

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.

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.



Michael Riddle
Friday, Oct 10th
2pm - DR



Magician
Markus Clegg
1:30pm - CH



Bill Cagley
Friday, Sept 24th
2pm - DR



October

Happy Birthday

- Darlene W - 2nd
- Joyce R - 1th
- Ellen - 24th

Welcome & Birthday Party
Friday, October 10, 2pm

Special Days

- Oktoberfest Party 10/16
- Dress up for Halloween, Friday October 31st--2pm Party and passing out candy at 5:30!

VIRTUAL PROGRAM

Spooky ART HISTORY

presented by: Cleveland Museum of Art



OCTOBER 2ND, 2-00PM

Explore spooky art with goblins, witches, and eerie scenes in works by Goya, Dali, Rosa, and Ryder. Perfect for Halloween or anytime, this art journey dives into the otherworldly!



Week	Deep Dive (Lifeguard)	Competition	RBS	Test
Scrimmage Week	10/7 Coach and Captain Meeting	10/8	10/10	Whizzer
Week 1	10/14	10/15	10/17	Arm Crank
Week 2	10/21	10/22	10/24	Leg Crank
Week 3	10/28	10/29	10/31	Whizzer
Week 4	11/4	11/5	11/7	Arm Crank
Week 5	11/11	11/12	11/14	Leg Crank
Week 6	11/18	11/19	11/21	Whizzer
Week 7	12/2	12/3	12/5	Arm Crank
Final 4	No Deep Dive	12/9	No RBS	Leg Crank
World Championship	No Deep Dive	12/11	No RBS	Whizzer

RBS = Really Big Show

Everything starts at 1:00PM

Chaplain Chat



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

October: Mindful Moments – Reflection and Spiritual Growth



Unsettling Times

Kathleen McCauley Arbors Chaplain

I hear many people declare that it is an unsettling time and that they are anxious and fearful. Understandably so, these are unsettling times. It is new to us to have the world in such chaos, but it is not the first time in history that humans have not behaved nicely. At times like these, I believe there is an opportunity to grow communally and spiritually. Let us look to each other for simple smiles and joys that remind us of the treasures of life, even when the world is shaking. Spiritually, we follow the suggestion in Matthew 6:6, “..... go into your most private room, close the door and pray to your Father who is in secret, and your Father who sees [what is done] in secret will reward you.” This private time in prayer does not act like a switch to turn off our anxiety; rather it is a respite from our obsessive worry and fear. We turn our focus to a Higher Power, rather than focus on the false power thrown around by insecure world leaders. This prayer time anchors us into our spiritual groundedness, which will carry us through these turbulent times. The ‘reward’ for this time in prayer is assurance that God walks close to us daily.

What Tree Did You Fall From?

Hazelnut Tree (October 1–5)

Those who fell from the hazelnut tree are honest, charming, calm, and undemanding. Though sometimes moody, they are also understanding of others. Additionally, they know how to make a good impression.

Rowan Tree (October 6–13)

People who fell from the rowan tree are sensitive and free-spirited. They enjoy being the center of attention and always have a joke to share. They make for great company.

Maple Tree (October 14–23)

Those who fell from the maple tree are very independent. They are full of imagination and originality. Though they are unassuming and reserved, they are also very ambitious and self-confident.

Walnut Tree (October 24–31)

People who fell from the walnut tree are passionate and unrelenting. They are extremely spontaneous. They are natural leaders and are usually very open-minded and caring toward others.



Pizza Party!

It’s always a good time for pizza, but especially so in October, as it’s Pizza Month. So whether you prefer cheese, pepperoni, sausage and peppers, or Hawaiian, celebrate by grabbing a few slices or ordering a whole pie!

October Zodiacs

Libra (The Scales)
October 1–22

Scorpio (The Scorpion)
October 23–31

October is the 10th month of our calendar year, but it was the eighth month in the early Roman calendar and takes its name from the Latin word for eight: *octo*. October’s temperatures are ideal for crafting beer, wine, and cider—so much so that in Old English it became known as *Winmonth*, or “wine month.” This month is also a popular time for harvest festivals and marks the beginning of many winter celebrations, dubbed *Winterfylleth* by the Anglo-Saxons.

Leif Erickson Day

Around the year 1000, explorer Leif Erickson left his home in Greenland in search of a land previously spotted by a Norse sailor. He landed in what is now Newfoundland, Canada, in early October. He and his men built a large house and a shed for their boat and spent the winter. October 9 has been declared Leif Erickson Day to honor the first European to set foot on North America.

What’s Lucky in October?

Lucky Color: Tangerine
Lucky Animal: Fox
Lucky Letters: *W* and *E*
Lucky Day: Thursday
Lucky Plant: Pumpkin



October Birthdays

Julie Andrews (singer) – October 1, 1935
Groucho Marx (comedian) – October 2, 1890
Buster Keaton (comedian) – October 4, 1895
Kate Winslet (actress) – October 5, 1975
Desmond Tutu (archbishop) – October 7, 1931
Eleanor Roosevelt (first lady) – October 11, 1884
Paul Simon (musician) – October 13, 1941
Evel Knievel (daredevil) – October 17, 1938
Mickey Mantle (ballplayer) – October 20, 1931
Dizzy Gillespie (musician) – October 21, 1917
Mahalia Jackson (singer) – October 26, 1911
Jonas Salk (doctor) – October 28, 1914
Gabrielle Union (actress) – October 29, 1972
Dan Rather (journalist) – October 31, 1931

THE MONTHLY GAZETTE

October 2025

*"I wish that every day was Saturday
and every month was October."*

~ Charmaine J. Forde



Plant of the Month – Pothos

Pothos is one of the most popular house plants in North America. Also called devil's ivy and golden pothos, this lovely evergreen climber vine is native to Southeast Asia and the western Pacific. It is popular for use in hanging baskets and as a potted plant. This versatile plant can also be cultivated as ground cover or trained to grow up trees or poles. It can reach up to 65 feet long, and its leaves can be a few inches to a few feet in size. Pothos grows abundant leaves that come in a beguiling range of light to dark greens. It also boasts shiny heart- or oval-shaped leaves, which



are sometimes marbled with splotches of white or yellow. This plant is prized for its verdant beauty as well as its ability to clean the air of impurities or pollutants, such as benzene and formaldehyde. It thrives in bright, filtered light and when the top soil dries between waterings. The plant does not flower when grown as a houseplant, only in the wild.

Special Days

Yom Kippur
October 1–2

World Animal Day
October 4

Columbus Day
Indigenous Peoples' Day
Thanksgiving (Canada)
October 13

Boss's Day
October 16

Chocolate Cupcake Day
October 18

Halloween
October 31

Flower – Calendula



The flower for October is the calendula, which is native to southern Europe and also known as the pot marigold. The calendula (pronounced *kə-'len-jə-lə*) is cousin to the daisy and the common marigold. But unlike the pungent marigold used to repel garden pests, the pot marigold's tangy, peppery flavor has become known as the "poor man's saffron." Its petals can be used as an edible colorant in pots of soup, pasta, rice, scrambled eggs, and salads.

Birthstone – Opal



The opal has become a traditional gift for 12th, 14th, and 18th wedding anniversaries. In 19th-century Britain, however, the opal was considered bad luck for anyone not born in October. This was attributed to writer Sir Walter Scott, who portrayed the opal as a bad omen bringing death to one of his fictional heroines. Queen Victoria helped dispel this notion. She adored opals and gave them as wedding presents to at least three of her daughters, who were said to have enjoyed long happiness.

In-Home Primary Care: Should Your Primary Care Team Be Senior-Savvy Experts?

The immediate answer is – yes! But aren't all primary care teams experts in serving the unique needs of older adults? For that, the answer is no and that makes a big difference in your health. There is an underlying assumption that geriatrics – or senior-savvy medical expertise – is already part of what traditional primary care delivers. The reality is, it's not. Fewer than 10% of medical schools require a rotation in geriatrics. As a result, most primary care providers lack training in how your body changes as you age.

A *New York Times* article on the 'Decline of Geriatrics Hurts Us All' pointed to this as a big issue for those over 65 saying, "Those fortunate to live into late adulthood face an unfortunate reality: There are not enough doctors to give them the care they need."

According to Dr. Nick Schneeman, Lifespark Chief Medical Officer, and geriatrician for over 30 years, as geriatricians, we understand and honor the unique needs of the aging body. "That's a big deal for your long-term health," said Dr. Nick. "The good news, our senior living communities have access to this level of expertise."

So, what are some of the biggest differences between traditional primary care and Lifespark in-home primary care? We're glad you asked:

- **Convenience.** Lifespark brings health services directly to your home including medical care, labs, X-rays, and even EKG tests, without the need to travel.
- **Extended Consultation Time.** Unlike traditional clinics where appointments are often limited to 15 minutes, Lifespark visits are longer (typically 45 minutes) and focus solely on you.
- **In-Home Urgent Care Options.** We want you to call Lifespark first if you're contemplating going to the ER. Often, with our in-home urgent care response, we can support you right at home without the need for long waits at emergency rooms. And if you do need the ER, we support that, too.
- **Medication Management.** As your body ages, a lot changes that many primary care providers aren't in tune with. For example, a medication dosage for you at 65 may be very different than when you are 80 because of how your body metabolizes medications as you age. A provider who has geriatric expertise understands this. You'd be surprised at how often this is overlooked.
- **Family Coordination and Support.** If desired, the Lifespark team routinely meets and communicates with any designated family member to be sure everyone is on the same page as you weigh the risks and benefits of tests, procedures, or medication changes.
- **No Added Cost.** Lifespark's in-home primary care services cost the same as going to the clinic. You get Lifespark's added geriatric expertise, longer visits, whole-person approach, in-home urgent care option, convenience, and flexibility at no extra cost.

We hope these gave you a few things to consider as you evaluate your primary care needs. Regardless of who you choose, make sure conversations are geared towards your goals. Reach out to Lifespark if you have additional questions at 952-345-3215.



How it Works:

Again, this year the Spark Challenge teams will be multigenerational! Each team is encouraged to involve team members of all ages to help your team to victory. Each team will attend a Deep Dive session with Dr. Bill on Tuesdays at 1:00 PM. The Deep Dive is also known as Gold Level Senior Lifeguard Certification. The competition takes place on Wednesdays at 1:00PM and consists of two parts the Test and the Quiz. Each team will have 40 minutes to complete. Strategize how long your team wants to spend on the Physical Test leaving the remainder of the time to complete a Quiz. The Quiz will be a group open note quiz.

Sign up today! You can volunteer for any of the following roles:

- **Challenge Team** – Help answer Quiz questions or join the Physical Test Team or do both
- **Timer** – Time the Team's match
- **Sign Holder** – Hold the sign that indicates whether you are doing the Test or Quiz
- **Cheer Squad** – Help lead your team to victory by cheering loud and proud!

Teams can choose to add other roles to fit the talents of all team members!

The season is set to begin 10/7 with a Rule Book meeting, Scrimmage 10/8, and Regular season starts 10/15.

Learn more by speaking with _____

The Case of the Missing Coffee Cups

Attention, mug-nappers! Our kitchen is experiencing a mysterious coffee cup shortage. If you've "adopted" a mug or two, no questions asked—just return them to their rightful home (the kitchen).

Help us reunite these lost souls with their dishwasher. ☕💗

Thanks,
Your Friendly Dish Detectives

🍴🕒 **Share Your Favorite Recipe!** 🍴🕒
The Forest Lake Community Center is creating a Taste of Forest Lake Cookbook, and we need your help to make it amazing!

Do you have a favorite dish, dessert, or family recipe you'd love to share? Submit it to Melissa and be part of this delicious community project!

✉️ **Please send your recipe(s) to Melissa at**
mengelman@birchwoodseniorliving.com

Let's make something special together!



Humorous Orange Quote

Follow the instructions to cross off words in the table.
What do the remaining words say?



- 1. Cross off all animals that are orange.
- 2. Cross off all spices.
- 3. Cross off all flowers that are yellow.
- 4. Cross off all words that rhyme with *blue*.
- 5. Cross off all words that are synonymous with *funny*.

new	why	tiger	allspice
is	zinnia	amusing	daffodil
anise	a	clown fish	who
two	orangutan	carrot	humorous
comical	basil	marigold	more
orange	cinnamon	few	laughable
monarch butterfly	tulip	view	Spanish paprika
hilarious	witty	daylily	grew
goldfish	cave salamander	than	chrysanthemum
hysterical	flew	black-eyed Susan	ginger
an	cumin	spot-breasted oriole	stew
oregano	crew	riotous	orange

California Dreamin’

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

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



BIG SUR	GRIFFITH PARK	NUTS
BODIE	GRIZZLY	RODEO DRIVE
DISNEYLAND	HOLLYWOOD	SUNGLASSES
EARTHQUAKES	LAKE TAHOE	SUN-MAID
EUREKA	LEVI’S	SURFBOARD
FRUITS	LOS ANGELES	WEST COAST
GOLD RUSH	MISSIONS	WINE

October 2025 - Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Schedule is subject to change.	Happy Birthday to 10/2 Darlene W 10/15 Joyce R 10/24 Margaret "Ellen" C		10:00 Worship w/Thomas 10:15 Exercise 10:30 Wed Loop 1:45 Bingo	10:15 Exercise 2:00 Lifelong Learning: Spooky Art History 3:30 Spiritual Group 5:30 Resident Led Chat	10:15 Kickball 1:30 Car Show in the Health Care Center Parking Lot	10:00 Resident Led Walk 1:30 Resident Led Chat 3:30 Chair Exercises - Ch 95 5:30 Movie
8:30 Vikings at Browns 10:00 Linwood Covenant Worship 1:00 Ice Cream Delivery 1:30 Music w/Deb & Sue 3:30 Chair Exercises - Ch 95	10:15 Exercise 1:00 WALMART-24 hour advance sign up 3:30 Word Game 5:30 Movie/Popcorn	10:00 St Peter's Catholic Rosary 10:15 Coffee Talk 1:00 Spark Challenge Deep Dive 3:30 Hymn Sing	10:00 Forest Hills Methodist Worship 10:15 Exercise 10:30 Wed Loop 1:00 Spark Challenge Competition 2:00 Bingo 3:30 All About Indigenous Peoples' Day and Oktoberfest	10:15 Resident Council 1:30 Exercise 3:30 Mindful Moments and Reflection w/Kathleen 5:30 Resident Led Chat	10:15 Kickball 1:00 Really Big Show 2:00 Music w/Michael Riddle & Birthday/Welcome Party	10:00 Resident Led Walk 1:30 Resident Led Chat 3:30 Chair Exercises - Ch 95 5:30 Movie
10:00 Chisago Lakes Baptist Worship 1:00 Ice Cream Delivery 1:30 Bingo 3:30 Chair Exercises - Ch 95	Columbus Day 10:15 Exercise 1:30 Word Game 5:30 Movie/Popcorn	10:00 St Peter's Catholic Mass 10:15 Coffee Talk 1:00 Spark Challenge Deep Dive 3:30 Hymn Sing	10:00 Faith Lutheran Worship 10:15 Exercise 10:30 Wed Loop 1:00 Spark Challenge Competition 2:00 Bingo 3:30 Trivia	10:15 Exercise 2:00 Oktoberfest w/Music by Squeezy Miller 3:30 Spiritual Group 5:30 Resident Led Chat	10:15 Kickball 1:00 Really Big Show 2:00 Resident Led Cards & Board Games	10:00 Resident Led Walk 1:30 Linwood Ladies Social 1:30 Resident Led Chat 3:30 Chair Exercises - Ch 95 5:30 Movie
10:00 Worship w/Kathleen 12:00 Vikings vs Eagles 1:00 Ice Cream Delivery 1:30 Resident Led Mural Project 3:30 Chair Exercises - Ch 95	10:15 Exercise 10:15 Pet Visits 10:30 Men's Club 1:30 Magician Markus Clegg 3:30 Word Game 5:30 Movie/Popcorn	10:00 St Peter's Catholic Rosary 10:15 Coffee Talk 1:00 Spark Challenge Deep Dive 3:30 Hymn Sing 5:30 Games w/Tammy	10:00 Worship w/ Thomas 10:15 Exercise 10:30 Wed Loop 1:00 Spark Challenge Competition 2:00 Bingo 3:30 Where in the World? European Landmarks	10:15 Exercise 2:30 Women's/Service Club 3:30 Spiritual Group 5:30 Resident Led Chat 7:15 Vikings at Chargers	10:15 Kickball 1:00 Really Big Show 2:00 Music w/Bill Cagley 3:30 Blackjack	10:00 Resident Led Walk 10:15 Coffee Talk w/ Volunteer Kate 1:30 Resident Led Chat 3:30 Chair Exercises - Ch 95 5:30 Movie
1:00 Ice Cream Delivery 1:30 Painting/Coloring Group 3:30 Chair Exercises - Ch 95	10:15 Exercise 10:30 OUT TO LUNCH-24 hour advance sign up 1:30 Word Game 3:30 Farkle 5:30 Movie/Popcorn	10:00 St Peter's Catholic Rosary 10:15 Coffee Talk 1:00 Spark Challenge Deep Dive 3:30 Hymn Sing	10:15 Exercise 10:30 Wed Loop 1:00 Spark Challenge Competition 2:00 Bingo	10:15 Exercise 1:30 Travelogue-California Dreamin' 3:30 Spiritual Group 5:30 Resident Led Chat	Halloween 10:15 Kickball 1:00 Really Big Show 2:00 Halloween Party 5:30 Pass Out Candy to Trick or Treaters	