

Birchwood Care Home

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Happy National Reading Month! Need a new book recommendation? According to the Washington Post, here are some of the best books from 2017 and their reviews:

- *Behave: The Biology of Humans at Our Best and Worst* by Robert M. Sapolsky
 - "Sapolsky has created an immensely readable, often hilarious romp through the multiple worlds of psychology, primatology, sociology and neurobiology to explain why we behave the way we do. It is hands-down one of the best books I've read in years. I loved it."— **Dina Temple-Raston, *The Washington Post***
- *I Can't Breathe: A Killing on Bay Street* by Matt Taibbi
 - "A complex and textured examination of the complicated personalities, flawed legal system, and politics revolving around the police killing of forty-three-year-old Eric Garner, whose final words became a rallying cry for the Black Lives Matter movement."—***The Boston Globe*, "Must Read Books for the Fall"**
- *Lincoln in the Bardo* by George Saunders
 - "*Lincoln in the Bardo* is part historical novel, part carnivalesque phantasmagoria. It may well be the most strange and brilliant book you'll read this year."—***Financial Times***
- *The Power* by Naomi Alderman
 - "Electrifying! Shocking! Will knock your socks off! Then you'll think twice, about everything."
—**Margaret Atwood**
- *Sing, Unburied, Sing* by Jesmyn Ward
 - "*Sing, Unburied, Sing* is many things: a road novel, a slender epic of three generations and the ghosts that haunt them, and a portrait of what ordinary folk in dire circumstances cleave to as well as what they — and perhaps we all — are trying to outrun."
—***New York Times Book Review***



"No winter lasts forever; no spring skips its turn."
— Hal Borland

UPCOMING BIRTHDAYS

March 7th – Annette S.

March 8th – Jim P.

March 14th – Ruth Ann V.

March 15th – Michael M.

The birthday cake in March will be chocolate with vanilla ice cream.

STAFF ANNIVERSARIES

Zainab R. – 2 Years

Frank D. – 3 Years

Thank you both so much for your time and hard work over the years. We are so grateful for your presence within the Birchwood community!

UPCOMING EVENTS

- The shopping outings in March will be Kmart and the Dollar Store. Our food outing will be at The Best Steak House and we will be ordering-in Chinese food.
- **March 9th:** Let's get colorful and celebrate spring, hope, joy, and all things beautiful! Please join us on Friday, March 9th for our Rainbow Party, and we invite you to present yourself colorfully. Whether you want to wear your favorite color or every color is up to you!
- **March 14th:** Are you a fan of peppermint and ice cream? How about together? If so, this is the event for you! We will be making Shamrock Shakes in the Recreation Room on Wednesday, March 14th, and we welcome all residents to join us for this tasty treat.
- **March 28th & 29th:** Join us for some egg-cellent happenings toward the end of the month: we will be dyeing and decorating eggs on Wednesday, March 28th, as well as hosting an egg hunt outside (weather permitting) on Thursday, March 29th. All residents are invited to participate in these egg-squisite events!



IMPORTANT NEWS

CRAFT MY LIFE

Sammie W., our Junior Social Work Intern, is beginning a creative new group this month. Craft My Life explores connecting art with life experiences, and every resident is welcome to participate, no matter their artistic abilities. This group will be crafted toward each residents' preferred type of art, and each participant is invited to reflect and create visual pieces based on their own experiences. This group will take place every Wednesday from 3:30-4:00 p.m.

NEW EMPLOYEES

With a new year under our belts, there have been some new changes within our staff. We have hired a new Director of Nursing, Toni Brown. Toni is a previous employee of Birchwood and is excited to be joining our community once again. Toni has numerous years of experience as a nurse, and gives the upmost care toward each client she encounters, all with a warm presence. Her first official day as our DON is Monday, March 19th. Welcome back to Birchwood, Toni!

Another addition to Birchwood is our new Dietitian, Sheila O'Donnell. Sheila has been a dietitian for over 20 years and has a great reputation with countless facilities around the area. She brings a smile and positive attitude to every task she takes on, and we are excited to have her as a new member of the Birchwood community. Welcome to Birchwood, Sheila!

RESIDENT SPOTLIGHT

The resident of the month for March of 2018 is Nancy W.

Nancy is a quiet yet friendly, athletic, and highly creative human. She is a tremendously talented artist and is very good at various art forms.

Nancy's background in art was enhanced when she went to college at the Minnesota State University, Mankato, where she took classes to strengthen her artistic abilities.

Along with studying art, Nancy earned a degree in English with an emphasis in technical writing. With her degree, Nancy was employed by a wilderness company and she was able to assemble their brochures. She also worked in process control through a biomedical company.

Some of Nancy's favorite activities include coloring, completing word finds, baking, and painting. One of her absolute favorite things to cook is monkey bread.

Nancy expresses gratefulness toward the Birchwood staff members, as well as a deep liking for the food we serve.

We are grateful for you, Nancy; thank you for adding light to the Birchwood Community!

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty." – Maya Angelou