

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
- Food Service Manager - 651-466-1017
- Housekeeping - 651-466-1028
- Kathleen - Chaplain (Contact Melissa to connect with Kathleen)
- 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.

September

Happy Birthday

- Arlis - 1st
- Bev A - 7th
- Linda - 18th
- Don - 24th

Welcome & Birthday Party
Friday, September 5th 2pm

Wear Your Favorite

- Monday Sept 8th - Vikings Gear
- Monday Sept 22nd - Flannel

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.



Bobby & Christine
Wednesday, Sept 10th
5pm - Outside



Patrick Allen
Friday, Sept 26th
2pm - DR





Alaska's diving seabirds, like puffins and murres, fly and dive in Arctic waters. Learn how they stay warm, catch fish, and adapt to their habitat. Featured birds: puffins, auklets, guillemots, and more!



Fun Facts About September

- September is the ninth month and the only month with the same number of letters in its English name as the number of the month.
- The song "September" by Earth, Wind & Fire has become an unofficial anthem for the month—especially the lyric "Do you remember the 21st night of September?"
- Shakespeare did not mention the month of September in any of his plays.
- In 1752 in Britain, September had only 19 days as society changed from the Julian to the Gregorian calendar.
- September is the only month in which stock prices have fallen more often than risen.
- Richard Saunders, the 17th-century English astrologer and physician, said it was good to eat goats' milk and pomegranates in September.
- The last day of September in any year always falls on a different day of the week from the last day of any other month that year. This year, it's on a Tuesday.
- September is the most popular month for birthdays in the United States.

Do I Smell Bacon?

Enjoy a slice or two (or more) of bacon on September 6, International Bacon Day. Whether you crumble it on a salad, mix it into pasta, soup, or mashed potatoes, or add it to a sandwich, everything's better with bacon.



September Zodiacs

Virgo (The Virgin)
September 1–22

Libra (The Scales)
September 23–30

September wasn't always the ninth month of the year. Its name comes from the Latin word *septem*, meaning "seven," for its original place in the ancient Roman calendar. The month moved to its ninth position in 700 BC, when January and February were added. September was called Harvest Month in Charlemagne's calendar. Anglo-Saxons called the month *Gerstmonath*, or "barley month," for the crop that was commonly harvested at that time of year.

In the Good Ol' Days of September

In September 1944 (81 years ago), the average annual salary was \$2,600. Minimum wage was 30 cents per hour. The average new house was \$8,600. A Hershey's bar was 5 cents, a loaf of bread was 9 cents, and postage stamps were 3 cents each. The average price of a car was \$1,220. Best of all, gasoline cost 23 cents per gallon—even cheaper than a gallon of milk, which was 62 cents.

What's Lucky in September?

Lucky Colors: Gold and Green
Lucky Animal: Squirrel
Lucky Letters: *F* and *N*
Lucky Day: Friday
Lucky Plant: Apple



September Birthdays

Mort Walker (cartoonist) – September 3, 1923
Bob Newhart (comedian) – September 5, 1929
Patsy Cline (singer) – September 8, 1932
Amy Madigan (actress) – September 11, 1950
Claudette Colbert (actress) – September 13, 1903
Lauren Bacall (actress) – September 16, 1924
Patrick Mahomes (quarterback) – September 17, 1995
Jimmy Fallon (talk show host) – September 19, 1974
Sophia Loren (actress) – September 20, 1934
Bill Murray (actor) – September 21, 1950
Charlotte Cooper (tennis star) – September 22, 1870
F. Scott Fitzgerald (writer) – September 24, 1896
Gwyneth Paltrow (entrepreneur) – September 27, 1972
Elie Wiesel (author) – September 30, 1928

Chaplain Chat



SEPTEMBER



Our deepest calling is to grow into our own authentic self-hood, whether or not it conforms to some image of who we ought to be. As we do so, we will not only find the joy that every human being seeks--we will also find our path of authentic service in the world. -Parker J. Palmer

September marks another turn of the seasons, and another milestone for our children and grandchildren and great-grandchildren as they begin another year of studying, learning, teaching, and growing. We have been there, year after year, discovering more and more about our own authentic selves – what brings us joy, where our gifts are strongest, and what we desire for ourselves, the people we love, and our neighbors. If you were asked today to describe your authentic self in 5 words, which words would you choose? How might those words help you see the ways you live in this community with purpose and service?

THE MONTHLY GAZETTE

September 2025

“Ah, September! You are the doorway to the season that awakens my soul.”

~ Peggy Toney Horton



Plant of the Month – Spider Plant

The quick-growing spider plant has been a popular houseplant for decades. It was first introduced to Europe from Africa in the late 18th century and soon became a favorite in Victorian households. Its lovely, graceful, striped leaves give any decor a bright burst of color and style. In addition to their beauty, these hardy, full plants help purify the air. They thrive indoors and out in most conditions, even when neglected. It's also easy to grow new plants from the originals. The spider plant gets its name from the small, white, star-shaped flowers that sprout at the end of its stems, which



then form the mini plantlets called “spiderettes” that can be planted on their own. The plant is nontoxic, so it's safe to have spider plants around pets. Due to their fresh, vibrant appearance and their ability to survive the lack of attentive care, spider plants are associated with good luck, resilience, abundance, new beginnings, and good fortune.

Special Days

Labor Day
September 1

International Day of Charity
September 5

Grandparents Day & Full Moon

September 7

World Gratitude Day
September 21

The Beginning of Autumn & Rosh Hashanah
September 22

Plan Ahead as a Gift to Your Self – And to Your Family

Advance care planning helps you live life your way.

Have you thought about the kind of care you'd want if you couldn't speak for yourself? **Advance care planning** is a simple way to make sure your wishes are known. It helps you sort through your life goals, personal values, and preferences about your future medical care.

And it's a great gift for your loved ones. You might spare them the stress of making tough choices for you during a medical emergency.

Here's what your advance care planning process might look like:

- **Think about what would matter most to you** if you were injured or seriously ill
- **Choose a health care agent**—someone you trust to make decisions if you can't
- **Talk about your wishes** with that person and others closest to you
- **Fill out an Advance Directive**—a simple form to make it official
- **Share copies** with your health care agent, doctor, and loved ones

You don't have to figure out everything at once. A simple conversation with your Lifespark primary care team would be a great place to start. They can walk you through the Advance Directive form and answer any questions. Live your best life!

Flower – Aster



A symbol of love and patience, September's flower is the late-flowering aster. In ancient times, these dainty blooms were considered the afterthought of the Roman goddess Flora because they bloom well after most other flowers. These mid- to late-summer stunners are named after the Greek word for “star.” Asters come in a beautiful range of colors, including pink, purple, blue, and red, with a yellow or black center.

Birthstone – Sapphire



The sparkling blue sapphire is made of corundum. Interestingly, when corundum is red, it is called a ruby. The most expensive sapphires are mined in Kashmir and Myanmar, but they are also found in Australia, Africa, and India. Sapphires are very hard and durable, and they symbolize truth and fidelity. Some ancient cultures believed that if the wearer was unfaithful, the stone would not shine. Sapphires were also thought to have powers that healed inflammation, bleeding, and eye and ear problems.

Please Update your devices
by 9/8/25

• The guest network can be used by guests, residents, and other vendor connected devices.

• Computers •TV•
Pacemakers, monitoring•
other Smart devices

WIFI

NETWORK
LSSL Guest

PASSWORD
LifesparkWelcome



9/30



Freedom Therapy
Horses - 9/18

Notes from Chris

Assisted Living

[Assisted living communities](#) are designed for seniors who need help with daily activities but still want to maintain a certain level of independence. They bridge the gap between living entirely independently and the more comprehensive care provided in nursing homes.

Residents often live in private apartments with safety features like grab bars and emergency call systems. The environment is less clinical, and the communities are structured to feel more like homes than medical institutions.

Services & Amenities

Assisted living communities provide [various services](#) to make daily life easier for residents. These typically include:

- Help with activities of daily living (ADLs) like dressing, bathing, and grooming
- Meal preparation and dining options, often with communal areas for socialization
- Housekeeping and laundry services
- Recreational activities such as fitness programs and group events
- Transportation for doctor's appointments or errands
- Basic health monitoring and medication management services

The overarching goal is to provide support while encouraging residents to remain independent.

Who Is Assisted Living For?

Assisted living is ideal for seniors who:

- Require help with only a few daily tasks.
- Value their independence, but want the convenience of support services.
- Are generally in good health but may need some assistance with medication management or mobility.
- Would benefit from a social environment with planned activities.

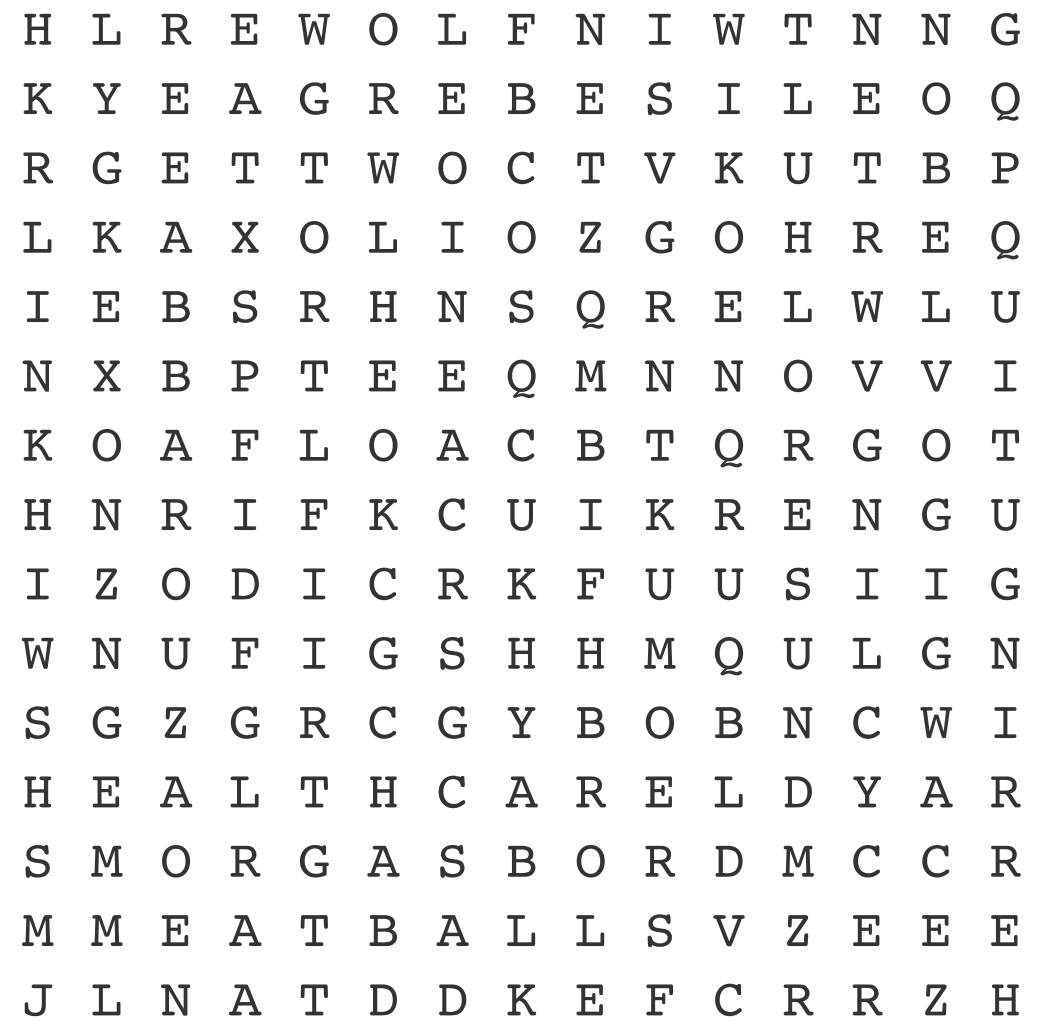
Assisted living can be an [excellent choice](#) if your loved one can still easily manage many aspects of their daily life but would appreciate some assistance.



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

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

An aerial photograph of Stockholm, Sweden, showcasing its unique architecture and waterfront. The image captures a dense cluster of colorful, historic buildings with red-tiled roofs and white facades, nestled along the water's edge. A prominent church with a tall, dark spire stands out among the structures. Several boats, including a large white ferry, are visible in the dark blue water. The sky is a clear, bright blue, and the overall scene conveys a sense of a vibrant, historic coastal city.



VOLVO


Fit the list of words into the puzzle.
Disregard spaces between words.



HEALTHY AGING



September 2025 - Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day 1:30 Movie: Rodgers & Hammerstein's "State Fair" and Snack [L] 1	10:00 St Peter's Catholic Rosary [CH] 2 10:15 Coffee Talk [L] 1:00 Grip Games [CH] 3:30 Hymn Sing [AR] 5:30 Games w/Tammy [AR]	10:00 Worship w/Thomas [CH] 3 10:15 Exercise [AR] 10:30 Wed Loop 1:45 Bingo [DR] 3:30 Word Game	10:15 Exercise [AR] 4 2:00 Lifelong Learning: Birds of Alaska [CH] 3:30 Spiritual Group [AR] 5:00 RUNNING ACES OUTING (24 hour sign up required) 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 5 1:00 Really Big Show [CH] 2:00 Welcome/Birthday Party [DR]	10:00 Resident Led Walk [AA] 6 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
1:00 Ice Cream Delivery 7 1:30 Music w/Deb & Sue [L] 3:30 Chair Exercises - Ch 95	Vikings Day-Wear your Gear 8 10:15 Exercise [AR] 2:00 Sundae Social [DR] 5:30 Movie/Popcorn [L] 7:15 Vikings at Bears [L]	10:00 St Peter's Catholic Mass [CH] 9 10:15 Coffee Talk [L] 1:00 Fall Exploring Craft [CH] 3:30 Hymn Sing [AR]	10:00 Forest Hills Methodist Worship [CH] 10 10:15 Exercise [AR] 10:30 Wed Loop 1:45 Bingo [DR] 4:30 Family Picnic w/Music by Bobby & Christine [O]	10:15 Resident Council [AR] 11 2:00 Tropical Treat Time [DR] 3:30 Spiritual Group [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 12 2:00 Nacho Bar Fiesta [DR]	10:00 Resident Led Walk [AA] 13 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Chisago Lakes Baptist Worship [CH] 14 1:00 Ice Cream Delivery 1:30 Bingo [DR] 3:30 Chair Exercises - Ch 95 7:20 Vikings vs Falcons [L]	10:15 Exercise [AR] 15 10:15 Pet Visits 10:30 Men's Club [CH] 1:00 WALMART-24 hour advance sign up 3:30 Word Game [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] 16 10:15 Coffee Talk [L] 1:00 Grip Games Final Four [CH] 3:30 Hymn Sing [AR] 5:30 Games w/Tammy [AR]	10:00 Faith Lutheran Worship [CH] 17 10:15 Exercise [AR] 10:30 Wed Loop 1:45 Bingo [DR] 3:30 Trivia [AR]	10:15 Exercise [AR] 18 1:00 Grip Games World Championship [CH] 3:00 Freedom Therapy Horse Visits [O] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 19 1:30 Cards & Board Games [WR] 3:30 Travelogue-Sojourn in Sweden [AR]	10:00 Resident Led Walk [AA] 20 1:30 Resident Led Chat [L] 1:30 Linwood Ladies Social [DR] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Worship w/Kathleen [CH] 21 12:00 Vikings vs Bengals [L] 1:30 Resident Led Mural Project [AR] 3:30 Chair Exercises - Ch 95	Flannel Day 22 10:15 Exercise [AR] 1:30 First Day of Fall, Apple Cider & Donut Social [DR] 3:30 Word Game [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] 23 10:15 Coffee Talk [L] 11:30 Grip Games Feast [CH] 1:00 Jeopardy [CH] 3:30 Hymn Sing [AR]	10:00 Worship w/Thomas [CH] 24 10:15 Exercise [AR] 10:30 Wed Loop 1:45 Bingo [DR] 3:30 Crossword Puzzle [AR]	10:15 Kickball [AR] 25 2:30 Women's/Service Club [CH] 3:30 Spiritual Group [AR] 5:30 Resident Led Chat [L]	10:15 Exercise [AR] 26 2:00 Music w/Patrick Allen [DR] 3:30 Blackjack [AR]	10:00 Resident Led Walk [AA] 27 10:15 Coffee Talk w/Volunteer Kate [L] 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
8:30 Vikings at Steelers [L] 28 1:00 Ice Cream Delivery 1:30 Painting/Coloring Group [AR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 29 10:30 OUT TO LUNCH-24 hour advance sign up 1:30 Word Game [AR] 3:30 Farkle [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] 30 10:15 Coffee Talk [L] 1:30 Auction Time [CH] 3:30 Hymn Sing [AR] 5:30 Games w/Tammy [AR]	<div></div> <div>Schedule is subject to change.</div>			Happy Birthday to 9/1 Arlis F 9/7 Beverly A 9/18 Linda P 9/24 Donald K
AA All Around AR Activity Room CH Chapel DR Dining Room L Lobby O Outside WR Wellness Room						