

# Birchwood Arbors Bylines

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

## Housing Highlights

Welcome to the May edition of Birchwood Arbors Bylines. Spring is upon us and we would like to remind everyone there we have raised garden beds you can adopt. You can fill them with the flowers or vegetables. Each resident purchases flowers and tends to their own garden bed. Please see Melissa if you are interested in one of the beds.

May is National Physical Fitness Month. This is the time to start your exercise plan, get out take a walk, join Melissa for exercise class. The month ends with National Senior Health and Fitness Day. Over 100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. on **Wednesday, May 31, 2017** as we celebrate the 20th annual National Senior Health & Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. National Senior Health & Fitness Day is the nation's largest annual health promotion event for older adults.

**Nursing Notes - by Kristen Cedarbloom RN, Home Health Director**

<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



**Remember those who  
served on  
Memorial Day.**

## 7 WAYS WALKING CAN BOOST YOUR HEALTH

- 1. Walking helps with weight loss.** Taking regular exercise is especially important as we get older and our metabolism slows down, making us more likely to put on weight.
- 2. Brisk walking helps to keep the heart strong.** People who are physically active are at lower risk of CHD.
- 3. Physical exercise reduces your risk of developing cancer** Physical activity can reduce your risk of developing some cancers.
- 4. Walking also reduces your risk of developing type-2 diabetes.** You can reduce your risk of developing Type 2 diabetes with regular exercise and a healthy diet.
- 5. Walking can help strengthen your bones.** Walking can help to strengthen bones, helping to prevent the onset of osteoporosis, which makes bones brittle and more likely to break.
- 6. Walking will improve your mood and mental wellbeing.** Regular exercise will improve your mood and increase feelings of wellbeing - and it can even help to relieve depression.
- 7. Being physically active can reduce your risk of developing dementia** It is now thought that being physically active and leading a healthy lifestyle could reduce the risk of developing dementia. Exercise is also beneficial for the wellbeing of people with dementia. It can lead to improved strength and flexibility, better sleep, and some studies suggest it may improve memory and slow mental decline.



## Upcoming Events for April from Melissa,

### Community Life Department

- May 3 Food Meeting
- May 5 Healing Touch Demonstration
- May 5 Entertainment with Bill Cagley
- May 8 Tenant Meeting
- May 11 Card Making with Loretta
- May 12 Entertainment with Gary LaRue
- May 13 Hymn Sing with Deb
- May 15 Tracy's Slideshow
- May 16 Therapy Dogs
- May 17 Painting with Vicky
- May 18 Travels and Tastes of Thailand by Jim
- May 19 Entertainment with Kitchen Kut Ups
- May 20 Social Hour with the Linwood Ladies
- May 22 Crafts with Laura & Cheri
- May 23 Service of Remembrance
- May 24 Out To Lunch with Melissa ~ sign up
- May 26 Crafts with Dar
- May 29 **HAPPY MEMORIAL DAY!**



### May Birthdays

Judy May 7th

Sheldon May 15



### National Senior Health and Fitness Day Wednesday, May 31st.

We will celebrate this day by taking a walk together at 2:00 pm. Walking is important to your health and getting outside is an added bonus so join in the fun!

### Plant Lovers and Gardeners

**WE HOPE** the warm weather will arrive and we can start planting. We will be planting our planters and pots as well as our vegetables. We are accepting monetary donations, plants or hanging baskets.

We are looking to plant on May 26 (weather permitting). Let Melissa know if you want to join in making The Arbors beautiful!



### Healing touch Demonstration May 5th.

Healing touch is a gentle, non-invasive treatment that works to restore the natural flow and balance of the body's energy system. In times of stress, injury or illness, this energy system can become congested, blocked or unbalanced. A trained practitioner uses their hands to work with a person's energy field to assist the person in cleaning, energizing and rebalancing it.

Appointments will be taken for May 11th & 26th.

