

**JANUARY
2025**



SILVERCREST
PROMOTING WELLNESS FOR A VIBRANT LIFE

**Daybrightener
Brightondale & Meadowood Shores**

Volume 25
Issue 1

Program Ponderings *by the Program Department*

“2025 the times they are a changing”



Farewells & New Beginnings

After 24 and a half years of dedicated service, it is with mixed emotions that I announce my retirement . Reflecting on the countless memories and experiences shared with my colleagues, residents, and their families, I am filled with gratitude and pride.

From the early days of my career to the present, I have witnessed and been part of many changes and growth within our community. Each moment has been a learning experience, and I cherish the relationships built over the years.

While transitioning from the role of Director of Programming and stepping into this new chapter of my life, I am thrilled to welcome Amy Mophew, who will be taking over the position. Amy brings a wealth of experience and a fresh perspective that I am confident will benefit our community greatly. I am hoping for a smooth transition and encouraging everyone to extend a warm welcome of support to Amy, when she starts in January.

Thank you all for the wonderful memories and the opportunity to serve this incredible community. I look forward to spending time assisting in the onboard process and will be on site a few days per week in February. My official last day will be Monday, March 3rd. I look forward to hearing about the continued success and growth of this community .

Warm regards,
Su Stigney

This Month's Musical Entertainment

At Brightondale AL & Reflections

- 5th** Music by Irondale Music
- 10th** Guitar Music by Mary Franz
- 22nd** Guitar Music by Tony Garry
- 25th** Sing-along by Maria
- 31st** Variety of Music by Pete Hofmann

At Meadowood Shores

- 10th** Music by River City Quartet
- 11th** Harp Music by Elsa
- 15th** Hymn Sing by Lee Ann
- 24th** Music by Aquatennial Singers
- 29th** Hymn Sing by Lee Ann

Educational Sessions

Both

- 2nd** “Resident Forum”
Presented by Management
- 14th** Public Safety Chats & Coffee
*Presented by Officer Austin of New Brighton
Police & Fire*

BD ONLY

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

2nd Calendar Review

Presented by Lisa

24th New Residents' Orientation

Presented by Patricia

MWS ONLY

9th Technology Session

Presented by Su

16th New Residents' Orientation

Presented by Resident Greeters

23rd Sharing the Journey Session

Presented by Residents

31st For the Love of Food

Presented by Chef Brian

Brightondale Resident Spotlight is on Kay Tjosvold ***Our January Neighbor of the Month*** written by Patricia Anderson

Kay Tjosvold is our resident of the month for January 2025. She is a wonderful, happy, independent lady who has sage advice for younger women.

She grew up in Jordan MN, where her dad was a dairy farmer. She spent 18 years on the farm, enjoying herself and learning to use her imagination. She enjoyed having two sisters and a brother. Because her siblings were all about a decade younger than herself, she learned to keep herself company, entertained and happy.



Jordan High School is her Alma Mater. After graduating, she went to airline school and excelled at teletyping. She then met “the love of her life” and married and became the mother of her dear daughter Terri. Her husband invented a type of furnace and built a successful company.

The family enjoyed traveling to the Bahamas, Mexico, Sarasota, and Las Vegas. Unfortunately, the marriage did not ultimately work out. She did not care to date again or marry again, she says, because she was enjoying her leisure time with herself and friends and her daughter. She took classes such as ceramics, loved to watch all the latest movies, and found country western music very therapeutic.

Kay has sage advice for younger women:

- ◆ “Get a good education and value yourself”
- ◆ In life, “you are going to have to forgive people”
- ◆ “don’t hold grudges” & “don’t hate as it will come back to you”
- ◆ “Being married & lonely is way worse than being single and lonely”

Kay certainly has wise words to live by!



Happy New Year & Welcome 2025!!

On Thursday December 12th, the staff celebrated the holidays with our annual party. We played games, had a great meal and spent time together.

We all would like to thank you for the cards, candy, and donations to our holiday party. We used the party donations to purchase gift cards for door prizes at the party. Silvercrest also recognizes staff with a bonus at the end of the year.

Here is a winter safety tip :

Please be careful on the sidewalks and in the parking lot. This is the time of year for slips and falls on snow and ice. To help keep you safe, walk like a penguin or do the penguin shuffle. The waddle keeps your center of gravity over your front leg and will help keep you upright. Spread your feet out slightly to increase your center of gravity, and take small steps. Remember to wear non-skid shoes or boots. We want you to be safe out there .



E - Equity

With the new year comes new perspectives, and I am excited to see what this year has in store. We are kicking off the year with the letter of the month, E for Equity.

At Brightondale/Meadowood Shores we strive to uphold the Equity model, which calls us to recognize and celebrate our differences, while ensuring that everyone has the resources and support needed to thrive. Here are some practical ways you can do your part to foster Equity at our wonderful community.

Foster Inclusive Relationships: Try to connect with fellow residents from different backgrounds, cultures, and abilities. Simple gestures like sharing meals or joining conversations can help bridge divides.

Advocate for Fairness: Speak up if you notice inequities, such as favoritisms or even discrimination. Let a member of leadership know immediately.

Foster a Welcoming Environment: Ensure that social circles are inclusive, and everyone has an opportunity to participate. You can also help a new resident get acclimated to the community.

Thank you for being an important part of what makes Brightondale/Meadowood Shores such a special place to live. Together, let's continue to foster a culture where everyone feels included and has a sense of belonging.

Welcome to 2025!

****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 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.

SilverCare Connections

Submitted by Cheri Booth, RN,
SilverCrest Corporate Clinical Director

Staying Healthy & Happy During in 2025

1. Stay Active

Even a short walk around the block or some light stretching can make a big difference in keeping your body moving. Many communities offer activities, so consider joining a group walk or chair yoga session to stay engaged and active.

2. Eat Mindfully

Meals are full of delicious treats, but balance is key. Enjoy your favorite dishes, but try to include plenty of fruits, vegetables, and lean proteins. Keep portion sizes in check, and don't forget to stay hydrated!

3. Prioritize Rest

The hustle and bustle of life can disrupt your routine. Make sure to set aside time for rest and relaxation. A good night's sleep will keep you feeling refreshed and ready to enjoy the festivities.

4. Stay Connected

Loneliness can be more noticeable during the Winter months. Reach out to family, friends, or neighbors. If in-person visits aren't possible, try phone calls or video chats to stay connected.

5. Manage Stress

Take a few moments each day to breathe deeply, meditate, or enjoy a favorite hobby. Remember, it's okay to say no to activities that feel too demanding.

6. Stay Safe

Winter weather can pose risks. Wear appropriate footwear and dress warmly when heading outdoors. If you have travel plans, give yourself plenty of time to arrive safely.

7. Mind Your Medications

With the change in routine, it's easy to miss a dose of medication. Set reminders or keep a schedule to stay on track. If you're traveling, pack your medications in a safe, easily accessible place.

By keeping these tips in mind, you can make this year safe and healthy. Wishing you and your loved ones a year filled with warmth, love, and laughter!



Food Service

Submitted by Mariel Boeyink,
Director of Food Services

January is always a busy month. For those people with whom the concept of the "new year" resonates, there are tons of opportunities to turn over a new leaf – organizing, exercising, eating healthy, traveling, spending more time with family and friends...all wonderful things to focus on.

In the world of food, there are a lot of January "food focus days". Here are a couple that I noticed when doing a little research:


- January is National **Be Nice to Servers** month – what a wonderful thing to pay attention to! Here at Brightondale and Meadowood Shores, we have such great folks serving meals in the dining rooms. Take some time to give them a big dose of Minnesota Nice!
- January is also National **Focus on Fiber** month. We hear about it all the time – and maybe we know of it more commonly as bulk or roughage – but what does it mean and what does it do for us? Dietary fiber consists of the parts of fruits, vegetables, grains, nuts and legumes that humans cannot digest. There is no fiber in meat, dairy, fat, or sweets. There is no energy or calories in fiber. Cooking, freezing, canning and other methods of preservation do not affect foods' fiber content. A diet high in fiber can reduce the risk of heart disease and certain types of cancer. There are 2 basic types of fiber – soluble and insoluble. Soluble fiber includes legumes, brans, white flour, and some fruits and vegetables. Soluble fiber helps to lower blood cholesterol (the reduction of heart disease portion mentioned above). Insoluble fiber includes wheat bran, whole grains, vegetables and seeds. Insoluble fiber helps move food through the stomach and intestines, which reduces the risk of colon and rectal cancers. A bowl of oatmeal and a pear have about the same amount of dietary fiber – isn't it nice to have such a variety of foods to eat to help improve and maintain our health?

Thank you all so much for ringing in the New Year with us – I'll see you in the dining rooms!

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: Lutefisk Dinner, & Love Letters at the Chanhassen
 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
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					
2nd	BD 1:00 PM	3:00 PM	Scenic Treat Drive (AL & R)	Free	Day Before
3rd	MWS 11:15 AM	1:45 PM	Outing to Westminster Hall Music Concert 	Free	Day Before
4th	BD 9:15 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
8th	MWS 10:30 AM	2:00 PM	Ladies' Lunch Outing to 50's Grill (IL) 	\$ Meal	2 Days Before
9th	BD 1:00 PM	3:00 PM	Shopping Outing to Savers (AL & R) 	\$ Shopping	Day Before
11th	BD 9:15 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
13th	BD 1:00 PM	3:00 PM	Fridley City Scenic Drive (AL & R)	Free	Day Before
14th	MWS 12:15 PM	2:30 PM	Walkover for Mass with Father (IL)  	Free	Day Before
16th	BD 1:00 PM	3:00 PM	Outing to St. Odilia Mass (IL) 	Free	Day Before
18th	BD 9:15 AM	12:00 PM	Scenic Drive (AL & IL)	Free	Day Before
20th	BD 1:00 PM	3:00 PM	Coon Rapids City Scenic Drive (AL & R)	Free	Day Before
23rd	BD 1:00 PM	3:00 PM	Outing to Spring Brook Nature Center 	\$ Donation	2 Days Before
24th	BD 8:30 AM	12:30 PM	Men's Breakfast Outing to Good Day Cafe (IL, AL & R)	\$ Meal	2 Days Before
25th	MWS 11:00 AM	1:00 PM	Lutefisk Dinner (AL & IL) 	\$25	11-9-24
27th	BD 1:00 PM	3:00 PM	Spring Lake Park City Scenic Drive (AL & R)	Free	Day Before
29th	MWS 10:00 AM	12:00 PM	Winter Carnival Outing To see start of the Snow & Ice Sculptures (IL) 	\$ option	2 Days Before
30th	BD 1:00 PM	3:00 PM	Winter Carnival Outing To see start of the Snow & Ice Sculptures (AL & R)	Free	Day Before

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

More Program Ponderings

by the Program Department

New at BD...City Scenic Drives

We will be starting the year focusing on the cities and neighborhoods around us. Learning the history, and what make each city special!

New / Back at BD... Happy Hour

We will be bringing back our Monthly Happy Hour! Happy Hours are not just for the young and the restless. It's time for our assisted living seniors to come together, have fun, and socialize. Happy Hours offer a vibrant and lively social scene for seniors. It's a time to enjoy clever cocktails and engage in exciting activities that bring laughter, friendship, and the joy of shared experiences. Whether it will be mixing up unique cocktails, playing games, or showcasing hidden talents, happy hour for our seniors is all about creating memorable moments and building more meaningful relationships.

New at MWS...Sharing the Journeys

Hello everyone. We are a diverse and talented community with an abundance of experiences. It could be about traveling, careers, hobbies or volunteer opportunities. We would like you to share them with us. We are starting a new monthly program that will allow you to do that. We welcome groups & individuals. It doesn't have to be a lecture, but more like a conversation. Hopefully, we can get to know our neighbors more than just saying "hi" in the hallways.

Our first session will be about traveling to Italy. If you have gone to Italy (or have always dreamed of going) and would like to share about your time there, please contact either Bev Swanson at 612-269-4459 or Sandi Kollmann at 612-708-1314.

We are open to all ideas for presentations on any subject. Your feedback will be appreciated.

New at MWS... Tuesday Morning Bible Study

Adding a new study group "Working through the Bible." The group is currently in the Book of John.



To all that gave donations this past holiday season! It helped make our Annual Holiday Staff Party amazing!



Save the Date... Our Residents' Class of 2024 Events

We are having events to celebrate all of the residents that moved into Meadowood Shores or Brightondale in this past year of 2024.

>Brightondale will be having the 2024 Residents' Class Event on January 24th at 2:30 with the new resident orientation.

>Meadowood Shores will be having the residents' Class 2024 Luncheon on January 15th at noon.

*Class of 2024 please plan to attend!
We look forward to seeing you!
Invites will go out close to the event.
(RSVP Requested)*

Green Team Reminders

RECYCLE BINS

DO - follow lists & pictures for what goes in recycle bins and recycle only items on the list.

DO - keep all Styrofoam **out** of recycling.

DO - use **only paper bags** (if not using re-usable bags) to put things in the recycle bins.

DO - prop door open only during time you are using the trash room and shut door as you leave.

>**Shredded paper is not recyclable!** Must be put in sealed bags and put in trash shoot or put in the trash dumpster in the garage.



Reflections from Reflections

Kate Jann, Director of Reflections

Beloved Families and Friends,

My name is Kate Jann, and I am so honored to step into the role of Director of Reflections at Brightondale. My passion for memory care began with my grandmother's journey with dementia, which inspired me to learn more about the disease and how to support individuals with dignity and kindness. Starting my career as a resident assistant gave me hands-on experience, and I've since pursued specialized training and leadership roles, including graduating from the Leading for Life program in November 2024.



Outside of work, I'm a proud mama to five wonderful children. I love spending time with them exploring our beautiful state, making memories, and enjoying their adorable dance routines. I'm also passionate about photography, good music, and sharing delicious meals with friends. These experiences have shaped my love for people and my appreciation for the unique stories and personalities that make each person special.

Since joining this incredible community, I've already received a warm and wonderful welcome from the residents. I've had the privilege of joining a few outings and activities that enabled me to have a taste of what this wonderful community has to offer. I look forward to many more moments like these. What excites me most about this role is the opportunity to build meaningful relationships with our residents, understand who they are intrinsically, and curate personalized experiences that help them feel seen, engaged, and valued. I'm also eager to navigate this journey with families, partnering together to ensure the best care and support for their loved ones.

Together, I believe we can create an environment where every resident is celebrated for who they are, every family feels supported, and every day brings joy, purpose, and connection. I look forward to walking this journey with all of you and making each moment truly meaningful.

Warm regards,
Kate Jann



Reflections' Outings

Reflections Residents will need written confirmation at a Care Conference or an email, stating that it is okay to bill for outings that have a charge.



Visiting Como



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

Brightest-Side of ... Change

1. "Change may be hard, but laughter makes it a whole lot easier."
2. "The only constant in life is change, but that doesn't mean it can't be ok!"
3. "Laughter is the secret ingredient to embracing life's changes with open arms."

People

love change.

THEY JUST DON'T LIKE
transitions.

~Mathew Kelly

Embrace the Change !

Attend one of these Welcome Events

(All welcome ... Residents, Staff & Families)

- ◆ **Meet Kate Jann, our new Director of Reflections at BD**
January 3rd at 6:00 pm in the at BD Sunroom
- ◆ **Meet Amy Morphew, our new Director of Programs**
January 17th at 10:30 am in the BD Sunroom
- ◆ **Meet Amy & Kate, our new Directors**
January 17th at 2:00 pm in the MWS Dining Room
(RSVP helpful to 651-746-5621)



Brightondale Meadowood Shores Community Lead Staff

Deb Tschida <i>Executive Director</i>	dtschida@brightondale.com	651-746-5602
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Amy Morphew <i>Director of Programs</i>	amorphew@brightondale.com	651-746-5621
Program Coordinators	programming@brightondale.com	
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Mark Schlichtmann <i>Bus Driver</i>	<i>bus cell phone</i>	763-406-6094
Kate Jann <i>Director of Reflections</i>	cjann@brightondale.com	651-746-5611
Mariel Boeyink <i>Director of Dining Services</i>	mboeyink@brightondale.com	651-746-5604
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