

**February  
2025**



**SILVERCREST**  
PROMOTING WELLNESS FOR A VIBRANT LIFE

**Daybrightener  
Brightondale & Meadowood Shores**

Volume 25  
Issue 2

**Program Ponderings** *by the Program Department*  
**“2025 Times - They are a Changing!”**



***Loose Change Jars for California***

Throughout the month of February, we will be collecting loose change at both front desk locations to help senior communities in California affected by the fires. The devastation is huge and it will take many millions to fully restore. With small acts like this, they can rebuild.



**American Red Cross**



If you wish to give a larger donation, please make your check payable to the **American Red Cross.**



**2025 Resident Royalty Nominations**



It's been our tradition to recognize two individuals within each of our communities during Valentine's season. Please do take a moment to nominate the two residents from your community for this very special honor. Just write the name of one female and one male resident that you'd like to recognize on a sheet of paper and turn it in to the front desk. The two people do not need to be married to each other. We will be collecting the nominations at the front desk until noon on February 10th.

All nominations will go into a drawing and the crowning will take place during our Coronation Events on Friday the 14th!

**February's Entertainment**

**At Brightondale AL & Reflections**

- 1st Harp Music By Elsa
- 7th Piano Music By James Christenson
- 21st Magic Show By Markus Clegg
- 26th Guitar Music By Tony Garry

**At Meadowood Shores**

- 5th Hymn Sing By Lee Ann
- 7th Magic Show By Markus Clegg
- 19th Hymn Sing By Lee Ann

**Educational Sessions**

**BD ONLY**

Weekly Series:

- Monday Mornings** - All about Animals
- Wednesday Mornings** - Famous Face
- On most Tuesdays** - KIT Box Collections

**6th** "Resident Run Council"

*Presented by Residents*

**MWS ONLY**

**6th** "Focus Department Forum"

*Presented by Dining & Programs*

**21st** Sharing the Journey

**27th** Technology Education

**28th** Love of Food w/ Chef Brian

**February Religious Opportunities**  
**Brightondale**

- 2nd Worship Group
- 4th Worship with Pastor B
- 11th Catholic Mass
- 18th Worship Communion with Pastor B
- 25th Catholic Communion Services

**Meadowood Shores Location**

- Tuesday morning weekly Bible Study
- Wednesdays Catholic Rosary / Communion
- 5th Hymn Sing
- 12th "I AM Statements with Jesus"  
Bible Study with Ron
- 19th Hymn Sing
- 26th Worship Study with Pastor Matt

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



**After over 24 years of dedication, Su Stigney will be retiring from Brightondale and Meadowood Shores.**

**You are invited to join us on Monday, March 3, 2025 as we celebrate Su!**

**Brightondale Location in the Sunroom at 10:00 am**  
**Meadowood Shores Location in the Dining room at 2:00 pm**

## This Month's Spotlight is on Our New Director of Programming "Amy Morphew"

My name is Amy Morphew and I am excited to be your new Director of Programming for Brightondale and Meadowood Shores. I come to you with experience in education, ministry, and senior living.

I was raised in New Brighton on Erin Court. My Mother (Kay) was a nurse at Unity Hospital and my Father (Conan) had been a hospital administrator before owning a Precision Tune on the corner of Mississippi and Silver Lake Road in the 80's. I have one brother (Mark) who is 13 years older than me and a sister (Julie) who is ten years older than me. I attended Pike Lake Elementary school and Christ the King Lutheran Church in my younger years. I graduated from Mounds View High School as we had moved to Shoreview after my elementary years.



My husband Jim and I were married in July of 2001. Jim grew up in Iowa and Elk River. He works for Donaldson Company. We have three children.



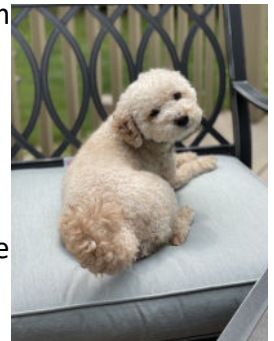
**Abby** is 22, she goes to the University of Minnesota and works for the Shoreview YMCA.

**Grace** is 18 and is a senior at Mounds View High School and works for the YMCA too. She plans to attend the University of Iowa this coming fall.

Our son **Aaron** is 16 and is a Sophomore at Mounds View. Aaron enjoys music, theater and traveling.



Our dog **Finley** is a Maltipoo. He is very sweet and loves people. Jim and I are very active with the Mounds View Softball Association as our girls have played throughout their years with them. We oversee the concession stand. We moved to New Brighton in December of 2023. My father passed away in spring of 2009 and my mother passed away in spring of 2023. I miss them deeply but feel they have helped guide me to Brightondale and Meadowood.



*My passion for working in Senior Programming runs deep within me. I love helping people find their passion and purpose in life. I am looking forward to being creative, laughing, talking and embracing life with you. -Amy*

### 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.

# Community Updates

~Deb Tschida, Executive Director

## SilverAdvantage February's Focus is on ...

### S – Safety & Security

~ Tamba Ngewoh -Tana Assistant Executive Director  
(One of Our SilverAdvantage Team Members)

## Happy Valentines Day!

With the cold season in full swing & Valentine's Day just around the corner, let's focus on heart health and winter safety.

### Heart Health Tips:

- ◆ **Stay Active:** Walking, indoor exercises, or joining the fitness classes can keep your heart pumping strong.
- ◆ **Eat Heart-Healthy Foods:** Incorporate more fruits, vegetables, whole grains, and lean proteins into your diet. Avoid excessive salt and sugar.
- ◆ **Monitor Your Heart:** Regularly check your blood pressure and cholesterol levels.
- ◆ Visit your healthcare provider for routine check-ups.

### Winter Safety Tips:

- ◆ **Dress in Layers:** Wear multiple layers of clothing to stay warm. Don't forget hats, gloves, and scarves!
- ◆ **Prevent Falls:** Watch out for icy sidewalks & driveways.
- ◆ **Wear shoes with good traction.**
- ◆ **Stay Indoors During Storms:** If possible, avoid going outside during severe weather.

*By following these tips, you can maintain a healthy heart and stay safe during the winter months. Stay warm, stay safe, and take care of your heart!*

**Reminder: On colder days, we will wait to open the interior doors until the exterior door has closed. Please remind your family and friends that when they stop in front of Brightondale or Meadowood Shores to pick you up, to not leave their vehicle unattended or block the entrance for more than a few minutes. It is important to keep this area open for emer-**

### A Heartfelt Message of Gratitude and Safety

I want to begin by expressing my heartfelt gratitude to everyone for your commitment to following the necessary precautions in our collective battle against the Norovirus within our community. The well-being and peace of mind of our residents are of the highest priority here in Brightondale. Your vigilance and cooperation are instrumental in maintaining a healthy environment for all.

### Silver Advantage: S for Safety and Security

This month, our Silver Advantage letter is **S for Safety and Security**. Your safety is paramount to us, and we are dedicated to safeguarding various aspects of your well-being. This includes:

- ◆ **Fire Alarm Testing:** Regular checks to ensure systems are functioning properly.
- ◆ **Severe Weather Training and Discussions:** Equipping you with the knowledge to stay safe during adverse weather conditions.
- ◆ **Privacy Safeguarding:** Protecting residents' personal information and ensuring confidential conversations remain private.

**Visitor Awareness:** Please refrain from opening the door to anyone you do not recognize. Inform a staff member if you encounter any suspicious or unsafe conditions so that they can be addressed promptly.

Together, we can create a safe and secure community. Your participation and attentiveness play a crucial role in this effort.

### Winter Preparedness

As Winter progresses, temperatures are dropping, more snow is falling, and slippery conditions are becoming more frequent.

- ◆ Check the weather conditions before heading out for appointments or walks.

### Open Communication

Should you have any questions or concerns, please do not hesitate to reach out to the leadership team. We are here to assist you because we remain dedicated to ensuring the safety and health of all our residents.

Thank you for your continued cooperation, and let's



## SilverCare Connections

### Living with Parkinson's Disease

(Information from the Parkinson's Foundation Website)



While living with Parkinson's disease (PD) can be challenging, there are many things you can do to maintain and improve your quality of life. Finding the balance between a proactive approach and wondering what lies ahead can be overwhelming. Enhancing your own PD awareness starts with gathering the information you need when you need it. Living with a chronic and progressive disease like PD is no small feat. How you experience and react to life with Parkinson's is unique to you. Work on maintaining a flexible mindset. Adaptation can take many forms. With some adjustments and working alongside your care team, you do not have to give up important activities or aspects of your lifestyle.

### Parkinson's disease (PD)

A neurodegenerative disorder that affects predominately the dopamine-producing ("dopaminergic") neurons in a specific area of the brain called substantia nigra.

### Are you or is someone you live with affected by Parkinson Disease?

We invite you to come join us:

MWS -Mon. Feb. 10

from 10:00-11:00 - Fireside

BD Tues. Feb 11

from 11:00-12:00 - Sunroom



## Food Service

Submitted by Mariel Boeyink, Director of Food Services

### February News from Dining:

Residents of Meadowood, Brightondale, families and friends; please join Dining Director Mariel and Dining Manager Jennifer for a special High Tea lunch in the Bistro on Saturday, February 22. We will have more information as we plan it out, so please keep an eye out!

For residents of Meadowood Shores – beginning 2/21/2025 guests will no longer be able to use resident's meal credits for dinners and brunches in the dining room. We are updating to the standard already practiced at Brightondale and the rest of the buildings in our company. Thank you so much for your understanding and see you soon in the dining room!

In February, we are featuring sparkling wine in the Dining Rooms – please join us for some samples! Sparkling wine is wine with enough carbon dioxide in it to become fizzy. It is most commonly white or rosé (pink) but can also sometimes be red. It ranges from very dry or "brut" to very sweet or "doux". The fizzy carbon dioxide in the wine results from natural fermentation in the bottle or in a large specially-designed tank. Some cheaper sparkling wines can even be injected with carbon dioxide!



Champagne is the word commonly used to describe sparkling wine, but is only truly "Champagne" if made in the Champagne region of France! Also from France are Cremant and Mousseux. From Italy come Spumantes (sparkling wines) named for specific regions: Asti, Lambrusco, and Prosecco. In Spain sparkling wine is called Cava, from the Latin word for "cave".



## Join us for an Elegant Meal...

**When: February 13, 2025**

**Where: BD and MWS Dining Rooms**

**Time: BD 4:30 pm - MW 5:00 pm**

**Sign up: by 2/10/25**



Come and enjoy a lovely meal including appetizers, wine, salad, main entrée and dessert as we celebrate this season of love.


# February 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: Ring of Kerry in March at LIVE on 65 & the Play Grease in June at the Chanhassen

Billable sign up sheets are located in the front section of the outing book.

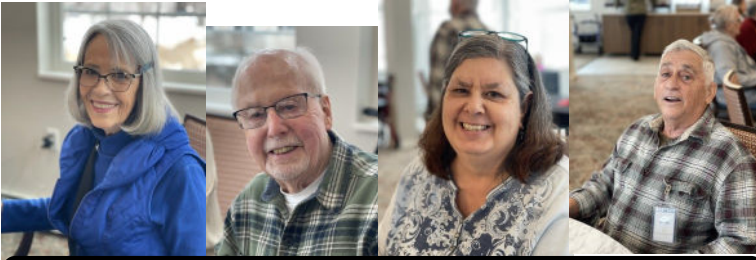
Date	Time of Departure	Estimated Return Time	Event & Location	Cost	Reserve by
Mondays	Between 8:00 AM	To 11:30 AM	Appointment Runs — 6 mile zone		Day Before
Tuesdays	Between 12:00 PM	To 3:00 PM	Appointment Runs — 6 mile zone		Day Before
Thursdays	Between 8:00 AM	To 11:30 AM	Appointment Runs — 6 mile zone		Day Before
<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 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (IL & AL)	Free	Day Before
5th	MWS 11:00 AM	2:00 PM	Ladies Lunch Outing to Olive Garden (IL) 	\$ MEAL	2 Days Before
6th	BD 1:00 PM	3:00 PM	Drive and Treats (AL & R)	\$ Donation	Day Before
8th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (IL & AL)	Free	Day Before
10th	BD 1:00 PM	3:00 PM	Roseville Drive (AL & R)	Free	Day Before
11th	MWS 12:15 PM	2:30PM	Walkover for Mass with Father (IL)  	Free	Day Before
12th	BD 11:00 AM	2:00 PM	Couple's Lunch Outing to Lucky 13th (IL) 	\$ MEAL	2 Days Before
13th	BD 1:00 PM	3:00 PM	Outing to Como Sunken Garden (AL & R) 	\$ 4	Day of
15th	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (IL & AL)	Free	Day Before
17th	BD 1:00 PM	3:00 PM	Scenic Drive to Blaine (AL & R)	Free	Day Before
19th	BD 9:45 AM MWS 10:00 AM	4:00 PM	Chanhassen Outing (IL & AL)  	\$\$	FILLED
20th	BD 1:00 PM	2:00 PM	Mass at St. Mary's the Lake (AL & R) 	FREE	Day Before
21st	BD 8:30 AM MWS 8:45 AM	11:00 AM	Men's Breakfast Outing to Denny's (IL, AL & R) 	\$ Meal	2 Days Before
22nd	BD 9:15 AM MWS 9:30 AM	12:00 PM	Scenic Drive (IL & AL)	Free	Day Before
24th	BD 1:00 PM	3:00 PM	Shoreview & DQ Treat Drive (AL & R)	\$ Donation	Day Before
26th	MWS 10:30 AM	3:00 PM	Outing to MN History Center and Lunch (IL)  	\$\$ \$ Lunch	2 Days Before
27th	BD 1:00 PM	3:00 PM	Scenic Drive to Maple Grove (AL & R)	FREE	Day Before

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

More ...

## Program Ponderings

### January Memories from MWS



### Class of 2024 Luncheon



### “Sharing the Journey” to Italy



### Minneapolis Aquatennial Singers

### Come Connect with Amy

Please join me in conversation at any of the following FREE opportunities...

#### Brightondale

Mondays in February at 9:30  
for coffee and treats in the Sunroom

#### Meadowood Shores

Tuesdays in February at 3:15  
for coffee and treats in the Dining Room

Thursday 2/6 & 2/20 at 12:00

**Free Pizza Lunch** in  
MWS Dining Room  
gather near the Fireplace

(Sign up in the book by the elevators)



#### **Program Suggestion Box**

We will have a Suggestion Box and cards to fill out on the table near the Sign up book You can also email your suggestions, comments or questions to: [amorphew@brightondale.com](mailto:amorphew@brightondale.com)



Join us...  
**On Super Bowl Sunday for a P-A-R-T-Y!!!**

On Sunday February 9

#### Meadowood Shores

Come anytime after 5:30 to the Dining Room as we watch the game on the BIG TV together. We will play Super Bowl BINGO as we watch the game—BYOB and a snack to share.

#### Brightondale & Reflections

Come anytime after 5:30 to R3. We will provide snacks and beverages.

**Meadowood Shores  
Trip to the Minnesota  
History Center & lunch**

**Wednesday, February 26**

**10:30-3:00 pm**

**\$12.00 for museum**

**Bring money for your lunch in the café.**





# Reflections from Reflections

Kate Jann, Director of Reflections



## Beloved Families and Friends,

As February greets us with its chilly charm, we find ourselves reflecting on the importance of health and wellness—especially after navigating a recent outbreak of Norovirus here in our community. Thankfully, with a dedicated and hardworking staff and the cooperation of families, we've emerged symptom-free and more prepared than ever to tackle whatever comes our way. Let's take a moment to talk about what Norovirus is, how to stay safe, and how this all ties back to caring for loved ones with dementia.

**What Is Norovirus?** Often called the “winter vomiting bug,” Norovirus is a highly contagious virus that causes gastrointestinal upset, including nausea, vomiting, and diarrhea. It's infamous for spreading quickly in group settings. While it's usually short-lived for healthy individuals, it can be more concerning for our residents, especially those with dementia, who may have difficulty communicating symptoms.

**How Does It Spread?** Norovirus loves to hitch a ride on contaminated surfaces, food, water, or even an unwashed hand. It's a tenacious little bug—resistant to many cleaning agents and hand sanitizer and is capable of surviving on surfaces for days. This is why strict hygiene protocols are essential to prevent outbreaks.

**What Can You Do?** While we've taken extra measures to ensure a clean, safe environment for your loved ones, prevention truly starts with awareness:

- **Wash Your Hands:** It's the simplest and most effective way to combat germs. Scrubbing for at least 20 seconds with soap and water can do wonders.
- **Stay Home if You're Sick:** Even if it's just a sniffle, err on the side of caution. Norovirus doesn't need much of an invitation to spread.

**Norovirus and Dementia: A Unique Challenge:** For residents with dementia, outbreaks bring unique challenges. Changes in routine or heightened precautions may cause confusion or agitation. During these times, our team focuses on providing calm, clear communication and maintaining as much normalcy as possible to support our residents' well-being.

**A Silver Lining** If there's one lesson Norovirus has taught us, it's that our community is resilient. Together, we've weathered the storm, and now we're ready to embrace February with open arms (and an arsenal of disinfectant wipes).

Thank you for being part of this journey with us. Let's keep working together to create a safe, healthy, and supportive environment for everyone.

**Ps. We have a fun Magic show event by the wonderful Markus Clegg, that will be on the 21<sup>st</sup> of this month at 1pm at R3. It will be quite the event, and you are all welcomed to come enjoy it!**

## K.I.T. Boxes and or Baskets

Familiar, loved objects stir our memories, especially for those with memory issues.

The Reflections neighborhoods have a collection of items that we use for group and one on one programming. KIT (Keep It Together) Boxes and or Baskets are set up by topic/subject with items, facts, and trivia that all relate together. We are now collecting items! This endeavor will expand various group programs in the areas of Reminiscence, Education, Sensory and just friendly conversation. This gives the opportunity to view, recall past experiences & memories, touch, hear, learn and at times even taste the experience.

**The Kit topics to be worked on this month are:**

- Horses
- Down on the Farm
- Ballroom Dancing
- Minneapolis Memorabilia
- St. Paul Memorabilia
- WWI or WWII (War Times)
- Tea/coffee

Items we will need can be old or new, small enough to fit in a boot size storage container or some larger items may at times be utilized.

If you wish to contribute items for our KIT program please contact Patricia or Lisa at 651-746-5626 or [programming@brightondale.com](mailto:programming@brightondale.com)

happy  
Valentine's  
day



**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)

**Brightest-Side of ...**

**Valentine Jokes**

**Did Adam and Eve ever have a date?**

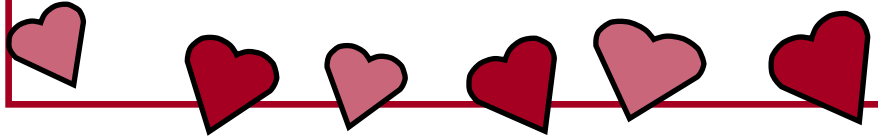
**No, they had an apple.**

**What did the flame say to his buddies after he fell in love?**

**“I found the perfect match!”**

**Why do skunks love Valentine’s Day?**

**Because they’re scent-imental creatures.**



**Lost or Found Items**

*If you find an item bring it to the front desk, and if you lost an item, check with the front desk to see if someone found it and brought it there.*

**Recycling Reminder...**

Please remember that pastic bags are NOT allowed in our recycling bins. Separate your items to make sure they are being disposed of properly.— Thank You!



**Brightondale & Meadowood Shores  
Community Lead Staff**



<b>Deb Tschida</b>	<b>Executive Director</b>	<b>dtschida@brightondale.com</b>	<b>651-746-5602</b>
Allen Weber	Maintenance Lead		651-746-5622
Lori Blaido	Supervisor of Housekeeping	<b>lblaido@brightondale.com</b>	763-843-3247
<b>Tamba Ngewoh -Tana</b>	<b>Assistant Executive Director</b>	<b>ttana@brightondale.com</b>	<b>651-651-5612</b>
<b>Regina Kpasia</b>	<b>Director of Admin. Services</b>	<b>rkpasia@brightondale.com</b>	<b>651-746-5637</b>
Brightondale Front Desk		<b>bdreceptionist@brightondale.com</b>	651-633-6484
Meadowood Shores Front Desk		<b>mwreceptionist@brightondale.com</b>	651-604-2900
<b>Shannon Garza</b>	<b>Director of Marketing</b>	<b>sgarza@brightondale.com</b>	<b>651-746-5615</b>
<b>Amy Morphew</b>	<b>Director of Programs</b>	<b>amorphew@brightondale.com</b>	<b>651-746-5621</b>
Program Coordinators		<b>programming@brightondale.com</b>	
Chuck Kraus-Schlichtmann	Bus Driver	bus cell phone	612-433-5860
Mark Schlichtmann	Bus Driver	bus cell phone	763-406-6094
<b>Kate Jann</b>	<b>Director of Reflections</b>	<b>cjann@brightondale.com</b>	<b>651-746-5611</b>
<b>Mariel Boeyink</b>	<b>Director of Dining Services</b>	<b>mboeyink@brightondale.com</b>	<b>651-746-5604</b>
Jennifer Enright Dining Services Supervisor		<b>jenright@brightondale.com</b>	651-746-5616
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MWS Dining Room			651-746-5619
<b>Kerrie Foley</b>	<b>Clinical Director</b>	<b>kfoley@brightondale.com</b>	<b>651-746-5608</b>
Iwona (Yvonne) Lipinski	RN	<b>ilipinski@brightondale.com</b>	651-746-5630
Julie Palm	LPN	<b>jpalm@brightondale.com</b>	651-746-5606
Jared Okinyi	RN	<b>jokinyi@brightondale.com</b>	651-746-5606
Kayette Montcalm	LPN	<b>kmontcalm@brightondale.com</b>	651-746-5606
<b>Wahde-Mai Warner</b>	<b>Resident Care Coordinator</b>	<b>wwarner@brightondale.com</b>	<b>651-746-5639</b>
<b>Sara Koch</b>	<b>Hairstylist</b>	<b>xomom0204@gmail.com</b>	<b>763-213-5874</b>