

January
2023

Program Ponderings

By: Maddie Finstuen, Program Director



Campus Connections
Shorewood Senior Campus

Hello everyone, and hello 2023!

Before we jump into the new year I would like to take a moment and think back on 2022, try to pin point a few really good things that happened and what made it a good year. This could be something small like the mask mandate being lifted, or maybe you had something big happen that made 2022 a good year. Whatever it may be I feel it is important to reflect on the previous year, and that helps us see the good in life.

This new year will be filled with lots of new opportunities, so please take advantage of them. We are always trying to think of new, fun, and creative things to add to the programming schedule, so if you have anything you would like us to look into and try, please reach out to Programming staff.

This month we have our Elegant Dinner on January 26th. It is Winter Wonderland themed with the colors being icy light blue, silver, and white. We hope you will join us for some good music and yummy food. We look forward to seeing everyone dressed up for the fun and elegant night.



JANUARY SHUTTLE NEWS

Shuttle Reminders...

- *The driver has the ability to refuse you transport if he feels you should use the lift instead of the steps. This is for your safety.
- *All times for the shuttle are approximate. We will try our best to keep everything on time! Sometimes weather, traffic, and people have an impact on times.

Teacher's Club

Next meeting: Monday, January 2nd, at 10:00am in the **SWP Dining Room**.

Social Hour and hear from "one of our own". All teachers K-12 are invited to attend!

If you have questions, contact Chuck Nelson (Apt #303) 941-504-1918.

SHUTTLE NEWS

NO shuttle -January 2nd 2023

NO shuttle -February 16th 2023



A SilverCrest
Community



We try very hard to make an accurate list of monthly birthdays. If we have missed your birthday or misspelled your name please let us know so we can correct it as soon as possible.

Let us know if you would not like your name included on our monthly list.

Ruth King	1/5	Dick K.	1/14	Glenn G.	1/24	David H.	1/31
Lee Forstie	1/7	Howard S.	1/16	Tom H.	1/25		
Sandy Leaville	1/7	Dick N.	1/16	Gerry R.	1/26		
Marian Blagsvedt	1/8	Margaret B.	1/17	Mary E.	1/27		
Harold Neumann	1/9	Diane H.	1/17	Roger G.	1/27		
Darrel Ruddick	1/10	Betty S.	1/19	Jim S.	1/28		
Al Werle	1/11	Gloria P.	1/20	Barb P.	1/29		
Shirley Vikse	1/14	Dick F.	1/21	Sandy H.	1/30		



Welcome Arlys L. to Place 228!

Arlys is so happy to be at Shorewood. She and her husband John were born in Rochester and have lived near Rochester most of their lives. They have 3 sons and 3 granddaughters. They traveled via RV in the USA for almost 40 years. They lived in Rome, Italy for 2 years while on assignment for IBM. They also traveled to Australia, New Zealand, China, Japan and took a Viking River cruise from St. Petersburg to Moscow, and from Kiev, Ukraine to Odessa. Their 68-day cruise around South America, Antarctica and down the Amazon was wonderful. Arlys moved to Shorewood to be close to her husband, who is in memory care nearby. Welcome to Shorewood Arlys!

Movies:

Life with Father— In late 19th-century New York City, stockbroker Clarence Day (William Powell) strives to maintain order in his bustling household. Despite his attempts to be the chief authority over his four sons, his wife, Vinnie (Irene Dunne), is the one who truly keeps order in their home, much to Clarence's chagrin. To gain more respect, Clarence reluctantly considers making changes that will benefit everyone, including his own baptism. This slice-of-life comedy was based on a popular Broadway play.

Rated: NR **Runtime:** 1h 58m

12 Mighty Orphans— During the Great Depression, Rusty Russell gives up a privileged position to coach football at an orphanage in Fort Worth, Texas; whipping his young players into shape, they soon become an inspiration to their city, state and an entire nation.

Rated: PG-13 **Runtime:** 1h 58m

Harvey— Elwood P. Dowd (James Stewart) is a wealthy drunk who starts having visions of a giant rabbit named Harvey. Elwood lives with his sister Veta (Josephine Hull) and her daughter (Victoria Horne), and Veta worries that Elwood has gone insane. In the process of trying to have him committed, Veta admits that she occasionally sees Harvey herself. The director of the mental home, Dr. Chumley (Cecil Kellaway), tries to reconcile his duty to help Elwood with his own growing experiences with Harvey.

Rated: NR **Runtime:** 1h 44m

An American In Paris— Jerry Mulligan (Gene Kelly) is an American ex-GI who stays in post-war Paris to become a painter, and falls for the gamine charms of Lise Bouvier (Leslie Caron). However, his paintings come to the attention of Milo Roberts, a rich American heiress, who is interested in more than just art.

Rated: NR **Runtime:** 1h 55m

Sons Of Liberty— A special forces unit composed of soldiers and scientists races to prevent a group of radicals from building a doomsday device with stolen nuclear material.

Rated: PG-13 **Runtime:** 1h 34m

Baseball– The Tenth Inning– A Film by Ken Burns & Lynn Novick

Top Of The Tenth 1992-1999

Playing on Wednesday, Jan. 4th @ 2:00pm in the Activity Room

Bottom Of The Tenth 1999-2009

Playing Wednesday, Jan. 11th @ 2:00pm in the Activity Room





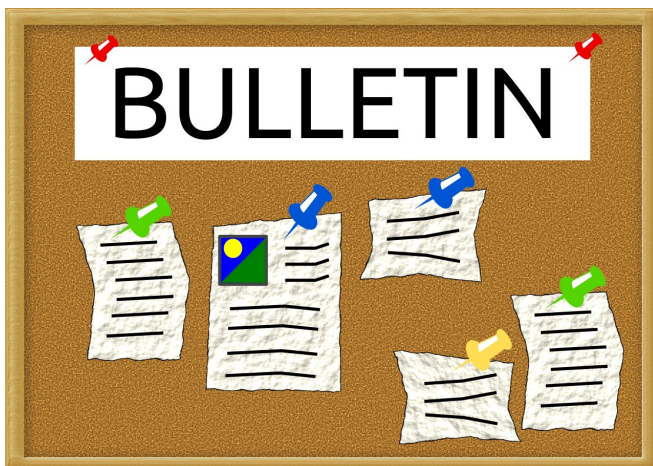
January sign-up book will be out on Friday, December 23th, by 4:00pm.

Date	Time of Departure	Event and Location	Cost	Sign Up By Noon
Thurs. 1/5	11:00am	Carbone's Pizzeria	Meal	Wed 1/4
Thurs. 1/12	11:00am	Twigs Tavern	Meal	Wed 1/11
Thurs. 1/19	11:00am	Newts South	Meal	Wed 1/18
Thurs. 1/26	11:00am	Open Shuttle	none	Wed. 1/25

Due to the uncertainty of Minnesota winter weather, scheduled activity outings will depend on road conditions. We will try to inform residents as soon as possible of cancellations.

Poster Etiquette

- If you have posters you want to hang up please make sure you run them by either Programming staff or Karen before they go up in elevators or on the bulletin board by the Dining Room please do not post any flyers/posters without letting us know.
- Any added-on events or last minute changes to the calendar will be posted on the bulletin board by the Dining Room.
- We try our best to keep the calendar as accurate as possible, but many times last minute changes pop up, so be sure to keep checking the bulletin board by the Dining Room daily for any updated changes.



Thanks to all for the beautiful birthday cards and sweets. It made my day special.

Lois B

I truly learned the depth of my Shorewood friends and neighbors love and caring as I was hospitalized with (and still recover from) Covid-19. Your messages, cards and thoughtfulness mean everything in moving toward wellness.

Thank you for holding me in your hearts. May peace and health be the gift we share in 2023.

Marie M

A big “thank you” dear friends, for remembering me in so many different ways on my Dec. 1st birthday. What a fun day!

I feel very fortunate to be a member of such a caring community.

Steffie P



Thank you, Shorewood friends, for the birthday greetings and sweet treats! Shorewood truly is a friendly place and I appreciate each one of you.

Alice B

A special thank you for the birthday cards, goodies, and well wishes. Your kindness has touched my heart.

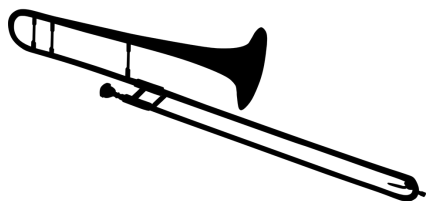
Marie M

Shorewood is the ideal place to have a birthday! And I’ve only been here since April and I feel I already know so many wonderful people. They are so willing to help out one another, staff included. Special thanks for all the cards, candy, and flowers that were received. I’m so proud to claim my Shorewood friends as my “second family”.

Flo M

Trombone Anonymous Concert

We will have the Trombone Anonymous Group here on Saturday January 14th at 2pm in the Lakeside Lounge.



Community Outreach Box of Socks for The Landing

The landing helps support steps toward stability for those experiencing homelessness.

We have set out a box by the Christmas tree in the Lakeside Lounge for anybody to drop off a pair of new socks for people at the Landing. You can also drop off gloves, hats, mittens, etc. to the box.

Thank you to all who choose to donate.

Fit & Fun

By: Sheila Walsh, Wellness Director

— THE CLUB —

At Shorewood

Edna Thayer, The laughing lady

Monday, January 9th

Time: 10:00 AM

Location: The Club



Description of talk: The benefits of laughter and humor for our health are presented in a fun, interactive manner. Come prepared to laugh.

Edna's short bio: Edna holds master's degrees in both nursing and counseling. Since 1990, she has given over 900 talks on the benefits of laughter for our health in 29 states and Canada. This talk is based on the award winning book, "A Mirthful Spirit, Embracing Laughter For Wellness," which she co-authored with Dr. Mary Huntley.

• Grief Support

Thursday, January 13th @ 1:30 PM

Seasons Hospice grief counselor joins Shorewood residents for a small group designed to support people who are grieving.

The Club at Shorewood News for January 2023 Extra! Extra!

• Humorous Humans

New Class Start Date: Tuesday

January 10th

Time: 10:30 AM

Location: The Club

Class Description: bring your best jokes or just come to hear jokes. Laugh along with new and old friends and exercise.

Class includes:

- * Lots of fun
- * Great company
- * Open conversation
- * Opportunities to move

Why laugh?

- * Improves mood
- * Enhances immune system
- * Full body cardio workout
- * Improves memory

Sheila W Walsh

Your Wellness Director

The More You Know

By: Laurie Campion, Resident Services Director

WHEN TO THINK ABOUT ASSISTED LIVING

Often a resident will call because they are concerned for a neighbor. They are trying to help the neighbor as much as they can, but they feel more help is needed. When I chat with the neighbor, they feel they are doing ok because they have lots of help.

So now I have a helper calling for help and the neighbor not realizing how their needs are impacting others. Being an occasional help is one thing, but it can turn into becoming a caregiver, which has risks of its own.

If you are not medically qualified, problems can arise. For example, we had a resident setting up medications for a neighbor. Unfortunately, there were some medication errors that sent the neighbor to the hospital a few times. There was a change in medication, but the helper wasn't aware of the change. They also weren't aware of a drug interaction.

Many would benefit from assisted living but have a dismal perception of what it is. So, what is assisted living?

Assisted living doesn't mean all your independence is taken away. In fact, we encourage independence.

Assisted living is a good option if you can manage your own care but need occasional help.

The Commons is a smaller building, which makes it easier for residents to get from place to place. Why does that matter? You spend less energy getting from point A to B and save your energy to enjoy what you went there for.

The assisted living team will create a care plan WITH you that meets your individual needs, even if those needs change over time.

Basic services assisted living provides/offers:

- Housekeeping assistance every week included with the rent
- Escorts (walking program)
- Help with personal cares
- Help managing medications
- 24-hour staff
- Built in daily check-ins
- Three meals a day



Please give me a call if you have questions or would like to tour assisted living.

If you live at Shorewood Place, unfortunately, we do not offer any type of nursing or daily check-ins due to our licensing requirements. If you feel you need a little help (for example getting in and out of the shower or medication management), there are outside care agencies that could help you. Contact Laurie Campion, Resident Services, at 507-536-3225 for a list of agencies.

Let's Look Back



October Walk with Aegis



Berne Pizza Outing



Clyde showing us his Turkey Brownies Food Fun!



Ron & his Thanksgiving craft



Pokeno time!



Arnie getting some puppy love



Vi dressed up for Halloween



Gladly showing off the cute puppy



Puppy visits at Place too!



Caroling With A Twist

On 2022...



Rochester Male Chorus
concert



Sunset Painting Group



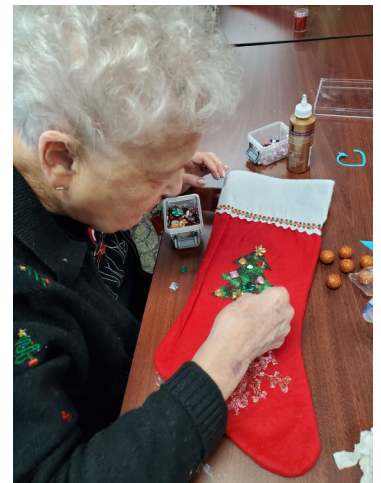
Valentine's Day craft



Shirley crafting away



St. Patrick's Day at the Olde Brick



December stocking craft



One of the November Good Life trees



Arnie showing off his flag from the
Veterans Day program



2 Santas at the Christmas social

Maintenance Memo

By: Marcus Moe, Environmental Services Director

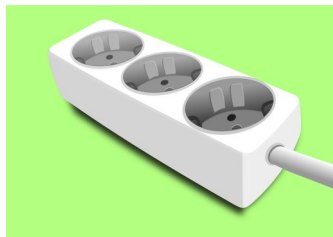
ONLY YOU CAN HELP PREVENT APARTMENT FIRES!

In apartment buildings such as Shorewood, there is an escalated fire risk. Someone may forget they put something on the stove/oven and leave the apartment or fall asleep while waiting for their dinner to cook. There are many scenarios, even an overloaded extension cord is a fire hazard.

Each apartment entrance door is fire rated. That means should there be a fire outside your apartment, your door will keep you safe for at least 45 minutes. That's long enough for the fire to be extinguished or the fire department to evacuate you. Maintaining the fire door is essential. For example, **putting a nail or screw in your apartment door can, and most likely will, void the label on the fire door and affect its performance** under fire conditions.

Fire risk increases when using extension cords or splitters (multiple wall plug ins). These items can easily be overloaded and with no warning at all, overheat and start a fire. In Assisted Living, extension cords and splitters are no longer allowed per the Fire Marshall. We are asking to please replace those with a power strip with a switch. Power strips come with a circuit breaker as a precautionary measure in case a short circuit or power overload happens. In some modern designs, power strips may have an automatic shut-off feature when the device or appliance remains unused for a number of hours.

For the sprinklers in your apartment to work the way they are supposed to make, sure there is a minimum clearance of 18 inches. Reorganize the shelves in your closet or wherever you have a sprinkler close by to give enough space around the sprinklers. The sprinklers need room to sprinkle!



SILVERADVANTAGE

R.E.S.P.E.C.T. is the acronym for SilverAdvantage and each letter represents a core value that is being delivered daily to our residents. **The letter for January is C, which stands for Community.**

Residents First

Equity

Safety & Security

Professionalism

Enriching Lives &
Enthusiasm & Energy

Community

Teamwork

How do we show Community at Shorewood?

You can have a huge impact on the sense of community at Shorewood. A smiling face, waving to fellow residents, saying hello to neighbors you pass. All of these create bonds that will lead to a great community for everyone.

Make the most of shared spaces. The more you utilize these areas, the easier it will be to make friends and feel like you are part of this wonderful community you helped create.

HAPPY NEW YEAR!

Its a whole new year and it's time to decide what you're going to do with it.

With days like **Motivation and Inspiration Day** (Jan. 2nd), and **National Can Do Day** (Jan. 4th), there are plenty of days to celebrate and focus on getting things done this month. I encourage you to meet a neighbor, volunteer, and share positive thoughts and kind words.

Additionally, I would like to say thank you to all of you on behalf of myself, the Wedum Foundation, SilverCrest, and all the employees here at Shorewood for making 2022 a wonderful year. Whether it was through giving of your time volunteering, or the financial gifts you gave to the employee fund the Shorewood employees appreciated your generosity and enjoyed our time together.

I also want to pause and think of our loved ones. The ones that were here to celebrate the holidays, and the bringing in of the New Year, and those that have touched our lives so deeply with their love but have left us. They will be missed in our community and in our gatherings, but their memories will live on in our hearts forever.

New Years is the signifying of a new beginning. We are excited for the year ahead, and all that it holds. Here at Shorewood, we have so much to celebrate, and so many avenues to make those celebrations happen. We appreciate each of you for making Shorewood a place that is full of caring, friendship, and love.

Thank you again and Happy New Year!

Kindest Regards,

Karen LaFee

A colorful graphic with the words "Happy New Year" written in a playful, bubbly font. Each letter is a different color, including shades of red, orange, yellow, green, blue, and purple. The text is arranged in three lines: "Happy" on top, "New" in the middle, and "Year" at the bottom.

**SHOREWOOD SENIOR
CAMPUS**

Shorewood Commons

**2115 2nd St. SW
Rochester, MN 55902
507-252-9110**

Shorewood Place

**2205 2nd St. SW
Rochester, MN 55902
507-252-0964**

**On Call Maintenance
507-254-8203**



January's Brain exercise is:

I'm in you,
But not in him or her,
I go up,
But not down,
I'm in the colosseum,
But not a tower,
I'm in a puzzle,
But not a riddle.

Answer: The Letter U

Shorewood Senior Campus Staff Email & Phone List

Executive Director	Karen LaFee	klafee@shorewoodcampus.com	536-3333
Administrative Services Director	Kathy Myran	kmyran@shorewoodcampus.com	536-3208
Marketing & Sales Director	Ellie Starks	estarks@shorewoodcampus.com	536-3216
Sales Associate	Laura Eide	leide@shorewoodcampus.com	536-3219
Program Director	Maddie Finstuen	mfinstuen@shorewoodcampus.com	536-3211
Program Coordinator	Arlynn Heins	activities@shorewoodcampus.com	536-3204
Reflections Director	Amy Hoehn	ahoehn@shorewoodcampus.com	536-3223
Resident Services Director	Laurie Campion	lcampion@shorewoodcampus.com	536-3225
Environmental Services	Marcus Moe	mmoe@shorewoodcampus.com	536-3217
Lead Housekeeper	Peggy Larson	plarson@shorewoodcampus.com	252-9110
Dining Services Director	Jeff Johnson	jjohnson@shorewoodcampus.com	536-3212
Chef Manager	Tim Wilken	twilcken@shorewoodcampus.com	252-9110
Wellness Director	Sheila Walsh	swalsh@shorewoodcampus.com	536-3221
The Club Desk	Natalie Kalmes	nkalmes@shorewoodcampus.com	536-3222

SWP

Shorewood Place Salon	536-3226
Shorewood Place Kitchen/Bistro	536-3218

SWC

Shorewood Commons Salon	536-3209
Shorewood Commons Kitchen	536-3214

Comfort Health Care

Amberly	536-3207
After Hours	951-5250

Aegis Therapies

Physical & Occupational Therapy 507-254-8131



Like "Shorewood Senior Campus" on Facebook!