

**JUNE
2022**

Now What To Do In 2022?

Program Ponderings *by the Program Department*

As you ponder what to do ...
just check out this month's events
calendar, and the information listed
within these pages.

- **Theme Dinner** this month is June 18th in honor of fathers.
"the Men, the Myths, & the Legends"
- **Themed Happy Hour on the 10th!**
"Root Beer Summer"
>Brightondale's event will be at 1:00.
>Meadowood Shores' will be at 2:00.
- **Walking groups / clubs** have started up now as the weather warms.
- **New 12:00 Fitness Sessions** will be taking available for AL this June.
- **Update ... the Yearly Rummage Sale for Alzheimer's** is back this Summer.
>June 22nd Presale for residents, families, and staff.
>June 23 & 24 Open to the public!

See more
information
& details
on page 5.



Councils Save the Dates

AL Residents Run Council
next meeting is set for
June 2, 2022 at 2:00 PM
Located in the Sunroom

**Brightondale
Family Action Council**
next meeting is set for
June 16, 2022
At 5:00 PM
Located in the Sunroom

This Month's Entertainers & Presenters

Brightondale AL & Reflections

**3rd Music & Memories of the
Mills Brothers by Monroe**

6th Piano Music by Peggy

**17th Presentation by Doug Ohman
"Down the Mississippi River"**

30th Music by Entourage

Meadowood Shores

**3rd Music & Memories of the
Mills Brothers by Monroe**

**17th New Presentation by Doug Ohman
"Down the Mississippi River"**

**24th Music by River City Quartet
(1st time Here!)**

Educational Sessions

(See Calendar for times)

BD ONLY

2nd & 23rd History Series

Presented by Patricia

9th & 30th Travel Series

Presented by Patricia

Documentaries On Sundays

5th Mysteries of Marilyn Monroe

12th Dolly Parton

19th Cutest Animals

26th Ella Fitzgerald

MWS & BD

9th Coffee with the Cops

Presented by Police & Fire Departments

17th "Down the Mississippi River Part 1"

Presented by Photographer Doug Ohman

MWS ONLY

7th Technology Training

Presented by Su

14th National Parks

21st National Parks

28th National Parks

Netflix Documentary - New Limited Series

**Safety MASK Reminders....for your safety and the safety of others, we
need you to wear your masks in the hallways and lounge areas. We also
recommend that we wear them anytime we are out of our
neighborhoods and buildings.**

SILVERCREST
PROMOTING WELLNESS FOR A VIBRANT LIFE

**Daybrightoner
Brightondale & Meadowood Shores**

Brightondale Staff Spotlight Please Meet “Danitra”

Submitted by Racheal Pearson, RN, BSN, Clinical Director

Danitra Walker is the Lead Resident Assistant in the Assisted Living Neighborhood at Brightondale. She is an exceptional caregiver as she assists the residents with care and medications, providing reassurance and comfort, and responding to emergencies while the world is asleep. As the Community Clinical Director (Director of Nursing), I must say that Danitra does without being asked, without complaint, because she feels it is the right thing to do. It is in her nature to care for all the residents in the building and for her peers. She is mindful of what the residents need, not only on her shift, but on all shifts and she makes sure what needs to happen happens! Danitra cares for more than the residents in her Assisted Living neighborhood, she responds to falls and assists with emergencies in the Memory Care neighborhoods as well. She is someone everyone trusts and her integrity is always part of what she does. She is a true leader, jumping in whenever needed. One example of that is her assistance with a change in care providers happening at midnight at Brightondale on July 31st. Danitra played a significant role in organizing and ensuring all the nighttime responsibilities, cares and medications were transferred from one provider to the other seamlessly.



A resident’s family wrote a wonderful letter showing such appreciation for what everyone did and as the full-time overnight caregiver Danitra played a big role in coming in throughout the night and caring for their mother while the family got some sleep. The family thanked the staff for how gentle they were when dressing and repositioning her and how they continuously monitored their mother’s pain and ensured she was comfortable. Danitra is that gentle caregiver from the 3rd shift that they thanked as in a beautiful letter of appreciation they read to everyone at their mother’s funeral. Because of her excellent care Danitra trains in all the new Resident Assistants in both Assisted Living and Memory Care on the night shift.

Danitra promotes dignity by assisting residents as they need it in our Independent Living building although she has no expectations of doing it. There was a situation over at the Independent Living building where a resident was mixed up and confused and another time when there was a flood from an overflowing toilet. The residents were too embarrassed to call EMS so Danitra went over in the middle of the night to help them through the situation and decide what to do next. Indeed she is that caregiver that responds to any call for help, big or small and for that we appreciate how dependable she is, rarely ever calling in for her shifts. At Brightondale, we all think very highly of Danitra and hope that you will consider her as for the Caregiver of the Year Award.

Thanks to Danitra, the residents, families, and everyone at Brightondale sleep good at night knowing that she is there.

COMMUNITY UPDATES

~Deb Tschida, Executive Director

SilverAdvantage June Focus is on ...

C - Community

submitted by Mark Schlichtmann, SilverAdvantage Member

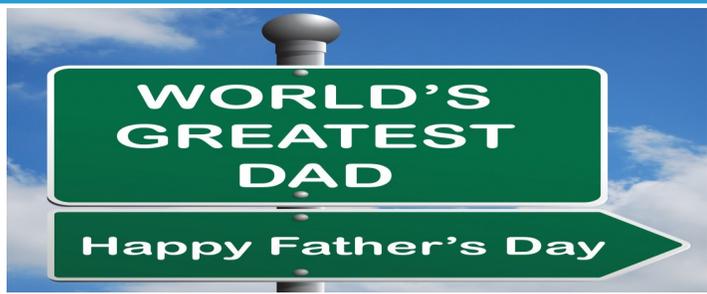
R. E. S. P. E. Community. T.

For the month of June we celebrate the Meadowood/Brightondale Community. Strong community provides a source of social connection and a sense of belonging. Participating in our community bonded by attitude, values and goals is essential to enjoying a fulfilling life.

Being part of a thriving community means caring about what we all have in common. A successful community has a mutual care and respect for each other and continues to build healthy relationships.

I see so many examples of the outstanding community that is Brightondale/Meadowood. People helping people, enjoying activities together, and experiencing all around comradery in the kind of environment that exists. I am reminded of a couple of instances last week on a field trip to the arboretum. As we know some of our residents have more limited physical capabilities than others. Without having to ask, fellow residents took it upon themselves to make sure these folks were able to enjoy the arboretum by helping with lunch trays and helping them navigate the arboretum facility. In fact one pair were introduced to each other for the very first time and enjoyed lunch together. It put a big smile on my face to see residents helping residents experience a quality time.

That my friends is true community!



What a beautiful time of year, the grass is green, flowers are in bloom and the birds are singing.

I am excited to say that we are able to host our garage sale again this year. Remember all proceeds go to the Alzheimer's Association. Please let your friends and family know.

I want to take a moment to give a shout out to several team members who were nominated for recognition awards for the outstanding work that they do. This is a statewide program. Here is who was nominated:

- Patricia, RA Dedicated Service
- Su, Program Director Dedicated Service
- Patricia,
 Program Coordinator Employee of the year
- Danitra, RA Caregiver of the year
- Wahde Mae, RA Rising star
- Hope, RA Rising Star
- Tamba, RA Up and Coming Leader

Awards will be announced in November !

Our Community Traveling Star Award



This month the Award goes to **Hosea Ongwesa** selected by the Reflections Resident Council.

There are so many ways **Hosea** has gone above & beyond. Hosea has been with Brightondale for over two years. He primarily works the night shift on 2nd Floor Reflections but picks up during the days and evenings as well, so he truly knows the residents' 24 hour routines. Although Hosea works quietly in the night, he is so great with introducing himself to new families and talking to families and keeping them informed about what happens at night that they all know him and mention him at care conferences.

From Gary's wife, Cindy Carlson:

I have been so impressed with the wonderful way Hosea handles both the residents and visitors since he has been at Brightondale. My observations are that Hosea is very hard working, kind, patient, and gracious to everyone. He is gentle when he needs to be, very organized, disciplined, very responsible, and takes his job very seriously. He really takes the time to understand the residents, and therefore is very effective in helping them. He is also alert to everything going on, genuinely interested in each person, and a generous and good teacher to the new aides that come in to learn the job. He pays attention to detail, is attentive when residents or caretakers ask questions, and is a wonderful role model. He has a lot of leadership potential! Just an outstanding employee to have working with our loved ones, we are very fortunate to have him around!

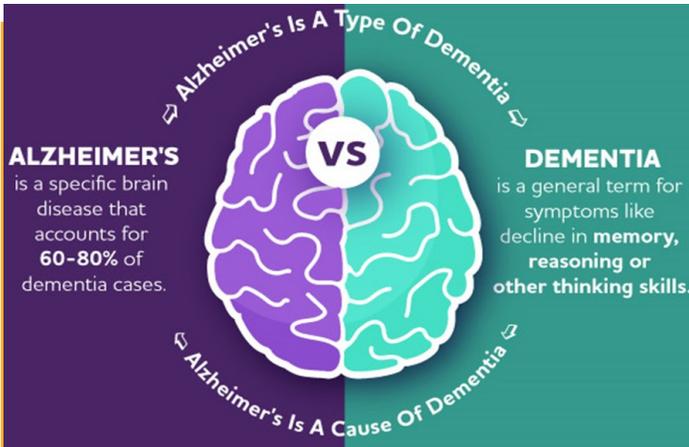
Congratulations & Thanks for being part of our team!

Out & About (Community Appointment Runs, Scenic Drives & Outings)

Reminder our bus does not run on Holidays as a rule, at times drivers will offer to drive making it a bonus opportunity!

Date	Time of Departure	Estimated Return Time	Event & Location	Cost	Reserve by
Mondays	Between 8:00 AM	To 11:30 AM	Appointment Runs — 6 mile zone		Day Before
Tuesdays	Between 12:00 PM	To 3:00 PM	Appointment Runs — 6 mile zone		Day Before
Thursdays	Between 8:00 AM	To 11:30 AM	Appointment Runs — 6 mile zone		Day Before
<p>Appointment Books are located at the front desk for both locations. Outing Signup Books are located at the communication center for MWS and Front Desk for BD</p>					
1st	TBA	TBA	Shopping Outing to Rosedale (IL) 	\$shopping	Day Before
2nd	BD 12:15 PM	4:00 PM	Outing to WBL for Pontoon Ride (R) 	Free	Day Before
4th	MWS 9:15 AM BD 9:30 AM	12:00 PM	Scenic Drive “Driver Choice” with Park Stop for IL Walkers Club (AL&IL) 	Free	Day Before
7th	MWS 12:45 PM	2:00 PM	Walk over to BD for 1:00 Worship with Pastor B (IL)  	Free	Day Of
8th	MWS 9:30 AM	4:00 PM	Ladies Outing to St. Cloud Garden & Lunch (IL)  	\$ Meal	Day Before
11th	MWS 9:15 AM BD 9:30 AM	12:00 PM	Scenic Drive “Driver Choice” with Park Stop for IL Walkers Club (AL&IL)  	Free	Day Before
13th	BD 12:15 PM	4:00 PM	Outing to WBL for Pontoon Ride (AL) 	Free	Day Before
14th	MWS 12:45 PM	2:00 PM	Walk over to BD for 1:00 Monthly Mass with Father (IL) 	Free	Day Of
15th	BD 8:30 AM MWS 8:45 AM	11:00 AM	Men’s Breakfast Outing To “Denny’s” (IL & AL)  	\$ Meal	2 Days Before
18th	MWS 9:15 AM BD 9:30 AM	12:00 PM	Scenic Drive “Driver Choice” with Park Stop for IL Walkers Club (AL&IL) 	Free	Day Before
20th	BD 5:45 PM MWS 6:00 PM	9:00 PM	Outing to Lakeside Concert “Saints of Swing BIG Band” (AL & IL) 	Free	Day Before
21st	MWS 12:45 PM	2:00 PM	Walk over to BD for 1:00 Worship with Pastor B (IL) 	Free	Day Of
23rd	BD TBA	TBA	TBA (R)  	TBA	TBA
25th	MWS 9:15 AM BD 9:30 AM	12:00 PM	Scenic Drive “Driver Choice” with Park Stop for IL Walkers Club (AL & IL) 	TBA	Day Before
27th	BD 1:00 PM	3:00 PM	Scenic TREAT Drive (AL & R) 	Free	Day Before
29th	MWS 10:30 AM	1:30 PM	Lunch Outing to 50’s Grill (IL) 	\$Meal	Day Before
30th	BD 12:15 PM	4:00 PM	Outing to WBL for Pontoon Ride (R)  	Free	Day Before

Codes:  Additional Walking, AL Assisted Living, IL Independent Living, R Reflections, \$ money & \$\$ with the amount for Billable Outing



Dementia Overview, Dementia describes a group of symptoms associated with a decline in memory, reasoning or other thinking skills. Many different types of dementia exist, and many conditions cause it. Mixed dementia is a condition in which brain changes of more than one type of dementia occur simultaneously. Alzheimer's disease is the most common cause of dementia, accounting for 60-80% of dementia cases.

Dementia is not a normal part of aging. It is caused by damage to brain cells that affects their ability to communicate, which can affect thinking, behavior and feelings.

Alzheimer's Overview

Alzheimer's is a degenerative brain disease that is caused by complex brain changes following cell damage. It leads to dementia symptoms that gradually worsen over time. The most common early symptom of Alzheimer's is trouble remembering new information because the disease typically impacts the part of the brain associated with learning first.

As Alzheimer's advances, symptoms get more severe and include disorientation, confusion and behavior changes. Eventually, speaking, swallowing and walking become difficult.

Though the greatest known risk factor for Alzheimer's is increasing age, the disease is not a normal part of aging. And though most people with Alzheimer's are 65 and older, approximately 200,000 Americans under 65 are living with younger-onset Alzheimer's disease.

Greetings from the Dining Department! I hope those of you that joined us enjoyed the Mother's Day celebration on Friday, May 6th. We will be hosting a Father's Day meal on Friday, June 17th and look forward to seeing all of you again!

You may have heard our annual garage sale is returning this month! All proceeds from the sale and sale of food will go to the Alzheimer's Association. A hot dog lunch provided by the Dining Department will be available for purchase, and the bake sale will also return. Staff and residents are encouraged to donate baked goods and savory foods that can be held at room temperature. Look for posters in the coming weeks with more details!

BAKE SALE Bake sales have been around since the 1880s. Bake sales are commonly held where there is a lot of pedestrian traffic, and the goal is usually to raise money for a charity, church, political cause or to fund something within an organization. Bake sales originated in a time when men occupied the public sphere and women were kept firmly in the private sphere. By organizing and contributing to bake sales, women were able to accomplish public goals and even incite political change in a time when it was not possible for them to do so in other ways!

This radical quality of the bake sale remains alive and well today. In the summer of 2020, during a time of joblessness and civil unrest for many people around the globe, an international bake sale called Bakers Against Racism was created. With the help of technology and the internet, bakers all around the world could make food and use the sales to choose causes to contribute money to.

How to succeed in a bake sale? Try to package things attractively, and provide items in small servings, rather than a whole cake or pie. The most popular items sold at bake sales are: brownies, slices of cake, cookies, cupcakes, doughnuts, granola bars, muffins, slices of pie, and Rice Krispie treats.

Enjoy shopping the garage sale and bake sale table, and thank you in advance for contributing to the Alzheimer's Association!

Is It Time For Spring Cleaning?

We hope so!!

We are preparing for our **Brightondale Community Annual Garage and Bake Sale** to be located at Meadowood Shores.

Back this year...

JUNE 22nd 11:00-2:00
(Residents **ONLY**)

JUNE 23 & 24 8:00 – 1:00
(Open to the Public)

We will be collecting sale donations from June 1st to 17th.

Donation drop-off / Sorting area: Car Stall #1, 2 & 3 in the Meadowood Shores garage.

We will have signup sheets for residents that would like to help with the sorting and pricing.

Baked good donations can be dropped off on the morning of the 22nd & 23rd.



Reminder Bus Usage for Appointment Runs Outings

- ◆ Appointment Runs need to be scheduled by noon the previous day.
- ◆ Verify that the information is correct in the appointment book. Address & phone # for where you are going must be clear.
- ◆ Inform bus driver or front desk of any changes ASAP.

Runs or Outings & Drives

- ◆ Be ready to board bus ½ hour before departure time.
- ◆ If you are late, the bus may have to leave to keep on schedule.
- ◆ Guidelines are stated in the appointment book which is at the front desk and in the outing section of sign-up book.

Right to Know... (More detailed information may be found in your resident handbook)

Tornado Safety

▶ If a tornado watch is issued, residents have been instructed in their handbook and in at least semi-annual meetings to know that bad weather is possible, and that they should plan their day accordingly. Staff should also alter any plans or activities that may put residents in danger of potential weather problems.

▶ If a tornado warning is issued, residents have been instructed to follow the radio/TV instructions to be in a windowless area of their apartments, which is most likely their bathroom. Common area events should be curtailed or moved if they put residents at danger from flying glass and damaged walls, etc. Sirens will most likely be sounding within the community.



▶ If the tornado warning occurs and is heard on the radio by the appropriate staff during business hours, all staff should target assisting assisted living residents who cannot protect themselves from inclement weather, as much as possible. If the warning occurs after hours, the home health care staff will phone the Executive Director to get direction. If weather could be severe, the Executive Director/designee will determine if the Emergency Response team is needed to provide appropriate shelter for residents at risk. The home health care staff will keep a list of those residents most needing assistance with this protection.

▶ During a tornado warning, employees are **not** to leave the work place until instructed by management, since they may be needed to assist residents and/or are given permission by the Executive Director to leave.

▶ In the event the severe weather causes building damage, the Executive Director/designee will assess the situation and determine if outside emergency resources are needed or if a building evacuation is needed.

Dear friends and family,

Summertime is here!!! Getting out of the neighborhood and into the sunshine is very important to us here at Brightondale. To keep our body and mind healthy we need Vitamin D. The Mayo clinic wrote that some research is showing that ensuring you have enough Vitamin D can prevent Alzheimer's and dementia. Vitamin D also can improve your mood and the most common way for us to get Vitamin D is through the sunshine. That is why some people can get seasonal depression during the winter months when there is less sunshine.

So as we are able with the nice weather we will be having programs outside as often as we can. We will also be spending time going for walks in our beautiful Meadowood Park behind Brightondale. I recommend families also take their loved ones out for a walk, spend some time on the first floor patio or just take a few minutes on our deck off the dining room.

But wait- there's more! It is important that we protect our seniors from too much sun exposure. Their skin is fragile and can easily be damaged by the sun's rays. Skincancer.org states, "The truth is, it doesn't take much sun exposure for the body to produce vitamin D. Even committed proponents of unprotected sun exposure recommends no more than 10 to 15 minutes of exposure to arms, legs, abdomen and back, two to three times a week, followed by good sun protection. That minor amount of exposure produces all the vitamin D your body can muster. After that, your body automatically starts to dispose of vitamin D to avoid an overload of the vitamin, at which point your sun exposure is giving you nothing but sun damage without any of the presumed benefit."

So be sure to wear a hat, put on sunscreen if arms and legs are bare and bring some water with you if going outside. A 10 minute walk around the park is good, but be sure to stick to the shade when you are out there for longer periods of time.

Just a reminder- you will need your building key to get back in the back doors that lead out to the park. This may mean hiding a key in the resident apartment where all family members can use it. Have a safe summer!



Reflections on...Facebook.

If you use Facebook, and are part of the Reflection community, please join our private page for family members and Brightondale staff only. Search for: "Reflections at Brightondale"

Families when "friending" us, please mention which Reflections resident you belong to.



**Meadowood Shores
Apartment Living**

2100 Silver Lake Road
New Brighton, MN 55112
(651) 604-2900

**Brightondale
Assisted Living
& Reflections Memory Care**

2700 Rice Creek Road
New Brighton, MN 55112
(651) 633-6484



Website:

www.brightondaleseniorcampus.com

Residents can receive a \$1000 rent concession for referring a friend who moves into Brightondale or Meadowood Shores



Bright Side of "Fathers"



- "It is admirable for a man to take his son fishing, but there is a special place in heaven for the father who takes his daughter shopping." – John Sinor
- "A truly rich man is one whose children run into his arms when his hands are empty." – Unknown
- "The older I get, the smarter my father seems to get." – Tim Russert
- "Of all the titles I've been privileged to have, Dad has always been the best." – Ken Norton
- "My father used to say that it's never too late to do anything you wanted to do. And he said, 'You never know what you can accomplish until you try.'" – Michael Jordan
- "I have a stepson, five biological children, grandchildren, and a couple of great-grandchildren. And the treasure of all this: I still get a little jump every time I hear 'Dad.'" – Larry King
- "My father gave me the greatest gift anyone could give another person, he believed in me." – Jim Valvan

**BRIGHTONDALE
COMMUNITY LEAD STAFF**



Deb Tschida Executive Director
dtschida@brightondale.com 651-746-5602

Jessie Martancik Assistant Director of Operations jmartancik@brightondale.com 651-746-5637
Brightondale Front Desk bdreceptionist@brightondale.com 651-633-6484
Meadowood Shores Front Desk mwreceptionist@brightondale.com 651-604-2900
Allen Webber Maintenance Lead 651-746-5622
Lori Blaido Supervisor of Housekeeping lblaido@brightondale.com 763-843-3247

Shannon Garza Director of Marketing sgarza@brightondale.com 651-746-5615

Su Stigney Director of Programs [sstigney@brightondale.com](mailto:ssstigney@brightondale.com) 651-746-5621
Patricia Anderson Program Coordinator programming@brightondale.com 651-746-5607
Lisa Jackson Program Coordinator programming@brightondale.com
Chuck Kraus-Schlichtmann Bus Driver bus cell phone 651-271-4027
Mark Schlichtmann Bus Driver bus cell phone 651-271-4027

Amy House Executive Director of Reflections ahouse@brightondale.com 651-746-5611

Mariel Boeyink Director of Dining Services mboeyink@brightondale.com 651-746-5604
Laura Bengtson Dining Services Supervisor lbengtson@brightondale.com 651-746-5616
BD Kitchen 651-746-5603
MWS Dining Room 651-746-5619

Sara Hendrickson Hairstylist xomom0204@gmail.com 763-213-5874

Racheal Pearson, RN Clinical Director rpearson@brightondale.com 651-746-5608
Jennifer Goff, RN jgoff@brightondale.com 651-746-5630
Danielle Amdahl, RN damdahl@brightondale.com 651-746-5630
Julie Palm, LPN jpalm@brightondale.com 651-746-5606
Jared Okinyi, LPN jokinyi@brightondale.com 651-746-5606
Regina Kpasie Resident Care Coordinator rkpasie@brightondale.com 651-746-5639