

**“ THE MAGIC OF CHRISTMAS IS  
BAKED INTO EVERY COOKIE!”**

During 2024, we took a closer look at food and how it relates to different seasons, months, & holidays. As the year is coming to a close, we hope you get to taste all those wonderful holiday goodies and enjoy time with friends and family at the same time!

- Decorating days will be on December 2<sup>nd</sup> and the 3<sup>rd</sup> with lights going up indoors and out with decorations all over.
- Seasonal related foods dazes:  
National Cookie Day on the 4th  
National Cocoa Day on the 13th
- On the 14th of the month at Meadowood Shores the dining team is putting on a Billable Holidazzle Dining Event. See more on that on page 4.
- Evening Holiday Lights Trips
- And many more just check out your calendar for the times and locations of all the wonderful seasonal events.

**A Warm Welcome...**

to our new & existing pet residents to MWS community. Bringing their unique charm and personality. From playful canine and serene cats to chirping birds, our pet residents are sure to bring smiles and warmth to everyone they meet. A few of these wonderful animals are joining our volunteer team to visit our Brightondale community residents, sharing the benefits of companionship, emotional support, even a little physical activity.



Let's embrace this exciting new chapter and enjoy the many benefits that pets bring to our lives, by appreciating our growing pet residents. We are so happy to have you here!



If you have a pet that would like to be a volunteer, just reach out to Su Stigney Program Director, for more information. We are here to ensure a harmonious and joyful environment for all.

***This Month's Musical Entertainment***

**At Brightondale AL & Reflections**

- 6th** Carols Sing-along by Peggy Mahle
- 10th** Holiday Paino Music by Randy Wall
- 11th** Holiday Music by Fawbush & Pallen
- 12th** Guitar Music of Tony Garry
- 13th** Christmas Sing-along by Peggy Mahle
- 14th** Holiday Harp Music by Elsa
- 15th** Heights Brights Family Carolers
- 19th** Holiday Piano Music by Tony Freeman
- 23rd** Piano Music by John Lundgren
- 27th** Music by Jim Kirkendall
- 31st** “Bring the New & Celebrate the Past!”  
Music by Curtis & Loretta

**At Meadowood Shores**

- 3rd** Hand Chimes Concert by MWS Chimers
- 4th** Hymn Sing by Lee Ann
- 6th** Ministry of Music by Carol & Friends
- 7th** Music by Irondale Music Society
- 10th** Holiday Piano Music by Randy Wall
- 13th** Music of the JB Brass Trio
- 19th** Holiday Music by the Pistachio Singers
- 20th** Holiday Community Sing
- 27th** Music by Jim Kirkendall
- 31st** “Bring the New & Celebrate the Past!”

**Educational Sessions**

**BD ONLY**

- Monday Mornings** - Animals Related Series
- Wednesday Mornings** - Famous Face Series
- Some Tuesdays** - KIT Box Collections
- 5th Resident Run Council** *Presented by Residents*
- 5th “Calendar Review”** *Presented by Lisa*
- 12th “Fun Facts of December”** *Presented by Lisa*
- 26th Emergency Procedures - a Review for 2025**  
*Presented by Tamba*

**MWS ONLY**

- 5th Resident Department Forum**  
*Presented by focus Departments Management*
- 19th New Residents' Orientation**  
*Presented by Welcome Committee*
- 26th Emergency Procedures - a Review for 2025**  
*Presented by Tamba*

## *Resident Spotlight ... Our December Neighbor of the Month*

### WELCOME NEW RESIDENT DAVID PEELEN



“As I reflect on childhood memories, I realize that growing up on a farm taught me the importance of family, cooperation and hard work, and to take the time to appreciate nature,” David reflected. This was a thoughtful man’s introduction to a happy interview.



Being raised on a Sibley, Iowa farm with his brother Lyle, David thrived on family, love, hard work, and community support. His mother was a county school teacher and David went on to follow her example, spending thirty-eight years in the profession. After attending Northwestern College in Orange City, Iowa for his BA in English, he received his Master’s degree in educational psychology and guidance, with additional hours in learning disabilities. He had the unique experience of teaching in the high school from which he graduated, with some former teachers of his.

Susan and David were married in her home town, Sutherland, Iowa in 1971. They had almost 43 years together. They had two children, Matt and Holly. Matt is a computer analyst in Seattle and Holly teachers at Aveda and is a para educator in New Brighton. Cherished grandson, Sabbastian is a Highview student, (no teaching career in view yet).



David moved to Meadowood Shores in August 2024 from their retirement home in Okoboji, Iowa. Both Sue and David were active in the community of Okoboji and the Methodist Church; enjoying the well-known lakes and recreational region. It has been an adjustment, but Dave enjoys living near his daughter and family. He is keeping up with his hobbies especially reading historical fiction and mysteries and getting acquainted here at Meadowood. He finds the residents cordial and the staff helpful. Attending the activities and meals are getting him in touch with his neighbors.

**You’ll find David a  
great addition to  
Meadowood Shores.**





As the year draws to a close, December brings a special kind of magic to our senior housing community. The crisp winter air, festive decorations, and a calendar full of activities make this month a time of joy and togetherness. A time we take the opportunity to look at accomplishments, goals met, and make plans for the New Year

By now, you all should have received your letter regarding the 2025 lease addendum. We will be scheduling 2 dates where myself or Shannon will be available to answer any questions you may have. A flyer will be posted at the front desk with dates and times.

Our annual staff Holiday party is December 12<sup>th</sup>. If you would like to donate towards the employee fund, please let me know. We will use these donations to purchase gifts for the party.

### Looking Ahead

As we celebrate the end of the year, we also look forward to the new beginnings that January will bring. Stay tuned for exciting announcements about upcoming events and activities in the new year.

Wishing everyone a joyful and peaceful holiday season. Let's make this December one to remember!

Warm regards,  
Deb



We are nearing the end of 2024, and I can't believe how fast the year has zoomed by. It has truly been an eventful and memorable year at Brightondale/Meadowood Shores.

R for Residents First is the letter of the month. As we embrace the holiday season, I'd like to recalibrate our focus towards.....YOU, the residents. You are at the heart of everything we do at this community. Residents First is more than just a philosophy. It's what inspires us, drives us, and gives us a sense of purpose.

As we partner together, here are a few ways you can implement the Residents First mantra, especially during the holidays.

**Share your traditions:** Tell a friend about the customs, recipes or songs that make the holidays special to you.

**Celebrate each other:** Take the time to connect with your neighbors. Share a cup of coffee, a kind word, a friendly chat or even invite them to a holiday event/activity.

**Communicate your needs:** Provide feedback and / or suggestions on how we can better serve you.

The month of December is a time of celebration, giving, gratitude, and joy. At Brightondale/Meadowood Shores, our greatest gift is the privilege of serving you. Thanks for another incredible year and Happy Holidays!

**\*\*Reminder\*\*** We just wanted to remind everyone to use the SilverAdvantage boards for recognition. If residents and/or staff ever want a special way to say thank you, the board is a good place to do so. We have had people try to leave tips and although that is a very kind gesture we cannot accept them. Each recognition post-it note is worth 5 points. When an employee gets to 50 points they then get to redeem a prize through our corporate office. The SilverAdvantage boards are located by the elevators at both buildings.







Splash those blues away!

Swimming is a wonderful exercise for people of all ages, especially in the cold months. The low-impact nature of swimming makes it an ideal option for older adults, as it places minimal strain on the joints. This is particularly beneficial for those with arthritis or joint pain, as the buoyancy of the water supports the body, reducing pressure on the knees, hips, and spine.

In addition to being gentle on the body, swimming offers a full-body workout that can improve cardiovascular health, strength, and flexibility. Regular swimming helps seniors maintain muscle tone, improve balance, and boost endurance—all of which can reduce the risk of falls and other injuries. Studies have shown that the rhythmic movement of swimming can also improve heart health, lowering blood pressure and reducing the risk of cardiovascular disease.

Swimming can also enhance mental well-being. The calming effect of being in the water helps to reduce stress, while the release of endorphins during exercise can improve mood and increase energy levels. Many seniors find the social aspect of swimming classes to be rewarding as well, helping to foster a sense of community and combat feelings of isolation.

Overall, swimming offers a holistic approach to physical and mental health for older adults, making it a highly beneficial exercise choice.

Two locations near us where you could go to swim:

- **Shoreview Community Center**  
651-490-4750  
4600 Victoria St N, Shoreview, MN 55126 ·  
17 mi
- **The YMCA**  
763-785-7882  
8950 Springbrook Dr NW,  
Coon Rapids, MN 55433  
7.7 mi



Happy Holiday Season from the Dining Department! During this busy season, we have managed to fit in a special meal to celebrate winter and the holidays. Please join Mariel and Jennifer in the Meadowood Shores Bistro on Saturday, December 14<sup>th</sup> at 12pm for a 3-course **Holidazzle Billable Meal!** Participants will have a choice between 2 items for each course. We will offer a special beverage of either a nonalcoholic white Christmas punch or a peppermint martini; first course choice of a grilled steak crostini or sweet potato, goat cheese, & cranberry bite; 2<sup>nd</sup> course choice of cocoa-spiced salmon with beet & orange salad or glazed Cornish hen with balsamic purple potatoes; and 3<sup>rd</sup> course choice of gingerbread roulade cake or mint-chocolate mousse. Seating will be limited, so please watch for a poster and sign-up sheet! The Bistro will be open for regular service from 11:00-1:30.

**Pies and cookie trays will be available for purchase at the Bistro for the Christmas holiday. Look for signs with more information as we get closer to holiday time!**

**Holiday meal times for December: Join us for a celebration of the holidays and a special meal on Tuesday, 12/24 and Tuesday, 12/31 at dinner. Dinner will be served at 4:30pm in the Brightondale Dining Room and beginning at 5:00pm in the Meadowood Dining Room. Guests are welcome in the Dining Room! Please arrange ahead with Brightondale front desk or sign up at Meadowood Shores front desk so we can accommodate your guests.**


**Wednesday 12/25 and Wednesday 1/1 will be holiday meals served in the Brightondale and Meadowood Shores Dining Rooms. Meal time begins at 11:00am at Brightondale and 11:30am at Meadowood Shores. Meadowood Shores holiday meals will be buffet-style. Assisted Living and Reflections residents will receive a boxed meal for dinner (delivered during lunch time) and dining staff will not be present in the evening of both days.**



# Out & About (Community Outings)

>>>>Reminder: Our bus does not run on Holidays as a rule. At times drivers will offer to drive making it a bonus opportunity!  
 Sign up for upcoming Billable Outings: Live on 65 Christmas Concert, & Lutefisk Dinner in January  
 Billable sign up sheets are located in the front section of the outing book.

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
<u>Appointment Books</u> are located at the front desk for both locations.					
<u>Outing Signup Books</u> are located at the communication center for MWS and Front Desk for BD					
2nd	BD 1:00 PM	3:00 PM	Scenic Snow & Treat Drive to (AL & R)	Free	Day Before
4th	MWS 9:00 AM	12:00 PM	Ladies Breakfast Outing to Carol's	\$ Meal	2 Days Before
4th	MWS 6:00 PM		\$\$ Billable Outing to Live on 65		
4th	BD 6:15 PM	9:30 PM	Christmas Concert (IL& AL)	\$\$12.00	12-2-24
5th	BD 1:00 PM	3:00 PM	Outing to Mass at St. Mary of the Lake (AL & R)	Free	Day Before
7th	BD 9:15 AM		Scenic Drive (AL & IL)	Free	Day Before
7th	MWS 9:30 AM	12:00 PM	Outing to the Como Holiday Flower Show		
9th	BD 1:00 PM	3:00 PM	(AL & R)	Donation	Day Before
10th	MWS 12:15 PM	1:15 PM	Walkover for Mass with Father (IL)	Free	Day Before
11th	MWS 6:00 PM	8:30 PM	Holiday Lights Outing (IL)	Free	Day Before
14th	BD 5:00 PM	8:00 PM	Holiday Lights & Live Nativity Outing (AL & R)	Free	Day Before
18th	MWS 10:30 AM	3:30 PM	Outing to the Norway House with Lunch stop at Ikea (IL)	\$\$ 15 tickets \$ Meal	12-11-24
20th	BD 5:00 PM	8:00 PM	Holiday Lights Outing	Free	Day Before
21st	BD 9:15 AM		Scenic Drive (AL & IL)	Free	Day Before
21st	MWS 9:30 AM	12:00 PM			
27th	BD 8:30 AM		Men's Breakfast Outing to Fat Nat's (IL, AL & R)	\$ Meal	2 Days Before
27th	MWS 8:45 AM	12:30 PM			
28th	BD 9:15 AM		Scenic Drive (AL & IL)	Free	Day Before
28th	MWS 9:30 AM	12:00 PM			

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

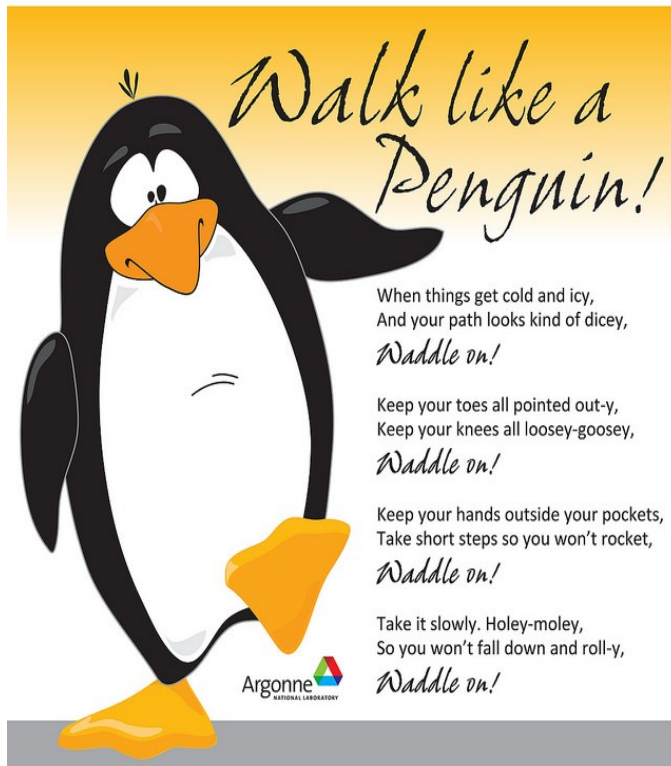
## Residents' Guidelines for Bus Travel

### Relating to Inclement Weather

SilverCrest recognizes the importance of consistent, dependable and safe transportation. Trips may be cancelled or changed as needed. Here are the weather guidelines that we follow.

- Road condition & weather reports are assessed for storms, fog, snow and ice conditions.
- Temperature related safety conditions can also affect trips/outings (too high or too low)
- When a bus does not travel a route in the morning due to ice or snow conditions, it will not do so in the afternoon either.
- When a bus does not travel in the morning due to fog and the fog clears during the day, the bus will transport as soon as able.
- If a cancellation or change is required, you will be notified by posting & or phone call.

Reminders: When using the bus dress appropriately for weather & walking conditions.  
If an emergency occurs, we want you to be safe & warm or cool as weather dictates.



## ~NEED to Know~

~Al Fisher, Green Team Member

### Brightondale/Meadowood Shores Senior Community Trash/Recycling Program Recycle Plastic Bags for a Bench!

There is a group of residents from MWS who gather plastic for recycling. On all three floors the plastic is collected in the Trash Rooms in a large white box. Scott Rockstad & Al Fischer collect them a few times a week and then are placed in a large container in the garage.

The residents and staff have done an outstanding job collecting these types of plastics. Any questions you have about what can be put in there can be answered by Scott or Al. We have been collecting about 50lbs of plastic per week. Every 10 weeks that adds up to 500lbs!

Our goal is to collect enough to add another bench for our campus. You can see the fruits of our labor in the front entrance of Meadowood Shores. We already have our first bench. Now if we can only let the birdies know not to redecorate the color of the bench!

Keep up the good work!



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## ***Some Need to Know Reminders for the Holiday Season at Brightondale***

### **Holiday Meals at Brightondale**

An evening meal will be served on Christmas Eve & a noon-time meal on Christmas Day. Family can make reservations at the front desk for the 1<sup>st</sup> Floor Assisted Living Dining Room to join a loved one from Reflections and/or Assisted Living. The charge for the meal is \$16 for guests.

**For Christmas Eve and Christmas Day** plan please let **Nursing know** by December 18<sup>th</sup> (Wednesday) if your loved one is going out, what time they will be picked up and returned and if they will miss any meals.

Lastly, I know many of you like to recognize employees this time of year. I would like to remind you that we, as employees, are not able to accept individual gifts. If you would like to donate to the employee fund, contact Deb Tschida, Executive Director or one of our leadership team. We will use donations to purchase gifts for our annual Holiday Employee Party. Your donations will help make our annual Holiday Employee Party a memorable event for everyone.

### ***Some Need to Know Reminders for the Holiday Season at Meadowood Shores & Brightondale***

**Reminder that the Fire Marshall** does not allow us to have any real trees or wreaths, evergreen decor, etc. Fake decorations are great!

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## **Reflections from Reflections**

### **Greetings friends and family,**

Usually this time of year, we get a lot of questions about gift ideas for people living with dementia. Think not only about what they can do or enjoy by themselves, but also what you could do together during an Essential Care-giver visit.

Here are some of our favorites:

1. Warm and soft throw pillows or super soft blankets for the bed and small blankets for the lap.
2. Personalized items that can be made with family photos, like coffee mugs, puzzles, calendars, etc.
3. Large print address book with all the names and numbers of the people they care about to make it easy to call them or a phone with one-touch dialing with a picture of the person to call.
4. Most Smart TVs have a USB port now, so any file created can be played and viewed in their apartment on the TV. Consider making a slideshow of pictures. For this, I recommend longer slideshows and videos so that this can be set up and enjoyed like a movie. Digital picture frames that can do a slideshow if their eye sight is good enough to see it vs. the large TV view.
5. An "Alzheimer's Clock" that tells the date and time, or a clock that makes noises if someone's eyesight is poor.
6. For later stages of the disease, a special fidget lap blanket, pillow, book or board to mess around with — check the internet for ideas to make or order these.
7. A robotic pet— there are many different varieties and residents at any stage of the disease can enjoy these if they love animals. Some act very real and others may just be a breathing puppy sleeping, but they definitely get those feel good chemicals in the brain going when you pet them!

**There is something about being on a bus, that bring us together sharing the space and enjoying the journey!**



### **Connect with Reflections on....Facebook.**



If you use Facebook, please join our private page for family members only.

**Search for:**

**"Reflections at Brightondale."**

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](http://www.brightondaleseniorcampus.com)

**Recipe for Christmas All Year Long**

~Joanna Fuchs

- **Take a heap of child-like wonder** that opens up our eyes to the unexpected gifts in life— Each day a sweet surprise.
- **Mix in fond appreciation** for the people whom we know.
- **Light festive Christmas candles**, for that special glow.
- **Add some giggles and some laughter, with a dash of Christmas food...**  
amazing how a piece of pie improves one's attitude!
- **Stir it all with human kindness; Wrap it up in love & peace,**
- **Decorate with optimism**, and your joy will never cease.

If we use this healthy recipe, we know we will remember, to be in the Christmas spirit, even when it's not December!



**Brightondale  
Meadowood Shores  
Community Lead Staff**



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