [CH] 1 11:00 1:1 Visits with Chaplain Kathleen 1:30 Marilyn Monroe Day Documentary- Channel 95 3:30 Chair Exercises- Channel 95	10:00 Exercise Group [DR] 2 10:30 Daily Chronical Discussion [DR] 11:00 Hymn Sing [CH] 1:00 Chef Talk with Dillon [DR] 2:00 June Trivia & Facts [DR] 3:30 Short Stories [DR] 6:00 Snack Bingo [DR]	10:00 St. Peter's Catholic Rosary & Communion [CH] 3 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 Country Music Trivia- Channel 95	10:00 Worship with Chaplain Kathleen [CH] 4 10:45 Exercise Group [CH] 1:00 Daily Chronical Discussion [DR] 2:00 Bingo [DR] 3:30 Outdoor Visits [O] 6:00 60s Sing A Long- Channel 95	10:00 Exercise Group [DR] 5 10:30 Dice Break Game [DR] 1:00 Forklift Racing Practice [CH] 2:00 Virtual Event: American West Art & Artifacts [CH] 3:30 Daily Chronical Discussion [DR] 6:00 Trivia & Fun Facts! [DR]	10:00 Exercise Group [DR] 6 10:30 Outdoor Visits [O] 1:00 Spark Performance: The Really Big Show [CH] 2:00 Kitchen Kutups [CH] 3:15 Daily Chronical Discussion [DR] 6:00 Friday Movie "Beethoven"- Channel 95	9:00 Social Visits/1:1's 7 10:00 Daily Chronical Discussion [DR] 10:30 Nail Painting [DR] 1:30 Germany's Romantic Rhine & Rothenburg- Ch. 95 3:30 Chair Exercises- Channel 95
9:00 Social Visits/1:1's 8 10:00 Worship with Chisago Lakes Baptist Church [CH] 10:45 Outdoor Visits [O] 1:30 World Ocean's Day Documentary- Channel 95 3:30 Chair Exercises- Channel 95	10:00 Exercise Group [DR] 9 10:30 Birchwood Men's Club [CH] 1:00 Resident Council [CH] 2:00 Monthly Birthday Party [DR] 3:30 Short Stories [DR] 6:00 Snack Bingo [DR]	10:00 St. Peter's Catholic Rosary & Communion [CH] 10 10:45 Exercise Group [CH] 1:00 Final 4 Forklift Racing [CH] 2:30 Crafty Corner [DR] 3:30 Outdoor Visits [O] 6:00 Judy Garland Day Documentary- Ch. 95	10:00 Worship with Forest Hills Methodist [CH] 11 10:45 Exercise Group [CH] 1:00 Daily Chronical Discussion [DR] 2:00 Bingo [DR] 3:30 Outdoor Visits [O] 6:00 Evening Movie & Popcorn - E.T. [DR]	10:00 Exercise Group [DR] 12 10:30 Dice Break Game [DR] 1:00 Forklift Racing World Championships [CH] 2:30 Outdoor Visits [O] 3:30 Red Rose Day [DR] 6:00 Trivia & Fun Facts! [DR]	10:00 Exercise Group [DR] 13 10:30 Outdoor Visits [O] 1:30 Bowling [CH] 3:00 Coffee & Snack Social [DR] 6:00 Friday Movie "It Takes Two"- Channel 95	10:00 Daily Chronical Available [DR] 14 10:30 Spiritual Visits with Chaplain Kathleen 1:00 Flag Day Coloring [DR] 1:30 Flag Day Documentary- Channel 95 3:30 Chair Exercises- Channel 95
Father's Day 15 10:00 Worship with Chaplain Kathleen [CH] 11:00 Father's Day Gifts 1:00 Spiritual Visits with Chaplain Kathleen 3:30 Chair Exercises- Channel 95	10:00 Exercise Group [DR] 16 10:30 Daily Chronical Discussion [DR] 11:00 Hymn Sing [CH] 1:30 National Fudge Day [DR] 3:00 Short Stories [DR] 6:00 Snack Bingo [DR]	10:00 St. Peter's Catholic Mass [CH] 17 10:45 Exercise Group [CH] 1:30 Live Zoo Animals! [O] 2:30 Crafty Corner [DR] 3:30 Outdoor Visits [O] 6:00 Nail Painting [DR]	10:00 Exercise Group [CH] 18 10:30 Outdoor Visits [O] 1:00 Daily Chronical Discussion [DR] 2:00 Bingo [DR] 3:30 Paul McCartney Day [DR] 6:00 Evening Movie & Popcorn [DR]	10:00 Chair Exercises- Channel 95 19 1:30 Afternoon Movie [DR] 3:30 Daily Chronical Discussion [DR] 6:00 Juneteenth trivia & facts [DR]	10:00 Comedy Shows- DR [DR] 20 10:30 Outdoor Visits [O] 1:30 Bowling [CH] 3:00 Coffee & Snack Social [DR] 6:00 Friday Movie "Rookie of the Year"- Channel 95	1:30 World Music Day Documentary-Channel 95 21 3:00 Daily Chronical Discussion [DR] 3:30 Nail Painting [DR] 3:30 Chair Exercises- Channel 95 6:00 Yahtzee [DR]
10:00 Worship with Corliss [CH] 22 1:30 World Rainforest Day Documentary- CH. 95 3:00 Daily Chronical Discussion [DR] 3:30 Garden Talk (Water & Weed Garden) [O] 3:30 Chair Exercises- Channel 95 6:00 Evening Movie & Popcorn [DR]	10:00 Exercise Group [DR] 23 10:30 Daily Chronical Discussion [DR] 11:00 Hymn Sing [CH] 1:30 Live Music with Adam Daniel [DR] 3:00 Short Stories [DR] 6:00 Snack Bingo [DR]	10:00 St. Peter's Catholic Rosary & Communion [CH] 24 10:45 Exercise Group [CH] 1:00 Campus Jeopardy! [CH] 2:30 Crafty Corner [DR] 3:30 Outdoor Visits [O] 6:00 Nail Painting [DR]	10:00 Worship with Chaplain Kathleen [CH] 25 10:45 Exercise Group [CH] 1:00 Daily Chronical Discussion [DR] 2:00 Bingo [DR] 3:30 Outdoor Visits [O] 6:00 Evening Movie & Popcorn [DR]	8:30 Fishing @ Chisago Lake- Sign up only! 26 10:00 Exercise Group [DR] 10:30 Dice Break Game [DR] 1:30 Bomb Pop Day! [DR] 2:30 Women's Club [CH] 3:30 Outdoor Visits [O] 6:00 Trivia & Fun Facts! [DR]	10:00 Exercise Group [DR] 27 10:30 Outdoor Visits [O] 1:30 Bowling [CH] 3:00 Outdoor Visits [O] 6:00 Friday Movie "The Mirical Worker"- Channel 95	10:00 Daily Chronical Available [DR] 28 10:30 Social Visits/1:1's 1:30 Paul Bunyan Day Documentary-Ch. 95 3:30 Chair Exercises- Channel 95
10:00 Daily Chronical Available [DR] 29 10:30 Social Visits/1:1's 1:30 Juicy Fruit Day Documentary- Channel 95 3:30 Chair Exercises- Channel 95	10:00 Exercise Group [DR] 30 10:30 Daily Chronical Discussion [DR] 11:00 Hymn Sing [CH] 1:30 Gone Fishing Trivia/Name that Fish [DR] 3:00 Short Stories [DR] 6:00 Snack Bingo [DR]	<div><p>Schedule is subject to change.</p></div> <div>CH Chapel DR Dining Room O Outside</div> <div>Happy Birthday to 6/7 Dayle K 6/10 Carol S 6/17 Kathleen V 6/21 Bruce Y 6/27 Costley "Pat" P 6/29 June J</div>				