

Did you know?

Leadership Contacts

- Megan - Campus Executive Director - 651-466-1022
- Chris - Arbors Executive Director - 651-466-1011
- Cheyenne - Arbors Director of Health Services - 651-466-1012
- Mary - Arbors Floor Nurse - 651-466-1013
- Melissa - Arbors 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
- 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.

•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.

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.



Gary LaRue
Friday, August 8th
2pm - DR



Ed Frietag
Friday, August 22nd
2pm - DR





August

Happy Birthday

Nancy - 7th
Ginger - 14th
Denny - 21st

Welcome & Birthday Party
Friday, August 1st 2pm

Meet & Greet Thomas
Wednesday Aug 6th 10am in the Chapel
Thomas Waknitzis thenew Chaplain for the Health Care Center



Virtual Program
THE INCREDIBLE LIFE OF JOHN B. JONES
Presented By: Fort Monroe Authority

August 7th | 2:00pm

SPARK
PERFORMANCE
LEAGUE

GRIP
GAMES

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!

GAME - 3 -

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

August: Play, Compete, and Connect – A Month of Games with Opticons

Chaplain Chat



GOD’S ABUNDANCE IS GREAT by Kathleen McCauley

Greetings to the Arbors Community. It is with great joy that I share with you the abundance that God has showered onto me. I am a minister called to serve God’s people in different ways. For over a decade now I have been ministering to people in recovery from addiction and in these past three years have been blessed to journey with elder adults. The demands of these ministries have collided too many times on my calendar, exhausting me spiritually and physically. With the guidance of God and graciousness of Lifespark, I am now able to do both ministries. As of August 5th, I will be Chaplain of the Arbors Community exclusively. I will dedicate eight to twelve hours a week to visiting and offering programs to residents. I welcome the opportunity to get to know all of you better and thus be able to minister to your needs more effectively.

I will now have more hours a week to give to Threads of Spirituality, the ministry that shares spirituality with alcoholics and addicts all over the country. So, God has provided for me in ABUNDANT WAYS. Rejoice!!

Birthday Treats

August 1–7: Ice Cream
If you're born in the first week of August, you are sure to be friendly, intelligent, and charismatic. You are a social butterfly who is always in the know. Cool under pressure, you're often called on to be a leader and problem solver.

August 8–15: Cookie
You are kindhearted with a flexible but pragmatic mindset and a positivity that shines no matter what life throws at you. Your compassionate and caring personality is second to none, and no one is better at comforting a friend.

August 16–22: Pie
A nature lover at heart, you have a green thumb, a need for fresh air, and a prowess for baking. Sometimes silly, always sweet, fun, and smart, your social calendar is consistently full. Still, you also enjoy solitude and time with pals one-on-one.

August 23–31: Cupcake
Well-known for your engaging personality, you are the life of the party. Friends call on you when they need a laugh, a hug, or a shoulder to cry on. You also offer caring, practical, sage advice that your loved ones have learned to count on.

“Dog Days” of Summer

July 3 to August 11 are nicknamed the “dog days” of summer, a reference to Sirius, the Dog Star, which rises with the sun during this period. In ancient times, people noticed that Sirius rose just before the sun, and they linked its appearance with extreme heat, drought, and even misfortune.

August Zodiacs

Leo (The Lion)
August 1–22

Virgo (The Virgin)
August 23–31



... *August* was named for Emperor Augustus Caesar, the grandnephew and adopted son of Roman Emperor Julius Caesar. Originally, August had only 30 days. However, legend has it that when the Roman senate decided to name the month in honor of Augustus Caesar, they wanted it to have as many days as July, the month that was named after Julius Caesar. Therefore, one day was taken from the month of February and added to August, giving it 31 days.

Game On!

August is the perfect time to play (or learn to play) mah-jongg, the popular tile game. This is because August 1 is International Mah-Jongg Day. This fun, strategic game for two to four players originated in China during the Qing dynasty. Players win by collecting sets of patterned and numbered tiles. Though complex at first, it is similar to gin rummy and is a blast to play once you get the hang of it.

What’s Lucky in August?

Lucky Colors: Teal and Orange
Lucky Animal: Elephant
Lucky Letters: B, X, and J
Lucky Day: Saturday
Lucky Plant: Aster



August Birthdays

Jerry Garcia (singer) – August 1, 1942
Isabel Allende (writer) – August 2, 1942
Tom Brady (quarterback) – August 3, 1977
Sylvia Sidney (actress) – August 8, 1910
Alex Haley (author) – August 11, 1921
Annie Oakley (sharpshooter) – August 13, 1860
Julia Child (chef) – August 15, 1912
Madonna (singer) – August 16, 1958
Meriwether Lewis (explorer) – August 18, 1774
Al Roker (weatherman) – August 20, 1954
Valerie Harper (actress) – August 22, 1939
Gene Kelly (dancer/actor) – August 23, 1912
Melissa McCarthy (actress) – August 26, 1970
Richard Gere (actor) – August 31, 1949

August 2025

THE MONTHLY GAZETTE

*"...When Summer gathers up her robes of glory,
and like a dream of beauty glides away."*

~ Sarah Helen Whitman



Plant of the Month – Fiddle-Leaf Fig

This popular house plant is native to West Africa. The fiddle-leaf fig can grow up to 10 feet tall indoors but can grow up to 60 feet outdoors. This tropical plant has lush, glossy, green leaves that resemble a violin or fiddle, which is how it got its name. Fiddle-leaf figs need a steady supply of sunlight, so it's ideal to place them by a window. However, if they get too much direct sunlight, the leaves could burn. It's also important not to overwater the plant because it likes to dry out a bit between weekly waterings. A symbol of fertility, abundance, new beginnings,



prosperity, and growth, it's a popular wedding or housewarming present. It is also a favorite plant for practitioners of feng shui. While the stunning plant produces edible fruit, it is not sweet like a typical fig and tends to dry out the mouth, so it's typically not eaten. On rare occasions, the plant will also produce small flowers.

Special Days

Sandcastle Day
August 2

Sisters' Day
August 3

Purple Heart Day
August 7

S'mores Day
August 10

Left-Handers Day
August 13

Tell a Joke Day
August 16

Women's Equality Day
August 26

Flower – Gladiolus



The gladiolus represents strength and moral integrity—fitting given that its name comes from the Latin word for "sword," *gladius*. But while its sword-shaped stems might convey Roman gladiators, its flowers are capable of piercing a heart with their beauty. Because of this, the gladiolus symbolizes infatuation.

Although beautiful in the garden, its chief value is for cut flowers. The flower's wide range of colors and sizes makes it ideal for flower arrangements.

Birthstone – Peridot



Peridot is a lovely green gemstone. Often mistaken for an emerald, it is also known as "the poor man's emerald." Peridot is one of the few gems found in only one color. The intensity of peridot's greenish hue can vary slightly, however, depending on how much iron it contains. Aside from being the birthstone for August, the peridot is also valued as the national gemstone of Egypt. In fact, some scholars believe that the emeralds worn by Cleopatra were actually peridots.



Senior Living Newsletter: Medication Reviews
5.5.25

What's in Your Medicine Cabinet? Time for a Review!

As we age, our bodies change—and so does the way we process medication. What worked well five or ten years ago might be too strong for you now or no longer needed. That's why a regular medication review with your primary care provider or pharmacist is so important.

Think of it like a fall cleaning for your health. You and your provider look at all the meds you're taking. You might just realize that certain changes could make life simpler and safer.

A little preparation can help make that conversation go more smoothly:

- **Make a complete list** of everything you take—including pills, patches, creams, inhalers, and injections. Don't forget over-the-counter meds, supplements, and herbal remedies.
- **Write down the details** for each one: name, dose, how often you take it, and why.
- **Bring your list to your appointment** and bring the actual medications with you.
- **Mention recent changes** in how you feel—energy, balance, digestion, sleep. Some of those symptoms might be related to medication side effects or drug interactions.
- **Choose where you want to do your review.** Your primary care provider knows your full health history and how your medications fit into the bigger picture of your care.

Your medication list might not change after your review. And that's *good* news. It gives you the peace of mind that you've been on the best path all along. If they do need to change, then you've done the right thing by taking this step to actively manage your health.

If you have other questions about medication reviews, your Lifespark primary care team is a great resource. Life is an amazing and precious thing. Live it well!



LSSL Guest is our NEW Wi-Fi Network

- The password is LifesparkWelcome
- The guest network can be used by guests, residents, and other vendor connected devices. All or any devices a resident may be using needs to be transitioned over to the LSSL Guest by 9/8/25
- Computers • TV • Pacemakers, monitoring • other Smart devices

Minnesota State Fair



The Minnesota State Fair is THE pop culture event of the year for Minnesotans from all corners of the state. It's one of the largest state fairs in the country and attracts all kinds of people from Minnesota, the Upper Midwest, the U.S. and Canada.

The Minnesota State Fair is a world-class showcase of Minnesota's finest in agriculture, arts, industry and entertainment. It is a self-supported organization that has received no public money since 1949, and has been held on the Minnesota State Fairgrounds since 1885, a 320-acre parcel of land located between St. Paul and Minneapolis.

Minnesota State Fair Fun Facts

- Theodore "Teddy" Roosevelt delivered the famous "Speak Softly and Carry a Big Stick" speech at the Minnesota State Fair in 1901. Later known as the "Big Stick Policy", it was a foreign policy that advocated the use of caution and diplomacy, backed by the use of power if needed.
 - The very first state fair was in 1859, the year after Minnesota was granted statehood.
 - Legendary pacer horse, Dan Patch, set the world record for one-mile at the Grandstand; the record stood for more than 30 years —1906.
 - John Phillip Souza composed the "Minnesota March" and performed it in 1927 at the Minnesota State Fair.
 - F. Scott Fitzgerald wrote about the Minnesota State Fair in his 1928 book titled "A Night at the Fair".
- For more information, be sure to visit the [Minnesota State Fair](#) web site.



Megan Miller



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

August is a wonderful time to come together as a community. We're excited to celebrate National Night Out on August 5th—an evening filled with connection, fun, and a shared sense of community. We'll also be enjoying a refreshing Ice Cream Social, the perfect way to cool off and spend time with friends. Thank you for being such an important part of what makes our campus feel like home!



August 14th 1:30 - Chapel

Snake, Rattle & Roll

This is our most popular program and focuses on the reptiles and amphibians that call Minnesota and Wisconsin home. The audience will get to watch a salamander eat, debunk turtle myths, touch snakes, and more! We bring a tiger salamander, 1-2 native turtles 3-4 native snakes, and 2-4 exotic reptiles (just for fun). Quantity of reptiles depends on length of program booked. A large boa constrictor makes an appearance at all full-length (45-minute) programs! Time is reserved after the presentation to touch and hold the reptiles for a truly hands-on experience!

- Leapin' Lizards
- Reptiles Around The World



Week	Match Date	Really Big Show
Scrimmage Week	7/15	7/18
Week 1	7/22	7/25
Week 2	7/29	8/1
Week 3	8/5	8/8
Week 4	8/12	8/15
Week 5	8/19	8/22
Week 6	8/26	8/29
Week 7	9/2	9/5
Final Four	9/16	No RBS
World Championship	9/18	No RBS

Mixed-Up Adventure in Oz

Unscramble the letters to reveal words associated with *The Wizard of Oz*.

1. ZDAIRW FO ZO

2. OYTDROH LEAG

3. YELWLO KBRCI AORD

4. OTH-RAI LBOONAL

5. LCYDORAW OLN I

6. YATSNFA

7. ETQUS

8. RCAOCSEWR

9. ERMLDEA YICT

10. DORTONA

11. NIT AMN

12. VORE HTE IBWNARO

13. IDEWCK ITWCH

14. OYPPP ILEDF

15. NDGALI

16. UARGSD

17. MI NTLGEMI

18. ASKNSA
-



Kansas

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

Happy Birthday

Welcome

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

- AEROSPACE

BISON

BOOT HILL

CHIEFS

DODGE CITY

EISENHOWER
- FLAT

OZ MUSEUM

PIZZA HUT

SANDHILL PLUM

SHAWNEE

SPEEDWAY
- SUNFLOWER

TOPEKA

TORNADOES

WHEAT

WICHITA

WYATT EARP

August 2025 - Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 Ice Cream Delivery 3:30Chair Exercises - Ch 95 31	<div><p>Schedule is subject to change.</p><div>August continued</div></div>	<div><div>AA All Around</div><div>AR Activity Room</div><div>CH Chapel</div><div>DR Dining Room</div><div>L Lobby</div><div>O Outside</div><div>WR Wellness Room</div></div>	HappyBirthday to 8/7 Nancy D 8/14 Virginia C 8/21 Dennis S		10:15 Kickball [AR] 1:00 Really Big Show [CH] 2:00Welcome/Birthday Party [DR] 1	10:00Resident Led Walk [AA] 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30Movie [L] 2
1:30Resident Led Mural Project [AR] 3:30Chair Exercises - Ch 95 3	10:15Exercise [AR] 1:30Word Game [AR] 1:30Music w/Russell Schmidt-Health Care Center DR 3:30Walk & Talk [O] 5:30Movie/Popcorn [L] 4	10:00St Peter's Catholic Rosary [CH] 10:15Coffee Talk [L] 1:00Grip Games [CH] 2:30 Volunteering - Care Center Dining Room 4:30Nite to Unite Ice Cream Social [O] 5	10:00Meet & Greet the the Chaplain Thomas [CH] 10:30Wed Loop 1:45 Bingo [DR] 3:30 Crossword Puzzle [AR] 6	10:15Exercise [AR] 1:00 Grip Practice [CH] 2:00 Lifelong Learning: The Incredible Life of John B Jones [CH] 3:30 Spiritual Group [AR] 3:30Farkle [WR] 5:30 Resident Led Chat [L] 7	10:15Kickball [AR] 1:00 Really Big Show [CH] 2:00Music w/Gary LaRue [DR] 8	10:00Resident Led Walk [AA] 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30Movie [L] 9
10:00Chisago Lakes Baptist Worship [CH] 1:00Ice Cream Delivery 1:30Hymn Sing w/Deb & Sue [L] 3:30 Chair Exercises - Ch 95 10	10:15Exercise [AR] 1:00WALMART-24 hour advance sign up 3:30Word Game [AR] 5:30Movie/Popcorn [L] 11	10:00St Peter's Catholic Mass [CH] 10:15Coffee Talk [L] 1:00Grip Games [CH] 2:30 Volunteering - Care Center Dining Room 3:30Hymn Sing [AR] 12	10:00Forest Hills Methodist Worship [CH] 10:15Exercise [AR] 10:30Wed Loop 1:45 Bingo [DR] 3:30Would you Rather? [AR] 13	10:15Resident Council [AR] 1:00 Grip Practice [CH] 1:30 Snake Discovery Visits [CH] 3:30 Spiritual Group [AR] 5:30 Resident Led Chat [L] 14	10:15Kickball [AR] 1:00 Really Big Show [CH] 2:00Cards & Board Games [WR] 15	10:00Resident Led Walk [AA] 1:30 Linwood Ladies Social [DR] 3:30 Chair Exercises - Ch 95 5:30Movie [L] 16
1:00Ice Cream Delivery 1:30Bingo [DR] 3:30Chair Exercises - Ch 95 17	10:15Exercise [AR] 10:15Pet Visits 10:30Men's Club [CH] 1:30Word Game [AR] 3:30Walk & Talk [O] 5:30Movie/Popcorn [L] 18	10:00St Peter's Catholic Rosary [CH] 10:15Coffee Talk [L] 1:00Grip Games [CH] 3:30Hymn Sing [AR] 5:30Games w/Tammy [AR] 19	8:00 LETS GO FISHING OUTING 10:00Faith Lutheran Worship [CH] 10:15Exercise [AR] 10:30Wed Loop 1:45 Bingo [DR] 3:30 Trivia [AR] 20	10:15Exercise [AR] 1:00 Grip Practice [CH] 2:00 Travelogue - Kansas, Here We Come! [AR] 3:30 Spiritual Group [AR] 5:30 Resident Led Chat [L] 21	10:15Kickball [AR] 1:00 Really Big Show [CH] 2:00Music w/Edgar Frietag [DR] 22	10:00Resident Led Walk [AA] 10:15Coffee Talk w/ Volunteer Kate [L] 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30Movie [L] 23
10:00Worship w/Kathleen [CH] 1:00Ice Cream Delivery 1:30 Painting/Coloring Group [AR] 3:30 Chair Exercises - Ch 95 24	10:15Exercise [AR] 10:30OUT TO LUNCH-24 hour advance sign up 1:30Word Game [AR] 3:30Walk & Talk [O] 5:30Movie/Popcorn [L] 25	10:00St Peter's Catholic Rosary [CH] 10:15Coffee Talk [L] 1:00Grip Games [CH] 2:30 Volunteering - Care Center Dining Room 3:30Hymn Sing [AR] 26	10:15Exercise [AR] 10:30Wed Loop 1:45 Bingo [DR] 3:30Common Threads Word Game [AR] 27	10:15Exercise [AR] 1:00 Grip Practice [CH] 1:30Music w/Darlin Jesse [CH] 2:30Women's/Service Club [CH] 3:30 Spiritual Group [AR] 5:30 Resident Led Chat [L] 28	10:15Kickball [AR] 1:00 Really Big Show [CH] 2:15 Blackjack [AR] 29	10:00Resident Led Walk [AA] 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30Movie [L] 30