

Executive Director- Mike Karel 651-466-1022
 Director of Nursing- Trisha Kramer 651-466-1040
 Assistant Director of Nursing- Laura Harrer 651-466-1044
 TCU Nurse Manager- Christina Lundquist 651-466-1073
 Long Term Care Nurse Manager- Brittana Dehler 651-466-1049
 Community Life Director- Allison Brunberg 651-466-1030
 Social Services Director- Caitlin Walczak 651-466-1038
 Maintenance Director- Jose Modina 651-466-1033
 Chaplain- Thomas Waknitz
 End of Life Doula- Nathan Vargovcik & Christelle Hagen 651-466-1024



Age Magnificently



Follow Birchwood Senior Living on Facebook!



Birchwood Senior Living Newsletter

Discover what's going on in our community.

Let's Celebrate!

Staff Birthdays:

- 3/2- Paige G.
- 3/3- Laurie H.
- 3/7- Brittana D.
- 3/15- Kaitlyn S.
- 3/16- Diane W.
- 3/19- Carol H.

Staff Anniversaries

- Magdeline T.- 6 Years
- Amy S.- 4 Years
- Lucy A.- 4 Years
- Nathan V.- 2 Years
- Sarita H.- 1 Year
- Siham B.- 1 Year
- Renee G.- 1 Year
- Kathryn H.- 1 Year

Resident Birthdays:

- 3/9- Michael M.
- 3/12- Kevin L.
- 3/13- Elizabeth D.
- 3/15- William J.
- 3/19- Brenda T.

Welcome March!

As we welcome the month of March, we look forward to longer days, a little extra sunshine, and the first signs of spring all around us. This time of year brings a feeling of renewal and fresh beginnings.

March will be filled with festive fun, including St. Patrick's Day celebrations, creative craft projects, music and opportunities to connect and socialize.

We are so grateful for our families, volunteers, and team members who help make our community feel like home. As we step into spring together, we look forward to making more meaningful memories in the month ahead.

Wishing everyone a happy and hopeful March!



"Many Voices, One Spirit"

March invites us into a quieter but powerful truth: we are different, and we belong together. Our theme this month is Many Voices, One Spirit.

In Community Life, especially here at Birchwood, we quickly notice that no two people are the same. We come from different families, backgrounds, traditions, and experiences. We carry different memories, different strengths, and different stories. And yet, something remarkable happens when we gather.

Scripture offers a beautiful image in 1 Corinthians 12: "We are one body, though many members." Each part matters. Each voice contributes. No one is unnecessary, and no one stands alone.

In a community living like ours, this truth is not theoretical. It is lived. We see it in the way residents support one another at the table, in the way staff collaborate across teams and shifts, and in the way families and caregivers work together for the good of those they love (agape). Diversity here is not a problem to solve, it is a harmony to discover.

Throughout March, our worship and creative faith gatherings will explore this idea of unity in difference. We will listen to stories, decorate stones as symbols of belonging, and reflect on how each of us adds something essential to the whole.

As we move through this month, may we notice the gifts each person brings. And may we remember that while our voices are many, the spirit that binds us is shared.

With gratitude for this community,
Chaplain Thomas



Join the Birchwood Flakers TRYathlon team! It's fun and the events are designed for people of all ages and abilities! Your community needs you to participate, compete, and defend your current league standing!

How it works: TRYathlon teams contribute to the community by working together to become stronger! Tuesdays will be the walking portion of the competition and Thursdays will be the arm crank and leg crank days, followed by Friday's really big show!

Week	Whizzer Day	Crank Day	RBS
Scrimmage Week	1/13	1/15	1/16
Week 1	1/20	1/22	1/23
Week 2	1/27	1/29	1/30
Week 3	2/3	2/5	2/6
Week 4	2/10	2/12	2/13
Week 5	2/17	2/19	2/20
Week 6	2/24	2/26	2/27
Week 7	3/3	3/5	3/6
Final 4	3/17	3/19	NO RBS
World Championship	3/24	3/26	NO RBS

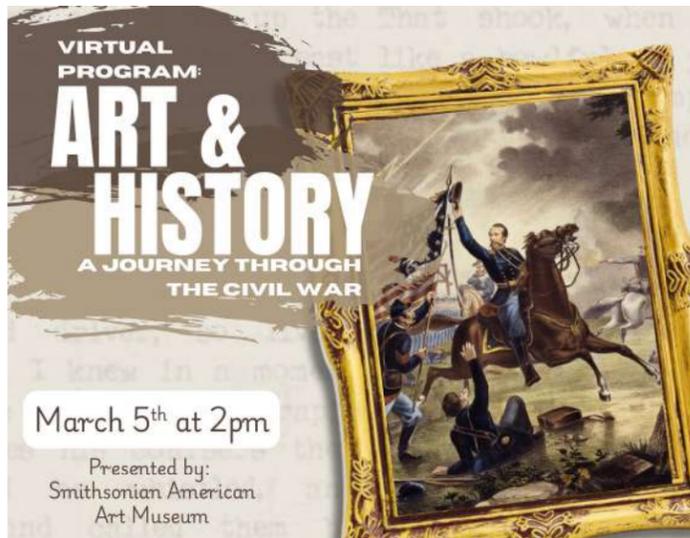
March Virtual Program

What are Virtual Programs?

They are live and interactive presentations that connect the residents with interesting people in amazing places through video conferencing. Current programs connect with museums, national parks, experts, and authors to cover a variety of lifelong learning subjects.

How Do They Work?

Residents and prospects gather in front of the Opticon video conferencing system (in the chapel), The presenter is coming to them live and there is a program moderator that helps facilitate questions from the audience. The community staff members are able to submit questions using the live chat at any time during the program for the presenter to answer, making the experience much different from merely watching a documentary where the audience has no ability to interact.



Community News & Updates

Help us congratulate one of our residents, Jodi Keiser on receiving the "Courage Award" for the 2025 Spark Performance season!

Even though Jodi physically cannot participate, she shows up every time with perfect attendance. She keeps us going, wants goals, and pushes us to reach them.

This nomination is a reflection of her remarkable strength, integrity, and bravery in the face of challenges that would have discouraged many others.

She demonstrated courage not only by persevering through adversity, but also by maintaining compassion, responsibility, and a positive attitude. Rather than allowing difficulties to define or defeat her she showed resilience and determination every step of the way.



God's Love is True, Kind, and Hopeful



Happiness is there. Love is generational, including cuddling, laughter, joy, and smiles. They embody love for each other. They are family, blood. We see safety, trust, and protection. This child is loved and protected. Together, they feel youthful and happy. That little toddler is loved and feels excitement as she holds her grandparents' hands. She feels comfort, and these adults will be guides, encouraging, and with pride. Grandma is proud to have another girl in the family. God has given them a gift. Jesus kept his promise. There is an opportunity for the next generation to grow and learn from each other.

Written By: Residents of Birchwood


BIRCHWOOD
SENIOR LIVING

**WE ARE
HIRING**

**CERTIFIED NURSING
ASSISTANTS
FULL TIME EVENINGS**

BENEFITS INCLUDE:

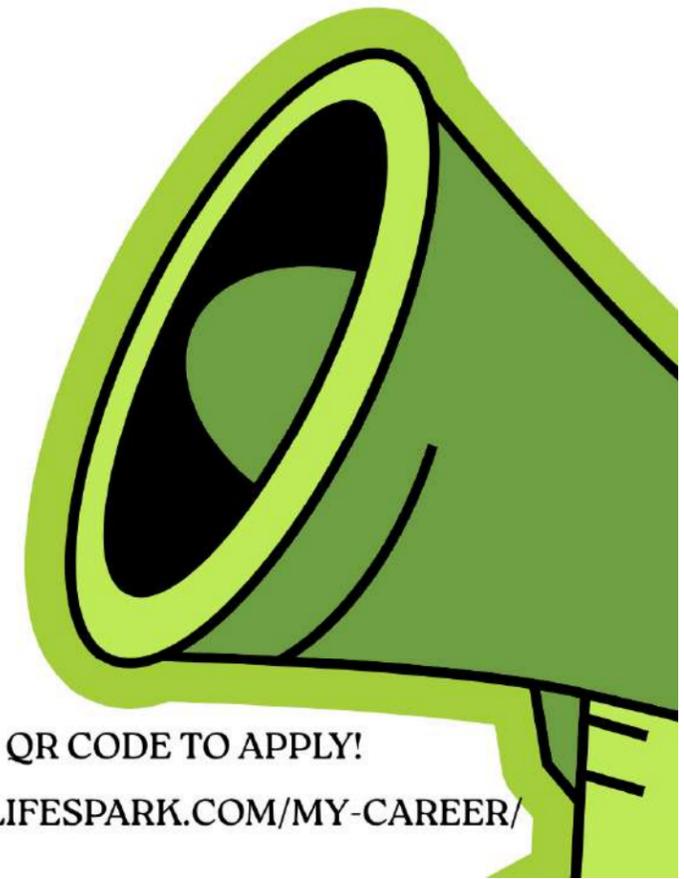
Health Insurance & 401k with Match
Tuition & Loan Reimbursement
Scholarships up to \$2500
Sign on Bonus up to \$1000
Career Growth Opportunities

**JOIN OUR
TEAM**



SCAN ME

SCAN THE QR CODE TO APPLY!
OR VISIT : [HTTPS://LIFEPARK.COM/MY-CAREER/](https://lifepark.com/my-career/)



March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Worship with Corliss 1 10:30 Daily Chronical Discussion 1:00 Welcome March! 1:30 Afternoon Movie 3:30 Chair Exercises- Channel 95	10:00 Balloon Toss 2 10:30 Daily Chronical Discussion 11:00 Hymns & Worship 1:15 Dice Game 3:30 Dr. Seuss Day 6:00 Snack Bingo	10:00 Catholic Communion & Rosary 3 10:30 Exercise Group 1:00 TRYathlon- Whizzer (Walking) 2:00 Craft Group 3:30 Nail Painting 6:00 Trivia & Fun Facts	10:00 Worship with Chaplain Thomas 4 10:30 Group Exercise 1:00 Daily Chronical Discussion 2:00 Bingo 3:30 Finish the Phrase 6:00 Western Wednesday	10:00 Daily Chronical Discussion 5 10:30 Group Exercise 1:00 TRYathlon- Crank (leg & arm) 2:00 Virtual Learning: Art & History Through the Civil War 3:30 Pictionary 6:00 Table Games	10:00 Daily Chronical Discussion 6 10:15 Brain Joggers 1:00 The Really Big Show 1:45 Mindful Music & Coloring 3:00 Coffee & Snack Social	10:00 Daily Chronical Discussion 7 10:30 Monopoly Day!- History 1:00 White Board Brain Games 2:00 Comedy Hour 3:00 Chair Exercises- Channel 95
10:00 Worship with Chisago Lakes Baptist Church 8 10:30 Daily Chronical Discussion 1:00 Daylight Savings Time Discussion 3:30 Chair Exercises- Channel 95	10:00 Balloon Toss 9 10:30 Daily Chronical Discussion 11:00 Hymns & Worship 2:00 Live Music with Kaity Heart 3:30 Ford Mustang Day 6:00 Snack Bingo	10:00 Catholic Mass 10 10:30 Exercise Group 1:00 Daily Chronical Discussion 1:30 Craft Group 3:30 Nail Painting 6:00 Trivia & Fun Facts	10:00 Worship with Forest Hills Methodist Church 11 10:30 Group Exercise 1:00 Daily Chronical Discussion 2:00 Bingo 3:30 Creative Coloring 6:00 Western Wednesday	10:00 Daily Chronical Discussion 12 10:30 TimeSlips 1:15 Grab Bag Guessing Game 3:30 Pictionary 6:00 Table Games	10:00 Daily Chronical Discussion 13 10:15 Brain Joggers 1:15 Mindful Music & Coloring 3:00 Movie & Snack	9:00 Social Visits/1:1's 14 10:00 Daily Chronical Discussion 10:30 Dice Game 1:00 Ireland History/ Documentary 3:30 Chair Exercises- Channel 95
9:00 Social Visits/1:1's 15 10:30 Live Accordion Music 10:30 Daily Chronical Discussion 1:00 Afternoon Movie 3:30 Chair Exercises- Channel 95	10:00 Balloon Toss 16 10:30 Daily Chronical Discussion 11:00 Hymns & Worship 1:30 Resident Council 2:30 Dice Game 3:30 Social Visits/1:1's 6:00 Snack Bingo	10:00 Catholic Communion & Rosary 17 10:30 Exercise Group 1:00 TRYathlon- Semi Finals 2:00 St. Patrick's Day Party 3:30 Nail Painting 6:00 Truth or Blarney?	10:00 Worship with Faith Lutheran Church 18 10:30 Group Exercise 1:00 Daily Chronical Discussion 2:00 Bingo 3:30 Finish the Phrase 6:00 Western Wednesday	10:00 Daily Chronical Discussion 19 10:30 Sensory Activity 1:00 TRYathlon- Semi Finals 2:30 March Birthday Celebration 3:30 Pictionary 6:00 Table Games	10:00 Daily Chronical Discussion 20 10:15 Brain Joggers 1:15 Bowling 3:00 Coffee & Snack Social 3:30 First Day of Spring! (Trivia) 6:00 Evening Movie & Popcorn	10:00 Daily Chronical Available 21 10:30 March Word Puzzles 1:30 Mars Candy Documentary- Channel 95 3:30 Chair Exercises- Channel 95
10:00 Worship with Kathleen 22 10:30 Daily Chronical Available 1:30 March Word Puzzles Available 3:30 Chair Exercises- Channel 95	10:00 Balloon Toss 23 10:30 Daily Chronical Discussion 11:00 Hymns & Worship 1:15 Dice Game 3:30 National Puppy Day 6:00 Snack Bingo	10:00 Catholic Communion & Rosary 24 10:30 Exercise Group 1:00 TRYathlon Championship-Whizzer 1:30 Craft Group 3:30 Nail Painting 6:00 Trivia & Fun Facts	10:00 Worship with Chaplain Thomas 25 10:30 Group Exercise 1:00 Daily Chronical Discussion 2:00 Bingo 3:30 Creative Coloring 6:00 Western Wednesday	10:00 Daily Chronical Discussion 26 10:30 Group Exercise 1:00 TRYathlon Championship-Crank 2:15 Oreo Taste Testing 3:30 Pictionary 6:00 Table Games	10:00 Daily Chronical Discussion 27 10:15 Brain Joggers 1:15 Bowling 3:00 Coffee & Snack Social 6:00 Evening Movie & Popcorn	9:00 Social Visits/1:1's 28 10:00 Daily Chronical Discussion 10:30 Spring Trivia 1:00 Spring Flowers Documentary 3:30 Chair Exercises- Channel 95
9:00 Social Visits/1:1's 29 10:00 Daily Chronical Discussion 10:30 History of Coca Cola & Trivia 1:00 Afternoon Movie 3:30 Chair Exercises- Channel 95	10:00 Balloon Toss 30 10:30 Daily Chronical Discussion 11:00 Hymns & Worship 1:15 Dice Game 2:30 Women's Club 3:30 Mythology Monday 6:00 Snack Bingo	10:00 Catholic Communion & Rosary 31 10:30 Exercise Group 1:00 Daily Chronical Discussion 2:00 Live Music with Russell Schmidt 3:30 Nail Painting 6:00 Trivia & Fun Facts	 <p>Schedule is subject to change.</p>			