

September
& October

2024



Daybrightener
Meadowood Shores II, Brightondale AL & Reflections

Volume 24
Issue 9 & 10

Program Ponderings by the Program Department

What are we Cooking Up...? A Fall Harvest of Flavor with Food and with our Programs!

We are doing a combined Daybrightener for Both September & October to assure you get all the information for both months as the Editor / Program Director (Su Stigney) will be in Sweden and Norway from September 17th until October 5th.

We has cooked up some amazing programs & outings with the help of her Program Team and other staff, that will be covering her at ...

Meadowood Shores, Brightondale,
& Reflections.

The Neighborhoods that are ...
BRIGHTONDALE SENIOR COMMUNITY!

FLAVORS of September are...

- Monday 2nd Labor Day Picnic
Themed lunch
- Sunday 8th - 14th National Assisted Living Week this year theme "Inspiring Generations" BD starts with Grandparent's Day on Sunday 8th! Ending with an "Inspiring" Tasters Choice on 13th!
- 16th MWS Bookwomen are continuing to Explore a Book a month!
- For the Love of Food with Chef Brian at MWS on the 19th!
- Flu Vaccine & Covid Booster Clinic
Tuesday, September 24th
at BD starting at 10:00 am

Friday, September 27th
at MWS starting at 2:30 pm
Consent forms will be available at the Front Desk at both locations. Please fill out and return to the Front Desk.

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

September Entertainer Opportunities

Brightondale AL & Reflections

6th	Accordion Music	Ilya Fryter
7th	Harp Music	Elsa Vezino
12th	Outing to MWS	ALIVE & KICKIN
20th	Piano Music	Randy Wall
23rd	Piano Music	John Lundgren
25th	Guitar Music	Tony Garry

Meadowood Shores

4th	Hymn-Sing	Lee Ann
6th	Accordion Music	Ilya Fryter
12th	Music by	ALIVE & KICKIN
18th	Hymn-Sing	Lee Ann
19th	For the Love of Food	Chef Brian
20th	Piano Music	Randy Wall

September Educational Sessions

Both

3rd	Public Safety Chats	<i>Presented by Officer Austin</i>
5th	Resident Forum	<i>Presented by Management</i>
13th	Medicare Review 2025	<i>Presented by Margret Wallace</i>
26th	Fire Safety Review	<i>Present by Tamba</i>

BD ONLY

Monday Mornings	- Animals Related Series
Wednesday Mornings	- Famous Face Series
Some Tuesdays	- KIT Box Collections
5th	Calendar Review <i>Presented by Lisa</i>
20th	MEET & GREET Event <i>Presented by Lisa</i> (New Resident Orientation)
24th	September's Fun Facts <i>Presented by Lisa</i>

MWS ONLY

26th	New Residents Orientation <i>Presented by Welcome Team</i>
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Program Ponderings Continues by the Program Department

FLAVORS of October are...

- National Apple Month, on the 4th both BD & MWS will start celebrating with some Apple Cider !
- BD will be having Fun With Food on the 11th
- Alive with animals, on the 14th at BD, Lisa will have a live Turtle visiting.
- On the 18th, "Baking and Tasting with Patricia on Reflections.
- For the Love of Food with Chef Brian at MWS on the 25th!
- Halloween events on the 31st at both BD & MWS



Costumes
are
Welcomed!



~ NEED to Know ~

Tuesday, November 5, 2024

(Polls open 7:00am - 8:00pm)

New Brighton Voting Precincts!
Grace Point Church
NEW BRIGHTON, MN 55112

**Great web sites for
information
check out:**

- <http://www.sos.state.mn.us/elections-voting/election-day-voting/>

<http://www.ci.new-brighton.mn.us/>

**Additional information at the
Front Desk**

October Entertainer Opportunities

Brightondale AL & Reflections

4th	Guitar Music	Loren Wolfe
23rd	Guitar Music	Tony Garry
24th	Piano Music	Tony Freeman
28th	Piano Music	John Lundgren
29th	Hymn-Sing	Lisa Jackson

Meadowood Shores

2nd	Hymn-Sing	Lee Ann
4th	Guitar Music	Loren Wolfe
5th	Harp Music	Elsa Vezino
16th	Hymn-Sing	Lee Ann
25th	For the Love of Food	Chef Brian

October Educational Sessions

Both

15th	Public Safety Chats <i>Presented by Officer Austin & Others</i>
17th	"Eagles" <i>Presented by Traveling Naturalist Melonie Shipman</i>

BD ONLY

On most:

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

3rd	Resident Run Council <i>Presented by Lisa</i>
3rd	Calendar Review <i>Presented by Lisa</i>
8th	October's Fun Facts <i>Presented by Lisa</i>
25th	MEET & GREET Event <i>Presented by Patricia</i> (New Resident Orientation)

MWS ONLY

3rd	Resident Forum <i>Presented by Management</i>
10th	Welcome Committee Meeting <i>For the Greeter/Welcome Team</i>
18th	New Residents Orientation <i>Presented by Welcome Team</i>
24th	Technology Training <i>Presented by Su</i>

THIS MONTH'S SPOTLIGHT IS ON ...

*Four Outstanding Staff
that were nominated for this year's
SilverCrest Star Awards*



We wish to recognize these Shining Star Staff Members, that have been nominated for this year's SilverCrest Star Award. Whether they receive the Star Award at the company picnic on the 11th of September or not, they are Shining Bright here at our Senior Community!

Please meet: (in Alphabetical Order by 1st names)



Nadia Ballwanz,
Dining Server
5 years at Brightondale

Lisa Jackson,
Program Coordinator
23 years at Brightondale



Maryahrin Ahmed,
Resident Assistant
4 years at Brightondale



Pat Grisby,
Lead Resident Assistant
25 year at Brightondale

Congratulations!
We are thankful, & glad that you are all part of our team!



Welcome to the end of Summer (September) and the beginning of Fall (October). We are at the time of year where the temperatures can fluctuate 20 or more degrees from day to day. Many Residents ask for the heat to be turned on, only to want the air conditioning back on the next day. I want to reassure you that we will do our best to keep the buildings at a comfortable temperature and you as comfortable as possible.

Fall also means the start of the budgeting process for the next year. We will be looking at projects for 2025 and Capital needs for 2025 and beyond. As the buildings age, we have to do our best to predict equipment replacement as well as keeping the buildings looking fresh and updated.

Speaking of updated, Brightondale exterior has been painted and looks fantastic! I hope you agree. Brightondale first floor carpeting including the dining room will be completed this fall. We also have sidewalk and lot repairs scheduled for both buildings. We will post dates once they are confirmed. Please let us know if you have any concerns or questions or concerns.

SilverAdvantage Focus is on ... C- for Community

~ Wahde Mai Warner Resident Care Coordinator

To many, including myself, Community at Brightondale/ Meadowood Shores can be summed up in one word: FAMILY. This might sound cliché, but we truly pride ourselves in the unique bond and relationships we strive to foster every day between residents and staff alike. We understand that this is paramount in improving the quality of life and overall well-being of our residents.

One of the key elements in building a strong sense of Community at Brightondale is Social Interactions. We have been very fortunate with a great Activity/ Programming team who curates amazing daily group activities; including arts and crafts, baking club, garden club, walking club (weather permitting), church services, live music, several outings and excursions to various nearby places etc. These events not only provide entertainment but also create opportunities for individuals to connect, share experiences and form friendships.



As I close,
I'd like challenge you,
the reader,
to think of ways you
can keep Community
at the forefront of all you do.

Happy Fall to you All!



Food Service "Food for Thought"

Submitted by Mariel Boeyink, Director of Food Services



In magazines it's common to make the big September issue about organization. It's a good time of year for it! The school routine resumes, and summer weather is starting to cool off and people look at the inside of their houses. You can even get organized with your dining plan at Brightondale and Meadowood Shores! Here are some tips to think about:

- Do you ever seem to use just ONE extra meal over your 8-meal plan each month at Meadowood Shores? Beginning with the 8/21-9/20 billing cycle, if you eat 10 meals in the Meadowood Dining Room, you will receive a coupon for 1 meal free!
- Celebrate your birthday with us in the Bistro! Residents at both Meadowood and Brightondale can stop by any time during their birthday month and enjoy a free shareable dessert – bring a guest if you like!
- Speaking of Bistro, we have a couple of interesting deals available every day. For lighter appetites, we offer a half sandwich and cup of soup lunch for \$7. For folks just interested in a warm beverage and time to visit, we offer \$1 off the combination of a cup of coffee and a dessert.
- Thinking of hosting an event or gathering, but your apartment doesn't have enough space? We offers catering and room reservation opportunities in the Sunroom at Brightondale and the Dining Room at Meadowood Shores! The coffee service is especially economical, at only \$1.50 per person attending.
- For folks thinking of going OUT for holidays with a big group, consider skipping the hassle of making reservations and bring the family to Brightondale or Meadowood for holidays! We serve a holiday-themed lunch on all major holidays in both dining rooms, and welcome guests in both dining rooms any day we're open!

Dates to Remember in September & October:

Please join us in the Dining Rooms for a holiday picnic themed lunch on **Labor Day, Monday September 2nd**. Lunch will be served at 11:00 AM at Brightondale and 11:30 AM at Meadowood Shores. Brightondale residents will have the option for an early boxed dinner delivery as staff will be out of the building for the holiday after lunch service.

Brightondale Staff will be attending our annual company picnic on **Wednesday, September 11th**. Brightondale residents will receive a boxed dinner, if they choose to. There will be no dinner service at Meadowood Shores.

The second iteration of Mariel's Mouthwatering 3-Course Billable Meal will be on **Saturday, September 14th** at 12:00 PM in the Meadowood Dining Room! The menu and sign-up sheet will be available soon, I hope to see you there!

October is apple month! In order to enjoy apples as often as we can, we will be featuring specials in the Bistro involving apples. Stop on by and see what we've come up with!

SilverCare Connections

Cheri Booth, SilverCrest Corporate Clinical Director

VACCINE Season is Upon Us!



Flu season poses significant risks for seniors, who are more vulnerable to complications from influenza due to weakened immune systems. As people age, their ability to fight off infections diminishes, making them more susceptible to severe symptoms and potentially life-threatening complications like pneumonia, bronchitis, or worsening of chronic conditions such as asthma or heart disease. For seniors, even a typical flu can lead to hospitalization, and in some cases, it can be fatal. Thus, preventive measures and early treatment are crucial to protecting this demographic.

Vaccination is the most effective way for seniors to protect themselves against the flu. The Centers for Disease Control and Prevention (CDC) recommends that everyone over the age of 65 receive an annual flu shot, preferably before flu season begins in the fall. High-dose flu vaccines, specifically designed for older adults, provide stronger protection by triggering a more robust immune response compared to standard vaccines. In addition to vaccination, seniors should practice good hygiene, such as frequent handwashing and avoiding close contact with sick individuals, to reduce their risk of contracting the flu.

In addition to getting vaccinated, seniors should be mindful of their overall health during flu season. Maintaining a healthy diet, staying physically active, and managing chronic conditions can improve their immune function. It's also important for seniors to stay informed about flu activity in their area and seek medical advice promptly if they exhibit flu symptoms. Early antiviral treatment can lessen the severity of the illness and reduce the risk of complications. Family members and caregivers also play a key role in helping seniors stay healthy by ensuring they receive vaccinations, follow preventive practices, and seek medical attention when needed.



Check out the new
updated

Trash / Recycling
Program Sheet



These sheets are part of the resident welcome information that they receive when moving in.

Also...

Are you seeing more green lately at MWS? Visit your updated trash room! Those 5 green hexagons will soon help you to sort your recyclables.

Thanks to the maintenance staff and green team for the updated fresh look.

Back this September at MWS

• Hand Chimes

Restarting on Tuesday, September 10th at 2:00. Returning players are welcome. New residents, men and/or women interested in something new are invited to come and give it a try. You don't have to read music, in order to make music!

• Community Sing!

Join with us on Friday the 13th of September at 3:00 with Happy hour. A time to sing together just for the fun of it.



Update from Maintenance Team

Seasonal Projects for
the Fall are:

- Meadowood Shores will be have the AC filter change.
- Brightondale will have their AC units covered.



Reflections from Reflections

Director of Reflections



Hello friends and family,

I am sorry to say that with my starting a new job in mid-August, we will not be having the Dachshund Dash this year, 2024. It is usually the Saturday after Labor Day. My Mom and I plan on volunteering for the annual garage sale and Dachshund Dash in 2025 when I am more settled in my new job.

The Dachshund Dash has been a highlight of my time here at Brightondale and I really appreciate all the cheers and donations you bring every year to the event.

Watch the Brightondale Facebook page and website for details next August on when the event will take place. It is always fun to see current and past residents and families raising money for the Alzheimer's Association together.

Reflections Decks:

Just an update, everything is painted but the floors to the Reflections Decks. We hope that will be very soon so we can enjoy the late summer and early fall days on the decks that face the trees behind Brightondale. Luckily we have had Lisa, Maria and Patricia from Programming making the most of nice days and getting the residents outside. Thank you to all the families that help their loved ones go outside as well.

"Time in nature" is a natural stress buster that helps people with dementia so you are doing a really good thing!

I am sure I will see you around soon!

Amy House



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

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.

Live Animal Visits

September's 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
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					
4th	BD 8:45 AM MWS 9:00 AM	1:00 PM	Pontoon Outing to WBL (IL& AL) 	Free	Day Before
5th	BD 1:00 PM	2:30 PM	Outing to Taste of Scandinavia Bakery (AL& R) 	\$ treat	Day Before
7th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive with MWS Park Walks Stop (AL & IL)	Free	Day Before
9th	BD 1:00 PM	3:00 PM	Scenic Drive to Local Schools (AL & R) 	Free	Day Before
10th	MWS 12:15 PM	2:30 PM	Walkover for Mass with Father (IL)  	Free	Day Before
11th	BD 8:15 AM MWS 8:30 AM	12:00 PM	Outing to Zoo Private Event & Giraffe Q&A 	\$\$ 5	9-9-24
12th	BD 2:00	3:45 PM	2:30 Show at MWS "Alive & Kickin" 	Free	Day Before
14th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive with MWS Park Walks Stop (AL & IL)	Free	Day Before
16th	BD 1:00 PM	3:00 PM	Scenic Drive by the U of M Campus 	Free	Day Before
18th	MWS 9:30 AM	11:30 AM	Raptor Center Outing (IL) 	\$\$ 5	9-16-24
19th	BD 1:00 PM	3:00 PM	Outing to St Odilia's Mass (AL & R)  	\$ Donation	Day Before
20th	BD 10:15 AM MWS 10:00 AM	1:30 PM	Men's Lunch Outing to Maynard's (IL, AL & R) 	\$ Meal	2 Days Before
21st	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive with MWS Park Walks Stop (AL & IL) 	Free	Day Before
25th	BD 9:15 AM	12:00 PM	Outing to the Raptor Center (AL & R) 	\$\$ 5	9-16-24
26th	BD 9:15 AM MWS 9:30 AM	5:30 PM	Minnetonka Boat Cruise & Lunch Outing (AL & IL) 	\$\$ 76.00	8-12-24
28th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive with MWS Park Walks Stop (AL & IL) 	Free	Day Before
30th	BD 1:00 PM	3:00 PM	Scenic Drive "On Sumit Ave." (AL & R)	Free	Day Before

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



**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 Farmers' Market!



**A watermelon proposes to a honeydew melon
and says**

**“honey, I love you and I just can’t wait to get married.
Let’s just run off to the farmers market
and get it done.”**

**And the melon says, “baby I love you too,
but I just cantaloupe!”**



BRIGHTONDALE MEADOWOOD SHORES COMMUNITY LEAD STAFF



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