

MAY  
2024

# Program Ponderings by the Program Department

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

We are still cooking up some fun here at Meadowood Shores, Brightondale and Reflections. Neighborhoods that are ...  
**BRIGHTONDALE SENIOR COMMUNITY!**

### MAY's Themed Meals:

- Sunday the 12th, Mother's Day Brunch
- Wednesday the 15th, Birthday Dinner
- Monday the 27th, Memorial Day Picnic Lunch

## Volunteers' Thank You Event

*Volunteers ...like flowers,  
always make people feel better,  
happier, and grateful;*

*Volunteers are sunshine,  
food & medicine to the souls!*



### Volunteers SAVE the DATE Breakfast Board Buffet will be held on Saturday, May 18th

We are updating our Master Volunteer list, in the hopes that we do not miss anyone who has been volunteering with us this last year.

If you have not yet returned your survey / questionnaire, please do so to the Front Desk by May 5th, or we will have to rely on our memories when sending out invitations. Look for them after the 5th.

*Check the Calendars or Daily Sheet  
for times and locations !*

## Entertainer Opportunities

### Brightondale AL & Reflections

6th	Concert	Bell Ringers
13th	Practice	Brightondale Voices
17th	Concert	Brightondale Voices
18th	Harp Music	Elsa Vezino
22th	Guitar Music	Tony Garry
20th	Piano Music	John Lundgren
30th	Piano Music	Tony Freeman

### Meadowood Shores

1st	Hymn-Sing	Lee Ann
3rd	Dueling Piano	Alyssa & Maxwell
15th	Hymn-Sing	Lee Ann
17th	Community Sing	Silver Notes
24th	For the Love of Food	Chef Brian
28th	Music Concert	Hand Chimes
31st	Music	Highwater Band

## Educational Sessions

### Both

- 2nd Residents' Forum *Presented by Leadership*
- 23rd Public Safety Chats *Presented by Officer Matt*
- 23rd Bears Aware *Presented by Naturalist Melonie Shipman*
- 29th Maintain Independence (family welcome) *Presented by Ascend Rehabilitation*

### BD ONLY On some:

- Monday Mornings - Animals Related Series
- Wednesday Mornings - Famous Face Series
- Tuesdays - Collections Series
- Fridays - KIT Box Series

- 2nd Calendar Review *Presented by Lisa*
- 3rd MEET & GREET Event *Presented by Patricia*  
(New Resident Orientation)
- 14th May's Fun Facts *Presented by Lisa*

### MWS ONLY

- 9th Green Team *Presented by Residents + Su*
- 13th New Residents Orientation *Presented by Welcome Team*
- 13th Welcome Committee Meeting *For the Welcome Team Presented by Su*
- 16th "My Time in the Peace Core" *Presented by Tom Foley*
- 30th Technology Training *Presented by Su*

Daybrightoner  
Meadowood Shores IL, Brightondale AL & Reflections

## ***MWS Resident Spotlight*** **Welcomes Dianne Cline**



Though Dianne Cline has been at Meadowood Shores for just six months she is very familiar with the New Brighton area and residents. Born in New Brighton, she attended St. John the Baptist grade school and Mounds View High School, and has many memories and stories to share.

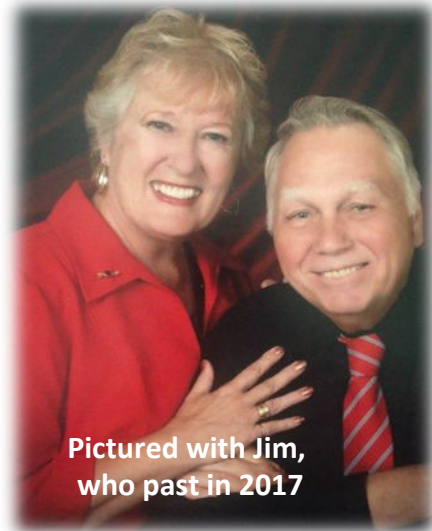
While working at Clark pharmacy as a high school senior, Dianne met a Kansas soldier who was stationed at the Arden Hills Arsenal. Their friendship blossomed and they were married at St. John's church with a reception at New Brighton City Hall.

Jim and Dianne's first home was in Ft. Lewis, Washington where Jim finished his army "stint". After Jim mustered out of the Army they moved to Atchison, Kansas, just blocks from where Amelia Earhart lived as a child. Their son and daughter were born there.

In 1973 when their children were ages three and three months, they moved back to Minnesota. Jim transferred his work from Southwestern Bell to Northwestern Bell. Dianne cared for her children until they were in junior high school. She then worked for Medtronic for twenty-four years and after that volunteered with their Retirees' Club.



The Clines became very active in their church and community. They helped establish the Mounds View Jaycees, and Jaycee Women, and both became state officers of the organization. At St. Timothy's, Jim and Dianne worked with the young pre-marriage couples and also the confirmation candidates. Dianne was in the church choir. She was also an avid gardener and part of the "Soil and Sunshine Garden Club". (Sounds like fun!)



**Pictured with Jim,  
who past in 2017**

Work and leisure took the Clines on trips all over the United States, Mexico, Canada and Europe. However, in "retirement" Dianne was immediately attracted to Meadowood Shores..."the staff and residents were so friendly and welcoming."

Dianne still enjoys travel, sewing, knitting, crocheting and reading. She now has seven grandchildren – two in Winnipeg and five here in the Twin Cities. She loves keeping up with all of their activities. If you are lucky you may find her hosting in the dining room.



**This energetic,  
delightful woman is  
a great addition to  
Meadowood Shores  
Community!**



# COMMUNITY UPDATES

~Deb Tschida, Executive Director



Happy Mother's Day to all our fabulous Mothers. I hope you can spend time with those you love!

We have been fortunate enough to have many neighbors join our communities. We all know that moving from a single-family home to apartment living can be a big transition. Here are some tips for successful community living.

**Get to Know your Neighbors** - Whether you are the "newbie" or have lived here several years, get to know your neighbors.

Ask questions. Try to get to know everyone, not just those you connect with immediately.

**Find your Niche** - We have an amazing programming department. Whether you play cards, enjoy movies, or love the casino, there is likely to be a program you are interested in; this is a great opportunity to meet people with similar interests.

**Eat in the Dining Room** - The best way to become comfortable with your new home is to meet new friends and the best place to meet people is in the dining room!

**Be Reasonable with your Requests** - Living in a community is not only about your needs. Be mindful of your neighbor's wants, needs, and dislikes.

**Be Patient with Yourself** - It takes time to get used to a different style of life and feel settled. Don't be leery of asking for help, either from staff or fellow residents.

Remember at one time or another we all were "newbies".

## SilverAdvantage Focus is on ...

### R for Residents 1st

Submitted by Wahde-Mai Warner, RCC  
& SilverAdvantage Member

R for Residents First is the letter of the month for May! This is the first letter in the SilverCrest R.E.S.P.E.C.T. model; and for a good reason. Residents First sits at the core of all we do at Brightondale/Meadowood Shores. It's what inspires us, drives us, and gives us a sense of purpose.

Residents First essentially highlights that residents are the priority. It also means understanding that every resident is unique and should be treated as such. Another key aspect of Residents First is our ability to go above and beyond by proactively responding to residents' needs and desires.

This month I'd like us to explore the letter R from a slightly different angle. What does Residents First mean to our wonderful residents? How can you as a resident implement and uphold the Residents First mantra on a daily basis in our community? Here are a few suggestions:

1. Getting to know more about the people you sit with at meal times or on social outings (including their names, interests, hobbies, past careers, etc). You'll be surprised how much you have in common with them.
2. Seeking immediate help from staff when a fellow resident appears to be in distress.
3. Invite a resident/friend for a chat over coffee or tea if they seem to be having a rough day.
4. Participate in Residents' Meetings to provide feedback or suggestions on ways to improve services, amenities, programs, and activities.


Respecting and valuing the diversity of cultures and backgrounds within our community, by treating each other with dignity and empathy.

As I close, I'd like to say thank you for making our community a vibrant and compassionate environment where "Residents First" isn't just a policy, but a way of life!

# 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	10:15 AM	12:00 PM	Shopping Runs to Rosedale & More (IL) 	\$ SHOPPING	Day Before
2nd	BD 1:00 PM	3:00 PM	Outing to MIA (R) 	Free	Day Before
4th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
8th	BD 8:30 AM MWS 8:45 AM	12:30 PM	Men's Breakfast Outing to Rusty Cow (IL, AL & R) 	\$ Meal	2 Days Before
9th	BD 6:30 PM MWS 6:45 PM	10:30 PM	Outing to the Lyric Art Theatre "9 to 5" (IL & AL) 	\$\$34	3-27- 24
10th	BD 9:00 AM	12:00 PM	Scenic Drive to see the Tulips at the Arboretum (AL & R)	Free	Day Of
11th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
13th	BD 1:00 PM	3:00 PM	Scenic Drive to see the Spring Tulips at Lakewood ( AL & R)	Free	Day Before
14th	MWS 12:15 PM	2:30 PM	Walkover for Mass with Father (IL) 	Free	Day Before
15th	BD 10:45 AM	12:00 PM	Outing to Meadow's Café & Bistro Lunch (AL) 	\$\$ Meal	2 Days Before
16th	BD 1:00 PM	3:00 PM	Outing the Garden Center ( AL & R) 	Free Shopping	Day Before
17th	MWS 9:00 AM	12:00 PM	Outing to the Arboretum (IL) 	Free	Day before
18th	BD 9:45 AM	11:00 AM	Outing to Volunteers' Thank YOU Breakfast Brunch to MWS (AL & R) 	Free	RSVP
18th	MWS 1:00 PM	3:00 PM	Outing to Spring Dance Showcase (IL) 	\$\$ 10 tickets	Day Before
22nd	MWS 10:00 AM	12:00 PM	Outing to Omni Theater "The Great Bear Rain Forest" (IL) 	\$\$10 Tickets	Day Of
24th	MWS 10:30 AM	1:30 PM	Ladies Luncheon Outing to the Jimmy's (IL) 	\$ Meal	2 Days before
25th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
29th	BD 10:30 AM	12:00 PM	Outing to the Silverwood Tour & Crafts (AL & R) 	Free	Day Before
31st	BD 10:30 AM	12:00 PM	Scenic Treat Drive (AL & R)	Free	Day Before

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

## Food Service

Submitted by Tamba Ngewoh-Tana Assistant ED

### Meadowood Shores' Bistro Now OPEN

Food critics have always been important to the culinary world, providing guidance for diners. Recently, Meadowood Shores Resident Food Critic, Don Marah was interviewed. The Bistro received a "5 Stars" Rating!

**How did you enjoy your visit overall?** **Ans:** Overall, I will say I am very much pleased and satisfied with the Bistro. I have tried all the food on the menu, and I really enjoy them. I can even rate them from the highest to the least.

**Which is your favorite?** **Ans:** The Burger and BLT are the most delicious and I normally have them with Onion rings.

**Are there others that you really will recommend trying.**

**Ans:** Grilled cheese sandwich with fries, Chicken strip basket with barbecue and Reuben sandwich. My least favorite is the Deli sandwich. But overall, the food is great.

**What is every day at the Bistro to you?** **Ans:** To me, everyday has been a good day; fresh food that is not left over is served. I got to eat and take some with me.

**Any comments about the staff and the service? Did everything come out as ordered?** **Ans:** The staff are friendly, and service has been great and on time, about 5-10 min. I will get my order quickly depending on what am ordering. And yes, my order came exactly as expected.

**What else did you observe when at the Bistro?**

**Ans:** I am normally here around noon, People always come sit around me and we chat and enjoy our meal together. They also said good things about the bistro.

**Would you invite family and friends at some point to dine with you at the Bistro?** **Ans:** As a matter of fact, I have been here with a few of my family, and they really love it, so the answer is yes.

**Do you have any suggestions that you would like me to pass on to management?** **Ans:** I would like them to introduce Hot dog and Bratwurst in terms of food and a happy hour on maybe Fridays with some sort of slight entertainment if possible. There is more room as it's not crowded, clean and pricing is low and right compared to other places, and more so that the food is delicious.



## Is It Time For Spring Cleaning?

We hope so!!

We are preparing for our  
Brightondale / Meadowood Shores  
Community  
Annual Garage and Bake Sale to be  
located at Meadowood Shores.

We will be collecting sale donations from

June 1st to 17th

Donation drop-off / Sorting area:

Car Stall #1, 2 & 3 in

the Meadowood Shores garage

**JUNE 19th 11:00-2:00**

**(Residents ONLY)**

**JUNE 20 & 21 8:00 – 12:00**

**(Open to the Public)**

We will have a signup sheet for residents that would like to help with the sorting & pricing. Baked goods donations can be dropped off on the mornings of the 20th & 21st.

More information at the  
Resident Forum meetings or see Su Stigney  
Director of Programs

## Update from Maintenance Team

Take a look at some of the current updates and enhancements that are taking place in the laundry and trash rooms. This work started in April and will continue over this next month. Hope you enjoy these nice upgrades, as they are making these rooms much more of a pleasing destination when one needs to spend time in them.



# SilverCare Connections

Cheri Booth, SilverCrest Corporate Clinical Director

## Spring Cleaning: A Guide to Household Chemical Safety

As we age, the environment within our homes becomes increasingly important to our overall health and safety. Household chemicals, once innocuous aids in cleaning and maintenance, can pose significant risks to seniors if not handled with caution. With mobility and sensory abilities potentially compromised, seniors are more vulnerable to accidents involving these substances. It's crucial for caregivers and seniors themselves to be aware of the potential hazards and take proactive measures to mitigate risks.

The first step in safeguarding seniors against household chemical mishaps is education. Providing clear and accessible information about the proper use, storage, and disposal of common household chemicals can empower seniors to make informed decisions. Labels should be read and understood thoroughly, and any doubts about usage or safety should be addressed promptly. Additionally, seniors should be reminded to wear appropriate protective gear, such as gloves and masks, when handling chemicals to minimize exposure.

Furthermore, simplifying the household chemical inventory can significantly reduce the risk of accidents. Seniors, particularly those living alone, may benefit from streamlining their cleaning products to include only essential items. This not only decreases the likelihood of confusion but also minimizes the potential for mixing incompatible chemicals, which can lead to hazardous reactions. Consider replacing harsh chemicals with safer alternatives or investing in multi-purpose products to limit the number of potentially harmful substances in the home. By taking these proactive steps, seniors can enjoy a safer living environment and greater peace of mind.



## MWS GREEN TEAM Updates

Green Team would like to thank the Maintenance Team for the work they have done to clean up the Trash and Recycling Rooms. On completion of the work new signage will be added to help sort out what goes where as well as new containers for the additional items we are collecting for the Lions, Chuck's Food Shelf etc.

Education tips for May:

- **Reminder** that when you are disposing of **Shredded Paper**, it needs to be considered Trash and not put in recycling containers. The shredding process weakens the quality of the reusable properties of the paper and it is also very hard to work with.
- **Food items** that are brought to the trash room are considered trash. Our recycling company does not sort out compost type items. Food items, incorrectly disposed of in recycling, can also draw bugs to the decomposing smell which none of us want.

**Thank you for doing your best  
when it comes to trash!**

## ~NEED to Know~

### Voting Accessibility

If you need help voting, you have lots of options! You can bring someone with you, ask an election judge for help, use a machine to mark your ballot or even vote from your car.

### Help From Voting Judges

You may also ask election judges for assistance. Election officials are happy to work together to assist with:

- Using a Ballot Marking Device to read, mark, and print your ballot
  - Using a Signature Guide to help you sign your name
  - Using a magnifying device or chair to use in the voting booth
  - Voting at the curb in your vehicle
- Reading or marking a ballot

### Voting From Your Car

If you cannot easily leave your vehicle to enter a polling place, you can ask to have a ballot brought out to you. This is known as "Curbside Voting."

# Reflections from Reflections

Amy House, Executive Director of Reflections

Hello friends and family,

The letter of the month is R for “Residents First” and it is a mission that makes us stand out amongst the rest! There is often some unsung heroes who are putting residents first every day and I wanted to highlight the great work that they do.



Our Housekeeping Department is led by Lori with Maude and Rita cleaning resident apartments throughout the weekdays and January stepping up where needed on the weekends. All of the housekeepers do an amazing job of engaging the residents! Maude can be found singing to them and Rita is always telling jokes to bring a smile.

Great examples of putting the resident before the task at hand.

The Dining Team is led by Mariel and works often out of sight on the first floor making delicious foods. They deliver all of our food for meals, stock our kitchens with drinks and snacks and make a wonderful snack daily for us each afternoon. They also come up and pick up our dishes and return them clean. I have seen them quickly fill glasses of ice water upon request after we go outside. They use their skills to ensure the food that comes up to us is easy to eat for residents who are changing and having trouble chewing. And without even blinking they honored my request to bring half of the snacks to the sunroom on afternoons when we have choir practice so we don't get thirsty or hungry while singing our hearts out.



The maintenance team puts residents first when they come to me to schedule around a resident's sleep schedule or meal time, whatever will make the resident in Reflections more comfortable with someone in their apartment. They always tackle resident's issues first and make repairs and carpet cleanings so quickly. If you see any of this team in the neighborhood please let them know they are amazing.



## 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.

## 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.



**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)

# Bright Side of the Edible Flowers !

- During WWII, Nasturtium seeds were used as a substitute for black pepper.
- Saffron is a spice made from saffron crocus dried stigmas.
- Although they must be prepared specially to avoid indigestion, tulip bulbs were eaten as a famine food during WWII.
- Many people make beautiful cups for dips from tulip petals.
- Day lilies are apparently delicious, all parts!
- Hibiscus flower are great with enchiladas.
- Pansies are great to decorate desserts such as cakes.



## BRIGHTONDALE MEADOWOOD SHORES COMMUNITY LEAD STAFF



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