

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?

If any of these things are you, talk to your nurse about Rehab/Therapy Services.

- Fallen
- Lost Balance
- Stumbled
- Had Trouble Chewing
- Find Yourself More Forgetful

- 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.



Relan Grove
Friday, November 14th
2pm - DR



Amy & Adams
Friday, November 28th
2pm - DR



November

Happy Birthday

- | | |
|---------------|--------------|
| Mike O - 1st | Gayle - 16th |
| Rose - 3rd | Bev L - 24th |
| Kathy N - 7th | |
| Liz - 10th | |

Special Events

- The Great Indoor Deer Hunt - Friday 7th
- Welcome & Birthday Party - Friday 7th
- Linwood Ladies - Saturday 15th
- Discussing Death Over Donuts - Thursday 20th
- Pie Tasting - Friday 21st





VIRTUAL PROGRAM

U.S. ARMY IN YELLOWSTONE

PRESENTED BY:
WYOMING VETERANS
MEMORIAL MUSEUM

Wonderland's Soldiers: The United States Army in Yellowstone National Park, 1886-1916" explores the Army's time managing and operating Yellowstone National Park.

NOVEMBER 6TH
2:00PM



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

November Celebrations Around the World

While Americans eat turkey, stuffing, and pumpkin pie each November, people around the world have their own traditions this month.

England: Bonfire Day
Also called Guy Fawkes Day, Bonfire Day marks the failed assassination of England’s King James I, more than 400 years ago. Each November 5, the people of the UK celebrate with revelry and bonfires.

Argentina: Día de la Tradición
Día de la Tradición (“Day of Tradition”), on November 10, is an annual celebration of *gaucho* (cowboy) culture and

the birthday of Argentine poet José Hernández, whose work explored gaucho life.

Germany: Narrentag
Narrentag, or Fool’s Day, is a day of revelry that marks the beginning of Carnival season. Narrentag celebrations begin each November 11 at 11:11 a.m.

Japan: Shichi-Go-San
This yearly festival is held on November 15 to celebrate the growth and well-being of young boys and girls. *Shichi-Go-San* means “seven-five-three” in Japanese, honoring the healthy development of children at those critical milestone ages.

November Riddle

What letter comes next in the following sequence?

M, A, M, J, J, A, S, O, __

Answer: N, for *November*. The letters represent the first letter of each month, beginning with March.



November Zodiacs

Scorpio (The Scorpion)
November 1–21

Sagittarius (The Archer)
November 22–30

Chaplain Chat



Gratitude and Abundance
Kathleen McCauley Arbors Chaplain



Recently, I mentioned this word ‘abundance’ to a person, who blew up; being angry that they were not rich, enjoying luxuries, or high on the social stratosphere. This is not the abundance I speak of in this reflection. Rather, the Abundance which is the fabric of life and living. The abundance of the earth, of human encounter, of laughter and savory meals. Let us not allow capitalism to highjack the beautiful meaning of abundance in life and for life. How might we see or feel abundance in our everyday life? Easy formula; practice gratitude for every minuet thing in your day: a blade of grass, gravity, rustling tree leaves, utensils. This practice of simple gratitude opens the gateway to feel and experience ABUNDANCE. Eckhart Tolle says it best, “*Acknowledging the good that you already have in your life is the foundation for all abundance.*”

November got its name from the Latin word *novem*, which means “nine.” The month was originally the ninth month in the Roman calendar. The earliest Roman calendar consisted of 10 months and 304 days. It was the Roman ruler Numa Pompilius who added January and February to the beginning of the year. Though the Roman senate attempted to rename the month on several occasions, no new name could be decided upon. Hence, the name November. stuck.

Beaver Moon

Colonial Americans and the Algonquin people referred to November’s full moon as the beaver moon. This full moon marked the time of year that beaver traps needed to be set before the swamps froze, ensuring a steady supply of warm furs for the coming chilly winter nights. Another name for the November full moon is the frost moon, an homage to the month’s increasingly brisk air.

What’s Lucky in November?

- Lucky Colors: Brown and Gray
- Lucky Animal: Moose
- Lucky Letters: G and V
- Lucky Day: Thursday
- Lucky Plant: Squash



November Birthdays

- Lyle Lovett (singer) – November 1, 1957
- Anna Wintour (editor) – November 3, 1949
- Vivien Leigh (actress) – November 5, 1913
- Sally Field (actress) – November 6, 1946
- Carl Sagan (scientist) – November 9, 1934
- Demi Moore (actress) – November 11, 1962
- Whoopi Goldberg (actress) – November 13, 1955
- Rock Hudson (actor) – November 17, 1925
- Calvin Klein (fashion designer) – November 19, 1942
- Chester Gould (cartoonist) – November 20, 1900
- Jamie Lee Curtis (actress) – November 22, 1958
- Joe DiMaggio (ballplayer) – November 25, 1914
- Diane Ladd (actress) – November 29, 1935
- Samuel Clemens (author) – November 30, 1835

THE MONTHLY GAZETTE

November 2025

“When the squirrels hide their acorns, and the woodchucks disappear, then we know it is autumn, loveliest season of the year.”

~ Carol L. Riser



Plant of the Month – ZZ Plant

The ZZ plant, or *Zamioculcas zamiifolia*, is a favorite houseplant. This resilient perennial is native to Africa, where it thrives in grasslands, along riverbanks, and in dry, forested areas with sandy, low-nutrient soil. It has sturdy, waxy, glossy green leaves that start near the soil and run up the length of each stem. When it flowers, it produces small, white, lily-like blooms. It reproduces by dropping leaflets that can take root and grow into a new ZZ plant. It's a great “starter houseplant,” as it's very difficult to kill. While this hearty plant grows more quickly in indirect, bright



sunlight, the ZZ plant can survive with limited light and care for long periods, and it stores water as a part of its root system to help it survive periods of drought. However, overly harsh sunlight and overwatering can damage the plant. Because it tolerates neglect well, it's often kept in offices, hospitals, and other busy public spaces.

Special Days

All Saints' Day
November 1

Election Day (U.S.)
November 4

Remembrance Day (Canada)
November 11

Veterans Day (U.S.)
November 11

Thanksgiving (U.S.)
November 27

Did You Know?

The next time Thanksgiving falls on November 27 will be in 2031.

Flower – Chrysanthemum



November's flower is the lovely chrysanthemum, whose name comes from the Greek for “gold flower.” For centuries, the flower was the official badge of the Old Chinese Army. In Japan, it was featured on the Imperial Crest, and Japanese emperors sat upon chrysanthemum thrones. While the flower generally represents cheerfulness and rest, red chrysanthemums specifically represent love, good luck, and best wishes.

Birthstone – Yellow Topaz



In addition to its status as November's birthstone, yellow topaz is a symbol of enduring friendship, abundance, and creativity, and is said to strengthen one's capacity to give and receive love. This golden gem is also thought to make one more aware of their actions and their impact on others. Topaz comes in a variety of shades, from the traditional honey hue to reds, oranges, and pinks. It is found in many parts of the world, including in the United States, Sri Lanka, Brazil, Pakistan, and Russia.

Be the Star of Your Next Health Care Visit

Have you ever left a doctor's appointment feeling rushed or unheard? You deserve to be the star of every health care visit, not just a supporting character. Your concerns and questions should be the primary focus, and you have the power to take control of your health care experience.

Top Tips to Shine at Your Appointment

- 1. Prepare Your Questions:**
Before your appointment, write down any symptoms, concerns, or questions you want to discuss. This ensures nothing important is forgotten.
- 2. Bring Support:**
Consider inviting someone you trust to join you and take notes. They can help you remember key details and provide emotional support.
- 3. Access Your Medical Records:**
Use tools like the [Lifespark Member Portal](#) to track your test results, care plans, and medications. Staying informed helps you make better decisions. Not sure how to access this, ask your team for guidance.
- 4. Stay Connected:**
Confirm with your provider the best way to contact your health care team between appointments. This way, you're prepared if urgent needs arise.

Lifespark In-Home Primary Care Spotlights You

Clinic visits can feel rushed, but with Lifespark's in-home primary care—especially for older adults—you get longer, more personalized appointments. Our geriatric experts come to you, ensuring your concerns are heard and addressed in the comfort of your home. And if you need more urgent support, instead of going to a clinic or ER, our Mobile Urgent Responders can come right to you too.

Take the Next Step

Ready to take control of your health care experience? Contact Lifespark today to learn more about our in-home primary care options and how we can help you shine at every visit.



HONORING ALL WHO SERVED

HAPPY VETERANS DAY

Our God and God of our ancestors, we ask for your blessings for America's veterans, the dedicated men and women who have served our country in uniform, and for all those who serve today. Let those who made the ultimate sacrifice for the cause of freedom rest in peace, honored by a grateful nation. Heal those injured in service to our country, whether their wounds are of body, mind or spirit. Remember the parents, partners, children, other family and friends of all who served: the ones who sacrificed alongside them, missed them when they served far away, and bore the heavy burden when they were wounded or gave their lives for our country. May it be Your will also that we strive every day to give our veterans and servicemembers the greatest possible reward for their service – a world secure in freedom and at peace. And let us say Amen.

excerpts from A Prayer for Veterans Day by David Abernathy
used with permission

November Events

**The Case of the Missing Coffee
Cups, dessert cup and msic
dishes/covers!**

**Attention, mug-nappers! Our
kitchen is experiencing a
mysterious shortage. If you've
"adopted" a mug, dessert cup or
plate—just return them to their
rightful home (the kitchen).**

**Help us reunite these lost souls with
their dishwasher. ☕💔**

**Thanks,
Your Friendly Dish Detectives**



Death Over Donuts

A delicious discussion about dying with dignity.



Let's talk about death — over something delicious. Death Over Donuts is a welcoming, no-pressure gathering to explore the not-so-easy topics surrounding death, dying, loss, and the liminal spaces in between. Guided by members of the Lifespark Hospice and Spiritual Health teams, we'll spend an hour together reflecting and sharing our thoughts, questions, and wishes around death and dying, while enjoying a sweet treat and a cup of warmth. No expertise or preparation needed, just an openness for conversation. This event is open to all and designed to be inviting, curious, and even joyful — because talking about death can also remind us how to live well.

CONVERSATION GUIDES:
Kelly Pritchard, RN, Clincial Liaison, Lifespark Hospice
Jackie Bohrer, LICSW, Bereavement Coordinator and Grief Counselor, Lifespark Hospice
Christelle Hagan, End-of-Life Doula, Birchwood
Tom Waknitz, Chaplain, Birchwood

WHO:
Staff, Residents, and Families Are Invited

WHERE:
Birchwood Arbors,
Second Floor Activity Room

WHEN:
November 20, 2025,
10:15-11:15 a.m.

Donuts and coffee and tea will be served!



**OCTOBER 17 –
NOVEMBER 21**

FOOD DRIVE

Let's Share & Care

Drop-off locations:
604 1st St NE & 750 1st St NE

BIRCHWOOD SENIOR LIVING **BIRCHWOOD ARBORS**



Sponsored by Birchwood Women's Club
PosterMyWall.com

🍴| 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!**

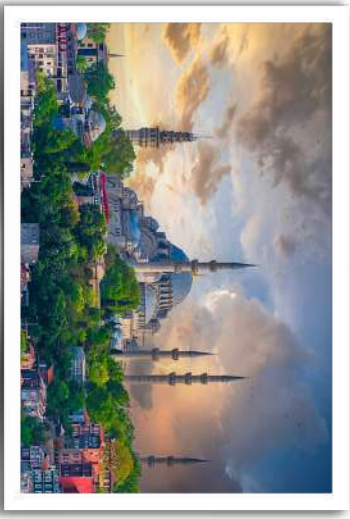
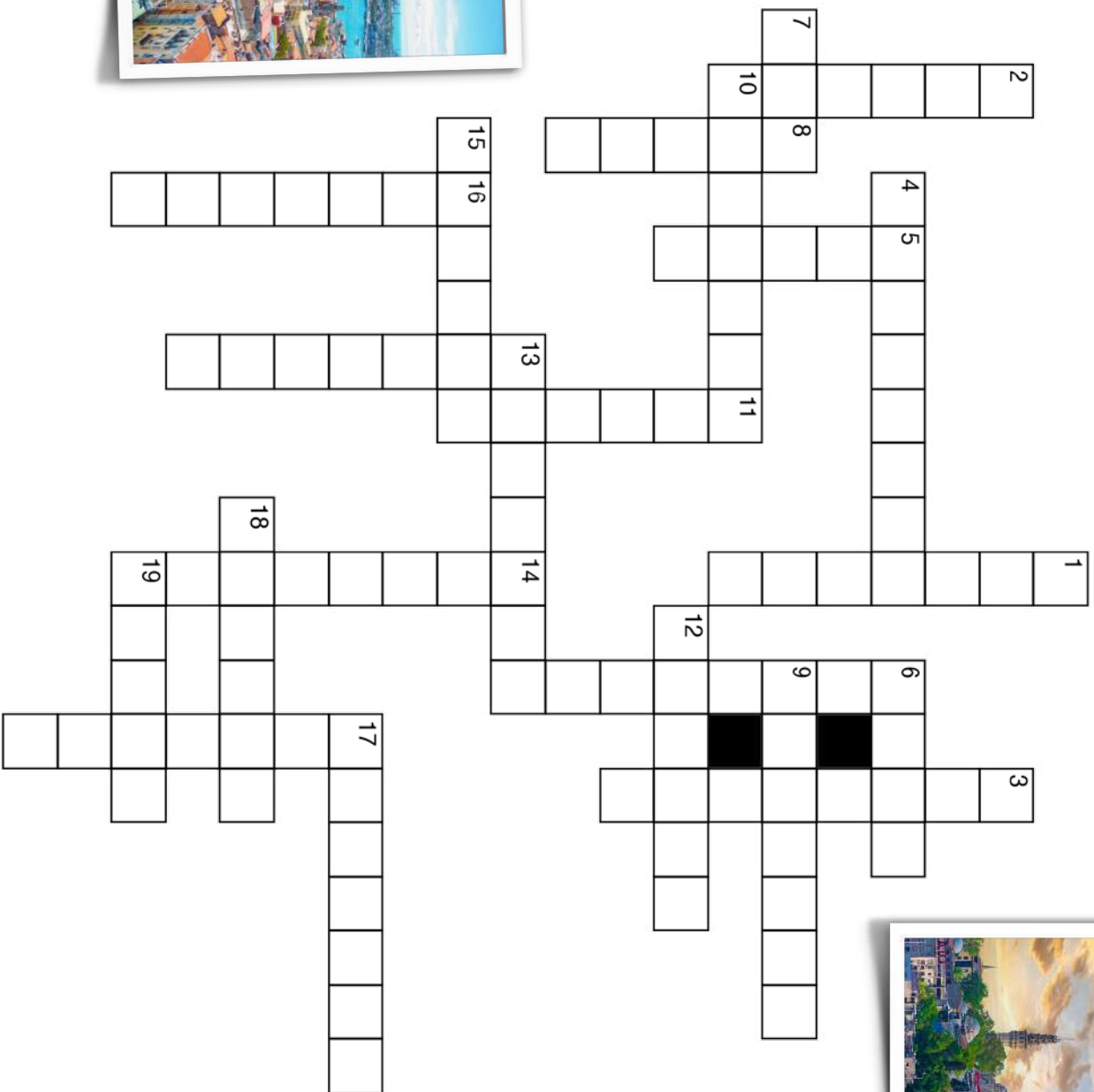
**Do you have a favorite dish, dessert, or
family recipe you'd love to share? Submit
it to Melissa and be part of this delicious
community project!**

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

Let's make something special together!

Talking Turkey

Use the clues to fill in the crossword.



©ActivityConnection.com



Talking Turkey

(clues)

ACROSS

- 4. Turkey's largest city
- 6. Wild canine; gray ____
- 7. Large biblical boat of Noah
- 9. Language of Turkey
- 10. Places of worship
- 12. Royal residence
- 13. Sandy swimming areas
- 15. Middle Eastern marketplace
- 17. Wooded areas
- 18. Long-haired cat
- 19. Showy spring flower

DOWN

- 1. Layered pastry of phyllo dough
- 2. Tangy "cultured" dairy product
- 3. Ancient trade route
- 5. Small stores
- 6. Marshy habitats
- 8. Skewered meat
- 11. Field sport of players like Pelé
- 13. Inflatable flying craft; hot-air ____
- 14. Filbert or cobnut
- 16. Very old
- 17. Agriculture

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November 2025 - Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Worship w/Kathleen [CH] 30 1:00 Ice Cream Delivery 3:05 Vikings at Seahawks [L] 3:30 Chair Exercises - Ch 95	 Schedule is subject to change. ◀ November continued	AA All Around AR Activity Room CH Chapel DR Dining Room L Lobby WR Wellness Room	Happy Birthday to 11/1 Michael "Mike" O 11/3 Rosemary E 11/7 Kathleen N 11/10 Elizabeth K 11/16 Gayle V 11/24 Beverly L			10:00 Resident Led Walk [AA] 1 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Linwood Covenant Worship [CH] 2 12:00 Vikings at Lions [L] 1:00 Ice Cream Delivery 1:30 Hymn Sing w/Deb & Sue [L] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 3 1:30 Word Game [AR] 3:30 Historical Headlines That Could Not Have Been More Wrong [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] 4 10:15 Coffee Talk [L] 1:00 Spark Challenge Deep Dive [CH] 3:30 Hymn Sing [AR] 5:30 Games w/Tammy [AR]	10:00 Worship [CH] 5 10:15 Exercise [AR] 10:30 Wed Loop 1:00 Spark Challenge [CH] 2:00 Bingo w/prizes donated by The Community Church [DR] 3:30 Crossword Puzzle [AR]	10:15 Exercise [AR] 6 2:00 Lifelong Learning: US Army in Yellowstone [CH] 3:30 Spiritual Group [AR] 5:30 Resident Led Chat [L]	10:15 The Great Indoor Deer Hunt [CH] 7 1:00 Really Big Show [CH] 2:00 Welcome/Birthday Party	10:00 Resident Led Walk [AA] 8 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Chisago Lakes Baptist Worship [CH] 9 12:00 Vikings vs Ravens [L] 1:00 Ice Cream Delivery 1:30 Bingo [DR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 10 1:00 WALMART-24 hour advance sign up 3:30 Word Game [AR] 5:30 Movie/Popcorn [L]	Veterans Day 11 10:00 St Peter's Catholic Mass [CH] 10:15 Coffee Talk [L] 3:30 Hymn Sing [AR]	10:00 Forest Hills Methodist [CH] 12 10:15 Exercise [AR] 10:30 Wed Loop 11:00 Spark Challenge Deep Dive [CH] 1:00 Spark Challenge [CH] 2:00 Bingo [DR] 3:30 Where in the World? [AR]	10:15 Resident Council [AR] 13 1:30 Exercise [AR] 3:30 Spiritual Group [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 14 1:00 Really Big Show [CH] 2:00 Music w/Relan Grove [DR] 3:30 Blackjack [AR]	10:00 Resident Led Walk [AA] 15 1:30 Linwood Ladies Social [DR] 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
12:00 Vikings vs Bears [L] 16 1:00 Ice Cream Delivery 1:30 Resident Led Mural Project [AR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 17 10:15 Pet Visits 10:30 Men's Club [CH] 1:30 Word Game [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] 18 10:15 Coffee Talk [L] 1:00 Spark Challenge Deep Dive [CH] 3:30 Farkle Dice Game [AR] 5:30 Games w/Tammy	10:00 Faith Lutheran Worship [CH] 19 10:15 Exercise [AR] 10:30 Wed Loop 1:00 Spark Challenge [CH] 2:00 Bingo [DR] 3:30 Where in the World? Ancient Wonders [AR]	10:15 Discussing Death Over Donuts [AR] 20 1:30 Travelogue-Talking Turkey [AR] 3:30 True or Fowl Trivia [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] 21 1:00 Really Big Show [CH] 1:45 Pie Tasting - Health Care Center Dining Room	10:00 Resident Led Walk [AA] 22 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
12:00 Vikings at Packers [L] 23 1:00 Ice Cream Delivery 1:30 Painting/Coloring Group [AR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] 24 10:30 OUT TO LUNCH-24 hour advance sign up 2:00 Bingo [DR] 3:30 Thankful for Thanksgiving Humor [AR] 5:30 Movie/Popcorn [L]	10:00 St Peter's Catholic Rosary [CH] 25 10:15 Coffee Talk [L] 3:30 Hymn Sing [AR]	10:00 Worship w/Thomas [CH] 26 10:15 Exercise [AR] 10:30 Wed Loop 1:30 Cards & Board Games [WR] 3:30 Where in the World? Island Edition [AR]	Thanksgiving Day 27 10:00 Gratitude Gathering w/Kathleen [CH] 1:30 Movie "Miracle on 34th Street" [L] 5:30 Resident Led Chat [L]	Day after Thanksgiving 28 10:15 Kickball [AR] 2:00 Music w/Amy & Adams [DR]	10:00 Resident Led Walk [AA] 29 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]