



BIRCHWOOD
SENIOR LIVING
750 NE 1st Street
Forest Lake, MN 55025

Birchwood Arbors Bylines

Housing Highlights

Welcome to the July edition of Birchwood Arbors Bylines. We are happy to see the sunshine and happy to see the residents outside enjoying the summertime. The front porch is a great place to relax but we ask the you **DO NOT MOVE THE FRONT ROCKERS AND CHAIRS**. They are placed out of the way of the walking /drop off area and the entrance to the building. Moving the chairs in front of the entrance/ door button or just moving them out in the sunshine creates a hazard for others to maneuver around. It is also hard on the chairs to be slid/bounced around on the concrete. We do not want broken chairs. We ask that you keep the chairs where they are behind the white railing. If you wish to sit in the sun please feel free to walk over to the patio area which has plenty of sunshine.

<i>Campus Administrator</i> Mandy Gentilli	466-1022
<i>Home Health Director, RN</i> Kristin Cedarbloom	466-1012
<i>Melissa Engelman</i> Community Life	466-1014
<i>PCA On Duty</i>	466-1008
<i>Birchwood Arbors Main</i> Tracy, front desk	466-1001
<i>Dining Services</i>	466-1005

Nursing Notes ~ by Kristen Cedarbloom RN, Home Health Director

Falls more likely at certain hours in some elders.

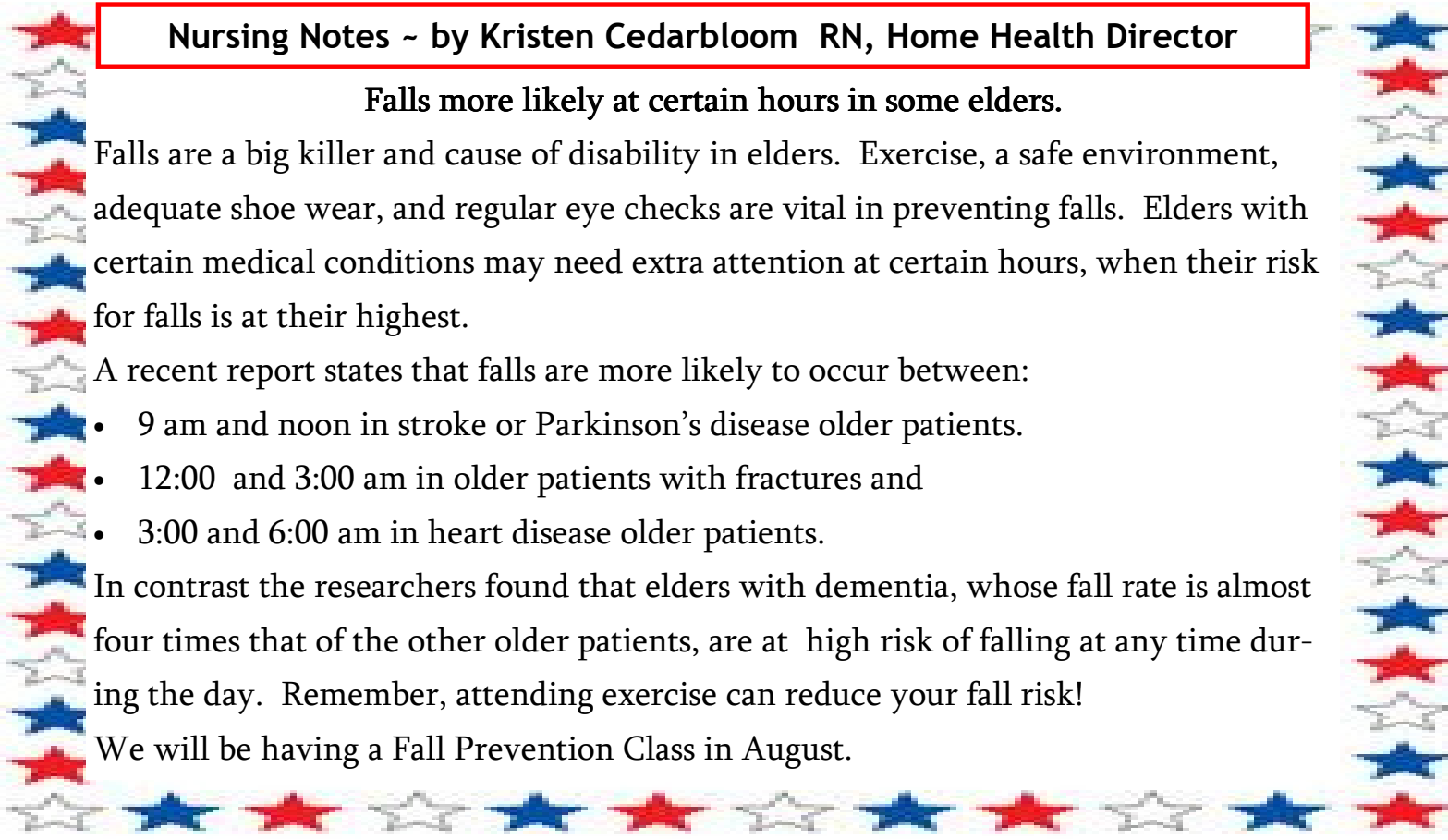
Falls are a big killer and cause of disability in elders. Exercise, a safe environment, adequate shoe wear, and regular eye checks are vital in preventing falls. Elders with certain medical conditions may need extra attention at certain hours, when their risk for falls is at their highest.

A recent report states that falls are more likely to occur between:

- 9 am and noon in stroke or Parkinson's disease older patients.
- 12:00 and 3:00 am in older patients with fractures and
- 3:00 and 6:00 am in heart disease older patients.

In contrast the researchers found that elders with dementia, whose fall rate is almost four times that of the other older patients, are at high risk of falling at any time during the day. Remember, attending exercise can reduce your fall risk!

We will be having a Fall Prevention Class in August.



**Upcoming Events for
July from Melissa,
Community Life Department**

Date	Event
July 3	Celebration for Delores
July 4th	Happy Independence Day!
July 5	Food Meeting
July 7	Entertainment with Amy & Adams
July 10	Northwoods Optic Eyeglass Service
July 11	Podiatrist Visit
July 11	Running Aces Outing
July 14	Music with Bob Scoggins in the Chapel
July 15	Social Hour with the Linwood Ladies
July 17	Tenant Meeting
July 17	Campfire
July 18	Therapy Dogs Visit
July 19	Painting with Vicky
July 19	Entertainment with Vinnie in the Chapel
July 20	Music with Kelly
July 21	Entertainment with Pam Kolipailo
July 24	Out to Lunch
July 26	Baking Group
July 27	General Store
July 31	Campfire

July Birthdays

Velma July 4
Marilyn L. July 13
Jan S. July 13
Jean B. July 16
Nancilee July 20
John July 25
Lola July 26
Sally July 31

Our planters look beautiful! Thanks to all residents and family members for planting and maintaining your planters. Special thanks to John for the beautiful hanging basket and Jean H. for the planter in the rocks. The Arbors is in bloom!

THANK YOU!

Thanks to all of our residents that are gearing up for our craft fair! They are painting away in the Wellness Room. Feel free to join in. Thanks also to staff who are helping make new and fun items for our residents to create.



We will be going to the Forest Lake

Running Aces

Harness Track Tuesday, July 11th at 5:30pm

Tuesday night is dollar night. Dollar hot dogs, soda & chips. Sign up in advance in the Wellness Room so we have an accurate count.