

May
2024

Program Ponderings

 By: Maddie Finstuen, Program Director

Campus Connections
Shorewood Senior Campus



A SilverCrest
Community

Hello everyone, and happy May!

I want to discuss the importance of the shuttle schedule. By following the scheduled time it improves the overall service quality. We understand that it is hard to schedule appointments for specific times, but it is something we have to do in order to keep the shuttle running as efficiently as possible. We will be sending out a shuttle schedule with the newsletter this month so everyone has a guideline of when the shuttle will be running from now on to help make their appointments at the correct times.



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.

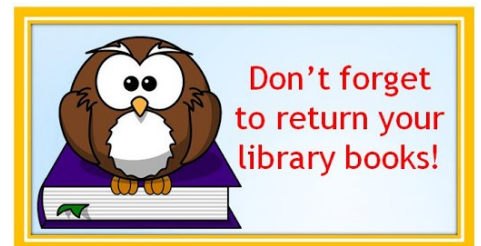
Teacher's Club

Next meeting: Monday, May 6th, 10:30 am in the Dining Room.

Meet your Folwell 5th grade pen pals at our year end picnic.

Pizza, pop, ice cream, and games.

All teachers, paras, and administrative assistants are invited to attend. With questions, contact Chuck.





“Thank you for sharing my 90th birthday with me and my family. You are my Shorewood family and I feel blessed to live here, God bless you all.”

Anita Brennan

“Thank you to all my Shorewood friends for your kind words of sympathy. Also for all the wonderful cards and generous gifts of the beautiful flowers and food. It was all much appreciated by me and my family!”

Karen K

“I am sorry that I did not get our thank you to Shorewood sooner. Gordy and I were very grateful that he made his 80th birthday party. We were overwhelmed with all the best wishes, hugs, candy, presents, and beautiful cards. Fast forward to our 60th anniversary party. Again, we were blessed and so grateful for all the love and support from our friends at Shorewood. I am so happy that we got to celebrate our 60th anniversary together. Fast forward to February 16, and Gordy is in God’s hands and in the care of Hospice. Our good friend Mike McDonough hooked a camera to our TV so we could all watch Gordy. Our son and daughter- in-law live in Babbitt, MN, (300 miles away), and they also got to watch Gordy on their TV. They were so happy they could be included. February 22 Gordy passed away. The wake was February 26, and the funeral was February 27. I was overwhelmed in a very good way again by all the love and support I received, and all the love I saw given to my beautiful, loving, and kind man was amazing. I thank everyone for all the help and support I received from Shorewood. Gordy is truly touching the face of God now. God bless everyone.”

Darlene Q

“Wow! I had a wonderful birthday! Thanks to all my friends here. Thank you for the cards, candy, sox’s towel, cake bars, olives for my martinis, and to everyone who sang happy birthday to me. You all made the day very special!”

Sis

“Thank you for the greetings, hugs, cards, and treats. It is so special to be thought of! You made my day!”

Blessings,

Pat S

Fun w/Lucile @ Shorewood Place

In this class we will fold and glue the same paper pattern into an interesting picture. To complete the project we will put them into frames.

**Wednesday, May 22nd and 29th at 2:00pm
in the Community Room**

Card Making Group will be on Friday, May 24th at 2:00pm in the Community Room.



meet YOUR NEIGHBORS



Welcome David and Gwen to Place 344!

David and Gwen were ecstatic when they received the call to move to Shorewood! Dave is a retired minister and Gwen is a retired High School English Teacher and is looking forward to joining the Teacher's Club. Before moving to Shorewood, Gwen was involved in visiting members of Christ United Methodist Church from 2012-2018, and for 3 years was involved in Shorewood Saturday Church Fellowships. David enjoys reading and Gwen enjoys writing. They are thrilled to be here and look forward to all of the social activities and meeting new people. Welcome David and Gwen!



Welcome Rosemary to Place 233!

Rosemary has lived in the Rochester area for many years, first on a farm in the Berne area, then in Rochester homes. She enjoys movies, plays, cards, concerts, word puzzles, gardening and walking.

Rosemary completed college at age 51 and her masters degree at 58. She worked at Mayo for 35 years. She has traveled to Europe, Africa, Mexico, Caribbean, and within the U.S. She met Mickey Mantle in 1957! And she is a member of the AAUW and NAACP.

Welcome, Rosemary!

Welcome Ardis to Place 301!

Ardis comes to Rochester from Winona, where she lived for 55 years. She moved to Shorewood to be closer to one of her 4 daughters, who lives in Rochester. Ardis said she loves being at Shorewood and that it's one of the best decisions she's made. We love having her here.

Welcome Ardis!



Shorewood Friends with New Addresses:

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

Audrey – 208

Ann – 230

Save the Date!

Upcoming Grant Activities

Tues., 5/7, 11am A Poetic Hour with John Sievers.

Many of us know John Sievers as a musician/trombone player who has performed with his jazz groups all over the area and entertained many at Shorewood. But John is a multi-talented artist. Come spend an hour with John as a poet. John, a teacher at RCTC, has written a haiku a day for over 1600 days. Come learn that poetic form and others you never learned in high school. Who knows? You may even be inclined to write a verse or two yourself. (No one will be asked to write or share anything they don't want to. If you're inclined to just listen, that is fine also. Invite a friend who might also enjoy this fun experience.

Thurs., 5/30, 6:30pm Jazz with the D'Sievers Trio

We've enjoyed them before. Come enjoy them again.

(Will be held outdoors weather permitting. Invite your family and friends.)



Mon., 6/3, 6:30pm The Caledonian Pipeband

One of Shorewood's annual favorites. A favorite part is the members hanging around afterwards for questions and conversation. Ask Ted Schmidt. KTTC weatherman and band member, about his recent trip to Ireland. (Will be held outdoors weather permitting. Invite your family and friends.)



Weds., 6/5 6:00pm Cambodian Dancers

Beautiful costumes. Beautiful dancing, A cultural treat. (Will be held outdoors weather permitting. Invite your family and friends.)

If you have questions or comments regarding grant activities or you have any suggestions for future arts activities, please call Marie at 507-990-1597 or email maher012@umn.edu

Sun., 6/16 2:00pm Rochester's Salsa Dancers

Come hang out with members of the Salsa community. Enjoy the rhythms and steps. Learn something about the roots. (Will be held outdoors weather permitting. Invite family and friends.)

Mon., 7/1 6:30pm Patriotic Mini Concert/Sing Along with Joel Blair and Rochester Male Chorus
Raise your voices. Tap your toes. Come celebrate America.



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



Maid in Manhattan- The story of Marisa Ventura (Jennifer Lopez), a single mother born and bred in the boroughs of New York City, who works as a maid in a first-class Manhattan hotel. By a twist of fate and mistaken identity, Marisa meets Christopher Marshall (Ralph Fiennes), heir to a political dynasty, who believes that she is a guest at the hotel. Fate steps in and throws the pair together for a magical night of romance. When Marisa's true identity is revealed, the two find that they are worlds apart.

Rated: PG-13 **Runtime:** 1h 45m

Chances Are- A man's love for his pregnant wife, Corinne Jeffries (Cybill Shepherd), is interrupted when a car accident sends him to heaven. He is reincarnated, however, and two decades later he is a writer named Alex Finch (Robert Downey Jr.). But when Alex starts dating Miranda Jeffries (Mary Stuart Masterson) -- his all-grown-up daughter from his previous life -- he remembers his love for Corinne. This spells trouble for his past-life best friend, Philip Train (Ryan O'Neal), who is now pursuing Corinne.

Rated: PG **Runtime:** 1h 48m

The Last Station- In 1910, famed novelist Leo Tolstoy (Christopher Plummer) and his wife Sofya (Helen Mirren) vehemently disagree over the rights to Tolstoy's literary legacy. Sofya believes her husband should bequeath them to her upon his death, while Tolstoy's chief disciple, Chertkov (Paul Giamatti), has nearly convinced the writer to sign the rights over to the Russian people. To this end, Chertkov inserts a spy into Tolstoy's household, who promptly falls for one of the novelist's daughters.

Rated: R **Runtime:** 1h 52m



The Birth of a Nation- Nat Turner is an enslaved Baptist preacher who lives on a Virginia plantation owned by Samuel Turner. With rumors of insurrection in the air, a cleric convinces Samuel that Nate should sermonize to other slaves, thereby quelling any notions of an uprising. As Nate witnesses the horrific treatment of his fellow man, he realizes that he can no longer just stand by and preach. On Aug. 21, 1831, Turner's quest for justice and freedom leads to a violent and historic rebellion in Southampton County.

Rated: R **Runtime:** 2h 0m



Fit & Fun

By: Sheila Walsh, Wellness Director

— THE CLUB —

At Shorewood

Trauma and Osteoporosis Awareness Month

The word trauma makes me think of car accidents and falls. Falls make me think of osteoporosis. Oddly enough, both trauma and osteoporosis share May as a national month to be recognized.

According to Minnesota Department of Public Safety, people over the age of 65 account for 16 percent of all crashes in Minnesota.

Falls, on the other hand, have higher stats. According to the CDC, falls are the leading cause of injury. In Minnesota in 2020, 1 in 4 people over 65 had a fall. About 29% of falls resulted in an injury, with the average cost of each fall at \$60,000. Nationwide the USA spends about \$50 billion in falls.

Falls are even more dangerous for people with osteoporosis, as having lower bone density makes bones more susceptible to breaking. One in 3 women and 1 in 5 men over 50 have osteoporosis.

Join the Club and talk to wellness staff to learn more about what you can do to reduce your risk.

Your Wellness Director,
Sheila M Walsh

The Club at Shorewood News for May 2024 Extra! Extra!

Golf Driving Range

Location: Northern Hills Golf (meet at Commons front door)

Thurs., May 9
10:00 am—Noon

Join us to hit some golf balls!



Please RSVP to
536-3221 by May 6.

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.

Grief Support

Thursday, May 9, 1:30 pm

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

Dementia Caregiver Support Group

Thursday, May 16, 1:30 pm

Thank you Club Volunteers!

Better Sleep

Presented by Sara Arnold, APRN

Location: The Club

Date: May 16, 1-2 PM



Sara will discuss practical tips for better sleep, including maintaining a consistent schedule, managing technology's impact, optimizing diet and exercise, reducing stress, and creating a relaxing sleep environment. By the end, you'll understand the importance of good sleep hygiene and have the tools to enhance your sleep quality.



May Birthdays

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.

Marjorie B	5/2	Arona S	5/17	Maurice G	5/25
Norma R	5/2	Audrey O	5/18	Sandy S	5/27
Lou T	5/3	Dennis L	5/21	Jim W	5/28
Judy R	5/4	Rita L	5/21	Viola L	5/29
Carol R	5/4	Jon R	5/21	Marion R	5/29
Annika P	5/4	Elaine D	5/23	Doris B	5/31
Judy S	5/7	Jack K	5/24		
Gwen M	5/10	Sheri Lu P	5/24		



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 May is R, which stands for **Residents First**.

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

- Staff treat residents as individuals. We treat them dignity and respect, even personalizing conversation with them.
- Staff know residents by name and greet them with a smile.
- Staff are proactive rather than reactive. We get to know the residents' specific needs and preferences.



Maintenance Memo

By: Marcus Moe, Environmental Services Director

Recycling Guide: Know What to Recycle

At Shorewood, we're committed to promoting sustainability and reducing our environmental footprint. Recycling is a simple yet powerful way to achieve this goal. To help you contribute to our recycling efforts, here's a handy guide to what you can recycle:

Paper:

- Newspapers
- Magazines
- Junk mail
- Office paper
- Cardboard (flatten boxes if possible)

Plastic:

- Bottles (water, soda, shampoo, etc.)
- Food containers (yogurt cups, butter tubs, etc.)
- Plastic bags (please bundle together)
- Plastic utensils (if not contaminated with food)

Glass:

- Bottles (clear, brown, and green)
- Jars (sauce, condiment, etc.)
- **Please rinse out containers before recycling**

Metal:

- Aluminum cans
- Tin cans (soup, vegetables, etc.)
- Aluminum foil (clean and balled up)
- Metal lids and caps

Important Tips:

- **Empty and Rinse:** Please empty and rinse all containers before recycling to prevent contamination.
- **Remove Caps and Lids:** Remove caps and lids from bottles and jars before recycling.
- **No Tangles:** Avoid recycling items such as hoses, wires, or cords, as they can tangle and damage recycling equipment.
- **No Contaminants:** Do not recycle items contaminated with food or liquid, as they can spoil the recycling process.
- **Check Labels:** Some items may have specific recycling instructions on their labels. Please follow these guidelines when applicable.

If you have any questions about what can or cannot be recycled, don't hesitate to ask our Environmental Services team. Together, we can make a positive impact on our environment through responsible recycling practices. Thank you for your cooperation!



Reflections Neighborhood

By: Amy Hoehn, CDP, Reflections Director

Good “Mom”ents

Mothers deserve a huge and heartfelt thank you for their selfless love, hard work, and guidance, and all the under-appreciated and unseen sacrifices that come along with motherhood. Even if it is a small gesture, take the time to let your mother and the other women in your life know that you appreciate them this month.

Here are some ideas for families impacted by dementia to celebrate Mother’s Day:

Reminisce together. Familiar faces and old photos can bring joy and comfort to someone living with dementia, even if the person can’t remember the names. Look at old photos together and describe them for your loved one as you go through them, who the people are, what the occasion was, etc. Avoid asking questions like, “do you remember?” as that can make someone living with a memory disorder feel embarrassed or ashamed.

Adapt old favorites. Dementia-related illnesses can impact a person’s ability to do things as they previously did, so it’s important to be adaptable. If the person loved going to a certain restaurant but no longer can, order-in food from that establishment instead. If they enjoyed playing a musical instrument but can’t anymore, listen to their favorite music with them.

Create new memories. Quality time together is one of the best Mother’s Day gifts anyone can give. When planning activities, take a strengths-based and person-centered approach and incorporate what the person can do and what they choose to do now, rather than dwelling on what they used to do. Focus on those things that bring joy and let go of activities that seem too stressful.

Flowers are a gift with therapeutic benefits. Flowers are a very popular Mother’s Day gift, and they can be especially good for someone living with dementia; the scent can help improve mood, promote positive feelings, and stimulate the brain. Purchase a bouquet of fresh flowers, set it on a table, and enjoy the fragrances together.

Make your own Mother’s Day card. Write a Mother’s Day card and read it out loud to your loved one. Even if they can no longer grasp the full meaning, the act of writing it and communicating your love can help lift your own spirits.



Dementia Caregiver Support Group
Date: May 16,
Time: 1:30-3:00pm
Location: The Club at Shorewood



The More You Know

By: Laurie Campion, Resident Services Director

SCAM ALERT!

SCAMS

A few steps you can take to help protect yourself from scams:

- **Don't give out** sensitive personal information over the phone or in response to an email, social media post, or text message. Sensitive information includes your Social Security number, bank account information, credit card numbers, PINs, and passwords.
- **Check** incoming bills, including utility bills and credit card statements, for charges that you didn't authorize. Contact the utility provider, credit card company, or bank if you see any charges you don't recognize.
- **Protect** your electronic accounts by keeping the security software on your computer and smartphone up to date and by using multifactor authentication when possible.
- **Don't transfer money** to strangers or to someone over the phone. Similarly, never buy a gift card to pay someone over the phone. Once you transfer money or share the numbers on the back of a gift card, there's usually no way to get your money back.
- If someone is trying to scam you, they may threaten you or pressure you to act immediately. If this happens to you, **don't panic**. Slow down and think about what the person is saying. If you suspect it's a scam, end the call and talk to someone you trust.
- One reason that scammers target older adults is that they are less likely to report suspected fraud. If you think that you or someone in your life has been the target of a scam, contact the National Elder Fraud Hotline at 833-372-8311.
- You can also contact your local police department at (507) 328-6800, the Minnesota attorney general at (800) 657-3787, and you can report the scam to the Federal Trade Commission at (877) 382-4357 or TTY: (866) 653-4261.

<https://www.nia.nih.gov/health/safety/beware-scams-targeting-older-adults>

Sing a New Song!

Shorewood's owner, The J.A. Wedum Foundation, commissioned a song for Rochester's Resounding Voices choir. Their upcoming concert includes the premiere of that new song, "Where There Is Love," which includes ideas from Shorewood residents. It's a beautiful piece that reflects Shorewood, seniors, and the journey of life.

Residents are invited to sing the song at the concert! If you missed the recent rehearsal, see Ellie at the front desk for music and information.

Sunday, May 19, 2pm, Calvary Evangelical Free Church

This song was commissioned and funded by the J.A. Wedum Foundation to honor residents of the Shorewood Senior Campus in Rochester, Minnesota

Words by Suzy Johnson with input from Shorewood residents

Where There Is Love

for SAB choir and piano with optional horn or cello

Music by Suzy Johnson

Andante

Piano *mp*



Director's Notes

By: Karen LaFee, Executive Director

May seems to be the month when we truly feel that it is “SPRING.” The warmer weather is 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. May Day and May baskets as a celebration of Spring takes us back to our childhood and the many changes since then: graduations, weddings, the births of children, grandchildren or great-grandchildren. With each change there is an opportunity for joy.

This winter was not real hard on us but the promise of Spring is still welcomed. With each new day comes an opportunity to help others, be kind, enjoy our neighbors and embrace every minute.

Here at Shorewood, we are here to support you in the new opportunities in socializing, volunteering, or exploring things that catch your interest. Shorewood offers so many activities, but also the possibility of a connection with your neighbors and expanding friendships. I encourage each of you to see May as the new beginning and set a goal for a new friendship, or a new activity, or experiencing something new at the Shorewood Club.

Change is just that. It is not bad, just different. The beauty of Spring, the new growth on trees, and shrubs. It reminds us that in change there is beauty. Sometimes we must be patient and wait for its arrival or search it out, but it does and will arrive.



I would like to take a moment to express my respect to all our veterans that have served our country with courage and dignity. But also, to acknowledge those who gave the ultimate, and gave all.

Memorial Day is a way of demonstrating that appreciation, but it is felt every day. So, thank you!



**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**



Shorewood Senior Campus Staff Email & Phone List

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Sales Associate	Laura Eide	leide@shorewoodcampus.com	536-3219
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Environmental Services	Marcus Moe	mmoe@shorewoodcampus.com	536-3217
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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
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Like "Shorewood Senior Campus" on Facebook!