

MAY
2025



DAYBRIGHTONER

MEADOWOOD SHORES & BRIGHTONDALE SENIOR COMMUNITIES

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SILVERCREST
PROMOTING WELLNESS FOR A VIBRANT LIFE

COMING IN MAY...

Brightondale Book Worms Mondays, May 5 & 19 at 9:30

Meet in the Sunroom - See page 2 for more info.

BD Patio Ponderings - Wednesdays in May at 1:00

Meet in the BD Fireside Room and join us as we gather and connect on the patio (we will stay inside if too cold/rainy).

BD Create a Window Sun Catcher- May 15 10:00

Make yourself a Window Sun Catcher - Sunroom and R3

May 20 - 2:15 Meadowood Shore's Hand Chimes will be treating us to a season end performance in the Bistro Dining area ***All are welcome to enjoy!***

MWS Create a Patio Pot - May 23 1:00 - Library/Gazebo

Make yourself a Patio pot or one to give away...

\$10.00/pot (Check or Cash accepted - PAY AT THE EVENT)
Sign up to attend!

Honoring our Vets!



Sunday, May 25 - at Brightondale
We will be featuring the movie **Forrest Gump**
with Ice Cream in the
Sunroom and in R3 at 3:00 pm

Monday, May 26 - Memorial Day
at Meadowood Shores Dining Room
4:00 Come see the movie **Forrest Gump**
& Ice Cream for all - In honor of our vets!

VOLUME 25
ISSUE 5

Silver Advantage—Giving YOU the R.E.S.P.E.C.T. you deserve

PROGRAM PONDERINGS

FROM: AMY MORPHEW – DIRECTOR OF PROGRAMMING

Webster defines the word community as follows...*Community -*

“A group of people with a common characteristic or interest living together within a larger society”

As I head into my fifth month of working here. I can tell you I feel nothing but a sense of community from both the staff and residents alike. From the worship opportunities, game, music and good food, I’d say we have a pretty good community at both our sites. In the coming months we are going to have opportunities to bring our community out to the larger New Brighton community.... I hope you will join us as we come together and celebrate so much!

-June 18-21 MWS Community Garage Sale

-July 26 MWS 25th Anniversary Party 2-4 pm

-August 5 - National Night /Day Event

-August 9 Stockyard Days Parade

-September Dog Race Event

Meadowood Shores Programming

May Entertainment/Outings/Education

5/1	2:15	Resident Forum - D
5/5	10:30	Book Worms - F
5/7	10:45	\$ Ladies Lunch to La Casita (IL/AL)
5/9	2:15	Cooking with Chef Brian - D
5/12	10:30	Book Worms - F
5/14	2:30	Fall Prevention Education - D
5/15	2:15	Internet Safety Talk - D
5/16	8:30	\$ Men’s Breakfast to “FatNat’s”
5/16	2:30	Ladies ONLY Happy Hour - D
5/19	10:30	Book Worms - F
5/20	1:00	Coffee with the Cop - F
5/20	2:15	Hand Chime Program - D
5/21	1:45	Feed My Starving Children
5/23	9:30	Fare for All Trip (IL/AL)
5/23	2:15	Music with James Christianson - D
5/26	4:00	Movie Forrest Gump & Ice Cream- D
5/30	2:15	Andy Steinfeldt Music- D

Brightondale Programming

May Entertainment/Outings/Education

Wednesdays at 1:00 in May - Patio Ponderings

5/5	9:30	Book Worms - S
5/5	2:00	Cinco de Mayo Trivia & Treats F/R3
5/7	10:45	\$ Ladies Lunch to La Casita (IL/AL)
5/8	3:00	Resident Council - F
5/9	11:00	Andy Steinfeldt Music - S
5/10	2:00	Harp Music with Elsa - R3
5/16	8:15	\$ Men’s Breakfast to “Fat Nat’s”
5/19	9:30	Book Worms - S
5/20	1:30	Coffee with the Cop - F
5/23	9:45	Fare for All Trip (IL/AL)
5/25	3:00	Movie Forrest Gump & Ice Cream- D

BD Patio Ponderings - Wednesdays in May at 1:00

Meet in the BD Fireside room and join us as we gather and connect on the patio. *We will stay inside if the weather is too cold/rainy.*

Fall Prevention Education at MWS

Ascend Rehabilitation will be at MWS on **Wednesday, May 14 at 2:30 in The Bistro.** They will lead an Inservice Education on **“Fall Prevention”.** They will be coming monthly to share and discuss a variety of topics.

Watch for our MWS “Summer Garden Group” to begin in Mid - May. A notice will be posted when we will begin our outdoor flower gardens.

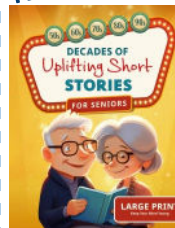
NEW!!!

“Brightondale Book Worms”

We will gather two Mondays a month at 9:30 in the Sunroom at BD.

We will read together and discuss short Stories and other books.

May 5 & 19



BD Create a Window Sun Catcher

May 15 10:00

Make yourself a Window Sun Catcher Sunroom and R3.





COMMUNITY SPOTLIGHT

HONORING OUR BRIGHTONDALE NURSING TEAM NATIONAL NURSES WEEK—MAY 6-12



Kerrie Foley - Clinical Director	RN
Iwona (Yvonne) Lipinski	RN
Julie Palm	LPN
Jared Okinyi	RN
Kayette Montcalm	LPN

Thank you...

 For your care and kindness...

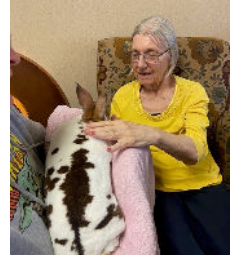
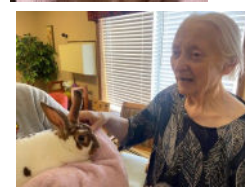
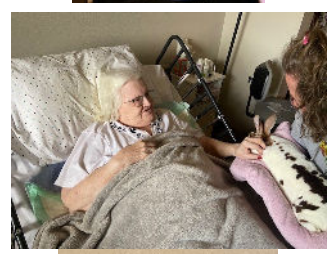
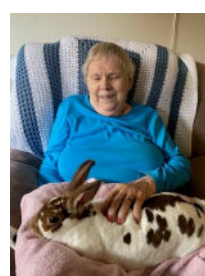
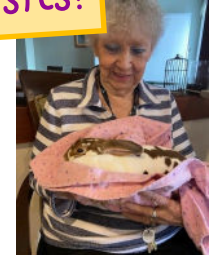
Spring Time at Meadowood Shores



Easter In Reflections!



Bunny Visits!



COMMUNITY IN ACTION

Meadowood Shores Community

All Proceeds go to the Alzheimer's Association



Drop off Donations -
June 1-11 (M-F) from 10:00 - 4:00
NO CLOTHING ACCEPTED

MWS Resident Volunteer Meeting:

May 14 -11:00am
Bistro Fireside



Sign up for the shifts and jobs you want
to volunteer with starts on May 15th -
This will be online and at the sign up
table near the elevator.

Watch for details

Sale Dates/Times -

June 18	Residents/Staff ONLY	9:00-12:00
Open to ALL		
June 18	1:00-6:00	
June 19	9:00 - 6:00	
June 20	9:00-3:00	
June 21	9:00 - 12:00 - \$10.00 Trash Bag Sale	

Do you have a group that meets in one of our common spaces on a weekly/daily basis?

We would appreciate knowing when and where you are gathering.

Stop by the front desk to let us know your group's details.

This is so the office staff is aware and we can plan activities.

Please note: If a room is reserved or is needed for activities, you may need to find another location for that day/time.



Join us in packing meals for children

Wednesday, May 21
1:45 pm

Sign up to travel and make food packs for children



Come shop with us at
FARE FOR ALL! May 23rd

Fare For All is a pop-up grocery store.

They sell packs of fresh produce and frozen meat at up to 40% off of retail prices.

How does It Work? Fare For All buys fresh produce and frozen meat in bulk from wholesalers, manufacturers, and growers. Volunteers bundle it into \$10 – \$30 packages that are sold at sale locations across Minnesota.

They accept cash, credit, debit, and EBT cards.

Cards are preferred.

They do not accept checks.



Twins games can be shown in either the Library or Bistro (when not utilized). Residents are welcome to turn the TV on to watch.

REFLECTING ON REFLECTIONS

FROM: KATE JANN – DIRECTOR OF REFLECTIONS

Mother's Day and Memory Care: Honoring the Mothers We Love and Remember



Mother's Day is a deeply meaningful time in our Reflections community—a chance to honor the women who have nurtured, guided, and loved us through every chapter of life. Even when memory loss is part of the story, that deep bond between a mom and her child is still there—and it shows up in the most beautiful ways. As memories fade, the heart remembers. The love shared between a mother and her child has a unique power that remains, often expressed in

the smallest, sweetest moments. In memory care, we see this love come to life in so many touching ways. There's something incredibly special about watching adult children sit beside their mother during mealtimes, gently helping her eat and offering soft words of encouragement. Others bring family in for Thursday hangouts filled with laughter and stories or simply come to take their mom to enjoy a quiet walk together in the sunshine. These moments may seem simple, but they are deeply sacred.

If you're thinking about spending some time with your mom this month but aren't sure how, here are a few easy ideas that go a long way:

- **Stop by and join us for a floral craft on May 9th in R3 at 2pm**
- **Bring her a little treat or her favorite flowers**
- **Flip through old photo albums together**
- **Take a walk—slow and steady is perfect**
- **Sit with her, hold her hand, and play some favorite music**



Even if words aren't always remembered, *feelings are*. The warmth of being together, the recognition of a familiar voice or the comfort of touch—these moments stay with us. As we celebrate Mother's Day, let's focus not only on memories of the past, but on the love we can continue to share in this season of life. To all the incredible mothers—those we can still hug and those we hold in our hearts—thank you for the legacy of love you've given us.

***May this month be filled with meaningful moments
and heartfelt connection.***

COMMUNITY NEWS

A MESSAGE FROM OUR
EXECUTIVE DIRECTOR – DEB TSCHIDA

May 2025

Happy Mothers' Day to all our fabulous Mothers. I hope you can spend time with those you love!



We have been fortunate enough to have many neighbors join our communities. We all know that moving from a single-family home to apartment living can be a big transition. Here are some tips for successful community living.

Get to Know your Neighbors - Whether you are the "newbie" or have lived here several years, get to know your neighbors.

Ask questions. Try to get to know everyone, not just those you connect with immediately.

Find your Niche - We have an amazing programming department. Whether you play cards, enjoy movies, or love the casino, there is likely to be a program you are interested in; this is a great opportunity to meet people with similar interests.

Eat in the Dining Room - The best way to become comfortable with your new home is to meet new friends and the best place to meet people is in the dining room!

Be Reasonable with your Requests - Living in a community is not only about your needs. Be mindful of your neighbor's wants, needs, and dislikes.

Be Patient with Yourself - It takes time to get used to a different style of life and feel settled.

Don't be leery of asking for help, either from staff or fellow residents.

Remember at one time or another we all were "newbies".

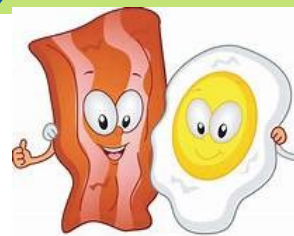
REMINDER FOR ALL:

You can not hang personal pictures or put nails/holes in the walls around your apartment doors. Please keep all decor on your door.



NURSING

FROM CHERI BOOTH, RN
SILVERCREST CLINICAL DIRECTOR



The Big P: PROTEIN The Importance of Protein for Seniors

As we age, maintaining muscle mass and strength becomes increasingly important for overall health, mobility, and independence. Protein plays a key role in preserving lean muscle, supporting immune function, and aiding in recovery from illness or injury. For seniors, getting enough protein daily can help prevent age-related muscle loss (sarcopenia) and reduce the risk of falls and fractures.

Nutritionists recommend that older adults consume slightly more protein than younger adults to maintain their health. While the general guideline for adults is around 0.8 grams of protein per kilogram of body weight, seniors may benefit from 1.0–1.2 grams per kilogram. This means someone who weighs 150 pounds might need around 68–82 grams of protein each day. Good sources include lean meats, poultry, fish, eggs, dairy products, legumes, and plant-based proteins like tofu or quinoa.

Incorporating protein-rich foods into every meal and snack is a simple way to help meet daily needs. For example, adding Greek yogurt to breakfast, a tuna sandwich or bean salad for lunch, and chicken or tofu stir-fry for dinner can provide balanced, consistent intake. For those with smaller appetites or difficulty chewing, softer options like scrambled eggs, cottage cheese, or protein shakes can be helpful. Always consult a healthcare provider or registered dietitian to personalize nutrition goals and ensure a safe, balanced diet.

DINING SERVICES

FROM: MARIEL BOEYKIN – DIRECTOR OF DINING SERVICES

Sample Beverages for May – The wines of Australia

20 years ago, Australian wines were hugely popular in the United States, both because of the advertising power of wines with cute “critters” on the label such as Yellowtail brand, and good scores from critics for high-end wines.

While sales of Australian wines now are nowhere near what they were at their height in 2007, they are worth a try! Australia has some of the world’s oldest vines and wines; overall good farming practices; and fair pay and working conditions for vineyard workers. Even with higher production and labor costs comparative to other wine-growing countries, Australia wines are in the middle of the price spectrum – making the fanciest bottles from Australia a bargain compared to similar ones from France and California. Finally, most Australian wines are sealed with a screw cap instead of a cork – this doesn’t just mean they are easier to open! Screw caps ensure consistency, longer aging, and NO risk of taint from corks. We hope you join us to taste some of these wines at dinner during the month of May!



Important Dates for May:

Monday, May 5 - Celebrate **Cinco de Mayo** by trying some tasty food! We’ll have a special menu in the Bistro for lunch and in the dining rooms for dinner.

Sunday, May 11 - We will host a special brunch for Mother’s Day

11:00 am in the Brightondale Dining Room

11:30 am in the Meadowood Shores Dining Room.

Friday, May 16 - We will celebrate **Norwegian Constitution Day** (Syttende mai) a day early with a festive Bistro Special and Nordic-themed dinner.



Monday, May 26 - Summer holidays begin with a picnic lunch in observation of Memorial Day at:

11:00 am in the Brightondale Dining Room

11:30 am in the Meadowood Shores Dining Room.

Both dining rooms will be closed for the evening meal.

Who
wants a
FREE
Meal?

Meal Punch Cards! We are now offering “Meal Punch Cards” for the **Bistro at Meadowood Shores**. After eight meals you get a FREE one. Pick these up in the dining area. Great for visitors and families!



MAY TRANSPORTATION OFFERINGS






- REMINDER: OUR COMMUNITY BUS DOES NOT RUN ON HOLIDAYS -
****SIGN UP FOR UPCOMING BILLABLE OUTINGS IN THE OUTINGS BOOK****

Appointment books are located at the front desk of each location
Outing Sign up sheets are located: MWS—Near the elevators BD—Front Desk.

APPOINTMETN RUNS

DAY	DEPARTURE	RETURN	EVENT	COST	RESERVE BY
Mondays	8:00 AM	11:30 AM	Appointment Runs 6 mile radius	x	Day Before
*** NO appointments Runs on Memorial Monday 5/26***					
Tuesdays	12:00 PM	3:00 PM	Appointment Runs 6 mile radius	x	Day Before
Thursdays	8:00 AM	11:30 AM	Appointment Runs 6 mile radius	x	Day Before

May ACTIVITY RUNS

DAY	DEPARTURE	RETURN	EVENT	COST	RESERVE BY
5/1/25	BD 1:00	3:00 PM	Scenic Drive (AL/R)	x	Day Before
5/3/25	BD 9:00/MW 9:15	11:00 PM	Scenic Drive (II/AL)	x	Day Before
5/7/25	BD 10:45/MW 11:00	1:00 PM	Ladies Lunch to La Casita Mexican	\$	2 Days Before 
5/8/25	BD 9:00/MW 9:15	11:00 PM	Scenic Drive (II/AL)	x	Day Before
5/10/25	BD 9:00/MW 9:15	11:00 PM	Scenic Drive (II/AL)	x	Day Before
5/12/25	BD 1:00	3:00 PM	Scenic Treat Drive (AL/R)	x	Day Before
5/15/25	BD 1:00	3:00 PM	Mass Outing to St. Odilia	x	Day Before 
5/16/25	BD 8:15/MW 8:30	11:00 AM	Men's Breakfast to Fat Nat's	\$	2 Days Before 
5/17/25	BD 9:00/MW 9:15	11:00 PM	Scenic Drive (II/AL)	x	Day Before
5/21/25	MW 1:45	3:30 PM	Feed My Starving Children	x	2 Days Before 
5/23/25	MWS 9:30/BD 9:45	10:30 AM	Fare for All	X	2 Days Before 
5/24/25	BD 9:00/MW 9:15	11:00 PM	Scenic Drive (II/AL)	x	Day Before
5/30/25	BD 9:00/MW 9:15	11:00 PM	Scenic Drive (II/AL)	x	Day Before
5/31/25	BD 9:00/MW 9:15	11:00 PM	Scenic Drive (II/AL)	x	Day Before

Key  = Prepare for walking \$ = Pay at event \$\$ - Billable



MAY BIRTHDAYS & CELEBRATIONS



BD Birthdays!

5/8 Wayne Carlson
 5/14 Norma Wulff
 5/15 Pat Hince
 5/19 Dori Mefford
 5/28 Toby Matros

MWS Birthdays!

5/5 John Ward
 5/6 Kathy Johnson
 5/9 Dave Buerke
 5/24 Kim Vu
 5/27 Jonie Notaro
 5/30

Staff Birthdays!

Regina Kpasie
 Hope Oreso
 Amy Morphew
 Ann Budzinski
 Vncent Obaigwa
 Helena Chesson
 Maineng Lee



WELCOME NEW RESIDENTS!

Ed Hamernik - MWS
 Sam and Jan Sharp - MWS
 Rose Kennedy - BD/Reflections
 Susan Gonsalves - BD/Reflections
 Toby Matros - BD/Reflections



STAR STAFF SPOTLIGHT - LILIAN MONGUSU



This month, we are proud to shine our Star Spotlight on Lilian Mogusu, one of Brightondale's outstanding Resident Assistants. Lilian has been a part of the Brightondale family for 10 months, and during that time, she has made a remarkable impact with her caring heart and gentle spirit. Lilian shares that she loves working at Brightondale because "everyone is very nice and welcoming." Her passion for helping others truly shines, especially when working with the residents in the Reflections Unit, who require a little extra support. Lilian's quiet and peaceful nature brings great comfort to residents, particularly during challenging times, making her a true source of calm and reassurance. When she's not at work, Lilian enjoys spending her time cooking, creating delicious meals for family and friends. **We are so grateful for the compassion, strength, and dedication she brings to Brightondale every day!**

Thank you, Lilian, for being such an important part of our team!



May Hair Salon News from Sarah

Starting in May, Thursday appointments will be unavailable.

The shop will be available on **Fridays with extended hours.**

I will have Tuesday afternoon hours available for perms and colors (as these appointments take 3 time slots).

Remember you can pre-book by calling me at 763-213-5874.



SILVER ADVANTGE

May's Silver Advantage Focus is COMMUNITY

FROM: TAMBA NGEWOH-TANA – ASSISTANT EXECUTIVE DIRECTOR

At the heart of our **COMMUNITY** for our residents is a deep commitment to creating a warm, home-like atmosphere where everyone feels truly valued and connected.

At **Meadowood Shores and Brightondale**, we strive to ensure that each resident feels a sense of belonging, with welcoming spaces, personalized care, and daily opportunities for meaningful interaction. From cozy common areas that encourage conversation to thoughtfully planned activities that cater to individual interests, our goal is to foster friendships, celebrate life experiences, and make every resident feel seen and appreciated.

We also take great pride in our campus, both its beauty and the spirit it reflects. Residents are encouraged to take an active role in shaping the community, whether it's through gardening, leading interest groups, or simply sharing ideas to improve daily life. By involving everyone and honoring their contributions, we create a sense of ownership and pride in our shared space, reinforcing the idea that this is more than just a place to live, it's a place to thrive.



FAITH & WORSHIP

ALL ARE WELCOME TO JOIN



AT MEADOWOOD

- 5/6 10:30 Bible Study - Room 117
- 5/7 2:15 Hymn Sing - Dingg Room
- 5/7 3:30 Catholic Services - Room 117
- 5/12 2:30 Non-Denominational Worship w/ Communion -BD
- 5/13 10:30 Bible Study - Room 117
- 5/14 3:30 Catholic Services - Room 117
- 5/20 10:30 Bible Study - Room 117
- 5/21 2:15 Hymn Sing - Dining Room
- 5/21 3:30 Catholic Services - Room 117
- 5/27 10:30 Bible Study - Room 117
- 5/27 1:45 Walkover to BD for Mass w/ Communion- S
- 5/28 2:15 Bible Study w/Pastor Matt - Dining Room
- 5/28 3:30 Catholic Services - Room 117

AT BRIGHTONDALE

- 5/4 10:00 Worship -R2
- 5/6 1:00 Worship w/ Pastor B - S
- 5/13 12:30 Mass with Communion w/ Father - S
- 5/15 1:00 Mass outing to St. Odilia
- 5/20 1:00 Worship with Communion w/ Pastor B - S
- 5/27 2:00 Mass Communion Service - S

NEW in Reflections -
Sundays at 9:30 Meditation Worship service's will be shown in both neighborhoods



We are looking to start a **Two Part Harmony Choir at MWS** this fall.

We need the following volunteers:

-Director

-Pianist (s)

-Choir Members

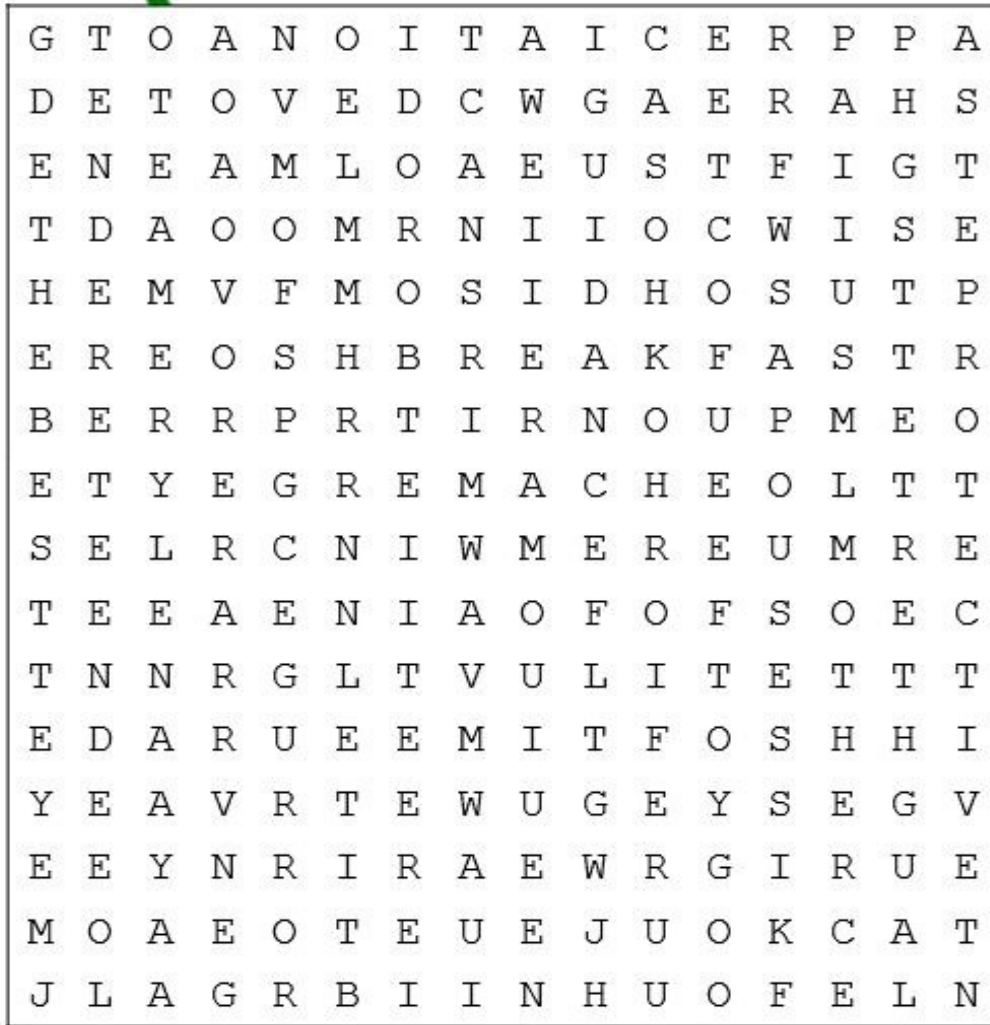
IF YOU are interested, Sign up on the INTEREST page in the book by the elevators.

See Amy with questions.



Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE



**Meadowood Shores
Apartment Living**
2100 Silver Lake Road
New Brighton, MN 55112
(651) 604-2900

**Brightondale
Assisted & Memory Care**
2700 Rice Creek Road
New Brighton, MN 55112
(651) 633-6484

Website:
www.brightondaleseniorcampus.com



Looking ahead...Mark your calendar
and watch for more info to come.

**June 18-21 MWS Garage Sale—
See page 4 for more details**



**July 26—Meadowood's 25th
Anniversary Celebration 2-4 pm**

September - Dog Races



**BRIGHTONDALE & MEADOWOOD
SHORES COMMUNITY LEAD STAFF**



Brightondale & Meadowood Shores Community Lead Staff

Brightondale Front Desk	bdreceptionist@brightondale.com	651-633-6484
Meadowood Shores Front Desk	mwreceptionist@brightondale.com	651-604-2900
Deb Tschida	Executive Director	dtschida@brightondale.com 651-746-5602
Allen Weber	Maintenance Lead	651-746-5622
Lori Blaido	Supervisor of Housekeeping	lblaido@brightondale.com 763-843-3247
Tamba Ngewoh -Tana	Assistant Executive Director	ttana@brightondale.com 651-651-5612
Shannon Garza	Director of Marketing	sgarza@brightondale.com 651-746-5615
Regina Kpasia	Director of Admin. Services	rkpasia@brightondale.com 651-746-5637
Johanna Chopp	Director of Resident Services	jchopp@brightondale.com 651-746-5640
Kerrie Foley	Clinical Director	kfoley@brightondale.com 651-746-5608
Iwona (Yvonne) Lipinski	RN	llipinski@brightondale.com 651-746-5630
Julie Palm	LPN	jpalm@brightondale.com 651-746-560
Jared Okinyi	RN	jokinyi@brightondale.com 651-746-5606
Kayette Montcalm	LPN	kmontcalm@brightondale.com 651-746-5606
Mariel Boeyink	Director of Dining Services	mboeyink@brightondale.com 651-746-5604
Jennifer Enright	Dining Services Supervisor	jenright@brightondale.com 651-746-5616
BD Kitchen	651-746-5603	MWS Dining Room 651-746-5619
Amy Morphew	Director of Programs	amorphew@brightondale.com 651-746-5621
Program Coordinators		programming@brightondale.com
Chuck Kraus-Schlichtmann	Bus Driver	cell phone 612-433-5860
Mark Schlichtmann	Bus Driver	cell phone 763-406-6094
Kate Jann	Director of Reflections	cjann@brightondale.com 651-746-5611
Wahde-Mai Warner	Resident Care Coordinator	wwarner@brightondale.com 651-746-5639
Sara Koch	Hairstylist	xomom0204@gmail.com 763-213-5874