

July  
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!

### FLAVORS of this Month are...

- Thursday the 4th, Independence Day, Picnic Themed Lunch at both BD & MWS!
- Summer Time Treat Event for MWS on 5th!
- Ice Cream Treat Cart on the 5th for BD!
- Taste Caribbean Event this month on July 12th for BD Residents!
- Wednesday the 17th, Birthday Dinner!
- For the Love of Food with Chef Brian at MWS on the 19th!
- Summer Treat Watermelon Cart is on the 19th for BD Residents!
- Bistro now accepts Checks & CA\$H !
- And much more...



- **Update ....and a Thank You to all that helped to make this year's fundraising event a HUGE SUCCESS!**
- The Garage Sale brought in more than \$5,000.00 in sales with many shoppers rounding up their purchase to include a donation!
- An additional Donation of \$15, 000.00 was also given. What a blessing!
- Total over \$20,000.00 to Alzheimer's!

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

## Entertainer Opportunities

### Brightondale AL & Reflections

12th	Music of the Pan Steel Drum	Lance
22nd	Piano Music	John Lundgren
24th	Guitar Music	Tony Garry
26th	Guitar Music	Tom Paquin
27th	Harp Music	Elsa Vezino

### Meadowood Shores

3rd	Hymn-Sing	Lee Ann
12th	Ministry of Music	Carol & Friends
17th	Hymn-Sing	Lee Ann
19th	For the Love of Food	Chef Brian
26th	Guitar Music	Tom Paquin

## Educational Sessions

### Both

11th	Resident Forum <i>Presented by Management</i>
16th	Public Safety Chats <i>Presented by Officer Austin</i>

### BD ONLY

#### On most:

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

5th MEET & GREET Event *Presented by Lisa*  
(New Resident Orientation)

9th July's Fun Facts *Presented by Lisa*

11th Calendar Review *Presented by Lisa*

### MWS ONLY

Most Tuesdays - Planet Earth II, Netflix Series

5th New Residents Orientation  
*Presented by Welcome Team*

5th Welcome Committee Meeting  
*For the Welcome Team*

31st Technology Training *Presented by Su*

Daybrightoner  
Meadowood Shores IL, Brightondale AL & Reflections

## This Month's Resident Spotlight Is

**MARY JO FRIESLEBEN** *Submitted by Mary & Jannet*

"I love where I live!" Mary Jo Friesleben's enthusiasm is contagious. Born in Minneapolis, Mary Jo has spent most of her life in the metro area. One of six children, she expressed great admiration for her young widowed mother who raised a strong family. They were healthy and happy living in their Minneapolis home. Mary Jo's mother was also a Meadowood resident for several years.

She attended St. Boniface Grade School fol-



lowed by attending Minneapolis Vocational High School. Where Mary Jo received a cosmetology license that prepare herself for hair styling at Dayton's. Her bachelor's degree from Mankato prepared her for a career in social work. Mankato life also taught her sand bagging in flooding season! She was employed by Hennepin County Family Service in addition to few other counseling firms. She also work for Columbia Heights & Roseville School Districts. At the Roseville District she worked with English Language Learners, this work

was very challenging as well as satisfying.

Mary Jo's husband Rex, was a salesman. Awards, business ventures and vacations afforded many travel opportunities: England, Greece, Germany, Turkey, Spain, Hungry and the Caribbean. Her sister's home in England is a frequent destination.

Mary Jo had two sons, Mark & Kevin Engler, and twin grandchildren – Mason and a Madison. But we can't forget Petunia her 13 year old Bichon dog, who is now the love of Mary Jo's life. "Tuni" eased her husband's last days and remains a constant companion.

Never idle, Mary Jo loves reading, "making wreaths and things", arranging flowers, collections (violet dishes) and helping people. She has always been very active in her church and was in the choir.

Mary Jo adores Meadowood Shore residents Her words of wisdom to all "Venture out and try something new & step out of your comfort zone and hop on the bus!" Who can resist such a temptation!



## June Birthdays

### Brightondale

#### Assisted Living

Betty Laschansky 6th  
Neil Bolkcom 16th

#### Reflections

Gloria Best 9th  
Carolyn Radke 14th

### Meadowood Shores

*(A reminder to sign up early for your Birthday Night Meal)*

Tom Foley 1st  
Kermit Gillund 2nd  
Darlene Splittstoser 6th  
Mary Trisko 7th  
Helen Gregori 9th  
Betty Zwicky 10th  
Keith McConnell 20th

### Brightondale's Staff

Nina Pierce  
Michelle Thuringer  
Carter Thistle  
Rita Pugh  
Allen Weber  
Deb Tschida  
Marie Josie - Smith  
Tamba Ngewoh - Tana  
Oleg Vlasyuk

We wish you all a very

HAPPY  
BIRTHDAY

Please, if we missed someone or have the wrong date, forgive us. If you prefer not to have your birthday listed, inform the front desk staff or Su Stigney.

# COMMUNITY UPDATES

~Deb Tschida,  
Executive Director



Hard to believe but we are officially into summer. Please remember to let us know as soon as possible if you are having any issues with your air conditioning. We want you to be comfortable in your apartments as well as the common areas.

A great big thank you to all the Residents and staff who have worked so hard to make Brightondale and Meadowood Shores bright and colorful with all the gardens. They look beautiful.

Another Thank you to everyone who organized, donated, and purchased items from the annual garage sale. This was our largest sale ever!

Now that we can accept cash and checks in the Bistro, please consider inviting your family and friends to join you for a meal. Reviews from Residents and staff who have enjoyed the Bistro have been very positive.

## SilverAdvantage Focus is on ... S - for Safety

~ Wahde Mai Warner Resident Care Coordinator

I want to start off by saying a huge thank you to all who attended and volunteered for our Garage Sale last month. It was a major success, and we know next year will be even better.

S - for Safety and Security, is our letter for the month of July. The well-being and peace of mind of our residents is especially important!

At Brightondale/Meadowood Shores, we are a tight knitted community, and we understand that each of us has a part to play in the safety of ourselves, as well as each other. But how can we go about doing that?

Here are some tips:

1. Use Mobility Aids such as walkers, canes, etc. when ambulating from one place to another.
2. Wear Proper Footwear with non-slip soles to decrease the risk of falls.
3. Familiarize yourself with Emergency Protocols/procedures for various incidents like Inclement Weather, Fire, as well as other emergencies.
4. Reporting any suspicious activities to staff as soon as possible.
5. Washing hands often to minimize the spread of germs.

There are so many ways we can contribute to ensure that Brightondale/Meadowood Shores is safe and secure, not just this month but all year round. What are some ways that you intend to implement Safety & Security at our wonderful community? HAPPY SUMMER!



### New Residents That Have Moved In Last Month

#### Meadowood Shores

Theresa Hallin Paula Cable  
Sally Flygare Janet Broberg  
Linda Churchill

#### Brightondale AL


George Mattson

#### Reflections

# 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 1:00 PM	3:00 PM	Scenic Treat Drive	Free	Day Before
6th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive with MWS Park Walks Stop (AL & IL)	Free	Day Before
9th	MWS 12:15 PM	2:30 PM	Walkover for Mass with Father (IL)	Free	Day Before
11th	BD 1:00 PM	3:00 PM	Outing to St Odilia's Mass (AL & R)	\$ Donation	Day Before
13th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive with MWS Park Walks Stop (AL & IL)	Free	Day Before
15th	BD 1:00 PM	3:00 PM	Scenic drive to Local Lakes (AL & R)	Free	Day Before
17th	MWS 11:00 AM	1:00 PM	Outing to Como Zoo (IL)	\$ Donation	Day Before
18th	BD 6:00 PM MWS 6:15 PM	10:30 PM	Como Concert Outing To hear the "Capri Band" (IL & AL)	\$ Donation	2 Days before
19th	BD 8:30 AM MWS 8:45 AM	12:30 PM	Men's Breakfast Outing to Sunset Grill (IL, AL & R)	\$ Meal	2 Days Before
20th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive with MWS Park Walks Stop (AL & IL)	Free	Day Before
22nd	BD 6:00 PM MWS 6:15 PM	10:30 PM	Como Concert Outing To hear the "Retro Fizz" (IL & AL)	\$ Donation	Day Before
23rd	MWS 9:00 AM	11:30 AM	Ladies Breakfast Outing to Carol's (IL)	\$ Meal	2 Days Before
25th	BD 1:00 PM	3:00 PM	Outing to the Arboretum (AL & R)	Free	Day Before
27th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive with MWS Park Walks Stop (AL & IL)	Free	Day Before
27th	BD 1:15 MWS 1:30	5:30 PM	Billable Outing to "Footloose" At the Fridley Community Theatre (AL & IL)	\$\$16	7-15-24
29th	BD 1:00 PM	3:00 PM	Scenic Drive "State Fair Grounds" (AL & R)	Free	Day Before
31st	MWS 10:00 AM	1:00 PM	Outing to the Arboretum (AL & R)	\$ Meal	2 Days Before

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



# Food Service

Submitted by Mariel Boeyink, Director of Food Services

## Greetings from the Dining Department!

We truly are in summer now, and if it would stop raining for a day it might feel like it! We in the Dining Department have been hard at work balancing our 3 daily meals served at Brightondale with all the new things we are trying to get started!

It has now been 2 months since the first day we served a burger at the Meadowood Shores Bistro at Meadowood Shores. My how time flies! During this time we've been making adjustments to the days we are open, what hours work best, and what our customers like best to eat! If you have stopped by for a visit, I hope it was lovely and that you enjoyed your meal. If you haven't, I hope you do soon! While the everyday menu is great, we often have daily specials to check out. Some favorites so far include a honey mustard crispy chicken sandwich, turkey burger, watermelon salad, and tuna melt. Come on up to see what we will concoct next! And if the special doesn't pique your interest, we always have our mainstays – including Mariel's "Deviled" Egg Salad, the Teriyaki Chicken Salad, Reuben Sandwich, and Steak Burger! Coming soon in the Bistro now that our wonderfully skilled Dining Manager Jennifer is on board – seasonal quick breads! My cookie offerings have been a little lonely in the display, so I am excited to offer some more variety for you to try!

Slightly newer still is our All-You-Can-Eat Buffet at the Meadows Café on Sundays! Helmed by Chef Tom and Dining Manager Jennifer, we're bringing an offering of hot and cold meal choices every Sunday at 11:30AM. Family and friends are welcome, and at this time meal credits can be purchased at the Meadowood Front Desk (or used from your 8 meal credits per month). We have had the pleasure of serving both our Mother's Day and Father's Day menus buffet-style, as well as our regular menu rotation. I hope to see you there!

**Special Events: Please join us on Thursday, July 4th for a picnic lunch in the Brightondale Dining Room at 11:00am and in the Meadows Cafe at 11:30am.**



# ~NEED to Know~

## Elder Fraud Reminders

Here are a few steps you can take to help protect yourself and your loved ones from scams:

- Don't give out sensitive personal information over the phone or in response to an email, social media post, or text message. Sensitive information includes your Social Security number, bank account information, credit card numbers, PINs, and passwords.
- Check incoming bills, including utility bills and credit card statements, for charges that you didn't authorize. Contact the utility provider, credit card company, or bank if you see any charges you don't recognize.
- Protect your electronic accounts by keeping the security software on your computer and smartphone up to date and by using multifactor authentication when possible.
- Don't transfer money to strangers or to someone over the phone. Similarly, never buy a gift card to pay someone over the phone. Once you transfer money or share the numbers on the back of a gift card, there's usually no way to get your money back.
- If someone is trying to scam you, they may threaten you or pressure you to act immediately. If this happens to you, don't panic. Slow down and think about what the person is saying. If you suspect it's a scam, end the call and talk to someone you trust.

## Update from Maintenance Team



- The Brightondale building is currently being painted. Check out the new colors as the front is done.
- Windows are clean!
- Garage Cleaning is planned for this Summer, notice will be posted .

## Summer Shoe Safety:

### Steps to Keep Your Feet Happy and Healthy

As summer approaches, it's important to choose the right footwear to keep your feet comfortable and safe. With rising temperatures, it's tempting to opt for flip-flops and sandals, but these choices might not provide the support and protection your feet need. Look for shoes with good arch support, cushioned soles, and a snug fit to prevent slips and falls. Closed-toe shoes can also offer better protection against outdoor hazards like sharp objects and uneven surfaces.

When selecting summer footwear, consider the activities you'll be engaging in. For leisurely walks or casual outings, breathable sneakers with non-slip soles are a great option. If you'll be spending time at the beach or pool, choose water shoes that offer both comfort and safety. Avoid walking barefoot on hot surfaces, as this can lead to burns or other injuries. Additionally, make sure your shoes are the correct size, as ill-fitting shoes can cause blisters, calluses, and other foot problems.

Finally, don't forget to care for your feet and footwear. Keep your feet clean and dry to prevent fungal infections, and regularly check your shoes for signs of wear and tear. Replace worn-out shoes promptly to ensure they continue to provide adequate support. By taking these precautions, you can enjoy a safe and comfortable summer, keeping your feet healthy and happy throughout the season.



# Olympics Quiz

Multiple Choice Questions Answers at Resident Forum

1. Which city has most recently hosted a Summer Games?
  - Barcelona
  - Atlanta
  - Sydney
2. What is the winner of the Decathlon known as?
  - The World's Greatest Athlete
  - The World's Fittest Man
  - The Modern Achilles
3. Which city's Olympic Stadium is known as the 'Bird's Nest'?
  - London
  - Beijing
  - Athens
4. Which of the following is NOT an Olympic track event?
  - 3000 meter steeplechase
  - 1500 meters
  - 800 meters hurdles
5. Who were the Ancient Olympic Games held in honor of?
  - Zeus
  - The dead
  - The Greek people
6. Which of these countries has hosted the most Olympic Games?
  - United Kingdom
  - France
  - United States
7. English and what other language are the official languages of the Olympics?
  - German
  - French
  - Greek
8. Where will the 2024 Games be held?
  - Dublin
  - Paris
  - Stockholm
9. Which of the following is not a color of an Olympic Ring?
  - Black
  - Red
  - Orange

# Reflections from Reflections

Amy House, Executive Director of Reflections

*Hello friends and family,*

Every year in the month of July I send out an article regarding independence for people living with dementia. Here are some things to note to keep someone as independent as can be for as long as possible at home or in Memory Care:

1. Get easy shoes and socks for the person to put on as these are usually the first things that they need assistance with. Get rid of any shoes that are too worn or that have a heel- that is a recipe for a fall. I recently discovered Sketchers Slip-On shoes- they are amazing and made to step into but have good support- great for anyone who doesn't want to bend over and tie something.
2. Keep clothing options to a minimum- if someone opens the closet and sees a lot of different clothes- it can be difficult to know what to wear- this is why many people just put on the same outfit over and over again or decide not to change at all.
3. Keep toiletries at a minimum as well. Can you buy a shampoo, body wash and conditioner in one? If so be sure to label it- "shampoo and body wash in one" in large printed letters so it is easy to see in the shower. Avoid having overstock items in the bathroom or somewhere they are noticed, this is confusing. One tube of toothpaste, one toothbrush, one hand soap bar, etc. For easy set up lay items on a dark hand towel so they don't blend in with the counter surface and really stand out.

These are just a few things you can do to promote independence for someone living with dementia. Happy Independence Day!



Enjoy pictures of our Alive with Animals visit from Mara, a hairless Sphinx cat breed Amy House, Executive Director of Programming+



## 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 Brighton-dale".

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 Olympic Cooking!



## BRIGHTONDALE MEADOWOOD SHORES COMMUNITY LEAD STAFF



<b>Deb Tschida</b> Executive Director	<a href="mailto:dtschida@brightondale.com">dtschida@brightondale.com</a>	651-746-5602
<b>Allen Weber</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>Tamba Ngewoh -Tana</b> Assistant Executive Director	<a href="mailto:ttana@brightondale.com">ttana@brightondale.com</a>	651-651-5638
<b>Regina Kpasia</b> Director of Administrative Services	<a href="mailto:rkpasia@brightondale.com">rkpasia@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> 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>Program Coordinators</b>	<a href="mailto:programming@brightondale.com">programming@brightondale.com</a>	
<b>Chuck Kraus-Schlichtmann</b> Bus Driver	<a href="mailto:bus cell phone">bus cell phone</a>	612-433-5860
<b>Mark Schlichtmann</b> Bus Driver	<a href="mailto:bus cell phone">bus cell phone</a>	763-406-6094
<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>Jennifer Enright</b> Dining Services Supervisor	<a href="mailto:jenright@brightondale.com">jenright@brightondale.com</a>	651-746-5616
<b>BD Kitchen</b>	651-746-5603	
<b>MWS Dining Room</b>	651-746-5619	
<b>Sara Koch</b> (formerly known as Hendrickson) Hairstylist	<a href="mailto:xomom0204@gmail.com">xomom0204@gmail.com</a>	763-213-5874
<b>Kerrie Foley</b> Clinical Director	<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>Wahde-Mai Warner</b> Resident Care Coordinator	<a href="mailto:wwarner@brightondale.com">wwarner@brightondale.com</a>	651-746-5639