

August
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.

This month let's take a look at Stockyard Days!

The City of New Brighton is over a century old, but incredibly young at heart. The City hosts Stockyard Days, beginning back in 1981 as a way to recall the early days of the city as a center for the cattle industry including the stockyards, railroads, fashionable hotels and meatpacking plants. Celebrates 41 years to this year.

- **August 2nd**
> **National (Afternoon) Out**

Presented by Police & Fire Department

A yearly national community-building campaign that promotes police & community partnerships. This event occurs annually on the first Tuesday in August. At this time they also collect items for food shelf & kids' school supplies. A time to help fight hunger in our neighborhoods.

See flyer on what can be donated.
Cash or Checks, checks can be made to:
Ralph Reeder Food Shelf

- **August 12th**
> **Livestock Visits of Goat Shine GOATS!**
- **August 17th**
> Theme Dinner this month
"Birthday Night"
- **August 25th**
> **Western Themed Happy Hour**
"WILD Mid - WEST"



Councils Save the Dates
AL Residents Run Council next meeting is
August 11, 2022 at 2:00 PM
Located in the Sunroom
Brightondale
Family Action Council next meeting is set for
September of 2022 at 5:00 PM
Located in the Sunroom

This Month's Entertainers & Presenters

Brightondale AL & Reflections

5th Western Sing-Along with Lisa
11th Piano Music by Peggy
12th Baby Goat Shine GOATS
19th Piano Music by Jim Anderson
26th Guitar Music Country Style
by Brain Fodstad

Meadowood Shores

5th Music by Dan Chouinard
12th Baby Goat Shine GOATS
19th Piano Music by Jim Anderson
26th Guitar Music by Brian Fodstad



Educational Sessions

BD ONLY

11th & 25th
Travel Series

Presented by Patricia

4th, 5th, 18th, 23rd,
& 26th

All About ...

Presented by Lisa or Patricia

**Netflix Documentaries
On Sundays**

7th "My Heroes Were
Cowboys"

14th "Cowspiracy"

21st "Fearless" part 1

28th "Fearless" part 2

MWS & BD

2nd "NNO" (afternoon)
Presented by
New Brighton Public Safety

MWS ONLY

9th "Cowspiracy"
streamed Netflix

16th Technology
Training *Presented by Su*

23rd "Chicken People"
streamed Amazon

30th All About ...
Hand Chimes
Presented by Mary Hick

(See Calendar for times)

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 wearing them anytime we are out.

Daybrightener
Brightondale & Meadowood Shores

Brightondale AL Resident of the Month... Rose Countryman *written by Patricia Anderson*

What keeps Rose smiling all day? Keeping busy, getting to know and helping people, makes Rose happy. Her motto is "Always be happy". You can find her in a group of people by looking for her radiant smile.



Rose grew up in Acadia, Wisconsin, just across the Mississippi River bridge from Winona, Minnesota. She was born just after Christmas. Before Rose married, she cleaned offices and worked on a very early word processor called a Vari-Typer in which she typed descriptions of products such as lawn mowers or dishes used in catalogues. She met her husband, Gary, at a USO dance when he was in the Navy. They had four children. Two boys and two girls: Wanda, Dwayne, Gary and Brenda. Rose says the happiest times of her life were when her new babies were born! Many of their children live in the metro area. Rose and her family did some traveling. They lived in Long Beach, in Southern California for several years where it was hot and dry. On family trips, they traveled to New York to visit her husband's parents, and went to Oklahoma and Texas. Rose was also always very artistic. She made and sold rag rugs using a loom, and she made scores of quilts that she donated to people through her church.

What keeps Rose smiling these days? She says she likes to stay busy and feel productive. You can find her tending to her flowers in the mornings on the Brightondale first floor patio just outside the dining room. After tending to the garden, she uses a Reacher tool to pick up errant papers that get blown onto our lawn. In addition, she is a great help with the craft group that meets about every two weeks. This summer she helped her neighbors make "summer wreaths" with plastic pool noodles, silk flowers and hot glue. She also helped with "beach globe" creating. Beach globes are like "snow globes" but with sand and shells and miniature beach items.

Rose also stays busy by actively participating in many other groups listed on the Brightondale Calendar including scenic drives and outings. She also stays in good shape by pedaling on a "pedal bike" with which she exercises when watching television.

We are very glad to have Rose's smile brightening the gardens and groups at Brightondale!



August Birthdays

Brightondale Assisted Living

Nancy Johnson 24th
Harriet Odash 30th

Reflections

Peggy Henrickson 8th

Meadowood Shores

(A reminder to sign up early for your Birthday Night Meal)

Bill Hanson 7th
Steve Jungbauer 8th
Laurie Johnson 11th
Kay Burzynski 14th
MaryAnn Murray 15th
Jan Minnich 16th
Jean Lindaman 17th
Susan Pasiuk 19th
Daryl Stevens 21st
Don Marah 27th
Jan Steadland 27th

Brightondale's Staff

Peggy Hough
Florence Leykin
Amanda Bergman
Nicole Letourneau
Nancy Onuso
Lucy Fallah
Freweini Buru

We wish you all a very



Please let us know if we missed someone or have the wrong date, please forgive us. If you prefer not to have your birthday listed, please let Su Stigney know.

Thank you!



Meadowood Shores

Irene Tambaiski Don & Nancy Heinrich
Carol Malenodski Rose Marie Pfaff
Sylvia & Kermit Gillund

Brightondale AL

Patricia Thayer

Reflections

COMMUNITY UPDATES

~Deb Tschida, Executive Director

This month I am going to review our fire emergency plan. This plan is located in your Resident handbook. Emergencies and disasters can occur at any time. Their effects can be minimized by knowing and following the emergency plan. The cooperation of all Residents is needed to ensure safety.

Fire Emergency

Fire Procedures - In the event of a fire, all residents should remain in their apartment unless:

- The fire is in your apartment.
- An immediate evacuation is advised by the management or emergency personnel.
- Never use the elevator if there is a fire emergency or the alarms are ringing. If you are on the elevator in an emergency, the elevators will return to the first floor and open their doors.

Fire in your apartment:

- Leave your apartment immediately and close the door tightly (do not lock).
- Pull the handle on the red fire alarm box on your floor. They are located at each stairwell exit. This will alert other residents of the fire.
- Also, if possible, call 911. Although an alarm company will be monitoring these signals, your call may be the only way the Fire Department is alerted.
- Answer the Dispatcher's questions. (They need all of the information.)
- Go to the main lobby via the stairway, if you can. Otherwise, remain on your floor in a common area behind a set of fire doors.

Continued on page 7 under "RIGHT TO KNOW"

Our Community Star Award Nominees



This month, we would like to honor all the Brightondale Community staff that were nominated for this year's SilverCrest Star Award.

Hosea Ongwesa - Brightondale Night Shift RA
Laurie Blaido - Supervisor of Housekeeping
Mark Schlichtmann - Bus Diver and Back-up Programming Staff
Mariel Boeyink - Director of Dining Services
Terri Jesser - Meadowood Shores Receptionist



Congratulations! We are thankful, & glad that you are all part of our team!

SilverAdvantage August Focus is on ... R - Resident 1st

submitted by Mark Schlichtmann, SilverAdvantage Member

R. (Resident 1st), E. S. P. E. C. T.

Our RESPECT acronym summarizes our mission statement not just for Brightondale/Meadowood, but all of the SilverCrest communities. Residents First is most appropriately the leading mission of our communities. All seven of our commitments are equally important to provide a comprehensive program of quality living for our residents.

Our focus this month is Residents First. As fellow residents and staff, it is important for us to remember that each individual is treated with respect and dignity and most importantly as individuals. We often get caught up in our daily lives and forget to live in the moment. As important as your tasks and commitments are, don't forget to take a minute to answer a question, provide assistance, or have a meaningful dialogue with someone. It makes a difference!

Knowing residents and staff by name is not always easy, but important. New residents and staff need to know they are an important and integral part of our community, and what better way to let them know than calling them by name.

One more point; our residents take priority everywhere. Their well-being is paramount to our community. As fellow members of the community, it is important for all of us to be proactive vs. reactive. If you see a safety hazard, report it. If you see a resident in distress take the necessary action. Common courtesy with regard to residents first is essential to our community functioning properly.

I am proud to be a part of this community. I hope you all feel the same way.



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
Thurs- days	Between 8:00 AM	To 11:30 AM	Appointment Runs — 6 mile zone		Day Before
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					
1st	BD 1:00 PM	3:00 PM	Scenic New Brighton Drive (AL)	Free	Day Before
2nd	MWS 12:45 PM	2:00 PM	Walk over to BD for 1:00 Worship with Pastor B (IL) 	Free	Day Of
3rd	BD 5:45 PM MWS 6:00 PM	9:00 PM	Outing to Lakeside Concert MN State Band (AL & IL) 	Free	Day Before
4th	BD TBA	TBA	TBA (R)	TBA	TBA
8th	BD 1:00 PM	3:00 PM	Scenic State Fair Grounds Drive (AL)	Free	Day Before
9th	MWS 12:45 PM	2:00 PM	Walk over to BD for 1:00 Monthly Mass with Father (IL) 	Free	Day Of
12th	BD 8:30 AM MWS 8:45 AM	11:00 AM	Men's Breakfast Outing To Key's in Forest Lake (IL & AL) 	\$ Meal	Day Before
13th	MWS 9:15 AM BD 9:00 AM	12:00 PM	Outing to Forest Lake "Car Show" (IL, AL & R) 	\$\$4.	Day Before
15th	BD 1:00 PM	3:00 PM	Scenic TREAT Drive (AL)	Free	Day Before
16th	MWS 12:45 PM	2:00 PM	Walk over to BD for 1:00 Worship with Pastor B (IL) 	Free	Day Of
17th	MWS 9:00 AM	1:30 PM	Breakfast Outing to Rusty Cow (IL) 	\$Meal	Day Before
18th	BD TBA	TBA	TBA (R)	TBA	TBA
19th	MWS 10:00 AM	12:00 PM	Shopping Outing to Rosedale (IL) 	\$shopping	Day Before
20th	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
22nd	BD 9:00 AM	12:00 PM	Pontoon Outing on WBL (limited seats) 	Free	2 Days Before
24th	MWS 10:30 AM	1:30 PM	Lunch Outing to Muddy Cow (IL) 	\$Meal	Day Before
25th	BD TBA	TBA	TBA (R) 	TBA	TBA
27th	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
29th	BD 1:00 PM	3:00 PM	Scenic Mystery Drive (AL)	Free	Day Before
31st	BD 9:45 AM MWS 10:00 AM	4:30 PM	Outing to Al & Alma's Cruise on Lake Minnetonka 	\$\$71.50	7-27-22

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

Keeping Hydrated is Essential



In the warmer months it's important to stay hydrated for Brain health, Kidney health, Digestive health, Urinary health, and increased risk for falls. Becoming dehydrated may affect the Brain by causing confusion and dementia like symptoms. Dehydration affects the kidneys by not allowing them to filter out all the toxins our body builds up. Dehydration affects digestive health by not supplying the body enough fluids to flush body waste through our colons, causing constipation. Dehydration can cause urinary tract infections because we don't have enough fluids in our body to create urine, what little is created is stored for longer periods of time, thus causing urinary tract infections. Being dehydrated causes blood pressure to drop and may cause you to become dizzy, which causes falls.

Signs of Dehydration may include:

- Dry skin or cracked lips, Confusion, Fatigue, Mobility difficulty, Dizziness, Dry mouth, Sunken Eyes, Inability to sweat or produce tears, Rapid heart-beat and Low Blood Pressure.

Daily recommendation of fluids:

- Women - about eight cups of water
- Men - about ten cups of water

How can you stay hydrated??

- Drink more of the fluids you like, flavored water, plain water, juices and/or smoothies. Put a glass of your favorite fluid by you, as a reminder, you should drink more.



NEW BRIGHTON STOCKYARD DAYS August 12th, 13th, 14th 2022

Every year in August, the city of New Brighton hosts a week of events called Stockyard Days, which celebrates the earliest day of the city when it revolved around the cattle industry. New Brighton was home to stockyards, meatpacking plants, railroads, and hotels.

At first, the biggest part of the festival was a steam locomotive that was driven into town. When this became too expensive to pay insurance for, the theme of Stockyard Days turned more "western" - celebrating people who took care of cows – cowboys and "cowpunchers".

New Brighton officially became a city in 1891. By 1900, the meatpacking houses announced their closure. What a small period in time for a heyday! In the 1890s, the plains of Minnesota, Iowa, the Dakotas, and Nebraska were no longer considered the "West", but many areas were still quite scarcely populated. People new to the plains still often started their lives in sod houses, hoping to plow and raise enough of a garden in the first season to make enough money to buy flour for bread and seed for the next planting season. In the established cities such as St. Paul, there were a lot more conveniences. The Minnesota State Fair had even been held for 40 years by the time New Brighton became a city.

What did people in New Brighton eat in 1891? It probably depended on their neighborhood, job, and means. At home on the plains, people who raised cattle enjoyed access to buttermilk and butter, and ate staples such as cornbread and wheat bread, flapjacks and porridge. Almost everyone, from pioneer to city dweller, had to have a supply of coffee (whether made with coffee beans or only an approximation). Meat consisted mostly of game such as raccoon, bear, wild boar, turkey, and squirrel. If people ate in saloons, they might enjoy game meats (or not enjoy the lack of refrigeration – a common complaint of visitors from England and France) or the 4 Bs – sourdough biscuits, beef, bacon and beans. Hotels served fancier foods, often with French names, if not necessarily French ingredients or preparation.

Taking a leap back in time through food can be great fun – try some cowboy favorites on your own or with us at our Stockyard Days happy hour on August 25th!

Brightondale Staff SUBMISSION AWARD Spotlight Please Meet “Patricia Anderson”

Patricia Anderson, with a few other of our outstanding Staff were recently honored with a submission for a Care Providers award opportunity.

This month the spotlight will on Patricia, as she is so gracious and accommodating with everyone she encounters at Brightondale and deserves the Employee of the Year award to recognize all that she does. Patricia is a Program Coordinator, planning and implementing activities with the residents, especially those in Memory Care and Assisted Living. She is always positive, always assuming the best in people and giving her best for the residents! Patricia was with Brightondale for 2 years when she left for a job closer to home with more hours. But then she returned to us over a year ago, because she said she just missed being at a place where everyone is happy to see you and how her supervisor empowers her to “put people before projects.” It is just such a natural match for Patricia to be with us, she makes Brightondale even better!



Examples of what makes Patricia so special:

- She continues focusing on the quality of life for our residents in Memory Care that are in the last stages of their journey.
- She is able to adapt activities for those who cannot speak, cannot hold a paintbrush on their own or have difficulty connecting with the group.
- She will bake bread and put on some butter while talking and reminiscing about baking or their mother and then also assist them in eating and enjoying it.
- At Christmas she used all the five senses to enjoy that time of year including the smells with a reminiscing activity sparked by the scents of that time of year such as evergreen trees and cinnamon.
- She involves them in gardening, bringing her garden on wheels up to their chair and when the weather is nice takes them outside to get some fresh air.
- She plays their favorite kind of music and she sways by their side or claps her hands with them. A resident’s wife wrote of Patricia, “she is creative, caring, patient, conscientious, calm, and so kind. I have found her to be such a wonderful person in the time my husband has been at Brightondale. She seems such a great fit for her position too... I hope she is there for many, many more years.”
- She implemented a program provided through a grant with Silverwood Nature Center. Through this grant she got a large garden on wheels for Brightondale and equipment for indoor and outdoor gardening and adapted some of the ideas and projects that were recommended and provided by Silverwood to better suit the needs and abilities of the residents. The grant required more than just gardening. Patricia provided photos, feedback and did live video calls with residents to help Silverwood bring nature to and learn more about programs for those living with dementia. Patricia brought this garden to the apartment of a resident who has anxiety about leaving the comforts of his space. Later, his family was surprised that through discussions with Patricia the resident answered “my plants” when asked what brings him joy. The family quickly filled his apartment with many different plants and help him care for them, a joy that Patricia sparked in him!
 - She also aspires to be a Director of Memory Care and has covered that position during Amy House, our Executive Director of Reflections’ vacations. “Patricia answered family questions, addressed concerns, communicated with the team, organized activities and did a great job ensuring that our residents and neighborhood were happy and well-cared for.

Thank you Patricia for being an outstanding team member and putting your skills to work here at Brightondale!



Reflections from Reflections

Amy House, Director of Reflections

Hello friends and family,

This month I thought I would write about activities and resident engagement. At Brightondale we have some great features with our activities that you might not be aware of:

1. Our calendar always has activities and programs that are from the Six Areas of Wellness: Intellectual (word games, presentations on animals, photography, history), Physical (physical fun with Patricia, walks to the park, gardening), Occupational (Farm reminiscing, folding clothes, Dinner Decor Club, crafts) Spiritual (worship, mass, art, spiritual music) Emotional (acceptance of ones feelings) and Social (happy hours, food socials, music).
2. At Brightondale we do certain large programs with the Assisted Living residents and Reflections residents together. This is important so that friendships can remain even after someone moves from AL to Reflections. It also helps the residents in Reflections because those without dementia can start conversations more easily, assist Reflections residents when doing crafts, etc. Another huge benefit is that the Assisted Living residents are so at ease if they have to move to Reflections because they have already been there, usually more than once a week, for a long time - they know the residents that live there, they know the staff and the surroundings are familiar. Lastly, it is very important that Reflections residents do not feel "locked in" and by spending time with Assisted Living in other parts of the building they get out so frequently that many don't realize they are in a secure neighborhood. It also helps the residents stay strong, walking from floor to floor for activities.
3. We have activities that are more complex and specialized that our Program Coordinators lead. Lisa and Patricia's talents, training and skills equip them to facilitate conversations and reminiscing, adapt and assist residents with activities at different stages of the disease and do special one to ones when a resident is unlikely to go to group activities.
4. The Resident Assistants are assigned "set up" activities such as painting, watching movies, helping residents out onto the deck for birdwatching, folding, etc. These are activities that are designed to be set up by the staff to engage a resident, sometimes a small group, and then they can continue focusing on their caregiving tasks.

Brightondale Meadowood Shores 2022 Alzheimer's Fundraising

8th Annual Dachshund Dash
Save the Date September 17th



alzheimer's association®



More information in upcoming newsletter.....

Right to Know...

Fire Safety

continued from ED's Article

(More detailed information in your resident handbook)

Fire in any common area:

- Leave the area. If there is a door, close it.
- Pull the handle on the red fire alarm box on your floor, located at each stairwell exit. This will alert other residents of the fire.
- Also, if possible call 911. Although an alarm company will be monitoring these signals, your call may be the only way the Fire Department is alerted.
- Answer the Dispatcher's questions. (They need all of the information.)
- Go to your apartment and close the door and stay there until told it over or you are need to go elsewhere for safety.

If you hear the building or hallway fire alarm sounding:

- Stay in your apartment. Each unit is built to be inherently fire resistant. You are risking injury to yourself by using the halls or stairs.
- Place a rug or towel across the bottom of the door into the hallway.
- Call 911. Although an alarm company will be monitoring these signals, your call may be the only way the Fire Department is alerted.
- If it becomes necessary for you to evacuate the building, you will receive instructions and assistance if you need it.

Important date:

Fire Inspection

August 2nd both buildings!



**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 Stockyard



Definition of Stockyard

A yard for stock specifically: one in which transient cattle, sheep, swine, or horses are kept temporarily for market, or for shipping.

Riddles:

What is a livestock's favorite math tool? A COWculator!

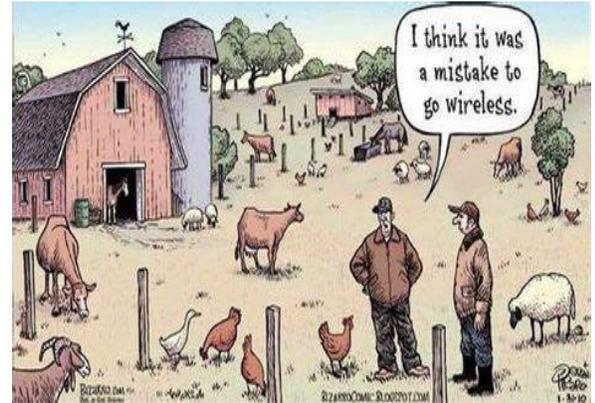
Why did the secret service surrounded the president with a dozen cows? They were trying to BEEF up security!

Why do cows wear bells? Because their horns don't work!

What do you call a really happy cowboy? A jolly rancher!

What do Cow get sick with? Hay Fever

Where do cowboys cook their beans? On the range!



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	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
Iwona (Yvonne) Lipinski, RN	ilipinski@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 Kpasia Resident Care Coordinator	rkpasia@brightondale.com	651-746-5639