

Birchwood Arbors Bylines




BIRCHWOOD
ARBORS
750 NE 1st Street
Forest Lake, MN 55025

Housing Highlights

<i>Campus Administrator</i> Mandy Abel	466-1022
<i>Home Health Director, RN</i> Kristin Cedarbloom	466-1012
<i>Community Life</i> Melissa Engelman	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

Welcome to the June edition of Birchwood Arbors Bylines. I would like to take the time this month to thank our wonderful tenants, their families and our staff here at The Arbors. I give tours here quite often and I am always amazed by the residents who take the time to tell the prospective tenants and their families how much they love living here. I feel it is a true testament to how great our facility is. I would also like to thank the families for all their support.. Whether it be donations of birdseed, flowers or items for our Bingo cart for tenants to purchase with their Bingo Bucks. We thank you so much!

June 12 - 19 is National Nursing Assistant Week. My thanking would not be complete without taking the time to thank our PCA and Nursing staff. They work so very hard to keep everyone here happy and healthy. Please take the time to thank them this month, if you don't do it already every day!

Nursing Notes ~ by Kristen Cedarbloom RN, Home Health Director

Total Care Pharmacy

It was discussed in the Tenant Meeting that Tealwood Senior Living's preferred pharmacy is Total Care Pharmacy. We sent out a letter with information on this pharmacy. Please fill out the form and return it to Kristen.

With Summer upon us please remember that medications are set up on Tuesdays and Wednesdays. If you plan on taking a leave of absence please notify nursing in time so meds can be set up prior to you going. If you are going out for the day be sure to take your meds with you.

Upcoming Events for June from Melissa,
Community Life Department

June 2	Tracy's Slideshow
June 5	Community Education ~ "Brain Health, use it or lose it"
June 7	Food Meeting
June 9	Lake Country Cloggers
June 12	Tenant Meeting
June 14	Baking Group
June 16	Welcome Party
June 17	Social Hour with the Linwood Ladies
June 18	HAPPY FATHER'S DAY!
June 19	Card Making with Loretta
June 19	Campfire outside
June 20	Therapy Dogs
June 21	Painting with Vicky
June 23	Entertainment with Curtis and Loretta
June 24	Hymn Sing with Deb
June 26	Fishing Outing
June 29	General Store

June Birthday

Ramona June 16

Relax on the patio

We do have chairs and tables on the patio. If the front porch is crowded feel free to go over to the patio and enjoy the sunshine! If you need assistance just ask.



HAPPY FATHER'S DAY!

If you would like to donate a hanging flower basket for out front entrance for the tenants to enjoy please see
Melissa.



Fun Facts about Hummingbirds

- Hummingbirds can fly sideways, backwards, up stopping.
- Hummingbirds' feet don't work very well. In fact, these birds can hardly walk.
- Hummingbirds can perch on flowers or branches to rest.
- Hummingbirds don't sing, but they do make chirping sounds.
- Hummingbirds use a lot of energy flying. In fact, they must eat constantly to fuel their active bodies. Hummingbirds can eat almost twice their body weight in one day! That's like you eating around 400 hamburgers each day.