

What's new at Birchwood Arbors?

It is hard to believe that in a few short weeks we will say good-bye to 2017, and welcome in a new year. We have been very busy filling the Birchwood Arbor's social calendar with a variety of events and happenings for 2018.

Live entertainment is one of our favorite activities at Birchwood Arbors. Our musical entertainers always seem to attract a large crowd with their joyful personalities and fabulous voices. Last month we had the pleasure of hearing the music of Gary LaRue. He had our tenants tap their toes to the beat of his songs in no time! We are looking forward to having him back next year for another outstanding performance.

Our community was also fortunate to have The Kitchen Kut-ups visit Birchwood Arbors in November. If you haven't seen this group perform, you're missing out! The Kitchen Kut-ups are a wonderful group of seniors who have been entertaining for over 25 years and have over fifteen hundred performances under their belts. Their programs leave audience members in stitches with a well thought out combination of silly skits, witty one-liners, and classic show tunes. What a treat it was to have them with us at Birchwood last month.

At Birchwood, we love building and growing relationships with local organizations in our Forest Lake community. As many of you know, we have recently partnered with the YMCA of Forest Lake to keep seniors healthy and fit by offering a SilverSneakers and Silver & Fit program twice a month, the 1st and 3rd Wednesdays, on our Birchwood campus. This is great news because it allows those who participate an opportunity to become official members of the YMCA at no cost to them (*for those who qualify*); memberships also include 4 guest passes. This offer is not only inclusive to Birchwood tenants, but to anyone in the greater Forest Lake community who is 65 years age or over. Come and exercise with us at Birchwood Senior Living!



Employee of the Month

Congratulations!

Nana Lehnen



Nana join the Birchwood Family in May 2016. Her love, patience and dedication to our residents is amazing. She is a huge asset to our Birchwood Team!

Save the Date!

Please join us...

New Years Eve Party!

Musical Guest: Deb Van Sloan

Friday, December 29th

Birchwood Arbors Dining Room

2 p.m.

“Health Chat” *with Kristen Cedarbloom, RN*

Holiday Health for Seniors

5 tips for keeping healthy this holiday season.

While the holidays are a time of gatherings with family and friends they can also be a source of stress. As exercise schedules might be disrupted for shopping excursions and rich holiday meals it makes it difficult to adhere to a particular diet. Staying healthy can be a challenge during this time of year, especially for seniors.

To help seniors stay healthy during the holidays, reduce their stress and avoid the holiday blues, keep the following tips in mind:

1. **Make Healthy Choices:** From rich meals to tempting and tasty home-made snacks, the holidays are a time for many to indulge in food -- or overindulge. Try to plan meals that include healthy food choices.
2. **Stay Hydrated:** Drinking water is one way you can stay healthy during the holidays; not drinking enough water could lead to other health complications requiring hospitalization for seniors.
3. **Follow Dietary Restrictions:** Some seniors must follow special diets, such as one that is low in sodium. It can be difficult to adhere to a diet during busy, stressful times, especially if there aren't any healthy options available.
4. **Keep Exercising:** In many parts of the country, the holidays are synonymous with cold weather and snow. To stick to an exercise schedule, join an indoor exercise program, or walk a few laps up-and-down the hallway of your apartment community.
5. **Rest after Traveling:** For some seniors, the holidays are a time to travel long distances to visit family and friends. Whether they travel by car, rail or plane, keep in mind that an older relative might want to rest upon arrival.

With a few preventative measures and a willingness to change some traditions, seniors can stay healthy and follow their diets, while also having fun with their family members this holiday season.

KRISTEN CEDARBLOOM, RN

DIRECTOR OF HEALTH SERVICES

