

Birchwood Arbors Bylines



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

Housing Highlights

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



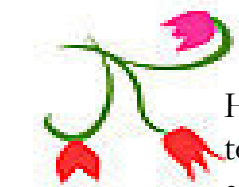
Welcome to the April edition of Birchwood Arbors Bylines. Spring is trying to happen but typical Minnesota weather keeps us guessing.

April is National Humor Month. Calling all April Fools! National Humor Month is a time for joking, joshing and just plain laughing out loud. Laughter is the Best Medicine, we all were designed to laugh. Laughter is nature's stress buster. It lifts our spirits with a happy high that makes us feel good and improves our behavior towards others. Be sure to Join Melissa for "laughter is the best medicine" on April 20th. You are sure to have some laughs!

Community Life with Melissa

Hello, I am the new Community Life Coordinator at the Arbors. I have very big shoes to step into, but have felt very welcome in my first few weeks. Just a bit about myself. I am a certified activity director and have worked in Therapeutic Recreation departments (activities) in Skilled Nursing Facilities in St Paul and Minneapolis for over 12 years. I live in Ham Lake which is only about 12 miles away from here! My husband's name is Phil and we have been married for 11 years. We have fraternal twin daughters, Liana and Neecia, and a Catahoula Leopard dog named Vance. I play soccer on Wednesday nights, mostly during the summer. The girls keep me busy running from gymnastics to swimming and soccer, but they constantly want to add more. I used to volunteer at their school weekly, but now try to assist with field trips and special events as needed. I love to sit, relax and watch my favorite TV programs at night and try to sneak in a book, if I can stay awake long enough. I look forward to getting to know all of you and your families and to the many fun times ahead.

*Welcome Melissa,
We are Happy you are here!*



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

- April 5 Food Meeting
- April 8 Birthday Party for Louise
- April 10 Tenant Meeting
- April 13 Maundy Thursday Service
- April 14 Good Friday Service
- April 14 Entertainment with Pam Kolupailo
- April 15 Social Hour with the Linwood Ladies
- April 17 Crafts with Laura
- April 18 Therapy Dogs Visit
- April 19 Intergenerational Bible Study with Pastor David
- April 21 Order Lunch in
- April 21 Welcome Party
- April 22 Hymn Sing with Deb
- April 24 Tracy's slideshow
- April 25 Service of Remembrance
- April 26 Baking Group
- April 27 General Store
- April 28 Entertainment with Bob Scoggins
- April 26 Garden Club

April Birthdays

- Dorothy H. April 1
- Louise April 10
- Jan E. April 18
- Shirley S. April 19



Bingo Day Change

Bingo will be returning to the original Tuesday, Thursday this month and from now on. There is an exception for Holy week this month or if Melissa has time off.

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Earth Day
April 22nd

The earth does not belong to us,
we belong to the earth

Arbors reminders:

Remember to sign out when you are leaving the building. The new sign out sheet will also have the information to be filled out for the person that is taking you out, name and phone number. Just a safety precaution.

Please use the front sidewalk for drop off and pick up, do not park by the rock area or curbs. Those areas are very difficult for our tenants to maneuver their walkers.

Please look at our activity calendar carefully, there are some new and exciting things that are happening!

