Leadership Contacts

Mike - 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

Feeback 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.

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.

•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 **Health Care Center VOLUNTEER TEAM.**

•There are a lot events listed on the calendar as - Ch 95. Be sure to check them out on your TVs.

BIRCHWOOD ARBORS

BIRCHWOOD ARBORS

Age Magnificently

Our Community Newsletter

Discover what's going on in our community.

Bill Cagley - Dining Room
Friday, May 8th at 2pm

Relan Grove - Dining Room
Friday, May 22ndat 2pm

Happy Birthday

MaryK - 5th
Marilyn - 29th

It's that time of year again! If you are interested in participating in Family Council, see Melissa. More info on page 8

May

As we··head into May, we're excited to share an important update about how residents and families stay connected with daily life at Birchwood Arbors. We are currently in the process of transitioning to a new digital platform for our activity calendar, mobile app, and TV displays.

This upgrade is designed to make accessing schedules, menus, and community updates easier, clearer, and more reliable for everyone. While you may notice some temporary changes or interruptions during this transition, our goal is to have the new system fully up and running by June.

We appreciate your patience as we make these improvements and look forward to offering an enhanced experience that keeps everyone better informed and engaged. As always, please don't hesitate to reach out to our team with any questions. Thank you for being part of our community!

Lifelong Learning

Virtual Program:

Jamestown–

Cultures in Contact - Early America 1600-1620

Presented by: Jamestown-Yorktown Foundation

Explore how Powhatan, West Central African, and English cultures converged at Jamestown through artifacts and primary sources, revealing the diverse roots of early 17th-century America.

May 7th at 2:00pm

SPARK PERFORMANCE LEAGUE

ROBOT SOCCER

National Robot Soccer League

2026

Tuesdays

Coaches and Captains Meeting 4/20/26

Week	Competition	RBS
Scrimmage Week	4/21	4/24
Week 1	4/28	5/1
Week 2	5/5	5/8
Week 3	5/12	5/15
Week 4	5/19	5/22
Week 5	5/26	5/29
Week 6	6/2	6/5
Week 7	6/9	6/12
Final 4	6/16	NO RBS
World Championship	6/18	NO RBS

RBS = Really Big Show

All Spark Performance League Items Begin at 1:00 PM

Chaplain Chat

God With Us!

Kathleen McCauley, Arbors Chaplain

In this month of May, the 'Easter Season' will end and we will return to 'Ordinary Time' in the liturgical cycle. Let us not leave the Easter Season without remembering it's powerful message that 'God is with us.", 'God will not leave us." (Hebrews 13:5) Reading this message and remembering it, are two different things. When our lives get busy or we are hyper-focused on a problem or a concern, feeling God with us, is a challenge.

What are some tools we can use to help redirect our thinking, to know and feel that God is among us? Perhaps we can find some songs that hold this theme and listen to them at the beginning or end of the day. The song may stay with you during the day, as a reminder. We might also have a visual, picture and/or image of God holding us, or walking beside us, to be the reminder that 'God is among us.' Or there is always the option to sit quietly and re-read scripture passages that hold this message. Praying with them and digesting them, so as to sustain us throughout our day. Here are a few passages you might reference: John 14:16-17, Jeremiah 31, Matthew 28:20, Psalm 145:18 and Hebrew 13:5. The more aware we are of God's constant presence with us, the more we know and feel the love of God for us, in all things, throughout all of time. This is what it means to be an "Easter People": aware and accepting God's love.

May Days in History

May 1, 1930
The planet Pluto, which has now been downgraded to a dwarf planet, was officially named by 11-year-old Venetia Burney. The "dark planet" is named in honor of Pluto, the Roman god of the underworld.

May 3, 1802
Washington, D.C., was incorporated as a city by the U.S. Congress.

May 6, 1527
The army of the Holy Roman Emperor Charles V attacked and plundered Rome.

May 8, 1899
New Zealand–born scientist Ernest Rutherford published his discovery of alpha and beta radiation particles. The physicist and chemist is known as the father of nuclear physics.

May 15, 1863
Salon des Refusés, an art show of works rejected by established exhibition halls, opened to the public, featuring paintings by Cézanne, Pissarro, and Manet.

May 20, 1498
Portuguese explorer Vasco de Gama landed on the shores of Calicut, India. He and his crew became the first to sail from Europe to India in search of the country's gold and spices.

May Wedding Days

Once upon a time, brides took pains to avoid having their wedding in May, as it was considered bad luck to marry during this month. "Marry in May, you'll rue the day," warned an anonymous poet, who advised waiting until June.

May Zodiacs

Taurus (The Bull)
May 1–20

Gemini (The Twins)
May 21–31

...

May is the fifth month of the year on the Gregorian calendar and one of seven Gregorian months with 31 days. May is a special month for many cultures. For Roman Catholics, it is the month to honor the Virgin Mary; for Buddhists, it marks the Buddha's enlightenment; for early pagan cultures, May was the time to celebrate fertility and abundance in tribute to the month's namesake: Maia, goddess of the life cycle. *Maia* means "she who brings increase" in Latin.

Mad for Mercury

In addition to its association with the Greek goddess Maia, May is affiliated with Mercury (known in Greek as Hermes), the Roman god of merchants, trade, thieves, and travelers. Maia was Mercury's mother. Both gods were routinely celebrated during the Mercuralia, or Festival of Mercury, held each year on the Ides of May, Mercury's birthday. Honoring him was said to bring good luck and money.

What's Lucky in May?

Lucky Color: Turquoise
Lucky Animal: Lion
Lucky Letters: *N* and *W*
Lucky Day: Saturday
Lucky Plant: Peony

May Birthdays

Kate Smith (singer) – May 1, 1907
David Beckham (soccer star) – May 2, 1975
Adele (singer) – May 5, 1988
Louise Meriwether (author) – May 8, 1923
Irving Berlin (composer) – May 11, 1888
Florence Nightingale (nurse) – May 12, 1820
Kadir Nelson (artist) – May 15, 1974
Janet Jackson (singer) – May 16, 1966
Tina Fey (comedian) – May 18, 1970
Georgie Auld (saxophonist) – May 19, 1919
Cher (singer) – May 20, 1946
Sir Arthur Conan Doyle (novelist) – May 22, 1859
Bill Robinson (tap dancer) – May 25, 1878
Clint Eastwood (actor) – May 31, 1930

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May 2026

The Monthly Gazette

"May, more than any other month of the year, whispers to the heart alive."

~ Fennel Hudson

Happy Birthday

Animal of the Month – White-Tailed Deer

White-tailed deer are very common in North America, preferring to live in open woodland, forests, or farmland, by streams or rivers, feeding on a wide variety of vegetation. Their coats shine reddish-brown in the summer and turn grayish-brown in winter, but their distinctive white tails catch the eye all year long as the deer lift them while scampering through the forest and wave them side to side to signal danger. The maximum life expectancy for white-tailed deer is 20 years, but most don't survive more than 10, with many living only two to three years in the wild. Male

deer have antlers, which are primarily used to fight off other males during the breeding season. The antlers are dropped and regrown each year. White-tailed deer are crepuscular, which means they are most active before and just after dawn and again near dusk. They tend to be relatively inactive or resting during mid-day hours.

Special Days

May Day
May 1

Star Wars Day
May 4

Cinco de Mayo
May 5

Train Day
May 9

Mother's Day
May 10

Pick Strawberries Day
May 20

Memorial Day
May 25

Flower – Lily of the Valley

Lily of the valley, the flower for the month of May, is native to Europe but now grows across North America and Northern Asia. Legend has it that these delicate, white, bell-shaped flowers, which bloom in May, first grew from Eve's tears after she and Adam were exiled from the Garden of Eden. The plant has come to signify purity and innocence and is often used in bridal bouquets. Giving lilies as a gift sends the message, "I am humbled by my love for you."

Birthstone – Emerald

The emerald is the birthstone for May. This bright green gemstone's name is derived from the Greek word *smaragdos*, which was a general term for green stones. In the Middle Ages, folklore held that the stone contained the power to foretell the future, to cure epilepsy and fever, and to protect the wearer from panic. Aristotle thought emeralds soothed eyesight. They are found all over the world, but Colombia is known to mine the largest and highest-quality emeralds in its Muzo mine.

©ActivityConnection

Happy Birthday

We know that facing the end of life with a loved one can be overwhelming. The Full Circle Care Program™ was developed to provide personalized support for our dying residents and their loved ones.

Full Circle Care services are provided at the following Skilled Nursing Facilities:

Birchwood Health Care Center
Forest Lake

Providence Place Senior Living
Minneapolis

Woodbury Health Care Center
Woodbury

Lunch & Learn Opportunities

SENIOR CARE COMMUNITIES, INC.

donation program, offering companionship, facilitating meditation groups, and spending meaningful time with residents.

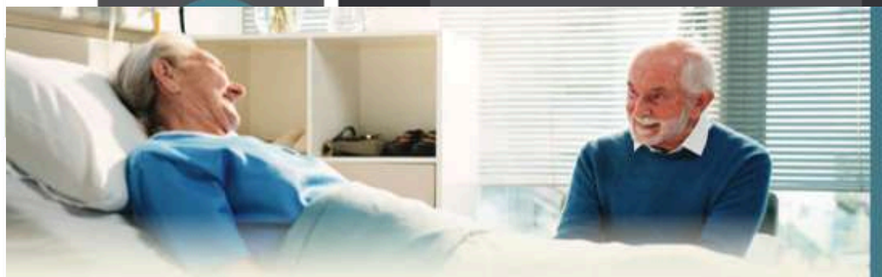
Please contact us with questions. We look forward to supporting you and your loved one.

Full Circle Care Program Office

952-737-4338

Full Circle Care

Personalized support for our dying residents and their loved ones.



What is Full Circle Care?

Full Circle Care is a holistic philosophy of end-of-life doula care that recognizes the individual needs of the dying person and seeks to provide non-medical support for their practical, emotional, and spiritual needs.

We partner closely with hospice teams to ensure every resident's individual preferences are honored, from music and favorite treats, to room lighting, rituals, prayers, and any other meaningful wishes. We respect all faith traditions and cultural values to the best of our ability.

"In our darkest moments, we don't need solutions or advice. What we yearn for is simply human connection - a quiet presence, a gentle touch. These small gestures are the anchors that hold us steady when life feels like too much."

- ERNEST HEMINGWAY

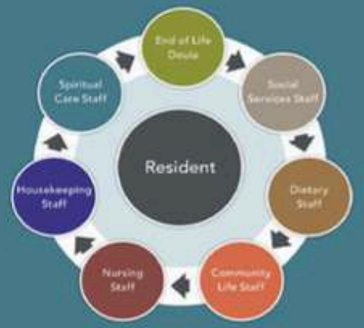
What We Provide

- Gentle conversations about fears, hopes, and wishes
- Support for residents on hospice and those in need of comfort care
- Integrative therapies: essential oils, hand and foot massage, and guided imagery
- A compassionate presence for resident and families

Why Full Circle Care Matters

- Ensures residents feel seen, heard, and valued
- Provides peace of mind for families and staff
- Creates a meaningful, personalized end-of-life experience
- Intends to reduce the fear and anxiety surrounding death

All staff have been trained in the Full Circle Care model.



Program Highlights

Whole-person focus - emotional, spiritual, and practical support

Bedside vigil presence - ensuring residents are not alone and supporting loved ones through the dying process

Butterfly send-off ceremony - honoring the resident, family, and staff after death to celebrate the caregiving journey; each person is escorted out the front door

Integrative therapies - hand and foot massage, guided imagery, and essential oils to enhance comfort

Care coordination - doulas work alongside hospice teams to communicate what matters most for each resident

Birchwood Arbors Resident Emergency Plan

750 1st Street NE, Forest Lake, MN 55025

Emergency Number: 911 Main Number: 651-466-1000

Medical Emergency

If a resident or visitor becomes ill or has an accident in your apartment:

1. Call 911 and give them information about the emergency – if able.
2. Push pendant for help from onsite staff.
3. The Police and ambulance will respond immediately.
4. *Do not move the injured person*, you may cause more damage to them.

If a resident or visitor becomes ill or has an accident in a common area:

1. Notify staff in-person, calling staff at 651-466-1000 or by pushing your pendant.

Fire Emergency

Building Fire Alarms Sounding

1. **Stay in your apartment.** The safest place to be during a fire is in you apartment. You are risking injury to yourself by using the halls or stairs. **NEVER ENTER A SMOKE FILLED HALLWAY OR ROOM**
2. If smoke is entering your apartment from the hallway, **PLACE A RUG OR TOWEL ACROSS THE BOTTOM OF YOUR ENTRY DOOR.** This will stop the spread of smoke and toxic gasses into your apartment.
3. **CALL 911.**
4. **IF IT BECOMES NECESSARY FOR YOU TO EVACUATE THE BUILDING, YOU WILL RECEIVE INSTRUCTIONS AND ASSISTANCE IF YOU NEED IT.**

Fire in Your Apartment

1. **LEAVE THE APARTMENT IMMEDIATELY.** Do not stop to pick up anything. Close the door behind you.
2. Find a telephone that is in a safe location and **CALL 911** or pull an alarm if a telephone is not safely located.
3. **GO TO THE MAIN LOBBY.** The Fire Department will need to know that you are safe and confirm what type of fire you have.

Fire in a Common Area

1. **LEAVE THE AREA.** If there is a door, CLOSE IT.
2. Find a telephone that is in a safe location and **CALL 911** or pull an alarm if a telephone is not safely located.
3. **GO TO THE MAIN LOBBY. IF THIS AREA IS NOT SAFE, MEET OUTSIDE.** The Fire Department will need to know that you are safe and confirm the type of fire. NEVER USE THE ELEVATOR IF THERE IS A FIRE EMERGENCY OR THE FIRE ALARMS ARE RINGING.

Severe Weather Emergency

Emergency Evacuation Procedure during Storms:

When the warning siren blows, or if you become aware of a severe weather emergency in our location, the following procedures should be followed by all residents:

1. Move away from windows. Take a flashlight and portable radio with you if you have one. GO TO THE Bathroom if you are able. If not, go to an inside room or hallway. Remain calm.
2. If you cannot leave your apartment, go into the bathroom and shut the door.
3. If you can leave your apartment, exit to a staircase and proceed to the lowest floor possible. IF THERE IS A FIRE, DO NOT USE THE ELEVATOR. Remain calm and walk slowly. Assist other residents if you can.

During a severe storm warning or tornado warning the most important thing you can do to protect yourself, remain calm and move away from open windows.

Maintenance Emergency

During office hours call staff at: (651) 466-1000. For urgent maintenance problems after office hours that cannot wait until the office is open again, (i.e. plumbing leaks, heating or cooling problems, broken windows, broken locks, etc.) call: (651) 466-1000

Elevator Emergency

Elevators are a very safe mode of transportation. However, due to the sophisticated nature of their controls they do occasionally have malfunctions.

What to do in an Elevator Emergency:

1. Open the telephone panel inside elevator
2. Push the button indicating telephone assistance. An attendant will answer the phone and talk to you.
3. The information the operator will ask for is written on the panel below the phone.
4. Remain calm.
5. DO NOT try to force open the elevator door.
6. Should any type of medical emergency take place while in a malfunctioning elevator, push the button on the telephone and inform the operator answering the call to notify 911.

This is What Happens in the event of an Elevator Malfunction:

1. A repair person is dispatched to release the elevator
2. Staff is notified and will be in touch with you.
3. Passengers will be assisted as soon as possible.

Family Council and Life Spark Medical Group

Goal	To provide the Council with space and privacy for meetings without interference to accommodate the schedule set by the Council i.e. monthly/quarterly	
Statutes	**144.651 HEALTH CARE BILL OF RIGHTS** **Subd. 27. Advisory councils.** Residents and their families shall have the right to organize, maintain, and participate in resident advisory and family councils. Each facility shall provide assistance and space for meetings. Council meetings shall be afforded privacy, with staff or visitors attending only upon the council's invitation. A staff person shall be designated the responsibility of providing this assistance and responding to written requests which result from council meetings. Resident and family councils shall be encouraged to make recommendations regarding facility policies.	**Minnesota—** **144G.41 MINIMUM ASSISTED LIVING FACILITY REQUIREMENTS.** **Subd. 6. Family councils.** The facility must provide a family council with space and privacy for meetings, where doing so is reasonably achievable. The facility must designate a staff person who is approved by the family council to be responsible for providing assistance and responding to written requests that result from meetings. The facility must consider the views of the family council and must respond promptly to the grievances and recommendations of the council, but a facility is not required to implement as recommended every request of the council. The facility shall, with the approval of the family council, take reasonably achievable steps to make residents and family members aware of upcoming meetings in a timely manner.

Age Magnificently

We help seniors stay healthy at home, navigate their health options with confidence, and live fuller, more independent lives. Our mission: Help people age magnificently.

When life throws a curveball, Lifespark Medical Group comes to you

A senior living resident was experiencing pain and sweating episodes. Leah Castle, Mobile Urgent Responder, and Dr. Nick Schneeman suspected a urinary tract infection (UTI) and acted swiftly. Leah drew labs to confirm the infection. The member was treated with IV fluids and oral antibiotics. By the end of the visit, they were alert, eating lunch and feeling much better. **When something unexpected comes up, Lifespark Medical Group gets members back in the game quickly with in-home urgent care.**

Request a packet from your site staff to learn more about Urgent Response Services through Lifespark Medical Group.

Getting to Know Guatemala

Match the clues to the words associated with Guatemala.

1. Fiery mountains ____
2. Corn dough stuffed with meats ____
3. Former capital of Guatemala ____
4. Place for trade and bargaining ____
5. Farming as an industry ____
6. Caffeinated beans ____
7. Yellow tropical fruits ____
8. What's left of ancient cities ____
9. Wooden percussion instrument ____
10. Holiday honoring the departed ____
11. Ancient Guatemalan civilization ____
12. Traditional Guatemalan clothing ____
13. Interlacing threads into cloth ____
14. Wet tropical ecosystem ____
15. Treat made from cacao ____
16. Ground-shaking natural disasters ____
17. Green gemstone ____
18. Guatemalan transport ____

A. jade
B. Antigua
C. coffee
D. traje
E. volcanoes
F. Maya
G. tamales
H. chicken busses
I. bananas
J. earthquakes
K. ruins
L. All Saints' Day
M. chocolate
N. agriculture
O. rainforest
P. markets
Q. marimba
R. weaving

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