

March  
2024

## Program Ponderings By: Maddie Finstuen, Program Director



# Campus Connections Shorewood Senior Campus



A SilverCrest  
Community

Happy March everyone!

I wanted to let everyone know that if you have a “thank you” that you would like to have posted in the Shorewood Newsletter to please send it to Maddie in programming or drop it off at the Receptionist desk and they will put it in my box for me.

If you would like to have something advertised in the Shorewood Newsletter, to please send it to Maddie in Programming. Please be sure to include everything you would like posted, and any pictures you would like included in the post.

JUST A LITTLE  
*Reminder*

You can contact Maddie by phone or email

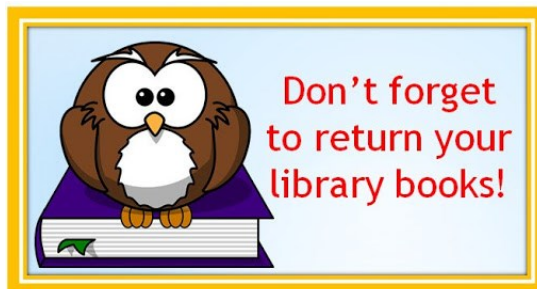
Email:  
mfinstuen@shorewoodcampus.com

Phone:  
507-536-3211

### Rochester Public Library Books:

Please be sure to keep checking your apartment for any Rochester Public Library books. We have a list of missing books in the Place Library on the 2nd floor.

Please remember, when taking a public library book from the Place Library to sign it out in the binder. There is a 2 book at a time limit.



Patty Lewison is a licensed cosmetologist, with a homebound license, for manicure and pedicure services in the comfort of your home. Patty has 40 years of experience. She comes every other Thursday to Shorewood. Other days and times may be available by appointment. Please call 507-696-2766 to set up an appointment or with questions about services. Her business cards are available in the salon.



### Teacher's Club

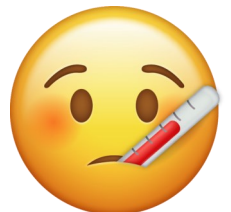
Next meeting: Monday, March 4th, 10:00 am in the Cascade Room.

Hear one of our own “This is my Story”-His pathway to becoming a teacher, coach, and magician.

All teachers Preschool-12th grade, paras and administrative assistants invited to attend.

If you have questions, contact Chuck.

Reminder; if you are sick or have symptoms of influenza, covid, or any respiratory or stomach illness, please do not expose others. If someone in your household is ill, please wear a mask when around others. Let the housekeepers and maintenance staff know you are ill, and they will reschedule your cleaning or work order. Remember if Shorewood staff get sick, they must use their vacation time or go unpaid. So please be considerate and do not share your germs.





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.

Richard S	3/1	SuzAnn G	3/5	Carol G	3/11	Bebe K	3/21	Darla T	3/31
Herb H	3/2	Manford R	3/5	Jen K	3/14	Inge L	3/21		
Anita B	3/3	Eugene S	3/6	Jack W	3/14	Judy G	3/25		
Margaret K	3/3	Victor M	3/6	Jan U	3/16	David H	3/27		
Judith P	3/4	Richard S	3/9	Donna A	3/18	Priscilla R	3/27		
Betty B	3/5	Pat C	3/10	Judy T	3/20	Stan R	3/31		

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 March is C, which stands for Community.**

*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.



SILVERADVANTAGE

**R**esidents First  
**E**quity  
**S**afety & Security  
**P**rofessionalism  
**E**nriching Lives & Enthusiasm & Energy  
**C**ommunity  
**T**eamwork

# March Grant Activities:

Matt has retired from his position as music faculty at Rochester Community and Technical College but maintains his love of music through performances and concert attendance. He has taught at Shorewood previously and is ranked by residents among the top presenters based on his tailor made presentations,

willingness to answer audience questions and obvious love for music. He has lived abroad in several locations and brings hands on experience from those ventures. For this series of world music presentations he will be featuring some often neglected musical venues such as China, Brazil and Mali/Nigeria with a primary focus on Central Europe

**The World Music Classes will be played on Channel 40 on the following dates and times, if you do not have Channel 40 we will also be playing these in the Cascade Room at the same time.**

**Tuesday, March 5th at 11:00am–** World Music Class 1 with Matt Hafar

**Tuesday, March 12th at 11:00am–** World Music Class 2 with Matt Hafar

**Tuesday, March 19th at 11:00am–** World Music Class 3 with Matt Hafar

Ravensfire is a three piece Irish Band that performs extensively throughout the area at concerts, festivals, theater productions, public and private events. As well as vocals, they also use instrumentation such as the bodhran (Irish drum) and the penny whistle. Their discussion of Irish music, instrumentation and stories from touring in Ireland will add flavor to the world arts events.

**Thursday, March 28th at 2:30pm–** Music by Ravensfire



Ravensfire during a summer performance of theirs.



This activity is made possible by the voters of Minnesota Arts Council thanks to a legislative appropriation from the arts & cultural heritage fund.



## Crafting w/Lucile @ Shorewood Place

In this class, participants have the option to create either a ribbon cross or a woven basket. Should time allow, you may choose to craft both items.

Wednesday **March 6th** and  
Wednesday **March 13th**  
2:00pm in the Community Room



lets go out

We must have 4 signed up in order to go on a lunch outing. The sign up book is in the Lakeside Lounge by the menu books.

Date	Time of Departure	Event and Location	Cost	Sign Up By Noon
Thurs. 3/7	11:00am	Open Shuttle	None	Wed. 3/6
Thurs. 3/14	11:00am	Olde Brick House	Meal	Wed. 3/13
Thurs. 3/21	11:00am	Open Shuttle	None	Wed. 3/20
Thurs. 3/28	11:00am	Open Shuttle	None	Wed. 3/27

On Thursday, March 7th there will be a shuttle ride to the Rochester Art Center as part of the Grant Activities, there will be no staff along for this trip. The Shuttle will provide a drop off and a pick up.

If you are interested in touring the Rochester Art Center, you must be signed up by March 5th. There will be a sheet in the sign up book in the Lakeside Lounge.

This is a free tour.



## Food For Thought

By: Jeff Johnson, Dining Services Director

### Did You Know?

**If you live at Commons** and take the 3-meal/day plan at \$915 a month, after your third breakfast, the rest of the month's breakfasts are free! This is compared to eating a la carte lunch and dinner only at \$884/month.

**If you live at Place**, you're welcome to eat breakfast and lunch at Commons. There is no required sign up. Just come on over.

The breakfast menu is made to order. For example, 2 eggs over easy, 2 pancakes and bacon with a side of fruit is only \$10! Breakfast is served 7:30 – 9am seven days a week.

The lunch menu is set, and there are always alternative choices. Plus, all the sides such as salad, fruit, and soup are included, not to mention dessert! Lunch is \$13 and is served 11:30am – 12:45 pm seven days a week.

When you sit to place your order, the waitstaff will ask your name and apartment number. The meal will be billed to your apartment.



“Thank you everyone for the wonderful birthday wishes and treats! I also want to thank everyone for the very touching good luck on my move to my new adventures. I will miss all of you, but will come to visit.”

*Carol M*

“Amy, you are a wonderful, caring person who ALWAYS has a smile for everyone.”

*Ruth K*

*(Silver Advantage Board)*

“I had a great birthday thanks to all the wonderful comments, treats, cards, gifts, and the monkey! Shorewood family is the best!”

*Connie E*

“Lana & Maddie, Thanks for helping me clean up the Mardi Gras party! So appreciated!”

*Amy H*

*(Silver Advantage Board)*

“Kasey W. you always go above and beyond. You're such a joy to work with. Thank you for being a wonderful co-worker”

*Sophie*

*(Silver Advantage Board)*

## Fit & Fun

By: Sheila Walsh, Wellness Director

# — THE CLUB —

At Shorewood

## The Club at Shorewood News for March 2024 **Extra! Extra!**

### Headache Presentation

Matthew Hutzel, Doctor of Physical Therapy of Aegis Therapies group, will be defining major types of headaches and best treatment plan for each.

**Date:** March 26th

**Location:** The Club

**Time:** 2:00 PM

### March Madness Basketball

Take your best shot and see how many baskets you can make in 30 sec.

**Location:** Commons Fireside Lounge

**Date:** March 27th

**Time:** 11:00 AM

**Location:** Place Lakeside Lounge

**Date:** March 28th

**Time:** 3:45 PM

**Location:** The Club

**Date:** April 2

**Time:** 10:00 AM

### Dancing Through the Holidays

Thursdays,

February 8th— March 28

10:30 AM

Starting with the Waltz, then to Irish Dance, and ending with the Bunny Hop line dance. Members will have fun while they dance right into Spring.

- **Grief Support**

Date; Thursday, March 14th

Time; 1:30 PM

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

- **Dementia Support Group**

Thursday, March 21st

1:30 PM

Amy Reflection Director and Lori with the Alzheimer's Association facilitate conversation and assist with finding resources for dementia caregivers.

Sometimes personal health and family history make us feel like we can only do so much. Just remember every day to do your best to be well and happy with how you are.

*Sheila M. Walsh*

*Your Wellness Director*

Thank you to all of the amazing volunteers that help out at the Club desk!

*Thank  
you*

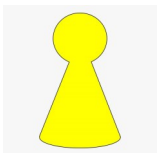


David and wife Cheryl of Shorewood would like to share their love of board games with their neighbors at Shorewood. Over many years, they have accumulated a large library of games, and can borrow even more from the Rochester library. They are inviting neighbors to knock on their door or call or text Cheryl if interested in playing these wonderful games.

David and Cheryl have games ranging from easier social play (such as Rummikub and Scrabble) to abstract strategy games (like Chess, Pente, Hive, and Yinsh) to city building games, and even campaign games (which usually have a historical theme).

David and Cheryl would like, as a start, to introduce the classic game called Carcassonne to their new friends. It is a lovely tile-based game depicting French medieval towns, cloisters, fields and roads, and is easy to play.

With enough interested players, they would establish recurrent times that work well for everyone.





### **Welcome Barb O to Place 210!**

Barb moved to Shorewood from her home here in Rochester of 43 years. She is a former Mayo Clinic employee and enjoys visiting with friends from Bethel, traveling, playing cards, and watching movies. Welcome to Shorewood Barb!



### **Shorewood Friends with New Addresses:**

Visit one of your old neighbors from Shorewood Place at their new Commons apartment!

Donna A – Apt 221





## Reflections Neighborhood

*By: Amy Hoehn, CDP, Reflections Director*

Welcome March! What a wonderful February we had here in Reflections. We celebrated Mardi Gras, Valentine's Day, and ended the month with a Leap Year Luncheon.

Every month there is a lot of preparation work that goes into finding the right programming to meet the needs of all the residents who live here in Reflections that are specifically dementia related and fun! I ensure that we meet all six of our wellness pillars each week, if not daily, to ensure that our residents can hold onto their skills and independence for as long as possible. Without the proper stimulation and structured activities our brain stops working in the areas not stimulated.

I would like to thank my volunteers, Sheri Lou and Shirley, from Shorewood Place, for taking the time to help provide meaningful activities and to share the gift of friendship during their time with us. I appreciate you both very much.

February will be a hard month to follow but we have our annual St. Patrick's Day Social along with celebrating the beginning of Spring and the Easter and Ramadan Holidays.

If you have questions regarding holiday gatherings and how to best celebrate with your loved one with dementia, please feel free to call or email me. I would love to share some tips with you. Have an amazing month!



### Dementia Caregiver Support Group

Date: March 21, 2024

Time: 1:30pm-3:00pm

Located at The Club at Shorewood Senior Campus



## The More You Know

By: Laurie Campion, Resident Services Director

### Lease information reminders

#### Subsection 14: TENANT RESPONSIBILITIES

*Not to make any alterations or additions to remove any fixtures from, or paint the premises without the written consent of Landlord*

*In the event Landlord consents to alterations to, additions to or removal of fixtures from the premises, to restore the premises to its original condition at Tenant's expense prior to termination of this Agreement, except that any permanent installations by Tenant will immediately become fixtures and will remain in the Apartment as Landlord's property upon termination of this Agreement.*

Once permission is given a lease addendum needs to be signed prior to any changes are made. Any work done needs to be done by a licensed and bonded contractor. Shorewood requests a copy of the vendor's Certificate of Insurance for our file. Also, if you had, for example, a ceiling fan installed, and it needs repair, the electrician you hired would be responsible for fixing it. Our maintenance staff will not repair any non-Shorewood equipment.

#### Subsection 20. GUESTS

Landlord is pleased to welcome all guests. Landlord does, however, ask that Tenant's overnight guests observe a reasonable length of stay, not to exceed two (2) weeks. Landlord offers a guest room for an additional fee. This guest room is available on a first come, first served basis.

Tenant is responsible for the behavior of Tenant's guests and for any damage they may cause to the apartment or the premises of Landlord. Landlord reserves the right to ask guests to leave the premises for health, safety or security reasons, or if Landlord suspects such individuals are engaging in illegal conduct. Guests staying longer than two (2) weeks will be considered additional occupants of Tenant's Apartment. In such an event, Tenant's guests must meet Landlord's occupancy requirements, be approved by Landlord for tenancy and sign a Housing Lease Agreement. **(Guests do not include pets of any kind)**

As a reminder make sure to keep your lease and handbook accessible. Many questions can be answered by reading those two documents.



## Director's Notes

*By: Karen LaFee, Executive Director*

From the first signs of Spring to the start of Daylight Savings Time, March is a month full of new beginnings. As the third month of the year, Mother Nature begins to show off her colors. And what better way to welcome the new season than to celebrate every occasion possible, right?

With St Patrick's Day (March 17) and Easter (yep, it falls on March 31 this year), it's a month for major holidays and gatherings. But every day of March has at least one special day to observe. (I will let you all look those up.)

From celebrating women's history all month long to even having a full week dedicated to our favorite pastime (procrastination! The first two weeks in March... or whenever it's convenient), there's surely an excuse to make every day a holiday. No matter how big, small, silly or serious the day is, March has a lot to offer.

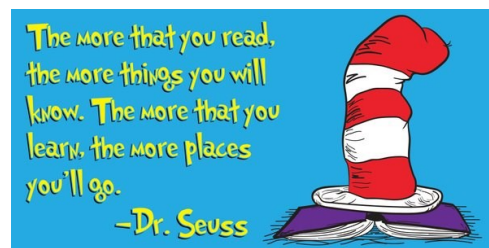
This made me think of Shorewood. Shorewood has a lot to offer. Whether you are new to our community or have been here for a while, there is always something to do.

I encourage you to look at the calendars and visit the Club to become active and involved. We can start out on March 1<sup>st</sup> with "World Compliment Day" and compliment our staff for the many activities they coordinate and lead, and also the many activities that our residents facilitate.

I hope March finds you active here at Shorewood and with your family and friends. It is what keeps us young at heart.

Here are just a few more fun days to celebrate:

- **March 1:** World Compliment Day
- **March 2:** Dr. Seuss's Birthday
- **March 3:** National Anthem Day
- **March 8:** International Women's Day
- **March 14:** National Pi Day
- **March 17:** St. Patrick's Day
- **March 19:** First Day of Spring (Comes early because of Leap Year)
- **March 21:** National Common Courtesy Day
- **March 23:** National Puppy Day
- **March 24:** Palm Sunday
- **March 29:** Good Friday
- **March 31:** Easter Sunday



Have a wonderful March!  
Kindest Regards,

Karen LaFee  
Executive Director





## 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**



From the book :

## 365 Senior Moments You'd Rather Forget

"Spritzing your hair with furniture polish instead of hairspray, although both leave a nice sheen."

"Mistaking chocolate syrup of barbecue sauce when preparing pork ribs."

"Parking your care on the east side of the mall, walking out the west side, and then panicking when you can't find your vehicle. That's not so bad... It's when you report it stolen!"

Turning the bathroom sink faucet on and then leaving to do something while it warms up, only to return to a flood.

## 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	Lana Hamand	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 Wilcken	twilcken@shorewoodcampus.com	252-9110
Wellness Director	Sheila Walsh	swalsh@shorewoodcampus.com	536-3221
The Club Desk	Skylar Matter	smatter@shorewoodcampus.com	536-3222

### SWP

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

### Comfort Health Care

Amberly, RN	536-3207
After Hours	951-5250

### SWC

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

### Aegis Therapies

Physical & Occupational Therapy 507-254-8131



Like "Shorewood Senior Campus" on Facebook!