

# Birchwood Arbors Bylines



750 NE 1st Street  
Forest Lake, MN

## Housing Highlights



Welcome to the March edition of Birchwood Arbors Bylines. We are all looking forward to spring and getting back outside! Please remember that our front door is locked every day at 1:30 if you plan to go out.

This month brings us St. Patrick Day on March 17<sup>th</sup>. I hope you have the luck of the Irish. Join the fun of the Shamrock Hunt the week of March 13<sup>th</sup>. Look for clues starting Monday morning. Good luck to you all!

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

## A note from Kris, Community Life.



I'd like to share some exciting changes to happen in the activity/wellness program. Back in 2011 I came to the Arbors as a brand new volunteer. Within 6 months I was lucky enough to be hired into a full time position. The next 5 years were pure joy—definitely the happiest of my working career!!

Now the time has arrived for me to come full circle in my career. I will be stepping down from the activity aide position sometime in March. No need to fear, I will resume my post that I once held as a volunteer. So you will still see my sunshiny face! I can't thank everyone enough—the residents, the families, the staff and the volunteers for all their love and support you have given me throughout the years. I am looking forward to training in our new wellness coordinator, and am very excited on being the best volunteer I can be for all of you! We still have a lot of fun ahead of us. Thank you again from the bottom of my heart for everything you have done for me.

God Bless you all.

Love, Kris

The best kind of people are the ones that come into your life, and make you see the sun where you once saw clouds. The people that believe in you so much, you start to believe in you too. The people that love you, simply for being you. The once in a lifetime kind of people.

We have been blessed to have Kris as a great friend for all these years!

## Upcoming Events for March from Kris Swanson Community Life Department

### March Birthdays

Deniece March 1  
Lynette March 15  
Lorraine March 16

### Date

### Event

Date	Event
March 1	Food Meeting
March 1	Ash Wednesday Service
March 6	Northwoods Eyeglass Service
March 9	AARP Tax Service for those that signed up.
March 10	Entertainment with Ed Frietag
March 13	Tenant Meeting
March 15	Painting with Vicky
March 15	Pastor David and Kids Visit
March 16	Travels with Jim ~ Norway
March 17	Entertainment with Char Mataske
March 18	Social Hour with the Linwood Ladies
March 21	Therapy Dogs Visit
March 24	Order Lunch in ~ Arbys
March 24	Welcome Party
March 24	Forest Lake Lions Club Popcorn and Pop Night
March 25	Hymn Sing with Deb
March 27	Crafts with Laura
March 31	General Store

Happy  
St. Patrick's  
Day!

Wear green on  
March 17th

We have lots of greeting  
cards for sale in the  
Wellness Room. They  
are now a bargain at  
\$.10 cents each!

**Sunday, March 12th**

Daylight Savings Time  
Begins. Spring forward  
1 Hour  
Saturday night.

*Take the time to welcome our  
new residents,*

*Deniece & Louise.*

*We are happy you chose The  
Arbors as your new home!*



*Our new activity coordinator  
will be starting in the  
middle of March .  
Let us all give Melissa  
a warm welcome.*