

April
2024

Program Ponderings by the Program Department

What's Cooking for ... 2024 ?

Our food quote for April is ...

APRIL HATH PUT A
SPIRIT OF YOUTH IN
EVERYTHING.

(Including Eating!)

—William Shakespeare

As we continue to focus on What's Cooking for 2024 this month we are glad to share that the Meadowood Shore full dining area " Meadows Café" & "Bistro" are open!

Check new times for both.

Themed Meals & Special BIG Events for the very end of March & April:

- **Sunday, March 31st Easter Lunch**

Please join us at 11:00 am in the Brighton-dale Dining Room & 11:30 am in the Meadows Cafe. Meadowood Shores residents please note: Delivery service will not be free of charge on Sunday, March 31st as there will be dining available in the Dining Room.

- **Wednesday 17th Birthday Dinner**
- **Thursday 25th MWS's OPEN HOUSE!!!**
(MWS no evening meal served due to Event)



April is also Volunteer Appreciation Month. We want to thank our amazing Volunteers at this time!

We are planning a Thank you Event for later this year!

Check the Calendars or Daily Sheet for times and locations !

Entertainer Opportunities

Brightondale AL & Reflections

1st, 8th, & 29th

Brightondale Voices Practice Dates

12th	MAGIC By	Markus Clegg
24th	Guitar Music	Tony Garry
26th	Guitar Music	Vinnie Rose

Meadowood Shores

3rd	Hymn-Sing	Lee Ann
5th	Music by	Dan Chouinard
12th	Ministry of Music by	Carol & Friends
17th	Hymn-Sing	Lee Ann
18th	Music by	Pistachio Singers
19th	Community Sing	Silver Notes
25th	Harp Music	Elsa Vezino
26th	Guitar Music	Vinnie Rose

Educational Sessions

Both

- 25th **Public Safety Chats** *Presented by Officer Matt*

BD ONLY

- Monday Mornings** - Animals Related Series
- Wednesday Mornings** - Famous Face Series
- On some Tuesdays** - Collections Series
- On most Fridays** - KIT Box Series

- 5th **MEET & GREET Event** *Presented by Patricia (New Resident Orientation)*
- 6th **Calendar Review** *Presented by Lisa*
- 6th **Resident Forum** *Presented by Leadership*
- 9th **April Fun Facts** *Presented by Lisa*
- 17th **Taste of Poland** *Presented by Maria*
- 23th **"Alaska"** *Presented by Lisa*
- 25th **"New Zealand"** *Presented by Lisa*

MWS ONLY

- 4th **Residents' Forum** *Presented by Leadership*
- 11th **Green Team** *Presented by Residents + Su*
- 15th **New Residents Orientation** *Presented by Welcome Team*
- 15th **Welcome Committee Meeting** *For the Welcome Team Presented by Su*
- 18th **Technology Training** *Presented by Su*

Daybrightoner
Brightondale & Meadowood Shores

Resident Spotlight
Photos Are Now Here For
This Year's Resident Royalty



Reflections'
Queen Joyce Bjerke King Lee Forgy



Brightondale's
King Toby Matros
Queen Joy Behrens



Meadowood Shores'
King Les Gable
Queen Lee Ann Newman



COMMUNITY UPDATES

~Deb Tschida, Executive Director

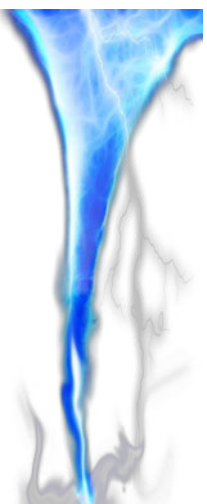
Now that we are heading into some nicer weather, I would like to review a couple of spring related items.

For those of you who have balconies/decks- in order to maintain the integrity of the building exterior, barbeque grills of any kind, bird feeders, storage containers, political banners are not allowed on balconies or decks.

Severe Weather procedure

Tornado or thunderstorm WATCH- means conditions are right for a tornado or thunderstorm, no sighting has taken place. This is the first indication that severe weather is possible. Plan your day with this in mind.

Thunderstorm Warning- means a severe thunderstorm is in the area. No sirens will sound. Stay inside and prepare to move to a safe place



Tornado Warning- means a tornado has been sighted. Go immediately to shelter, sirens will sound. Get away from outside walls, leave all exterior rooms and close the door, go to an inside room or the common laundry room on your floor, wait for an all-clear signal.

SilverAdvantage Focus is on ...

T for Teamwork

Submitted by Wahde-Mai Warner RA Lead
& SilverAdvantage Member

T for Teamwork is our focus for this month of April and I must admit it is my absolute favorite letter of the R.E.S.P.E.C.T model. This is because it serves as the cornerstone and foundation of providing exceptional care, as well as support for our residents at Brightondale/ Meadowood Shores.

To me, Teamwork is much more than just completing tasks; it's about fostering a sense of community. From nursing and caregivers, to dining / kitchen, maintenance, and programming personnel, each role plays an integral part in ensuring residents quality of life.

While writing this article about Teamwork, I couldn't help, but be inspired by an Anatomy and Physiology course that I recently took. This course highlights the 11 organ systems of the body, their unique roles, and how they collectively work together as a "Team" to keep our bodies functioning at its best. For example, The Muscular System cannot function optimally without the Skeletal System or Nervous System. They need each other in order to operate effectively and help our bodies thrive. This same concept can be applied to how we operate as a Team in keeping the Brightondale / Meadowood Shores communities vibrant on a daily basis.


As I close, I'd like us to challenge ourselves this month and the rest of the year to continue to keep the spirit of exceptional Teamwork going as we collaborate to create a haven for residents to thrive during their golden years.



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	BD 1:00 PM	3:00 PM	Scenic Drive by the State Capital (AL & R)	Free	Day Before
3rd	MWS 10:30 AM	2:30 PM	Outing to the Galleria for Lunch & viewing the “Into the Deep Floral Experience” 	\$ Meal	Day Before
6th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive by the Mississippi River (AL & IL)	Free	Day Before
8th	BD 1:00 PM	3:00 PM	Scenic Treat Drive (AL & R)	Free	Day Of
9th	MWS 12:15 PM	2:30 PM	Walkover for Mass with Father (IL) 	Free	Day Before
10th	10:15 AM	12:00 PM	Shopping Runs to Rosedale & More (IL) 	SHOPPING	Day Before
11th	BD 1:00 PM	3:00 PM	Outing to MN History Center Charles Schulz display (AL & R)  	\$\$10	Day before
12th	MWS 10:15	1:30 PM	Ladies Luncheon Outing to the Traven (IL)	\$Meal	2 Days before
13th	MWS 10:30 AM	12:00 PM	Outing to the Festival of Tables Limited Sitting (IL) 	\$\$ 20	ASAP
15th	BD 1:00 PM	3:00 PM	Scenic Treat Drive (AL & R)	Free	Day Before
17th	MWS 10:00 AM	1:30 PM	Outing to MN History Center Charles Schulz display (IL)  	\$\$ tickets	Day Before
18th	BD 12:30 PM	3:00 PM	Scenic Drive Looking for signs of Spring (AL & R)	Free	Day Before
20th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
22nd	BD 1:00 PM	3:00 PM	Outing to Como Flower Show AL & R)  	Free	Day Of
24th	BD 8:30 AM MWS 8:45 AM	12:30 PM	Men’s Breakfast Outing to Original Pancake Factory (IL, AL & R) 	\$ Meal	2 Days Before
25th	BD 1:00 PM	3:00 PM	Scenic Drive by Daffodils at the Arboretum (AL & R)	Free	Day Of
26th	MWS 9:45 AM	12:00PM	Outing to “Art in Bloom” at the MIA (IL)  	Free	Day Of
27th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
30th	BD 10:00 AM	12:00 PM	Outing to the Science Museum (AL & IL)  	\$\$ 10	Day Before
5-9-24	BD 6:30PM MWS6:45 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

NO FOOLIN'... Meadowood Shores !!

When I mention anything having to do with the newly renovated Meadows Cafe and Bistro at Meadowood Shores around the date of April 1st, I understand your hesitance to believe me!! But please suspend your disbelief as I review some important information about the new dining room, which has been presented to residents in meetings in late March:

As of Monday, March 25th the Meadows Cafe is fully open for dinner service Monday-Friday, with seatings at 5:00, 5:15, and 5:30PM. Make your reservation in the book at the front desk today!

Beginning Monday, March 25th, pick-up dinners will have a fee of \$5 and delivery dinners will have a fee of \$8.

Each day's dinner is organized in the reservation book by seating time. You will have your choice of available tables (see the map inside the reservation book for reference) at each seating time.

If you can't finish your food and want to take it home for later? Please feel free to bring containers from your apartment for leftovers. Dining staff will gladly box up leftovers for you for the price of a pick-up (\$5), if you are unable to provide your own container.

Food and beverage choices available: Inside the reservation book and at your tables in the dining room, you can view a dinner menu. At dinner you will choose your starter (soup, salad, or fruit), starch alternative if desired (baked potato or steak fries), beverage (coffee, tea, 2% milk, cranberry juice, mango water, lemonade, or unsweetened iced tea), and dessert (featured dessert, ice cream, cookie, or fruit). Please select your entree in the reservation book to ensure chefs prepare enough featured entrees.

Come and visit Chef Mariel in the Bistro for lunch! We will post days and hours of operation and specials near the activities calendar in the elevator lobby.

Family Run Councils

Reminder at any time if you, a family member are interested in organizing a Family Run Council let us know.

This opportunity is for a self run group for Families of our Reflection or Assisted Living. Just check with Su Stigney our Director of Programs for more information such as reserving a room.

~ *NEED to Know* ~

Preparing to Vote this Year?

Voting in elections is your opportunity to be heard, hold elected officials accountable and have a say in important issues that affect your community.

To register online, you must:

Meet eligibility guidelines to register and vote in Minnesota.

- Provide an email address.
- Provide an identification number from either your Minnesota driver's license, your Minnesota ID card or the last four (4) digits of your Social Security Number.

If you cannot provide an email address and one of the identification numbers listed above, you must register on paper. You can submit a completed voter registration application to Ramsey County Elections Office by mail or in person. You may also be able to register at your polling place on Election Day, if you bring approved identification with you. Print a PDF of the voter registration application or contact the Elections Office to have a paper copy mailed to you.

SilverCare Connections

Cheri Booth, SilverCrest Corporate Clinical Director

Spring Cleaning.... Your Medicine Cabinet!



We all have them- those bottles that get pushed to the back, forgotten, or not oft used. While some expired medications may retain their efficacy, it's crucial to exercise caution and adhere to best practices. Some medicines- like liquids, inhalers, creams or lotions have much shorter expiration dates. Others, when stored properly could remain good for months even years beyond their expiration date. Here are a few tips to help keep you safe:

- 1. Check for Signs of Degradation:** Inspect medications for any changes in color, texture, or odor. If a drug appears altered in any way, it should be discarded immediately.
- 2. Follow Storage Guidelines:** Store medications in a cool, dry place away from direct sunlight. Avoid storing them in the bathroom or kitchen, where humidity levels fluctuate.
- 3. Dispose of Expired Medications Properly:** Many pharmacies and community centers offer medication disposal programs to safely discard expired or unused drugs. Flushing medications down the toilet or throwing them in the trash can have adverse environmental consequences.
- 4. Consult Healthcare Professionals:** When in doubt about the safety or efficacy of expired medications, consult with a pharmacist or healthcare provider. They can offer guidance tailored to your specific situation and medical history.

Remember, while expiration dates serve as important guidelines for medication use, they should not be viewed as absolute indicators of efficacy or safety. Understanding the factors that influence medication stability and practicing proper storage and disposal methods are key to maximizing the lifespan of medications and ensuring their safe and effective use. When it comes to your health, knowledge is power. Stay informed, stay safe, and don't let misconceptions about expiration dates cloud your judgment when it comes to managing your medications.

MWS GREEN TEAM



This past January, Meadowood Shores Residents explored the idea of developing the group of residents to focus on recycling. The group will be known as the MWS Green Team.

In January, residents that attended chose to...

- Keep the plan simple and straight forward
- Keep it positive and educational
- Keep it open to all residents
- Keep residents involved - Run by residents

In February, the residents that attended took a tour of one of our current Recycling Rooms to identify concerns with additional type of containers and the current signage that was there to help residents and came up with some ideas that could help.

- Simplify the specialized containers
- Invest in a bulletin board for clarity of information
- Look into the possibility of painting the walls

In March, the new containers and bulletin boards were viewed. Also at this time, we reviewed some of the additional ways to share information to other residents.

- Welcome committee members will add to the list of points to review
- Various members of the team will be submitting the education tips to Daybrightoner monthly.
- See below...

CLEAN CONTAINERS!!!



To all you great people who recycle the correct plastic containers. Thank you so much! (These signs can be found on the bottom of the plastic containers.) Please rinse ALL recyclable containers very thoroughly and empty the water bottles also. This will make our trash room odor free, and our containers able to be recycled.

REMEMBER TO SHUT THAT DOOR!!!

There are fire doors for each room, where trash is collected. That is for YOUR protection! A fire could easily spread rapidly through the garbage chute and into the halls of all three floors if the doors are left open. Don't forget to SHUT THAT DOOR! Thank you!

**By working together, we can build
a brighter future – let's
start this by recycling here at MWS & BD.**

Reflections from Reflections

Amy House, Executive Director of Reflections

Hello everyone,

Spring flowers and April showers- the world is all anew. We have been working on some projects in Reflections. These Quality Improvement Projects might seem small, but they make a world of difference and it is always our goal to be better tomorrow than we are today.

1. **Get the Look** - you may have noticed in your loved one's bathroom that there is a new style card posted. This is not information from their care plan, it is information that shows anyone new or not as familiar with the resident how they want to look. This is also helpful as the resident's disease process progresses and they can no longer tell others that they want lipstick or jewelry or that "you are combing my hair the wrong way." Dementia changes the way someone looks so much over the years, we want to preserve their style. It has been very good for everyone, I am seeing residents with new outfits on, jewelry, lipstick, etc. It has been a real nice change.

2. **Weight a Minute** - this project has provided necessary oversight and training to the RAs when taking a resident's weight. Reading a scale is easy, but there are challenges with consistency. Did you weigh them with or without their wheelchair pedals (5-10lb difference)? Is this the same wheelchair that they used last month? Do they have a heavy blanket, a personal item with them, etc. Did they stand there on their own or with a walker? We created a process to have last month's weight available to compare to before entering it into the documenting system and to have the Resident Care Coordinator oversee a specific day of the month that everyone gets their weights done. Why is weight so important? It is an important indicator that the Nurses need to know how the disease is progressing and especially to know if someone will qualify for hospice. A doctor will want to review months of weights before making decisions about supplements, hospice, etc. and we have had successful accurate weights now for over 9 months with a solid process in place.

There will be more projects like this, we are always striving to be better and if you have any ideas on what you would like to see us do better, let me know.



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.



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Apartment Living**

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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 April 1st !



Today I can handle any
April Fools' Day joke,
as long as it doesn't
include the phrase
"We're out of coffee."

Visit Jim Hunt at facebook.com/huntcartoons



**BRIGHTONDALE
MEADOWOOD SHORES
COMMUNITY LEAD STAFF**



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