

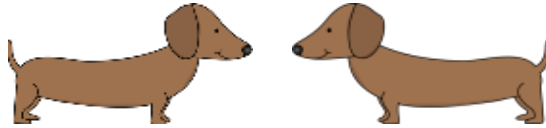
September  
2022

# 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.

## FUR Real, September is here, with the Dog Races and so much more!



8th Annual Dachshund Dash  
**Save the Date September 17th**

Brightondale  
Meadowood Shores  
2022 Alzheimer's Fundraising



alzheimer's association®

Theme Dinner this month is:  
"Birthday Night" Wednesday 21st

Themed Happy Hours for the month  
2nd "A Harvest Happy Hour" at MWS  
22nd "Apples Happy Hour" for both



## joyful moments

NATIONAL ASSISTED LIVING WEEK • SEPTEMBER 11-17, 2022

Assisted Living Week Highlight will be posted on the BD Communication Board.

**Safety Reminders....for your safety and the safety of others, we may need to adjust programs and we need you to wear your masks in the hallways and lounge areas. We also recommend wearing them anytime we are out.**

### *This Month's Entertainers & Presenters*

#### **Brightondale AL & Reflections**

- 9th Cello Concert by Carol Clem
- 15th Piano Music by Peggy
- 17th Music by Ilya Freyter
- 23rd Presentation by Doug Ohman
- 26th Piano Music by John Lundgren
- 30th Guitar Music by Tony Garry
- 30th Piano Music by Tony Freeman

#### **Meadowood Shores**

- 2nd Music by BandanAhhh
- 9th Cello Concert by Carol Clem
- 17th Music by Ilya Freyter
- 23rd Presentation by Doug Ohman
- 30th Piano Music by Tony Freeman

### Educational Sessions

#### **BD ONLY**

**Travel Series**  
*Presented by Patricia*

22nd

**All About ...**  
*Presented by Lisa*

1st, 8th, 15th, 22nd, & 29th

**Netflix Documentaries On Saturday**

3rd "Hidden Lives of Pet" Part 1 & 2

10th "Turning Point 9-11"

24th "Hidden Lives of Pet" Part 3 & 4

#### **MWS & BD**

28th Coffee with the Cops Presented by New Brighton Public Safety & the Parks and Recreation Department

#### **MWS ONLY**

1st Resident Forum

8th Technology Training Presented by Su

15th Resident Orientation

23th "Down the River" Part 3 Presented by Doug Ohman

29th "Understanding the REAL Generational Gap" Ted Talks *streamed*

Voting information available at the Front Desk

Assisted Living Movies now on Sunday  
Movies will be posted on the calendar and the Bulletin Board.

Daybrightener  
Brightondale & Meadowood Shores

## Meadowood Shores Resident of the Month...

**Irene Tanbalski** *written by Janet Boyd*

# One of Our Newest Neighbors

Irene joined our community of Meadowood Shores on August 3, 2022. Already she has met many people by going to Coffee Time and by enjoying the comfortable chairs in the lobby and visiting with other residents.

Germany is her country of birth. Her family wanted to make their home in the United States but at that time the US was not taking any immigrants. Because of this they looked for somewhere else to settle. They took a ship to Brazil when Irene was 2 years old. During their ten years living in that country Irene's younger sister was born.

How did they get to the states? An Aunt who lived in Minneapolis sponsored the family. Her Aunt and her friends helped them by providing for their needs –clothing, work and learning English. They lived with her Aunt for a year. Irene's parents were then able to buy a Duplex home in Minneapolis. Both her parents worked very hard and soon they were able to own that home.

Irene and her husband were married 55 years before he passed away. They met at her Aunt's home when their family and a handsome young soldier were invited for dinner. She was attending a Beautician school at the time and this handsome soldier asked if he could meet her after school the next day. Much to her surprise, when class ended the next day he was waiting for her. They were married a year later.



Irene and Victor have one daughter and 2 granddaughters who live in North Dakota. Victor was a manager for UPS and traveled all over the world. He also played the accordion in a band and Irene had the fun of attending his weekend gigs, enjoying the music and dancing. He took very thoughtful care of Irene, even leaving detailed instructions to guide her after his death 3 months ago. She is very thankful for his care. They lived in North Minneapolis, New Ulm, and most recently in Burnsville.

Irene speaks Polish, Portuguese, and English. She also understands German. She said English was the hardest language to learn. Her sister lives just a mile away and is very helpful visiting and taking her shopping. She greatly appreciates this.

When she is finished with all of the paper work after her husband's death, she hopes to have time to start reading again. She is delighted to be at Meadowood Shores. She looks forward to being a part of this community.



# COMMUNITY UPDATES

~Deb Tschida, Executive Director



Its hard to believe summer is coming to a close. I hope you all have an opportunity to get out and enjoy some outdoor time.

As Covid-19 infections continue, it is important to follow all recommended safety protocols including:

- getting vaccinated and boosted
- **wearing masks in common areas of Brightondale and Meadowood Shores** and around unvaccinated people
- frequent handwashing
- staying home when sick

Please remind your family and friends that they need to bring and wear a mask when visiting and not to visit if feeling sick.

If you have questions or need additional information, please reach out to Deb Tschida.

## SilverAdvantage Focus is on ...

### 1st E- Equity

submitted by SilverAdvantage Member,  
Mark Schlichtmann

September highlights the SilverCrest core value of equity. When we speak of equity, we acknowledge that we all have different challenges and abilities to accomplish a task, a goal, or a project.

As residents & employees of this community, we know it takes a village to help our neighbors with something they can't accomplish themselves. Friendship, comradery, and caring helps a community thrive and grow strong. It builds trust and brother/sisterhood.

Your kindness and generosity does not go unnoticed. Your participation and involvement will reward you tenfold. Your neighbors will see your commitment to well being for all and want to give back to you. It is a wonderfully contagious phenomenon, unlike the virus we have had to deal with the last couple of years!



## Our Community Star Award Winner

### What is the SilverAdvantage STAR AWARD?

The SilverAdvantage Star Award recognizes individuals who have demonstrated excellence through consistently living the Core Values of SilverAdvantage through R.E.S.P.E.C.T. This award will be given to individuals who represent these core values to our residents, families, and fellow staff members. These will be individuals who provide exceptional service and leadership, consistently perform exceptionally well, and continually champion the core values of R.E.S.P.E.C.T.

**We are glad to announce that Hosea Ongwesa, one of our Brightondale RAs was a Winner of this years' SilverAdvantage STAR AWARD!**


(more on Hosea on page 6)

**Congratulations! We are thankful, & glad that you are all 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
<b>Appointment Books are located at the front desk for both locations.</b> <b>Outing Signup Books are located at the communication center for MWS and Front Desk for BD</b>					
1st	BD TBA	TBA	TBA (R)	TBA	TBA
2nd	MWS 9:15 AM	12:00 PM	Scenic Drive “Driver Choice” with Park Stop for IL Walkers Club (IL)	Free	Day Of
7th	MWS 10:00 AM	1:30 PM	Lunch Outing to <b>Maynards</b> (IL)	\$Meal	Day Before
8th	BD TBA	TBA	TBA (R)	TBA	TBA
9th	BD 8:30 AM MWS 8:45 AM	11:00 AM	Men’s Breakfast Outing To <b>Rusty Cow</b> (IL & AL)	\$ Meal	Day Before
10th	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
12th	BD 12:00 PM	3:00 PM	Mystery Lunch (AL )	\$Meal	Day Before
13th	MWS 12:45 PM	2:00 PM	Walk over to BD for 1:00 Monthly Mass with Father (IL)	Free	Day Of
14th	MWS 10:00 AM	1:30 PM	Lunch Outing to <b>Stillwater</b> (IL)	\$Meal	Day Before
15th	BD TBA	TBA	TBA (R)	TBA	TBA
15th	BD 5:45 PM MWS 6:00 PM	9:00 PM	Outing to Lakeside Concert “ <b>Lush Country</b> ” (IL)	Free	Day Before
16th	MWS 10:00 AM	12:00 PM	Shopping Outing to Rosedale (IL)	\$\$Shopping	Day Before
17th	BD 9:30 AM	12:00 PM	Drives to BD the Dog Races (IL)	\$Donation	Day Before
19th	BD 1:00 PM	3:00 PM	Scenic Schools Drive (AL )	Free	Day Before
20th	MWS 12:45 PM	2:00 PM	Walk over to BD for 1:00 Worship with Pastor B (IL)	Free	Day Of
21st	MWS 9:30 AM	3:30 PM	Combined outing to Treasure Island Casino & Red Wing for Lunch (IL)	\$ Gambling or Lunch	Day Before
22nd	BD TBA	TBA	TBA (R)	TBA	TBA
24th	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
28th	MWS 11:00 AM	1:30 PM	Pizza in the Park (IL)	\$Meal	Day Before
28th	BD TBA	TBA	TBA (R)	TBA	TBA

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



A podiatrist is a foot doctor. They are also called a doctor of podiatric medicine or DPM. This kind of physician or surgeon treats the foot, ankle, and connecting parts of the leg. An older name for a podiatrist is chiropodist, which is sometimes still used.

## **Brightondale Resident Only Onsite Podiatry Services**

Did you know you are able to sign up and receive Podiatry services?

Stop by the nursing office and pick up the paperwork, fill it out and return to nursing.

We will fax to our Podiatrist and get you seen the next visit.

The Podiatrist will bill your insurance.

The Podiatrist comes every 60 days, they come one day for Reflections and the next for Assisted Living.

Next visit is scheduled in October.

## **Please Welcome the new addition to the SilverCare Nursing Team**



**Iwona (Yvonne) Lipinski, RN**

## **A Few Words on Supply Chain Problems**

One of the buzzwords of our post-COVID existence is “supply chain problems”. But what does this mean, and how does it REALLY affect us here at Brightondale and Meadowood Shores?

In the Dining Department, issues with the supply chain have left me feeling both incredibly frustrated and incredibly blessed.

While SilverCrest does whatever it can to predict our expenses for each coming year, navigating the trends in food and supply costs has become a lot more complicated!

There are many factors all along the supply chain that can affect the price of goods or whether we can get our hands on them. It could be that a manufacturing plant has been shut down or doesn't have enough employees. This leads to common ingredients being less available and costing more, or for the manufacturer to be forced to “downsize” their production and cancel less-popular items to be able to get SOMETHING to consumers. There can also be worker shortages in the distributor company as well, which lead to products being left off trucks, trucks arriving late to our facility, or sometimes not arriving at all. To combat all of these things as best they can, our distributor has made changes to what products they carry for us to buy, when we can buy items, and how often. The supply chain can even be hit so close to home that a missing product is due to a frazzled Dining Director (that's me, folks!) missing a deadline, being unable to go wait at US Foods for “will call” items, or simply forgetting to add a product to an order.

I do feel blessed when I hear other stories such as restaurants not getting ANY of their products because of truck driver shortages, and when I consider the wealth of products still available and the abundant budget I'm still given to work with to provide tasty meals. I feel like it could be a lot worse, but don't worry! I will keep trying always to work within my means to improve our ability to receive what I've put on the menu, and be able to order the products our residents would like to have!

## Brightondale 2022 STAR AWARD Winner! Please Meet “Hosea Ongwesa”

Hosea has been with Brightondale for over two years. He primarily works the night shift on 2<sup>nd</sup> Floor Reflections but picks up shifts 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 Cindy Carlson, Gary's wife:

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!

Thank you Hosea, you are a blessing to all around you!



# Reflections from Reflections

Amy House, Director of Reflections

Hello friends and family, **A September to Remember**

Just a reminder that the Dachshund Dash is September 17th at 10am behind Brightondale. All Reflections residents need a friend or family member to attend with them and it is a wonderful dog event with so many dogs to see and pet.

Have you heard of a person with dementia getting "lost in time"? My Grandpa with Alzheimer's started driving down the neighbor's hay field with his lawn mower. When asked what he was doing he said, "it's going to rain, I have to get the hay made!" He was taking visual clues from his environment and using his long term memory to orient himself. Clues like the weather, the time of day, the machine he was riding on, the hayfield he had owned for 50 years, were all helping him try to put together where he was and what he was doing.

What can you do to help someone who thinks they have to get to work, pick up the children or go home to a place they lived as a child? It is not recommended to tell the person that "you are home", or "your husband passed away", or "you don't work there any more".

A photograph memory book in chronological order is a great tool and one I recommend everyone make for their loved one living with dementia. When the person is looking for someone or someplace, look puzzled and say, "I don't know what that person looks like, can you show me in your photo book? or I am not familiar with that place, can you show me in your photo book?" Start at the beginning and reminisce page by page about their life. This might distract them or it might help them orient safely to the current times. Here are some tips on how to make a great one:

1. Make it a big, bright book- something easy to find in a moment when the person is very confused.
2. Have photos blown up to full page size so they can see them with or without glasses or other eye problems as they age.
3. Use photos that you have made copies of- originals may get lost or torn with someone's confusion- if these are precious, make copies and keep the originals with family.
4. Start with the earliest pictures you can find (baby photos, photos of parents or the home they grew up in) and then progress to teen and young adult years, dating, marriage, kids, jobs if you have pictures and retirement places or activities.
5. Keep it short and simple - 10-12 pages long.
6. If you make one for your loved one, please let me know so we can help them with it as well here at Brightondale. Thanks!

## Right to Know...

### Power Outages

(More detailed information in your resident handbook)

- Residents are responsible for keeping necessary items such as flashlights, batteries, corded phone/cell phones, radio, etc. in your apartment for use during a power outage.
- Residents are also responsible for making sure you have battery back-ups for any medical equipment used by you that requires power.



Maintenance and other key personnel will take care of the other needed and required tasks.

If alternate power supply is not available but urgently required, call your local/state Emergency Management department.

If the phones are not working, try cell phones or neighbor's telephones.

See resource list for rental of auxiliary power units.



# Bright Side of Visiting Goats

**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](http://www.brightondaleseniorcampus.com)

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



## BRIGHTONDALE COMMUNITY LEAD STAFF



<b>Deb Tschida</b> Executive Director	<a href="mailto:dtschida@brightondale.com">dtschida@brightondale.com</a>	651-746-5602
<b>Jessie Martancik</b> Assistant Director of Operations	<a href="mailto:jmartancik@brightondale.com">jmartancik@brightondale.com</a>	651-746-5637
<b>Brightondale Front Desk</b>	<a href="mailto:bdreceptionist@brightondale.com">bdreceptionist@brightondale.com</a>	651-633-6484
<b>Meadowood Shores Front Desk</b>	<a href="mailto:mwreceptionist@brightondale.com">mwreceptionist@brightondale.com</a>	651-604-2900
<b>Allen Webber</b> Maintenance Lead		651-746-5622
<b>Lori Blaido</b> Supervisor of Housekeeping	<a href="mailto:lblaido@brightondale.com">lblaido@brightondale.com</a>	763-843-3247
<b>Shannon Garza</b> Director of Marketing	<a href="mailto:sgarza@brightondale.com">sgarza@brightondale.com</a>	651-746-5615
<b>Su Stigney</b> Director of Programs	<a href="mailto:ssstigney@brightondale.com">sstigney@brightondale.com</a>	651-746-5621
<b>Patricia Anderson</b> Program Coordinator	<a href="mailto:programming@brightondale.com">programming@brightondale.com</a>	651-746-5607
<b>Lisa Jackson</b> Program Coordinator	<a href="mailto:programming@brightondale.com">programming@brightondale.com</a>	651-746-5607
<b>Chuck Kraus-Schlichtmann</b> Bus Driver	bus cell phone	651-271-4027
<b>Mark Schlichtmann</b> Bus Driver	bus cell phone	651-271-4027
<b>Amy House</b> Executive Director of Reflections	<a href="mailto:ahouse@brightondale.com">ahouse@brightondale.com</a>	651-746-5611
<b>Mariel Boeyink</b> Director of Dining Services	<a href="mailto:mboeyink@brightondale.com">mboeyink@brightondale.com</a>	651-746-5604
<b>Laura Bengtson</b> Dining Services Supervisor	<a href="mailto:lbengtson@brightondale.com">lbengtson@brightondale.com</a>	651-746-5616
<b>BD Kitchen</b>		651-746-5603
<b>MWS Dining Room</b>		651-746-5619
<b>Sara Hendrickson</b> Hairstylist	<a href="mailto:xomom0204@gmail.com">xomom0204@gmail.com</a>	763-213-5874
<b>Racheal Pearson, RN</b> Clinical Director	<a href="mailto:rpearson@brightondale.com">rpearson@brightondale.com</a>	651-746-5608
<b>Iwona (Yvonne) Lipinski, RN</b>	<a href="mailto:ilipinski@brightondale.com">ilipinski@brightondale.com</a>	651-746-5630
<b>Danielle Amdahl, RN</b>	<a href="mailto:damdahl@brightondale.com">damdahl@brightondale.com</a>	651-746-5630
<b>Julie Palm, LPN</b>	<a href="mailto:jpalm@brightondale.com">jpalm@brightondale.com</a>	651-746-5606
<b>Jared Okinyi, LPN</b>	<a href="mailto:jokinyi@brightondale.com">jokinyi@brightondale.com</a>	651-746-5606
<b>Regina Kpasia</b> Resident Care Coordinator	<a href="mailto:rkpasia@brightondale.com">rkpasia@brightondale.com</a>	651-746-5639