

Did you know?

Leadership Contacts

- Megan - Campus Executive Director - 651-466-1022
- Chris - Arbors Executive Director - 651-466-1011
- Director of Health Services - 651-466-1012
- Brett - 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



Age Magnificently



Our May 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.



- 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.

Onsite Services

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

Bill Cagley
Friday, June 13th
2pm



Happy Birthday

- Rich - 4th
- Marienell - 9th
- Sandy - 10th
- Louis - 12th

Wes "Squeezy" Miller
Thursday, June 19th
2pm



Welcome & Birthday Party
w/ Music by Mary Hall
Friday June 6th
2pm

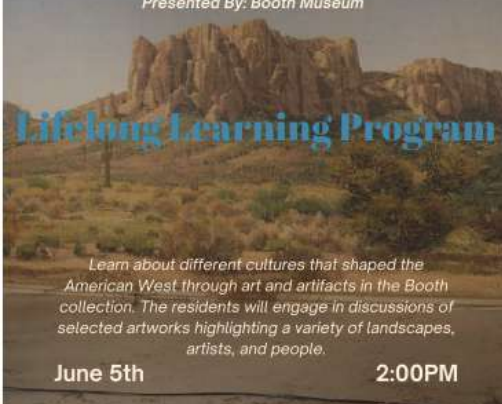
Amy & Adams
Friday, June 27th
2pm



Virtual Program

AMERICAN WEST ART & ARTIFACTS

Presented By: Booth Museum



Lifelong Learning Program

Learn about different cultures that shaped the American West through art and artifacts in the Booth collection. The residents will engage in discussions of selected artworks highlighting a variety of landscapes, artists, and people.

June 5th 2:00PM

SPARK PERFORMANCE LEAGUE

GAME - 2 -



NATIONAL FORKLIFT RACING LEAGUE

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.

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

June: Bridging Generations – Intergenerational Connection



Birthday Critters: The Animal in You

June 1–3: Mouse

You are a sensitive yet mischievous person who others love to be around. You're always looking for the next fun thing to do.

June 4–14: Turtle

You are a very practical person with a kind heart, clever mind, and a generous spirit. Friends and family know they can come to you for anything.

June 15–20: Dog

You are a loving, loyal friend, and your humble, down-to-earth attitude makes you easy to get along with. You are also

very hardworking and popular among your friends.

June 21–24: Monkey

You are a playful person who loves cracking jokes and being the center of attention. You have a unique, spot-on sixth sense that keeps you out of trouble.

June 25–30: Cat

Though shy at times, you warm up to others quickly and have a lovable personality. You enjoy having quiet time to reflect and just be yourself and can often be found with a book in hand.



Hip Hip Hooray

June 25 is the Day of Joy, the perfect occasion to reconnect with everything and everyone who warms your heart! Celebrate the laughs, light, love, and happiness all around you, and find more joy in each and every day.

June Zodiacs

Gemini (The Twins)
June 1–20

Cancer (The Crab)
June 21–30

Chaplain Chat



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 its 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 is the sixth month of the year in the Julian and Gregorian calendars. June is the month with the longest daylight hours of the year in the northern hemisphere and the shortest daylight hours of the year in the southern hemisphere. Some say June is named for the Latin word *iuniores*, meaning "youths," but the name also could have come from the Greek goddess of marriage, Juno. For this reason, some couples think getting married in June brings good luck.

Love Those Long Summer Days

June 20 marks this year's summer solstice. This is the first day of summer in the northern hemisphere and the day with the most daylight hours. This is because the sun is traveling along its northernmost path. Conversely, in the southern half of the world, this date marks the shortest day and the beginning of winter. Many cultures and communities have special traditions to honor the solstice.

What's Lucky in June?

Lucky Color: Green
Lucky Animal: Jaguar
Lucky Letters: B and V
Lucky Day: Thursday
Lucky Plant: Strawberry



June Birthdays

Morgan Freeman (actor) – June 1, 1937
Anderson Cooper (journalist) – June 3, 1967
Kenny G (musician) – June 5, 1956
Virginia Apgar (doctor) – June 7, 1909
Joan Rivers (comic) – June 8, 1933
Cole Porter (songwriter) – June 9, 1891
Gene Wilder (actor) – June 11, 1933
Steffi Graf (tennis star) – June 14, 1969
George Mallory (explorer) – June 18, 1886
Nicole Kidman (actress) – June 20, 1967
Cyndi Lauper (singer) – June 22, 1953
Wilma Rudolph (runner) – June 23, 1940
Sonia Sotomayor (judge) – June 25, 1954
Frank Loesser (composer) – June 29, 1910

THE MONTHLY GAZETTE

June 2025

"June is the pearl of summer, shining with warmth and joy."

~ L. M. Montgomery



Plant of the Month – Orchid

Stunning, fragrant orchids are part of the Orchidaceae family of plants. These gorgeous flowers are found all over the world. While some varieties are very rare, orchids as a group are not. In fact, there are over 25,000 wild types of orchids, and they make up about 10 percent of all plant species. There are also orchid hybrids developed by humans. Orchids come in a huge range of sizes, with the tiniest as small as a dime. The largest, the tiger orchid, typically grows about eight feet long, but this hefty plant can reach 25 feet and weigh several hundred pounds.



Orchids are prized for their range of heady scents, with notes of floral, citrus, and spice. Some orchids smell like cinnamon, chocolate, or vanilla. Others have unpleasant scents like mildew or old cheese, and some have no scent at all. Avoid touching or overwatering these delicate blooms, which symbolize love, beauty, fertility, and strength.

Special Days

Flip a Coin Day
June 1

World Bicycle Day
June 3

Doughnut Day
June 6

Flag Day
June 14

Father's Day
June 15

Juneteenth
June 19

World Giraffe Day
June 21

Flower – Rose



The rose, the flower for the month of June, represents beauty and perfection. Its name comes from the Latin word *rosa*, which means "red." It's one of the oldest flowers known to man. In fact, Nebuchadnezzar, the king of Babylonia around 560 BC, used roses to decorate his home. In modern floral tradition, the red rose symbolizes love, yellow is the rose for friendship, and peach represents appreciation and sincerity.

Birthstone – Pearl



Pearls are finely polished beauties. Traditionally white or ivory, they also can be found in pinks, purples, blacks, and golds. The pearl is very different from other birthstones because it is not really a stone at all. Pearls are created by mollusks like clams or oysters. When a grain of sand finds its way inside the mollusk's shell, the mollusk seals off the irritant by coating it with nacre, or mother-of-pearl. After many coatings, it becomes rounded, and a pearl is born.

Lifespark Complete



Senior Living Newsletter: Annual Wellness Visit
5.5.25

Your Annual Wellness Visit: More Than a Checkup

Your annual wellness visit isn't just about test results and vital signs. It's about *you*. It's a chance to pause, reflect, and plan for the year ahead, focusing on what matters most in your life.

Think of this appointment as a check-in on your whole self. You have the chance to talk openly with your provider. Take your time to share how you've been feeling in general—physically, mentally, and emotionally. And talk about any specific concerns, like your memory, mobility, mood, or medications. Do you worry about falling, or are you feeling vulnerable in other parts of your daily life? This is the perfect time and place to ask for advice.

You also might want to consider having this essential conversation with a doctor who truly understands the journey of aging—and how to do it magnificently.

For instance, at Lifespark, our geriatric expert clinicians specialize in caring for older adults. They understand that health is personal, and your needs are unique. With Lifespark Primary Care, you receive:

- **Convenient on-site visits**—no need to travel; we come to you
- **Whole-person care** that considers your physical, emotional, and social health
- **Expertise in geriatric medicine**, ensuring your care plan fits the life you want to live

If care that's built around the needs and priorities of older adults sounds like a good fit for you—and you're not currently with Lifespark Primary Care—consider reaching out to get to know us. Either way ... is it time to schedule your annual wellness visit? Here's to your happiness, health, and vitality!

Education Outreach Zoomobile



Zoomobile brings animals to YOU either in-person at your site or virtually!

The goal of all Zoomobile programs is to create and establish a sense of stewardship and respect for the diversity and complexity of all life on earth. We strive to bring animals, either virtually or in person, to guests who may not be able to easily come to the zoo. Zoomobile naturalists capture imaginations and stimulate curiosities about the natural world while providing a foundation of information and knowledge for their audiences.

Introducing...

My name is Megan Miller, and I've had the pleasure of being with Lifespark Communities for the past two years, most recently serving as the Assistant Executive Director of Woodbury Senior Living. I am also a proud graduate of the University of Wisconsin Eau Claire's Healthcare Administration program.

I'm pleased to share that I've officially accepted the role of Campus 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 June, I'm looking forward to continuing the important work we've started together and building on the strong foundation already in place.

Thank You,
Megan Miller, LNHA



Cologne, Germany

Match the clues to the words associated with Cologne, Germany.

- | | |
|---|----------------------|
| 1. Large and important church ____ | A. eau de cologne |
| 2. Place to find modern art ____ | B. Rhine |
| 3. Animal-filled attraction ____ | C. historical |
| 4. Fragrance shop purchase ____ | D. Cologne Cathedral |
| 5. Chocolate dessert with cherries ____ | E. cable car |
| 6. Key or combination devices ____ | F. bratwurst |
| 7. Courtyard water feature ____ | G. botanical |
| 8. Mountain transport ____ | H. Museum Ludwig |
| 9. Architectural style ____ | I. beer |
| 10. Old street material ____ | J. Cologne Zoo |
| 11. It may come on a bun ____ | K. gnomes |
| 12. Stein filler ____ | L. padlocks |
| 13. Folklore creatures ____ | M. cloudy |
| 14. Goal-oriented sport ____ | N. fountain |
| 15. Concerning past events ____ | O. Black Forest cake |
| 16. Overcast ____ | P. Gothic |
| 17. German river ____ | Q. soccer |
| 18. Type of garden ____ | R. cobblestone |



Garden Gnomes

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

L	W	N	J	M	B	V	F	S	L	M	S	D	K	R
W	A	I	M	E	M	L	S	M	L	U	U	A	L	B
M	I	C	A	W	O	E	D	R	A	S	O	W	P	B
J	O	R	I	W	H	Z	P	A	M	H	M	K	O	V
S	D	M	E	H	Y	E	W	H	S	R	I	X	I	H
A	E	R	A	K	T	L	E	C	E	O	Q	O	N	I
V	S	E	L	G	V	Y	E	L	V	O	P	Z	T	Q
Q	O	X	R	N	I	R	M	K	B	M	U	R	Y	S
J	S	U	M	T	U	C	Y	T	F	A	R	C	H	S
P	I	P	N	S	D	N	E	G	E	L	R	O	A	Z
L	Q	P	A	W	P	U	O	A	I	E	V	R	T	P
A	Q	E	O	Y	D	I	F	O	T	E	J	R	O	C
N	R	L	A	N	T	E	R	N	L	E	A	L	K	W
T	G	O	O	D	L	U	C	K	S	D	I	A	R	B
S	F	B	O	V	Z	N	G	K	C	M	R	M	H	N



BEARD	LANTERN	POINTY HAT
BRAIDS	LEGEND	SHOVEL
CHARMS	MAGIC	SMALL
CRAFTY	MUSHROOM	TREASURE
FLOWERS	MYTHICAL	TREES
GOOD LUCK	PLANTS	WHEELBARROW

