

**January  
2024**

## Program Ponderings by the Program Department

### What's Cooking for ... 2024?

"Pull up a chair. Take a taste. Come join us.  
Life is so endlessly delicious."

Quote by ~ Ruth Reichl

This year, we plan to finish what we started back in 2020 before the need to put our theme and it's programs on hold. So over this year we will compare and share flavors, enjoy new tastes sensations, see and hear what is changing relating to food here and all over the World. Each month we will enjoy and learn about different focus / flavor of Food and Life.

In 2024, look forward to... Tastes Of... Food Fun... Chopped... Demos...Classes... Theme Dinner... Potlucks... and More...!

In January let's  
"Spice" things up!

"Variety's the very spice of life, that gives it all its flavor!" ~William Cowper



### This Month Highlights For both BD & MWS

- 1st Our New Year's Day Dinner
- 2nd Model Train Display at MWS
- 17th Our Birthday Theme Dinner
- MORE Highlights on page 5
- **Contest !**

Meadowood Shore, Brightondale

### "Date Dining Room is Done" Contest

The closest date WITHOUT GOING UNDER (not over!) of the first dinner service being held in the remodeled Meadowood Shores Dining Room

Day \_\_\_\_\_ Month \_\_\_\_\_

Entry must be in by January 4th

Name \_\_\_\_\_

Apartment # / or Department \_\_\_\_\_

## Entertainer Opportunities

### Brightondale AL & Reflections

6th	Piano Music	by Cousins
8th	Guitar Music	by Mary Franz
13th	Harp Music	by Elsa Vezino
19th	Accordion Music	by Ilya Freyter
22nd	Piano Music	by John Lundgren
24th	Guitar Music	by Tony Garry

### Meadowood Shores

3rd	Hymn-Sing	by Lee Ann
19th	Accordion Music	by Ilya Freyter
12th	Silver Notes	Community Sing
20th	Hymn-Sing	by Lee Ann
26th	Silver Notes	Community Sing

## Educational Sessions

### Both

4th	"Resident Forum"	<i>Presented by Management</i>
5th	"Grief Loss & Sadness"	<i>Presented by Gretta Sullwold</i>
11th	"Balance Bingo" Fun Educational	<i>Presented by Ascend Rehabilitation</i>
24th	Coffee with the Cops	<i>Presented by Officer Matt</i>

### BD ONLY

Monday Mornings - All About Animals Series  
Wednesday Mornings - Famous Face Series  
On most Wednesday - Collections Series

4th	Calendar Review	<i>Presented by Lisa</i>
5th	MEET & GREET Event	
	New Resident Orientation	<i>Presented by Patricia</i>

### MWS ONLY

18th	Super Food	<i>Presented by Su</i>
25th	Technology Training	<i>Presented by Su</i>
31st	New Residents Orientation	<i>Presented by Welcome Team</i>
31st	Welcome Committee Meeting	<i>For the Welcome Team</i>

Check the Calendars or Daily Sheet  
for times and locations !

Daybrightoner  
Brightondale & Meadowood Shores

## ***This Month's Assisted Living Resident Spotlight is on Richard Leier***



Richard Leier was born on January 24, 1932 to parents, George and Teresa Leier. They had five children Leona, Art, Richard, Ambrose, and George Junior. Richard grew up on a 40 acre farm in New Brighton Minnesota. His family also owns 22 acres of land in Shoreview, Minnesota. When he was 16 years old he started riding motorcycles with a traveling buddy. They traveled to California, Black Hills and the North Shore. Richard also chose to use his motorcycle to drive to and from work every day. At this time he was working at LaSalle Brake Company, that which was located on 12th and LaSalle in Minneapolis, MN.

He joined the army (first cavalry) in 1952. He served two years and one month in Korea. After his service in the Army at the age of 28 years old, he met and married a lovely woman named Zeta. They had three wonderful daughters. Sometimes his wife Zeta would join him on his motorcycle traveling ventures.



After his time in the army he returned to LaSalle Brake for a while, before working for Admiral Merchant Motor Freight Company. He worked there for 28 plus years. Richard also worked at Totino-Grace High School located in Fridley, Minnesota. He was the only maintenance employee at the time. He liked working there because he enjoyed welding and repair work. He worked at the Totino-Grace High School for 41 years.

Richard has a talent in leather-working. He has made a variety of women's purses, men's wallets and belts, and also keychains. He also has worked on clocks and models (boats and airplanes). Other types of interests he has include target shooting, puzzles, playing checkers listening to Bible stories, and music. His favorite musician is John Denver.

Richard moved to Brightondale in October 2022. He likes his apartment. He enjoys the conversing & the wonderful meals in the dining room.

**Thank you, Richard for your service  
and for making Brightondale your home.**



# COMMUNITY UPDATES

~Deb Tschida, Executive Director



On Thursday December 7<sup>th</sup>, the staff celebrated the holidays at our annual holiday party, we played games, had a great potluck meal and spent time together.

We all would like to thank you for the cards, candy, and donations to our holiday party. We used the party donations to purchase gift cards and presents for door prizes at the party. SilverCrest also recognized staff with a bonus at the end of the year.

**Brightondale Update:** on January 8th, 9th, & 10th, we will have limited access to the Front Desk, Fireside and Mail areas due to the new carpet being put in. Activities groups have been relocated during this time.

## Here is a winter safety tip:

When/if we get snow this year - Please be careful on the sidewalks and in the parking lot. This is the time of year for slips and falls on snow and ice. To help keep you safe walk like a penguin or do the penguin shuffle. The waddle keeps your center of gravity over your front leg and will help keep you upright. Spread your feet out slightly, to increase your center of gravity, and take small steps. Remember to wear non-skid shoes or boots. We want you to be safe out there .

## SilverAdvantage Focus is on ...

### P for Professionalism

Submitted by Wahde-Mai Warner RA Lead  
& SilverAdvantage Member

Let me first start off by wishing everyone a Happy and Prosperous New Year! Last year was filled with so many profound memories and experiences. I'm even more excited to see what lies ahead for us here at Brightondale/ Meadowood Shores in 2024!

This month (January), we are kicking off the New Year by focusing on the letter P for Professionalism.

Professionalism is crucial to ensuring the overall satisfaction and well-being of our residents, as well as fostering a positive work environment. I'd like to highlight some aspects of Professionalism that we continue to utilize at Brightondale/ Meadowood Shores on a daily basis.

1. Maintaining a neat and professional appearance in accordance with SilverCrest's dress code policies (example: wearing our Name Tags).
2. Being punctual for shifts, meetings, and other work-related commitments.
3. Treat residents, families, colleagues, etc. with respect and dignity at all times. This also includes listening empathetically to their concerns/needs and providing accurate information.
4. Handle conflicts professionally and respectfully by seeking guidance from supervisors or management if needed.

I am honored to be a part of this remarkable community.












**Together let's make 2024  
our best year yet  
as we keep Professionalism  
at the core of all we do!**






# 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
<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>					
2nd	BD 10:00 AM	11:00 AM	Trip to MWS to see the Model Train Display (R & AL) 	Free	Day Before
3rd	MWS 10:00 AM	12:30 PM	Shopping Runs to Rosedale & More (IL) 	\$ Shopping	Day Before
4th	BD 1:00 PM	3:00 PM	Outing to Norway House (AL & R) 	\$\$15	ASAP
9th	MWS 12:15 PM	2:30 PM	Walkover for Mass with Father (IL) 	Free	Day Before
10th	MWS 3:15 PM	4:30 PM	Outing to Indoor NB Farmers' Market (IL) 	\$ shopping	Day Before
11th	BD 1:00 PM	3:00 PM	Outing to Rosedale to see the indoor holiday décor (AL & R) 	Free	Day Before
13th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
15th	BD 1:00 PM	3:00 PM	Scenic Treat Drive (AL & R)	Free	Day Of
18th	BD 1:00 PM	3:00 PM	Outing to MIA "Network of Caring" ( AL & R) 	Free	Day Of
19th	MWS 8:45 AM BD 9:00 AM	12:30 PM	Men's Breakfast Outing to Perkin's (IL, AL & R) 	\$ Meal	2 Days Before
20th	MWS 11:00 AM BD 11:30 AM	2:00 PM	\$\$Outing to Lutefisk Dinner (IL & AL) 	\$\$25 ticket	Noon on 1-4-24
23rd	MWS 9:15 AM	11:30 AM	Ladies Breakfast Outing to Panera (IL) 	\$ Meal	Day Before
25th	BD 1:00 PM	3:00 PM	Mystery Scenic Drive (IL & AL )	Free	Day Before
27th	BD 9:15 AM MWS 9:30 AM	11:00 AM	Scenic Drive (IL & AL )	Free	Day Before
29th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive by Winter Carnival Snow & Ice? (IL & AL )	Free	Day Before
30th	BD 1:00 PM	3:00 PM	Scenic Drive by Winter Carnival Snow & Ice? (R & AL )	Free	Day Before
31st	MWS 9:45 AM	1:30 AM	Outing tour U of M Campuses with a Stop at the Weisman Museum (IL) 	Free	Day Before

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

## Food Service

Mariel Boeyink, Food Service Director

### Happy 2024 from the Dining Department!

I am happy to talk a little about the theme for this year - a partnership between Programs and Dining - "What's Cooking for...2024". A year of so many changes in Dining is a great time to feature interesting topics and the talents of our chefs and servers, as well as other staff outside the Dining Department that will be joining the fun!

Keep your eye out for details on a fun contest Meadowood Shores residents have challenged me to create: guessing DDD Day (the Date the Dining room is Done) at Meadowood Shores. We will be looking for the closest date WITHOUT GOING UNDER the date the first dinner service is held in the remodeled Meadowood Shores Dining Room. Residents from both buildings are welcome to guess, and more details will come after the holidays!

For What's Cooking in 2024, we will be holding activities related to cooking including (but not limited to) chef demonstrations, new entrée unveilings, a grand opening dinner at Meadowood Shores, happy hours, and informational sessions with samples. There is one big aspect that we need residents' help with organizing - around-the-world theme dinners. We started discussion at the Meadowood Shores Food Focus in early December, but we need more suggestions! What country's cuisine would you like to sample? Is there an ingredient you'd love to see a deep dive on for a themed meal? Some of the regions we have visited in the past through food include: Korea and Asia, France, Germany, Ireland, the Caribbean, the Mediterranean countries, England, and Mexico.

What's Cooking for...2024 will be the main point of discussion in January's Resident Forums meetings at both buildings. Please come ready with suggestions and we look forward to seeing you at our first theme dinner in late January!

## Program Ponderings

Continued from page 1 by the Program Department

### *Our MWS Resident Class of 2023 Event, usually held in January.*

Will be postponed until we are able to use the MWS Dining Room again.



Look for the Invitation and RSVP at that time.



The MWS Class of Event is for all of our new residents who moved into Meadowood Shores within this past year of 2023!

### New at Meadowood Shores

- Explore & Join Green Team - recycling
- Explore & Join Drumming - musical
- Explore & Join Reader Theatre - must enjoy reading out loud
- Explore & Join Fun with Food
- Fitness Center ??
- Dining Room ??

### New at Brightondale (Reflections & Assisted Living)

- Alive with Animals - visits from different animals with their guest owner .
- New Monthly Worship Service to start on Sunday, January 7th.
- Brightondale Voices - Choir time to sing.
- Hats Off Social - bring a hat to share, be creative.
- Laughing with Lisa - time to share jokes and riddles and good new of the day.
- Pies with Guys and MORE - different pies with different programs monthly!
- Gal's with Musicals & MORE - closer look at musical with a treat related to the show.



# SilverCare Connections

Cheri Booth, RN SilverCrest

## Baby It's Cold (or maybe the flu?): When to Ask for Antibiotics

Antibiotics can indeed save lives and are vital tools for treating many common and serious infections, such as those that can result in sepsis. But at least 28 percent of antibiotics prescribed in outpatient settings in this country are unnecessary. Each year, enough prescriptions are written to provide five out of every six people one antibiotic prescription. Any time you use antibiotics, they can cause side effects and contribute to antibiotic resistance, which happens to be one of the most urgent threats to public health.

Seniors have to watch out for overuse and side effects, as these can result in even more dire complications in the elderly population. Common infections such as urinary tract infections, skin and soft tissue infections, and lower respiratory tract infections frequently occur in the elderly; but the diagnosis of infection isn't always obvious. Oftentimes, symptoms mimic normal signs of aging. Seniors may also have fever without any apparent infection, which further complicates the decision to administer antibiotics.

Physicians may prescribe antibiotics for upper respiratory infections, even though most of these types of infections are viral in nature and won't respond to antibiotics. Doctors concern for patient satisfaction, and severe illness may lead to prescribing antibiotics when they aren't beneficial. Alternative solutions for antibiotics should include suggesting over-the-counter remedies or delaying a prescription if symptoms don't improve.



## MWS BookWomen

(Women who love to read and review)

*If you are interested in participating  
There will be more information in the  
February's Daybrightener on  
Date Time & Location.*



## ~ NEED to Know ~



### Brightondale Parking

Remember when parking in the underground garage at Brightondale, Only Park in Spots Marked OPEN, if you don't have an assigned or rented/reserved spot. If no spots are open park outside in the front spots or in the Cub lot next to the Brightondale building.

### Nuts & Bolts Reminder from Maintenance



A friendly reminder, please to go through the front desk for all work orders. We have a process in place for the most efficient way for us to respond to your requests and needs promptly.

# Reflections from Reflections

Amy House, Executive Director of Reflections

## Hello friends and families,

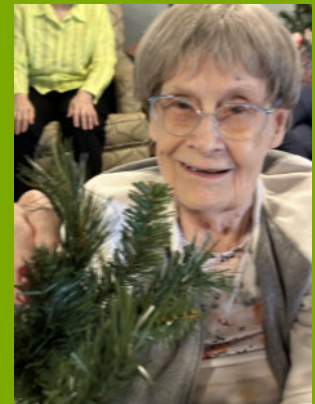
Reflections is an engaging place where we laugh, we joke, we enjoy music and we love to reminisce. What if someone is an introvert? In Reflections we still meet that need by having our wonderful Program Coordinators Lisa, Maria and Patricia do individual visits with residents who are not interested in the crowds. Lisa goes around and shares with anyone who missed the All About Animals group activity about the animal she is covering or the famous musicians she talked about earlier in the week. This is so wonderful and so important that I schedule time for the Program Coordinators to do this often in addition to the robust large programs they do. In January you might notice a new individual visit called Family Photos 1:1 where Lisa will visit the residents in their apartment to specifically talk about their family photos. In addition to doing individual art projects, Maria uses her chaplain skills to connect spiritually with those you do not attend the weekly services or need extra support. Thank you so much Lisa, Pat and Maria for all the attention you give everyone in Reflections!

In 2024 it is our goal to have more live animals in the building. For January we have a tarantula, a Corgi and some cute mixed breed dogs coming in to visit or be part of our educational sessions "All About Animals." When there is a live animal, it will be called "Alive with Animals." If you have a friend, neighbor or relative with a unique pet please have them reach out to me to set up a visit. We make sure they are up to date on all their shots first and it could be an animal that we can handle or could be an animal in a small cage or terrarium for us to look at. Another fun addition for 2024 is the Hats Off Socials that Lisa will be having a few times a month. Do you have any fun hats to bring in for your loved one to show off at the social? Bring them in and put them somewhere obvious in the apartment and we can remind your loved one.

## 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.



## What's the "R-I-C-A" Visits in AL ?      Resident Individually Centered Activities In Reflections this will be called "Individually Visits"

We aim to attend to each resident's interests, history and identity. We have one-on-one / small group programming that we call "RICA" Resident Individually Centered Activities that focuses on each resident's leisure needs that cannot be met in group setting or with their loved ones. Research has shown that activities that are tailored to a person's abilities and interests may enhance self-esteem and sense of accomplishment. You will see RICA visits on our calendar throughout the month. Please help us by letting us know any potential areas of interests of your loved one that we may not know already. It could be learning about a new subject; it could be picking up an old hobby that has been modified to your loved one's current abilities or trying something new, like painting or song writing.

Contact your Program Team: Su Stigney, Director of Programs  
Program Coordinators: Lisa Jackson, Maria Karpinski (Chaplain) or Patricia Anderson  
sstigney@brightondale.com      programming@brightondale.com



**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



## Bright Side of the Spices - Quiz !

Harissa paste is a spice blend made with red chili peppers, garlic, coriander, caraway, cumin and oil that originated in what region? \_\_\_\_\_

What is the main herb found in pesto? \_\_\_\_\_

Name the spice which comes in pods of white, black and green? \_\_\_\_\_

What is the national spice of Hungary? \_\_\_\_\_

Which very useful word associated with the smell of spicy cooking comes originally from the Greek word for spice? \_\_\_\_\_



This spice is usually used whole or ground, but has a very strong flavor, so it isn't used in large quantities. In Mexican cooking, this spice is often paired with cinnamon and cumin. What spice is this? \_\_\_\_\_

Answers : **Northern Africa - Paprika - Basil - Cardamom - Aroma - Cloves**



## BRIGHTONDALE MEADOWOOD SHORES COMMUNITY LEAD STAFF



<b>Deb Tschida</b>	<b>Executive Director</b>	<a href="mailto:dtschida@brightondale.com">dtschida@brightondale.com</a>	651-746-5602
<b>Allen Weber</b>	<b>Maintenance Lead</b>		651-746-5622
<b>Lori Blaido</b>	<b>Supervisor of Housekeeping</b>	<a href="mailto:lblaido@brightondale.com">lblaido@brightondale.com</a>	763-843-3247
<b>Regina Kpasie</b>	<b>Director of Administrative Services</b>	<a href="mailto:rkpasie@brightondale.com">rkpasie@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>Shannon Garza</b>	<b>Director of Marketing</b>	<a href="mailto:sgarza@brightondale.com">sgarza@brightondale.com</a>	651-746-5615
<b>Su Stigney</b>	<b>Director of Programs</b>	<a href="mailto:ssstigney@brightondale.com">sstigney@brightondale.com</a>	651-746-5621
	<b>Program Coordinators</b>	<a href="mailto:programming@brightondale.com">programming@brightondale.com</a>	
	<b>Chuck Kraus-Schlichtmann</b>	Bus Driver bus cell phone	612-433-5860
	<b>Mark Schlichtmann</b>	Bus Driver bus cell phone	763-406-6094
<b>Amy House</b>	<b>Executive Director of Reflections</b>	<a href="mailto:ahouse@brightondale.com">ahouse@brightondale.com</a>	651-746-5611
<b>Marisel Boeyink</b>	<b>Director of Dining Services</b>	<a href="mailto:mboeyink@brightondale.com">mboeyink@brightondale.com</a>	651-746-5604
	<b>Dining Services Supervisor</b>	<a href="mailto:diningsupervisor@brightondale.com">diningsupervisor@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>	<b>Hairstylist</b>	<a href="mailto:xomom0204@gmail.com">xomom0204@gmail.com</a>	763-213-5874
<b>Kerrie Foley</b>	<b>Clinical Director</b>	<a href="mailto:kfoley@brightondale.com">kfoley@brightondale.com</a>	651-746-5608
	<b>Iwona (Yvonne) Lipinski</b>	RN <a href="mailto:ilipinski@brightondale.com">ilipinski@brightondale.com</a>	651-746-5630
	<b>Julie Palm</b>	LPN <a href="mailto:jpalm@brightondale.com">jpalm@brightondale.com</a>	651-746-5606
	<b>Jared Okinyi</b>	RN <a href="mailto:jokinyi@brightondale.com">jokinyi@brightondale.com</a>	651-746-5606
	<b>Tamba Ngewoh -Tana</b>	Resident Care Coordinator <a href="mailto:ttana@brightondale.com">ttana@brightondale.com</a>	651-746-5639