

What's new at Birchwood Arbors?

There is never a dull moment at Birchwood Senior Living. We have a fantastic social calendar filled with so many wonderful groups activities, outings, and entertainers!

Last month we enjoyed the beautiful fall colors on our trip to Sunrise Apple Orchard in Wyoming, MN. We visited with animals in the petting zoo, browsed around the gift shop and indulged in samples of delicious apples, fruit spreads and salsa.



Entertainers are one of our all time favorite group activities at Birchwood Arbors. Last month we tapped our toes to the music of Pam Kolupailo and Dan Newton. We also joined our friends at the health care center to enjoy the music of Vinnie Rose!

For the past few months our Birchwood Arbors tenants have been "pumping iron" with the YMCA of Forest Lake. We are thrilled to have a trainer Robin with visit us at Birchwood, on the 1st and 3rd Wednesday of the month, and lead a SilverSneakers class for our seniors. This class is open to the general public as well! Please invite your friends...we love having guests at Birchwood!

Just a friendly reminder that starting November 1st the winter door hours will start. The front door will be open 8:30 am – 1:30 pm. After that time you can buzz tenant apartments, or staff, to open the door for you. Instructions will be posted.

We have The Arbors Craft Fair in November! Pre-sale will be November 3rd from 10 am - 2 pm. It will be open to the public on Saturday, November 4th from 9 am - 3 pm. We have a lot of great crafts made by our residents and staff. Be sure to stop by and check it out.

With the cold and flu season looming, please remember proper handwashing, use the hand sanitizer at the dining room tables, and if you are feeling ill it may be suggested that you stay in your apartment. Meals will be delivered to you free of charge if you are deemed ill by the nurse.

*Thank you,
Arbors Staff*



Employee of the Month

Congratulations!

Char Sutcliffe



Char has been a part of the Birchwood Team since Spring of 2017. She has been a wonderful addition to our staff.

Our residents love her compassionate and caring personality.

Save the Date!

Please join us...

Arbors Craft Fair

Saturday, November 4th, 2017

Birchwood Arbors Lobby

9 a.m. to 4 p.m.

PRE-SALE: Friday, November 3rd

10 a.m. to 2 p.m.

“Health Chat” *with Jennifer Husnik RN-BSN, PHN*

Hand Hygiene and Covering your Cough

Of the many things you can do to prevent the spread of illness, covering your cough and washing your hands/using hand sanitizer are the most effective. Everyone should use soap and water or hand sanitizer after touching their



face, using the restroom, and coughing or sneezing. To adequately wash your hands, use soap and water and scrub all areas of the hands, up the wrists, and between fingers for at least 20 seconds. When using hand sanitizer, dispense an amount equal to a silver dollar and vigorously rub your hands together (as if washing your hands) until the sanitizer liquid has evaporated.

Each time you cough or sneeze, thousands of small droplets are spread out into the air around you. These droplets can land on surfaces or be inhaled by other people and can spread multiple different kinds of bacteria and viruses that can make others sick. If you are ill, be sure to use tissues to cover your cough or sneeze, and use hand sanitizer or wash your hands afterwards. Limit time spent around vulnerable people (the elderly or small children) when you are sick to prevent them from becoming ill.

We can all do our part to prevent the spread of disease. Hand hygiene and covering coughs and sneezes are a great place to start!

JENNIFER HUSNIK RN-BSN, PHN

DIRECTOR OF NURSING SERVICES

