

JULY 2017 NEWSLETTER

Birchwood Care Home

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UPCOMING BIRTHDAYS

July 1st – Elizabeth S.

July 3rd – Wilma P.

July 8th – Carole H.

July 15th – David V.

July 18th – Bill J.

July 28th – Barry E.

July 31st – Phil B.

We are going to have chocolate cake with chocolate frosting.

STAFF ANNIVERSARIES

Cherrie D. – 2 Years

Isabella N. – 3 Years

Marvin P. – 12 Years

Thank you for being a part of the Birchwood Care Team! We are so grateful for you!

Happy 4th of July! Here are some places to view fireworks in the Twin Cities:

- Stone Arch Bridge
- Gold Medal Park
- Mill City Museum
- Guthrie Endless Bridge
- Restaurant Rooftops
- Lake Calhoun
- Nicollet Island
- Hennepin Avenue Bridge



UPCOMING EVENTS

- The shopping outings in July will be Walmart and the Dollar Store. We will also take a trip to The Best Steak House, and order-in pizza from Little Caesars.
- **July 11th:** If you have attended the Leisure Party in the past, you may recognize our upcoming performers: we are very excited to welcome the Minneapolis Southside Singers to Birchwood for the first time! The Southside Singers formed back in 1989, and its members consists of people 55 and older. Please join us as we welcome them to Birchwood!
- **July 13th:** NAMI, the National Alliance on Mental Illness, will be coming to Birchwood to do a presentation about their organization and what they offer. NAMI specializes in education classes, gives presentations about various mental health topics, hosts support groups, and does outreach and advocacy in the community. NAMI is a great resource for people with mental illness, so please join us to learn more about how they help people!
- **July 18th:** Calling all seekers of adventure and beauty: we are taking a trip to Minnehaha Falls on Tuesday, July 18th! Come join us as we experience the breathtaking views of the waterfalls, get some exercise, and have a picnic with bagged lunches.

“Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world.” – Joel A. Barker

IMPORTANT NEWS

JULY COOKOUT

Thank you to those who attended our last two cookouts! This month we will enjoy some hotdogs or cheeseburgers, broccoli with cheese sauce, and ice cream sandwiches for dessert. We plan on having our cookout outside, but will eat inside if it is raining.

JUNE HIGHLIGHTS

GARDENING

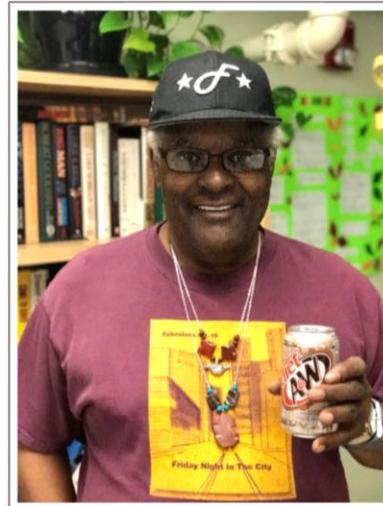
Our gardening event was a huge success! We planted perennials, annuals, and herbs! Our herbs are growing quickly, and we planted many different kinds. If you have yet to look at our flowers and herbs, feel free to take a peek at them the next time you are outside. We are so thankful for those who helped make our garden so lovely this year! Here are some photos right after we planted the herbs:



Look at how much they have grown in a month:



Wow, what a difference! We will be cooking with these herbs from time to time, and if you attended our Bug Party, you might have noticed the homegrown chives in your ladybugs. Not only are we able to see our growth progress, we can taste it!



RESIDENT SPOTLIGHT

The Resident of the Month for July of 2017 is Robbie R.

Robbie is one of our newer residents, having arrived at Birchwood in January of this year. Though newer to our community, Robbie has made quite an impact on our residents and staff members.

Robbie is a respectful, insightful, and vivacious human being. One may find him engulfed in a great book, as reading is one of his passions; as Robbie would say, he is addicted to reading. The smell of book pages entices Robbie, and he is often found reading novels or books about science.

In fact, Robbie is a seeker of knowledge. He has accomplished a degree in funeral directing and a minor in chemistry. Robbie has certificates in electronics and scientology, and used to work on processing for hearing aids.

If someone is in need of some great jams, Robbie is the person to seek out.

He is a lover of jazz and all things classical, with Mozart and Strauss being a couple of his favorites.

Thanks for being an essential part of the Birchwood Community, Robbie!

“Try to be a rainbow in someone’s cloud.” – Maya Angelou