

April
2024

Program Ponderings

By: Maddie Finstuen, Program Director



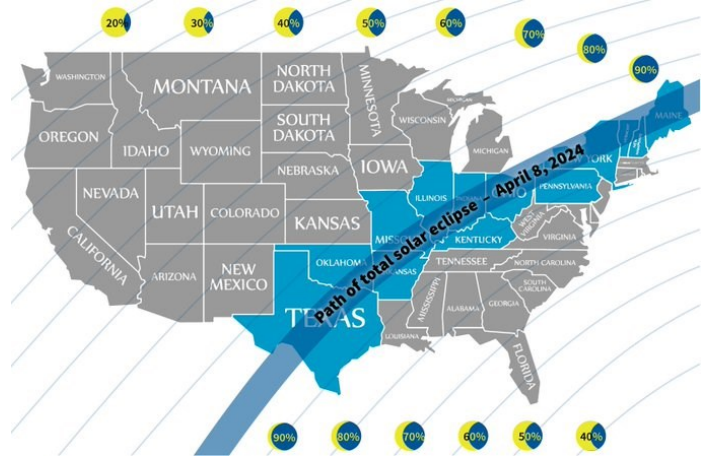
Campus Connections
Shorewood Senior Campus

Solar Eclipse Watch Party

Join us at the Commons front yard on Monday April 8 at 1:45pm.

We will be setting up chairs and supplying snacks and refreshments while we watch the solar eclipse. In Minnesota we will get about 50% coverage during the eclipse. Programming will be supplying special glasses to watch the eclipse take place.

This program is weather permitting



Resident Vehicle Information Required

Have you bought a different car? Or replaced your license plates?

Please stop at either of the front desks to make sure we have your correct vehicle information. This information is helpful to maintenance or other staff trying to locate the owner of a vehicle. If you have any questions, please contact Marcus Moe or Laurie Campion.



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.



Rochester Public Library Books:

Check 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. Limit 2 books at a time.

Teacher's Club

Next meeting: Monday, April 8, 10:00 am in the Cascade Room.

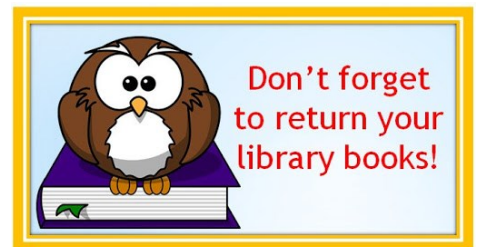
So you want to know what's happening in our media centers? Guest Speakers:

Heather Willman, Director of Secondary Academics
Tammy Vanmoer, Media Specialist and Media Lead

All residents are invited to attend. With questions, contact Chuck.



A SilverCrest
Community



Fun w/Lucile @ Shorewood Place

All are invited, no artistic talent is needed! Come for entertainment and laughter. Enjoy stories, jokes, and more. Please sign up in the Activity Book which is in the same place and the meal sign ups.

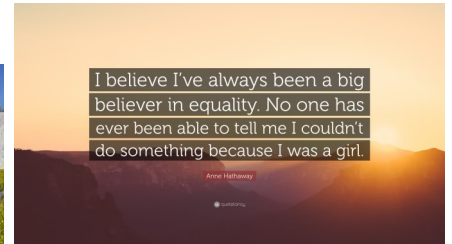
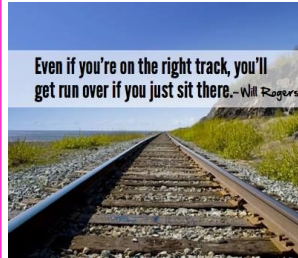
Wednesday, April 10th at 2:00pm in the Community Room

Card Making Group will be on Friday, April 5th at 2:00pm in the Community Room.

Integrate what you believe in every single area of your life. Take your heart to work and ask the most and best of everybody else, too.
- Meryl Streep

I love being married. It's so great to find that one special person you want to annoy for the rest of your life.
-Rita Rudner

Cool Funny Quotes.com



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. 4/4 | 11:00am | Open Shuttle | None | Wed. 4/3 |
| Thurs. 4/11 | 11:00am | Five West | Meal | Wed. 4/10 |
| Thurs. 4/18 | 11:00am | Open Shuttle | None | Wed. 4/17 |
| Thurs. 4/25 | 11:00am | Open Shuttle | None | Wed. 4/24 |

Outing Waitlist: If you are on the waitlist for an outing, programming will only contact you if there is space available.

Please remember residents are not allowed to sign up other residents for outings. If you would like to join us on an outing, you must sign yourself up. This does not apply to couples. Thank You!

meet YOUR NEIGHBORS

Welcome Mary B to Commons 312!

Mary comes to Rochester from Little Rock, Arkansas, where she has lived most of her life. She's in Rochester to be closer to her daughter, Caroline.

Mary enjoys playing bridge, playing the piano and watching movies. In fact, she is a "life master" in bridge!

We are so happy she has joined us at Shorewood. Welcome, Mary!



Welcome Ken and Annette A to Place 411!

Ken and Annette are originally from Iowa. The two were high school sweethearts. Ken joined the Army and were married on December 31st, 1956, when Ken was home on leave.

Ken worked for IBM and Annette worked at the Mayo Clinic. They moved around the area and settled on a farm in Spring Valley for the last 30 years. Ken always said that "he should have been a cowboy!" Annette worked at JC Penneys for 8 years, and then bought a ladies clothing store in Spring Valley that she managed for 16 years.

Ken and Annette moved back to Rochester after retiring from it all. Annette calls Shorewood a little city within a large city. They are enjoying the entertainment, the good food and the friendly people. Their family keeps growing as they have 4 children, 23 grandchildren and 23 great-grandchildren!

Welcome Chuck & Marlene D to Commons 306!

Chuck and Marlene met after Marlene answered a personal ad in the newspaper that Chuck had placed. He advertised himself as a middle school teacher with Christian values. She answered the ad, and they spoke for a few minutes (at \$2.98 per minute!), and they quickly decided to exchange phone numbers to continue the conversation. That led to 4 years of dating and a proposal. They were married Sept. 5, 2009 and never looked back.

Chuck worked as a middle school teacher (science, geography, religion) for 37 years at various parochial schools. He also coached baseball and basketball and taught driver's ed. He was beloved by his students and was honored with several awards. He's a self-described people person and was also a member of the Knights of Columbus.

Marlene was born and raised in Wabasha. Her family was musical, and she started singing at age 3. She sang with Sweet Adelines, Side One (country band) and Mariah, a 10-piece Christian group. She "gigged" for many occasions. Marlene was on the Rochesterfest committee and started a Girl Scout troop in Lewiston.

Professionally, she worked at Winona State as the Nursing Dept. administrator, then spent 26 years in administration at MNDOT. She helped start the 511 program, the road conditions site for travelers. She has 4 kids.

We welcome this accomplished duo to Shorewood!





“Many thanks for the birthday greetings and treats from my friends and neighbors. It’s been a long time since I’ve been serenaded. It was delightful! Thanks Roger and Carolyn too!”

Sue G

“Thank you for all the beautiful cards. Your thoughtfulness is greatly appreciated.”

Ethel

“Chef Jen created extra special appetizers for the St. Patty’s party. The deviled eggs were green and there were roll ups of a pickle and cream cheese wrapped in ham. Thank you.”

Jeanette R

(Silver Advantage Board)

“Thank you for the cards, gifts, treats, and greetings that I received on my birthday. I feel so fortunate to live here.

Blessings,

Judy G

“Thank you, my Shorewood family, for helping me celebrate my 91st birthday with so many cards, good wishes, kind words and gifts, especially chocolates. They’ll satisfy my sweet tooth for some time. Thank you for making my day so special. You’re the best.

Blessings,

Inge

“Thanks to everyone who sent cards celebrating my birthday. Thanks, also for all those who greeted me in the hallways and who called on the phone. 92 trips around the sun. I can hardly believe it! I am so grateful to be living here at Shorewood among so many friendly people. Thank you all.”

Gene S

Shorewood Commons Elegant Lunch photos:



Beautiful centerpieces for this elegant lunch.



Maxine, Ardis, and Norma enjoying each others company and their lunch.



Jeff serving Ron and Ellen their meal.



The kitchen did an amazing job plating and presenting the meal.



Shorewood Place Elegant Dinner photos:



Fit & Fun

By: Sheila Walsh, Wellness Director

— THE CLUB —

At Shorewood

The Club at Shorewood News for April 2024 **Extra! Extra!**

- **Parkinson's Disease Education Series:**

April 3, 10:30-11:30 am

Living With Parkinson's Disease

Pierpaolo Turcano, MD, Neurologist at Mayo Clinic, will be speaking on the diagnosis and treatment of Parkinson's disease and its relationship with dementia. Followed by exercise class "Neuro Fit with Parkinson's."

April 10, 11 – 11:45 am

Physical Activity with Parkinson's

followed by exercise class "Neuro Fit with Parkinson's"

April 17, 11 – 11:45 am

Nutrition with Parkinson's

followed by exercise class "Neuro Fit with Parkinson's"

April 24, 11 – 11:45 am

Socialization with Parkinson's followed by exercise class "Neuro Fit with Parkinson's"

- **Grief Support**

Thursday, April 11, 1:30 PM

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

March Madness Basket Ball

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

Location: The Club

Date: April 2

Time: 10:00 am



Pump it for Parkinson's (see Club Staff)

Thursday, April 11, 8:00 am to 4:00 pm

Come to the Club to register for a 15 minute spot to use the Nustep to bring awareness to Parkinson's Disease.

Dementia Support Group

Thursday, April 18, 1:30pm

Arthritis Foundation Exercise Program (AFEP)

Tuesdays and Thursdays,

April 25 – July 25 (24 sessions)

10:00 – 11:00 am

A group exercise class for people with arthritis who want to learn safe ways to stay active, reduce pain, and move more easily.

Thank you to all of the amazing volunteers who help out at the Club desk! We appreciate you.



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.

| | | | | | |
|-------------|-----|-----------|------|---------|------|
| Nancy G | 4/1 | Katie V | 4/7 | Sis C | 4/17 |
| Mary Jane G | 4/2 | Darlyne W | 4/8 | Joyce R | 4/24 |
| Judy J | 4/3 | Jim C | 4/10 | Ellen R | 4/25 |
| Jane H | 4/6 | LeAnn L | 4/10 | | |
| Patricia S | 4/6 | Joyce C | 4/14 | | |



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 April is T, which stands for Teamwork.

How do we show Teamwork at Shorewood?

Team members commit to their teammates by understanding how all departments work together. They support and appreciate their co-workers and strive to make their community better every day.

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



Maintenance Memo

By: Marcus Moe, Environmental Services Director

Keeping Our Community Safe and Comfortable: A Message from the Maintenance Department

Dear Residents,

As we transition into the spring season, the maintenance team here at Shorewood wants to take a moment to express our gratitude for your continued cooperation and understanding. Your support makes our job easier as we strive to maintain a safe, clean, and comfortable environment for everyone.

Spring Maintenance Checklist

With the change in seasons, it's time to prepare our community for the warmer months ahead. Here are some important tasks we'll be focusing on:

- **HVAC System Inspection:** As temperatures rise, we want to ensure that your HVAC systems are functioning efficiently. Our technicians will be conducting thorough inspections to address any potential issues and keep your homes cool and comfortable.
- **Landscaping and Grounds Maintenance:** Our landscaping team will be busy refreshing flower beds, mowing lawns, and trimming bushes to enhance the beauty of our community. If you have any specific landscaping requests or concerns, please reach out to us.
- **Exterior Building Maintenance:** Our team will be inspecting the exterior of buildings for any signs of wear and tear, such as peeling paint or damaged siding. Addressing these issues promptly not only improves the aesthetics of our community but also helps protect the structural integrity of our buildings.
- **Appliance Maintenance:** We'll be conducting routine maintenance checks on appliances in common areas and individual units upon request. Keeping appliances in good working order not only saves you money on energy bills but also reduces the risk of unexpected breakdowns.

How You Can Help

While our team is dedicated to maintaining the quality of our community, we also rely on your assistance to ensure everything runs smoothly. Here are a few ways you can help:

- Report any maintenance issues promptly by contacting the front desk. Timely reporting allows us to address problems before they escalate.
- Follow community guidelines for trash disposal and recycling to help keep our grounds clean and attractive.
- Be mindful of your energy usage to reduce strain on our HVAC systems and lower utility costs for everyone.

Your Feedback Matters

Your satisfaction is our top priority, and we welcome your feedback on how we can improve our services. Whether you have suggestions for additional maintenance tasks or ideas for enhancing community amenities, we value your input and will do our best to accommodate your needs.

As always, if you have any questions or concerns, please reach out to our maintenance team. We're here to help make your living experience at Shorewood Senior Campus the best it can be.

Thank you for being part of our community!
Sincerely,
Marcus Moe, Director of



Caring for Yourself

Taking care of yourself is one of the most important things you can do as a caregiver. This could mean asking family members and friends to help out, doing things you enjoy, using adult day care services, or getting help from a local home health care agency. Taking these actions can bring you some relief. It also may help keep you from getting ill or depressed.

How to Take Care of Yourself

- Ask for help when you need it.
- Join a caregivers support group.
- Take breaks each day.
- Spend time with friends.
- Keep up with your hobbies and interests.
- Eat healthy foods.
- Get exercise as often as you can.
- See your doctor on a regular basis.
- Keep your health, legal, and financial information up to date.

Getting Help

- It's okay to ask for help from family, friends, and others. You don't have to do everything yourself.
- Ask people to help in specific ways like making a meal, visiting the person, or taking the person out for a short time.
- Join a Support Group to share advice and understanding with other caregivers.
- Call for help from home health care or adult day care services when you need it.
- Use national and local resources to find out how to pay for some of this help or get respite care services.

You may want to join a support group of Alzheimer's Disease caregivers in the area or on the internet. These groups meet in person or online to share experiences and tips and give each other support. We offer an Alzheimer's Disease Caregiver Support Group here at Shorewood the third Thursday of every month from 1:30 pm. To 3:00 pm at the Shorewood Club to make it convenient for our residents and families here at Shorewood. Our next meeting is April 18, 2024.

Please contact me at ahoehn@shorewoodcampus.com or at 507-536-3223 if you have any dementia questions.

Hope you all have a very Happy Spring!

Amy Hoehn



The More You Know

By: Laurie Campion, Resident Services Director

Many of you at Shorewood Place have your FILE of LIFE on your refrigerator. The Information should include your medical history, medicines you are currently taking, and your emergency contacts. ALL this information is important. EMT's and firemen can make faster and better assessments on what type of immediate care they should be offering you.



The File of Life is not a legal medical document, however. Without a signed medical document such as a Provider Orders for Life Sustaining Treatment form (POLST) the EMT's and FD are required to start CPR. Here is some information about the different medical documents. Please check with your doctor if you have any questions and for other possible documents for your own situation.

| | Advanced Directive | File of Life | POLST (Portable Orders for Life-Sustaining Treatment) |
|--|--|--|--|
| Who is it for? | Everyone 18 and older | Anyone | People with a serious illness or frailty |
| What kind of document is it? | It is a legal document. Minnesota's advance directive combines the living will and durable-power-of-attorney-for-healthcare into one document. | It puts vital information in the hands of EMT's and allows them to immediately begin treatment based upon your medical history and prescription information. | It is a medical order |
| Who signs it? | You fill it out and sign it. Your healthcare representative signs and witnesses or a Notary. | You fill it out | Your doctor fills it out with your input. Then signs it. |
| Do I need a lawyer? | No | No | No |
| Who keeps the form | You keep the original where family/ representative can find it. You also give a copy to your doctor | You keep it on your fridge | Your doctor keeps it and enters it into their system. You keep a copy of and post where EMT's can see it. |
| Can I change the form if I change my mind? | Yes. You can tear up the old one and write a new one. Make sure to give a copy to your doctor. | Yes | Yes. You can ask your doctor to change it. |
| What if there is a medical emergency and I cannot speak for myself? | Your healthcare representative speaks for you and honors your wishes | Your emergency contact information is on the form. That person should know your wishes. | The ambulance staff, hospital and doctors look for the medical orders in the electronic database and follows them. |

Director's Notes

By: Karen LaFee, Executive Director

“SPRING” A reminder of how beautiful change can be.....

As we welcome Spring, we are afforded the opportunity to be more active and get out and experience the visual renewal of life and change.

This winter has been a bit milder than most and there has been very little snow. I am aware through shared conversations that we are all itching to get out and begin the activities that Spring brings. However, at this time we patiently wait and brace ourselves for what may be one last snowstorm or at least some snow.

Because of the continued intermittent cold days, we will not yet be putting out the furniture and getting ahead of ourselves with gardening. We will wait to see what Mother Nature decides to bring us for the next few weeks.

Additionally, in anticipation for Spring, gardening has been a conversation. I am excited to share that the flower gardens in front of the main entrance of Shorewood Place will be getting an update from a local landscaper, so the focus of the Garden Club will be the other flower beds around the building.

In the Shorewood “capital” budget for 2024 we identified that the Shorewood Place main entrance gardens need to be managed by a professional landscaper to assist in selecting flowers and foliage that will survive the long hot afternoons. They will select perennial flowers and plants that are appropriate for the sunlight that hits those gardens for a large part of the day. I do not have a specific timeline as we are just now turning our focus to it. So, thank you for your patience.

I do know that Programming will work with the Garden Club for the other gardens here at Shorewood when Spring arrives. And that first meeting will be scheduled when appropriate. Watch for updates at a later time.

Spring is just around the corner and will bring the beauty of the park behind us, and the Shorewood grounds. We hope that April brings warm sun for outside walks. Enjoy!

Kindest Regards,

Karen LaFee
Executive Director

hello
SPRING



**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



Minnesota 3-Day Weather Forecast

Today



High: 83
Low: 57

Tomorrow



High: -1
Low: -36

Next Day



High: 72
Low: 54

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 |

SWC

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

Comfort Health Care

| | |
|-------------|----------|
| Amberly, RN | 536-3207 |
| After Hours | 951-5250 |

Aegis Therapies

Physical & Occupational Therapy 507-254-8131



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