



COMMUNITY UPDATES

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BirchwoodCottagesMN.com



GREETINGS!

Welcome to the first community update newsletter for 2023! We hope that the content in our newsletters will be informative, and helpful to all residents and families.

We have many new faces in our management teams at all three of our sites. So this first newsletter is dedicated to introducing everyone to the new leadership in our communities.

Thank you to all our families and residents for all your ongoing support through these transitions!

- Andrea Rupe, LALD



Has an employee of Birchwood Cottages gone above and beyond, carrying out the mission and values of Birchwood? We want to hear about it! Learn about our new Birchwood Cottages' Difference recognition program inside.



MEET THE LEADERSHIP!

OWATONNA

LAURA KAISER, LALD

Executive Director | laurak@birchwoodcottagesmn.com



Hi, I am Laura, the ED for the Owatonna Campus. I have a strong passion for helping the elderly and their families, as being a part of someone's journey is such a rewarding job and being able to add more people to the family is amazing. I am a single mom of 2 kids, Chloe and Gavinn; they do a great job of keeping me on my toes with sports. We recognize and appreciate the importance of family and like to spend our time together, playing cards, watching movies and in the warmer months, we enjoy spending time outside. Teaching my kids that life is short and learning to appreciate the little things in life is priceless and laughter is the best.

I have spent many years in this field and I have grown attached to memory care as they have so much joy to share and truly live in the moment. Birchwood has so much to offer not only the employees but mostly the residents. They recognize the importance of memory care and they give the residents the best opportunities that they can, whether it is the great walking path in the courtyard or the 7 days a week of activities. There is always something going on for the residents; especially singing, dancing and laughing!

SHARON BEXELL, RN

Clinical Nurse Supervisor | sharonb@birchwoodcottagesmn.com



I am Sharon Bexell, RN and Clinical Nurse Supervisor for Birchwood Cottages South Building in Owatonna.

I oversee the Services side of the care of our residents. I have about 15 years in Assisted Living/Memory care experience. I enjoy doing what I can to support the residents and families we serve. I have been at Birchwood for a year now and Birchwood brought me back to Owatonna again.

My husband, Rick and I live on the North east side of Owatonna, He has 2 children and 2 grandchildren and I have 4 children and in February I will have my ninth grandchild! I enjoy the cabin in the summer and a good trip to the ocean somewhere in the winter. In my spare time, I like to read and sew quilts.

MEET THE LEADERSHIP!

OWATONNA

LINDSEY CHOUINARD, RN

Clinical Nurse Supervisor | lindseyc@birchwoodcottagesmn.com



I have been the Clinical Nurse Supervisor for Owatonna's North building since 2017. I have two dogs, Starla and Hazel, as well as a cat named Bailey. My husband Eric and I have a daughter, Chloe, who is 11.

I have a love and passion for horses and anything that Chloe is involved in such as hockey, horses, skiing, arts and crafts. In addition to the above, I have a passion for Memory care because I feel compassion and drive to help those that need it the most.

Why Birchwood Cottages? I had done a lot of hospice work in Birchwood Cottages prior to being the RN for the company and liked what they did and what they stood for. I enjoy working for a small family owned company that values me as an employee.



People Will Forget
What You *Said*,
People Will Forget
What You *Did*,
But People Will Never Forget
How You Made Them *Feel*.



MEET THE LEADERSHIP!

NORTH MANKATO

DAVID LEWIS

Executive Director | davidl@birchwoodcottagesmn.com



Hi, I am the Executive Director (ED) of Birchwood Cottages in North Mankato. Before being named as ED at Birchwood Cottages, I served as ED with a larger assisted living. As the ED of that community, I oversaw operations for 90 units where I worked to improve the quality of care for residents, improve census, decrease agency staff, and make improvements to the building for staff and residents to enjoy.

Prior to this, I worked as Director of Rehabilitation (DOR) in the Skilled Nursing Facility setting for nearly 10 years. I worked as DOR in multiple facilities across three states including Texas, Wisconsin, and Minnesota.

I attended Texas State University obtaining my Bachelor's Degree in Nutrition and Foods with a Minor in Business Administration. In addition, I also obtained my Physical Therapist Assistant License from Victoria College.

I am excited to bring this experience to Birchwood Cottages to enhance the overall operations of the community, and join the team in providing quality care to all who call Birchwood Cottages home.

Currently, I reside in North Mankato with my wife, two daughters, and our dog, Sydney.

REBEKAH KREGER, RN

Clinical Nurse Supervisor | rebekahk@birchwoodcottagesmn.com



Hi, I am Rebekah Kreger, Clinical Nurse Supervisor at Birchwood North Mankato. I have spent 7 years as an RN at Mayo Clinic Hospital in Mankato; the last 2 years as an ICU nurse during the worst of the pandemic. I loved critical care, but I missed my experience as a CNA in Memory Care years ago. At the hospital, I watched my patients struggle with confusion and behaviors that I knew would improve if they were just allowed to be in a more home-like environment.

When I decided to make a change and visited Birchwood Cottages, I knew I had found a special place; I knew I could put my clinical knowledge and passion for teaching to good use, improving the quality of life of those living with dementia. I'm excited to be with a company that's a little different than the rest, that meets those same challenges with unique approaches. I'm happy that Birchwood Cottages is a place many staff, residents, and families are proud to call home.

CONTACT US

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BirchwoodCottagesMN.com



Find us on Facebook!

@birchwoodcottagesowatonna

@birchwoodcottagesnorthmankato

New Employee Recognition Program!

BIRCHWOOD COTTAGES' DIFFERENCE

The Birchwood Cottages' Difference is a quarterly recognition program to recognize an employee at Birchwood Cottages who exemplifies and demonstrates the mission and values of Birchwood Cottages. This individual is one who goes above and beyond in providing care and services to our residents, their families, co-workers, and others.

HOW IT WORKS

Do you know an employee at Birchwood Cottages who has gone above & beyond to carry out the mission, and values of the community?

Fill out a Recognition Card at the community or email your nomination to the Executive Director.

A recipient will be chosen quarterly based on the submissions. If there are no cards available, an email or any slip of paper will do!

Anyone can nominate any Birchwood Employee!

Residents, families, guests, vendors, employees are all welcome to recognize an employee at Birchwood Cottages for their service and dedication.

Mission Statement

Birchwood Cottages' mission is to serve those living with memory loss in an environment filled with compassion and purpose. We are driven to make a positive impact on the lives of our residents and creating a culture of excellence for our employees.

Vision

Birchwood Cottages is committed to providing a higher quality of life for our residents, and providing support for their families and the greater community. We strive to fulfill this vision through compassion, integrity, and innovation.

Values

People. The heart of Birchwood Cottages.

Purpose. To provide a higher quality of life for those with memory loss.

Passion. For striving for excellence.

Come Home to *Birchwood Cottages*

We are committed to respecting the path of life and all that the aging process may bring. Birchwood Cottages leads the way in smaller homelike settings that are dedicated to the care of seniors with Alzheimer's Disease and other related dementias.

Community Highlights

- State-of-the-art camera and alarm technologies in place for resident safety
- Homestyle living areas with community kitchens
- Private and companion room options
- 24/7 on-site dementia trained caregivers
- Life enrichment programming
- Beautiful gardens and courtyards with walking paths

Stop by for a tour!



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