

Did you know?

Leadership Contacts

- Megan - Campus Executive Director - 651-466-1022
- Chris - Arbors Executive Director - 651-466-1011
- Cheyenne - Director of Health Services - 651-466-1012
- Mary - Arbors Floor Nurse - 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
- Richard - Food Service Manager - 651-466-1017
- Housekeeping - 651-466-1028
- Kathleen - Chaplain - 651-466-1031
- Nathan & Christelle - End of Life Doulas - 651-466-1024
- Birchwood Health Care Center - 651-464-5600



Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

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



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.

Onsite Services

Podiatry, Dental, Associated Clinic of Psychology, or Integrative Therapy, contact floor nurse or front desk.

- 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 LOBBY on the first floor!**
- See Melissa if you would like to be part of our **VOLUNTEER** TEAM.
- There are a lot events listed on the calendar as - Ch 95. Be sure to check them out on your TVs.



Michael Riddle
Friday, July 11th
2pm - DR



Darlin Jesse
Thursday, July 17th
1:30pm - Chapel



Gold Tone Cats
Friday, July 25th
2pm - DR

July

Happy Birthday

- Eileen H - 11th
- Yvonne J - 18th
- Bev S - 20th
- Joyce G - 19th
- Marilyn - 26th

Welcome &
Birthday Party
Thursday, July 3rd
at 1:30



Lifelong Learning Program

VIRTUAL PROGRAM

ADVENTURES OF BENJAMIN FRANKLIN

PRESENTED BY: ACTORS COMPANY

JOIN BENJAMIN FRANKLIN IN AN INTERACTIVE ONE-MAN SHOW AS HE SHARES HIS LIFE AS A PRINTER, INVENTOR, DIPLOMAT, AND PATRIOT. EXPLORE HISTORY, SCIENCE, AND HUMOR, WITH HANDS-ON RECREATIONS OF HIS EXPERIMENTS!

JULY 10TH
2:00PM

SPARK PERFORMANCE LEAGUE

GRIP GAMES

GAME
- 3 -

Teams of four work together using a Power House to pump water while competing against another Senior Living community. Teams compete for the highest number of gallons of water they pump each season. The Grip Games brings gamification to combined grip strength!

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

July: Purple University
– Ignite Your Passion with a 4-Week Course

TED Ideas change everything

Chaplain Chat



Where is Your Dwelling Place?
Kathleen McCauley Campus Chaplain



Summertime usually means time to play, fish, garden, cookouts etc. Typically, it is a time to frolic with much daylight and warm sunshine, but this year it feels a little heavy due to the events in our state, our country and the world. How do we hold these scary events in balance with our faith and an even attitude? We can get some guidance from two different scripture passages. First in Psalm 91, there is a question posed “Where is your dwelling place?” This is not a reference to physical location, it is a question about your interior. Where is your heart dwelling? Where is your mind dwelling? Headlines and conversation supercharged with, fear, judgement and violence, can hijack our interior peace and contaminate our ‘dwelling place’, our Souls, where God resides in us. So, safeguard ‘your dwelling place’, to be the place where you can find peace and comfort for a few minutes each day. It is then we can experience what Is. 32:18, references: “Then my people will dwell in a peaceful place, in safe and secure places of rest.” (What is important to note with Isaiah’s quote, is that it will be a ‘safe’ place to ‘rest’. He maybe referring to ‘resting’ in God’s presence, not the safety and security that we might be thinking.) This rest and security in God might be just what we need to navigate these troubled times.

July Firsts in Sports

- Pikes Peak summit reached for the first time (July 14, 1820)
- First U.S. swimming school opened in Boston (July 23, 1827)
- First rodeo for cash prizes held (July 4, 1883)
- First solo flight around the world completed (July 22, 1933)
- Althea Gibson becomes first African American to win the Wimbledon tennis tournament (July 6, 1957)
- Uruguay wins the first FIFA World Cup (July 30, 1930)
- First MLB All-Star Game played (July 6, 1933)
- Joe DiMaggio's hitting streak ends at 56 games (July 17, 1941)
- First American wins Tour de France bicycle race (Greg LeMond on July 27, 1986)



To Infinity and Beyond

This month we celebrate NASA! It was created on July 29, 1958, when President Eisenhower signed the National Aeronautics and Space Act of 1958, paving the way for moon landings and other exciting space exploration.

July Zodiacs

Cancer (The Crab)
July 1–22

Leo (The Lion)
July 23–31

July is the seventh month of the year in the Julian and Gregorian calendars. It falls in the middle of summer and is usually the hottest month of the year in the northern hemisphere. In the ancient Roman calendar, which began the year with March, July was the fifth month, known as Quintilis. When January and February were added to the calendar, Roman Emperor Augustus changed the name to Julius (July) in honor of Julius Caesar, who was born in July.

July Moon Phases

First Quarter – July 2
Full Buck Moon – July 10
Last Quarter – July 18
New Moon – July 24

The full moon in July is called the “buck moon” because July is normally the month when a buck deer’s new antlers appear. It’s also when game hunting season begins.

What’s Lucky in July?

Lucky Colors: Yellow and Pink
Lucky Animal: Tortoise
Lucky Letters: J and V
Lucky Day: Wednesday
Lucky Plant: Blueberry



July Birthdays

Carl Lewis (track star) – July 1, 1961
Richard Petty (auto racer) – July 2, 1937
Dave Barry (humorist) – July 3, 1947
Ann Landers (advice columnist) – July 4, 1918
Nancy Reagan (first lady) – July 6, 1921
Michelle Kwan (ice skater) – July 7, 1980
Marty Feldman (actor) – July 8, 1934
Ed Ames (singer) – July 9, 1927
E. B. White (writer) – July 11, 1899
Eleanor Steber (soprano) – July 17, 1914
Ernest Hemingway (author) – July 21, 1899
Alexander Calder (sculptor) – July 22, 1898
Mick Jagger (rock star) – July 26, 1943
Beatrix Potter (writer) – July 28, 1866

THE MONTHLY GAZETTE

July 2025

"Summertime is always the best of what might be."

~ Charles Bowden



Plant of the Month – Snake Plant

The snake plant is *Dracaena trifasciata*, a vibrant green flowering plant in the family Asparagaceae that is native to tropical West Africa. This popular house plant is also called Saint George's sword, mother-in-law's tongue, and viper's bowstring hemp. The lovely snake plant has spear-like leaves that love sunlight and warm temperatures, so if your snake plant is indoors, place it by a sunny window so it can soak in the sun's rays. In addition to its beauty, the plant's medicinal qualities include filtering toxins from the air and deterring pests like gnats and other insects. It's



best to avoid touching this plant, as its leaves are mildly toxic and could cause nausea and skin irritation, a clever defense mechanism to discourage insects and animals from eating it. The snake plant symbolizes good luck, resilience, and positivity. It's also associated with good health, success, and warding off negative energy.

Special Days

Canada Day
July 1

Halfway Point of 2025
July 2

Independence Day (U.S.)
July 4

World Chocolate Day
July 7

World Jump Day
July 20

Cousins Day
July 24

International Tiger Day
July 29

Flower – Larkspur



Larkspur is a member of the *Delphinium* genus. There are many varieties of this vibrant flower, ranging in height from one to seven feet. Larkspur has petals that grow together forming a spur at the end, thus the name. When in bloom, these flower spikes are lovely in the garden, and they look splendid in a vase, too. Larkspur symbolizes an open heart and a passionate attachment. It also conveys a feeling of lightness or levity.

Birthstone – Ruby



The red ruby is one of four precious gemstones along with the sapphire, emerald, and diamond. Its brilliance has been treasured for centuries, and natural rubies are even rarer than diamonds. The ruby hails from Asia and is found in Myanmar, Afghanistan, Cambodia, Thailand, and Sri Lanka. Given as a gift, the ruby is a symbol of friendship and lasting love as well as devotion and integrity. Appropriately, the ruby is the gemstone for the 15th and 40th wedding anniversaries.

Summer Travel? Stay Well on the Go

Travel is good for the soul. Whether you're seeing new places or making memories with people you love, summer trips can spark curiosity and joy. Just one note: the best adventures go more smoothly with a little preparation—especially when it comes to your health and comfort.

Keep these few simple tips in mind:

- **Talk to your doctor before you go.** Make sure your vaccines are current. Go over any health concerns that might affect your trip.
- **Pack light—but smart.** Bring your medications, a list of your medical conditions, a hat, healthy snacks, and other comforts you might enjoy on the move.
- **Give yourself time to recover.** It's okay to pace yourself. Build downtime into your schedule, even for short trips.
- **Stay hydrated, and dress in layers.** Air conditioning, heat, and elevation changes can take a toll. Water and soft, breathable clothing can help.
- **If you're flying, request support in advance.** Most airlines offer wheelchair service and early boarding. You can ask for them when you book your flight. Don't let the hustle and bustle of a busy airport stop you from going on that trip!

A summer trip can be a great way to reconnect, recharge, and refresh your perspective. If you've been thinking that you can't travel right now because of your health, consider talking to your Lifespark primary care team. They might have solutions you haven't thought of. Live fully, travel wisely!

What are the Grip Games?

A well-established body of research links improved grip strength to greater health and longevity. Researchers also found reduced grip strength to be associated with chronic medical conditions and a reduced lifespan. While many studies support the goal of enhancing the grip strength of older people there is little research showing how to accrue those gains efficiently. The Grip Games emerged as a means of connecting research to practice and, in doing so, help people experience greater strength, purpose, and belonging.

Lifespark invented a device called the "Power House" that allowed for team based grip strength competitions. The first ever "Grip Games" were held in the summer of 2022 and brought together 24 teams who engaged in head to head contests of strength and endurance. The Grip Games bring gamification to grip strength and success in Grip Games competitions comes to those who cultivate a robust team roster, develop a strong sense of teamwork, create a smooth rhythm, and add in plenty of practice.

The Grip Games are organized around head-to-head matches between identically equipped teams. Each Game is divided into four Waves. During each Wave team members squeeze a rubber bulb that pumps water inside a closed circuit. A water meter tracks how many gallons of water are pumped during the match. The Team that pumps the most water during the Game's four Waves is declared the winner.

Megan Miller



Campus Executive Director | Birchwood Senior Living
604 1st St. Ne | Forest Lake, MN 55025 | 651-466-1022

July is a wonderful time to celebrate community, connection, and the simple joys of summer. At Birchwood, we're embracing the season with fun activities, family visits, and meaningful moments with our residents. Thank you to our staff, families, and volunteers for your continued support—your dedication makes all the difference. Wishing everyone a safe and happy July!



Employee Spotlight



please welcome

Cheyenne Koenen, RN, our fantastic, new
Director of Health Services @ our
Birchwood Arbors Assisted Living
Community.




BIRCHWOOD
SENIOR LIVING

July New Events



July 9th 2:30
Raptors—Observe live raptors, learn about their similarities and differences, and hear about adaptations a bird of prey has to help it survive.



**July 8th, 15th,
22nd & 29th**



TED Ideas change everything

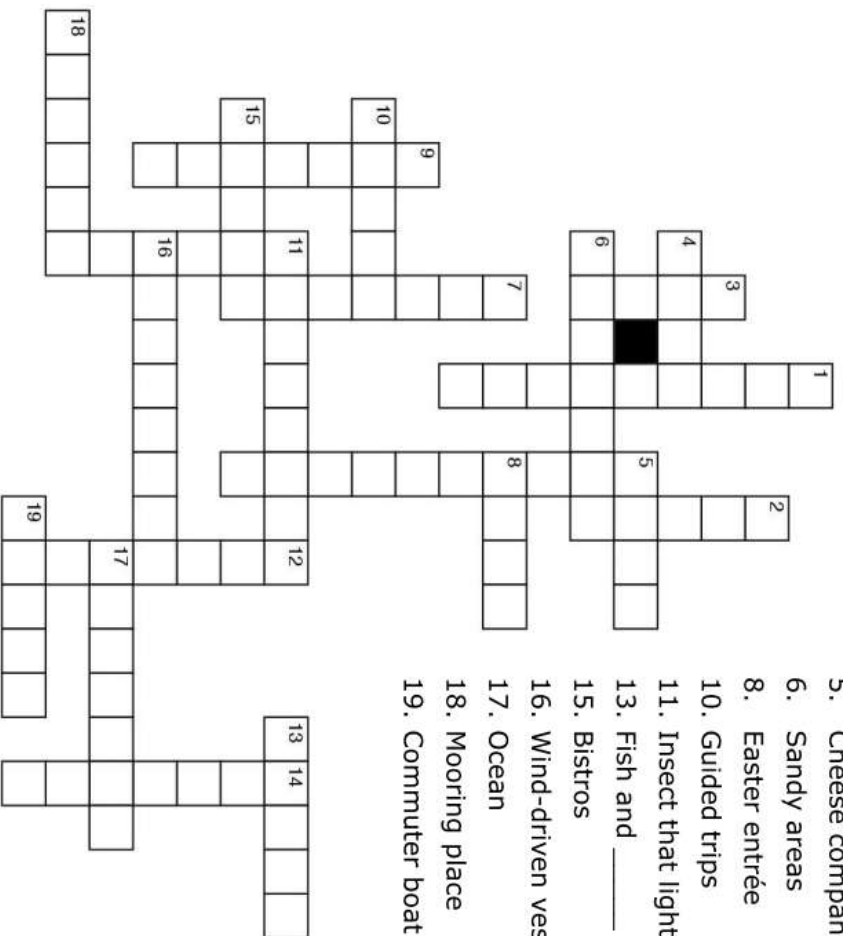
TED Talks are short, powerful presentations on a wide range of topics, designed to share innovative ideas and inspire audiences globally.

Overview of TED Talks
TED, which stands for Technology, Entertainment, and Design, is a nonprofit organization that began in 1984. It aims to spread ideas through engaging talks that typically last between 3 to 18 minutes. TED Talks cover a broad spectrum of subjects, including science, health, politics, culture, and personal development, making complex topics accessible to a general audience.



North Island, New Zealand

Use the clues to fill in the crossword.



ACROSS

4. Māori means "people of the _____."
5. Cheese companion you drink
6. Sandy areas
8. Easter entrée
10. Guided trips
11. Insect that lights up
13. Fish and _____
15. Bistros
16. Wind-driven vessel
17. Ocean
18. Mooring place
19. Commuter boat



DOWN

1. Rural scenery
2. Nickname for New Zealanders
3. Underground chamber
5. Capital of New Zealand
7. Paleontologist's finds
9. Lava source
11. Natural gusher
12. Steak-filled pastry
14. What residents of Hobbiton are called

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Jingle Bells in July

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



- | | | |
|-------------|-------------|-----------|
| BARBECUE | FIREWORKS | ORNAMENTS |
| CONCERTS | FRIENDS | PAVLOVA |
| DECORATIONS | ICE CARVING | ROASTS |
| FAMILY | LIGHTS | SANTA |
| FESTIVALS | NATURE | SKIING |
| FIREPLACE | NEW ZEALAND | WINTRY |