

**MARCH
2024**



Daybrightoner Brightondale & Meadowood Shores

Volume 24
Issue 3

Program Ponderings by the Program Department

What's Cooking for ... 2024 ?

Our food quote for MARCH is ...

Laughter
is brightest
where food is
best.
~ Irish Proverb

During this year, we will continue to compare and share flavors, enjoy new taste sensations, see and hear what is changing relating to food here and all over the World. Each month enjoy and learn about a different focus / flavor of food and life.

Tastes Of... Food Fun... Chopped... Demos...
Classes... Theme Dinner... Potlucks... and
More...!

Themed meals for March are:

- 15th Irish Meal (pre-celebration)
- 19th 1st Day of Spring Meal

Check out the Calendars for time, dates and NEW locations of our new and current programs. Detailed review as needed at our Resident Forum.

MWS residents please remember to sign up for on site events that serve types of refreshments to help us with the amount we need to order and for the number of residents that group may be set up for.

**March
10th**

**Spring
Forward!**

Reminder move the clocks ahead
one hour and spring forward.



Entertainer Opportunities

Brightondale AL & Reflections

7th	Music	Pistachio Singers
11th	Music Sing	Brightondale Voices
15th	Piano Music	Tony Freeman
23rd	Harp Music	Elsa Vezino
27th	Guitar Music	Tony Garry

Meadowood Shores

13th	Hymn-Sing	Lee Ann
15th	Silver Notes	Community Sing
20th	Hymn-Sing	Lee Ann
22nd	Guitar Music	Tom Paquin

Educational Sessions

Both

21st Public Safety Chats *Presented by Officer Matt*

BD ONLY

Monday Mornings	- Animals Related Series
Wednesday Mornings	- Famous Face Series
On most Wednesdays	- Collections Series
On most Fridays	- KIT Box Series

1st MEET & GREET Event *Presented by Patricia*
(New Resident Orientation)

6th Calendar Review *Presented by Lisa*

6th Resident Forum *Presented by Leadership*

7th "Ireland" *Presented by Lisa*

12th March Fun Facts *Presented by Lisa*

14th Super Food *Presented by Lisa*

26th "Tanzania" *Presented by Lisa*

28th "Israel" *Presented by Lisa*

MWS ONLY

On most Fridays For the Love of Food

Presented by Chef Brian

7th Resident Forum *Presented by Leadership*

11th New Residents Orientation

Presented by Welcome Team

11th Welcome Committee Meeting

For the Welcome Team

13th Benefits of Exercise Equipment"

Presented by Kim Duffy CPT

14th Green Team *Presented by Residents + Su*

20th Working of the Exercise Equipment

Presented by Su

21st Technology Training *Presented by Su*

28th More Training on New Shuffle Board

Presented by Su

This Month's Resident Reflections Spotlight is Margaret Klimek Submitted by Amy House



This month we are highlighting the life of Margaret Klimek, a 94 year old resident who has lived in the Reflections neighborhood at Brightondale for two years.

Margaret Mergen grew up in Avon, MN on a farm in a family of seven. As a young woman she was at a dance where she met two men that asked her for a dance. She told her friend, "whichever one of these guys call me first will be the man that I marry." Harry Klimek remembered Margaret in a blue dress with a bow on the hip at the dance and called her. Margaret married

Harry Klimek, who had won a purple heart in the Korean War, and the two of them settled in Columbia Heights, MN where they had five children. Harry worked at Certainteed, a roofing company for over 20 years.



Margaret and Harry shared a very strong faith in the Lord and were members of the Immaculate Conception Catholic Church. In addition to raising 5 children, Margaret volunteered at the church for funerals and had a few jobs that she

enjoyed. She was a supervisor at Minnesota Fabric and is highly knowledgeable about fabrics and sewing. She sewed all of her children's clothes, bedspreads, dolls, curtains and was a tremendous baker.



Margaret grew up eating potato pancakes and it is her favorite food. Tuesday nights Margaret would have potato pancakes with her daughter Paula and always declined eating a salad first. "I need as much room as possible for those pancakes." Margaret also worked for Apache Plaza and the United States Postal Service in the office where she loved getting to know the regular customers.

At Brightondale, Margaret is known for her independence, her quick wit and how she speaks up at Resident Council. Margaret once started a chant, "polka! polka! polka!" when asked what type of music we should have more of in Reflections. She can be found holding her baby Lucy who she says "needs a lot of love and attention." Margaret we appreciate all that love you bring to our community and the surprising things you say every day that put a smile on our faces.



COMMUNITY UPDATES

~Deb Tschida, Executive Director



Daylight savings is March 10th, remember to “spring” your clocks ahead one hour!

Spring officially begins on March 20th. While I know this is the time of year we like to do our “spring cleaning”, keep in mind that the garage is not the place to leave your unwanted items, particularly larger items such as furniture. Also, regarding the garage, please help us keep it tidy by disposing of your own litter.

Spring is also the time of year we have several building inspections and alarm testing. We always try to give ample notice when an inspection or testing of alarms will be taking place. There will be notices posted at both front desks and the communication areas.

Please remember, Brightondale and Meadowood Shores are non-smoking buildings, this includes your visitors and families. Smoking is allowed in designated outdoor areas only. Smoking in your apartment or on your balcony is a violation of the lease and could result in eviction.

Now for some fun information about March

Here are a few fun facts about the month:

- March 3- The Star Spangled Banner becomes the National Anthem (1931)
- March 4th- The constitution of the United States of America goes into effect (1789)
- March 7th- Monopoly board game is invented(1933)
- March 10th- Paper money is issued for the first time(1862)
- March 23rd- Patrick Henry declares “give me liberty or give me death” (1775)
- March 24th- Elvis Presley joins the Army (1958)
- March 29th – Coca Cola is invented (1886)

SilverAdvantage Focus is on ...

C for Community for

Submitted by Tamba Ngewoh-Tana Resident Care Coordinator
& SilverAdvantage Member

This year winter has been an historic and unique one different from the normal winter in Minnesota. In a good way, the changes gave our community more opportunities to explore its environment & all the good fun stuff around.

Community

Our Letter of the month is C for COMMUNITY. The Brightondale community, as in the past, is one that is fun, interactive & very supportive among its members ranging from good Teamwork, Person centered activities, good food, clean environment, great staff & lovely Residents. It has also allowed our residents to create and maintain strong relationships with others in a similar life stage.

At Brightondale, we do not only care for each other but see ourselves as one family staying socially active & nurturing relationships where everyone feels appreciated and belong.

It is important to note that we are in the season of lent, a period of prayer, fasting & almsgiving. Some of our residents are in observant of lent and so we keep supporting them as they offer prayers of forgiveness & blessings for the need of our community. Happy Easter in advance everyone as you enjoy the beautiful weather out there with family, friends and loved ones.



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					
2nd	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
4th	BD 1:00 PM	3:00 PM	Outing to Forever Flowers (AL & R) 	Free	Day before
6th	MWS 11:00 AM	3:00 AM	Outing to MN Arboretum “Spring Flower Shop” (IL) 	Free	Day Before
8th	MWS 10:00 AM	12:30 PM	Shopping Runs to Rosedale & More (IL) 	\$ Shopping	Day Before
9th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
11th	BD 1:00 PM	3:00 PM	Scenic Treat Drive (AL & R) 	Free	Day Of
12th	MWS 12:15 PM	2:30 PM	Walkover for Mass with Father (IL) 	Free	Day Before
14th	BD 1:00 PM	3:00 PM	Outing to Northwoods Humane Society (AL & R) 	Free	Day before
15th	MWS 9:15 AM	11:30 AM	Ladies Breakfast Outing to Carol’s (IL) 	\$ Meal	Day Before
16th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (IL & AL)	Free	Day Before
18th	BD 1:00 PM	3:00 PM	Outing to Railroad Museum (AL & R) 	\$\$ 10	Day Before
21st	BD 12:30 PM	3:00 PM	Outing to Cafesjian Art Trust (AL & R) 	Free	Day Before
22nd	MWS 9:45 AM	11:30 AM	Outing to Cafesjian Art Trust (IL) 	Free	Day Before
23rd	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
25th	BD 1:00 PM	3:00 PM	Outing to Como Spring Flower Show (AL & R) 	Free	Day Of
27th	MWS 9:45 AM	12:00PM	Outing to Como Spring Flower Show (IL) 	Free	Day Of
29th	MWS 8:45 AM BD 8:30 AM	12:30 PM	Men’s Breakfast Outing to Panera’s (IL, AL & R) 	\$ Meal	2 Days Before
28th	BD 1:00 PM	3:00 PM	Scenic Drive by Local Churches (AL & R)	Free	Day Of
30th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
5-9-24	BD 6:30PM MWS 6:45 PM	10:30PM	Outing to the Lyric Art Theatre “9 to 5” 	\$\$34	3-27– 24

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

St. Patrick's Day History and Traditions



This holiday is celebrated every year on March 17th, honoring the Irish patron saint, St. Patrick. The celebrations are largely Irish culture themed and typically consist of wearing green, parades, and drinking. Some churches may hold religious services and many schools and offices close in Suffolk County, the area containing Boston and its suburbs.

People all over the world celebrate St. Patrick's Day, especially places with large Irish-American communities. Feasting on the day features traditional Irish food, including corned beef, cabbage, coffee, soda bread, potatoes, and shepherd's pie. Many celebrations also hold an Irish breakfast of sausage, black and white pudding, fried eggs, and fried tomatoes.

A Few Common Traditions include:

- ♦ **Parades** – This event is most often associated with the holiday. Cities that hold large parades include Boston, New York, Philadelphia, New Orleans, Savannah, and other cities worldwide.
- ♦ **Drinking** – Since many Catholics are Irish-American, some may be required to fast from drinking during Lent. However, they are allowed to break this fast during the St. Patrick's Day celebrations. This is one cause for the day's association with drinking heavily.
- ♦ **Dying water or beer green** – Chicago dyes its river green for the festivities, and many bars serve green-dyed beer. The White House fountain is also dyed green.

Congratulations to Sara our Hairstylist, on her recent marriage!

As of January 9th, 2024 Sara will be known as Sara Koch (pronounced "Cook")

So we felt it was fitting to update name of the Beauty / Barber Shop. It will also be known as "Hair at the Shores" at MWS & "Hair at the Dales" at BD
Please use Sara's new name, when paying with a check.

List of 2024 prices are now posted in the shop.

~ *NEED to Know* ~

FREE SIMPLE INCOME TAX ASSISTANCE Available for Seniors

Completed by AARP Volunteers trained by the IRS and the MN Department of Revenue.

Reminder that complicated tax returns or returns involving large amounts of income will not be able to be prepared.

Location:

New Brighton Community Center

Days: February 5th through April 10th
Monday 9:00, 10:00, or 12:00
(Bus would be available with signup)

Wednesday 9:00, 10:00, or 12:00
(Would need your own transportation)

By Appointment ONLY, with limited number of appointments available!!

To make an appointment call St. John's Church at 651-633-8333, ask for a tax appointment.

Remember to bring :

Completed packet

(available at the New Brighton Community Center)

copy of last year's returns

your social security card

driver's license or picture ID

and your 2023 financial information

SilverCare Connections

Cheri Booth, SilverCrest Corporate Clinical Director

Diet and High Blood Pressure - part 1

What about salt and high blood pressure? It's well-understood that salt, which is primarily made up of the mineral sodium, can contribute to high blood pressure levels. According to the Centers for Disease Control and Prevention (CDC), Americans consume far more sodium than they need. The 2020–2025 Dietary Guidelines for Americans advise that adults should consume less than 2,300 mg of sodium each day. If you have high blood pressure, the American Heart Association recommends an intake of no more than 1,500 mg daily.

While watching your salt intake is important, it's only one part of the equation. If you want to reduce your risk of heart attack, stroke, and other complications, fill your plate with blood pressure-friendly foods.

How to lower blood pressure with food. What food lowers blood pressure quickly? What is the fastest way to lower blood pressure naturally? Here are 10 foods that can promote normal blood pressure levels and support your overall health:

- **Unsweetened yogurt:** A recent study showed that yogurt may produce positive blood pressure outcomes for those with hypertension. This is attributed to its high amounts of the minerals calcium, potassium, and magnesium—all thought to help regulate blood pressure. Look for unsweetened natural and Greek yogurts, which can be blended with fruits, seeds, and nuts for a healthy breakfast or snack.
- **Berries:** Strawberries and blueberries are rich in antioxidant compounds called anthocyanins. Research has linked anthocyanins to a reduction in blood pressure in people with hypertension.
- **Beets:** This root vegetable is high in nitrates, which the body converts into nitrous oxide, a molecule that's been shown to reduce systolic blood pressure.
- **Sweet potatoes:** Loaded with magnesium, potassium, and fiber, this side dish superstar is a delicious way to lower blood pressure.
- **Leafy greens:** Cabbage, collard greens, spinach, kale, and other greens are high in nitrates, which have been found to offer blood pressure benefits. It's easier to get your daily dose of greens by varying how you eat them.
- **Fatty fish:** Salmon is packed with heart-healthy omega-3 fatty acids and vitamin D, nutrients that can help lower and regular blood pressure.
- **Whole grains (especially oatmeal):** Oats and other whole grains contain a type of fiber called beta-glucan, which may lower both systolic and diastolic blood pressure.
- **Pistachios:** Eating pistachios may lower blood pressure and cholesterol. These healthy nuts, best eaten unsalted, can add crunch and flavor to salads of all kinds. You can also blend them into pesto or enjoy a couple of handfuls as a snack.
- **Bananas:** Potassium is an essential mineral that helps the body get rid of sodium, relaxes blood vessels, and lowers blood pressure. Just one medium-sized banana packs a powerful potassium punch: about 420 milligrams. Beans, tomatoes, mushrooms, and avocado are other potassium-rich foods that may help lower blood pressure naturally.
- **Kiwifruit:** According to one study, eating two kiwifruit daily may help lower blood pressure. Kiwi is delicious chopped up in fruit salad or sprinkled on top of plain yogurt.

Reflections from Reflections

Amy House, Executive Director of Reflections

The letter of the is "C for Community" and here are some ways that the Reflections residents stay a vibrant part of the Brightondale community and the broader New Brighton area.

Every other month the residents volunteer at the Northwoods Animal Humane Society where they acclimate the cats and dogs to humans with their visit and give out lots of treats for good behavior. Northwoods has been invited to have an adoption event at our annual Dachshund Dash in September this year.

The New Brighton Police Department and Community Center staff come to visit the residents monthly and give updates on what is happening in the New Brighton area, visit and answer questions.

With our new Alive with Animals, citizens of New Brighton are bringing in their pets to brighten our day and have an education session on certain animals or special breeds of dogs. Children will be visiting as well with the pets, making it a fun way to connect with the younger generations as well.

Brightondale has several students of local high schools that work in the Dining Department as servers. They bring the meals and dishes to and from Reflections and for many this is their first job and their first experience with people that are living with dementia and our friendly residents are shaping their lives every day even if they don't know it.

Getting out and about on the bus is very important to the Reflections residents- whether it is a scenic drive or an outing, it is good to get out and keep up with your community. The residents enjoy seeing the changes happening to roads, new buildings or businesses opening and reminiscing about what it used to look like. A daughter of a resident owns and operates Forever Floral in Coon Rapids. The residents have enjoyed the amazing seasonal decorations and details at the shop and have found visiting with the flower shop staff to be delightful while watching them create floral arrangements.

Those are just a few ways that we stay connected to our community, but we are always looking for new friends or opportunities to help. We have several church events at Brightondale that brings in members of the church to us and if you have any other connections to area businesses, schools or clubs please reach out to the Director of Reflections- we would love to have them visit and learn about what they are doing in the community. R.E.S.P.E.C.T.

Our 2024 Goal Live Animal Visits

In 2024 it is our goal to have more live animals in the building. In January we had a tarantula, a Corgi and some cute mixed breed dogs coming in to visit or be part of our educational sessions.

When there is a live animal visiting, the session 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.



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

Bright Side of the EGGs!

- It may be hard for an egg to turn into a bird: it would be a jolly sight harder for it to learn to fly while remaining an egg. ...
- It's OK to have your eggs in one basket as long as you control what happens to that basket.



BRIGHTONDALE MEADOWOOD SHORES COMMUNITY LEAD STAFF



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