

October
2024

Program Ponderings By: Maddie Finstuen, Program Director



Campus Connections
Shorewood Senior Campus



A SilverCrest
Community

Join us for a fun filled afternoon at the Shorewood Fair!

On Thursday, October 24th from 4:00pm-6:00pm we will be having the annual Shorewood County Fair.

Come and enjoy yummy fair food, fun games, prizes, and alpacas. More information will be coming out closer to the date of the fair. We hope to see you all there!



Assisted Living Resident Meeting

Date: October 29th

Time: 1:00pm

Location: Fireside Lounge

Meeting

SAVE THE DATE

Several people have asked if Pixy would repeat the French Tapestry class. She will do that on October 14 and 15 from 1:30-3:00 pm.



BRIDGE

If you are interested in the card game bridge, join us every Wednesday at 1:00pm in the Cascade Room!

Open to all Shorewood residents.

Any questions please contact Connie W.



Teacher's Club

1st meeting of the school year!

Monday, October 7th, 10:00am in the Place Dining Room.

Meet your new pen pals and more "WOW" stories.

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





“If I haven’t thanked everyone in person, for your thoughtful birthday messages, treats, and handmade craft items I want to say so now! I am thankful to have you as friends.”

Mae W

“Thank you to all for the birthday greetings and treats and for the prayers, it helped make my day!”

Ken A

“A big thank you to the anonymous shoe string gift giver. From the anonymous shoe string receiver”

“to friends and neighbors for the shower of greetings, cards, and sweets that made for a great birthday.”

Connie W

“I just wanted to thank you so much for making one of the new kids on the block feel so welcomed! Cards, candy, flowers, and birthday wishes! Thank you so much! Whoop Whoop.”

Rusti H

“With our birthdays only 1 day apart, all the wonderful cards, etc. helped make us feel closer to each other and all of you. Thanks for the blessings!”

Art & Vernida M

“Thank you for the many cards, treats, fruit, and well wishes that I received for my birthday. It really made my day.”

Janice N

“Thank you residents of Shorewood for all the unique birthday cards and chocolates I received for my birthday, it makes me smile and glad I live here among wonderful people!”

Jill E

“Thanks to everyone for the birthday cards and treats that I received with joy. You made my day very happy and special! There was a great deal of thoughtfulness and love expressed by all of you.”

Howard K

“Thank you for all the birthday cards, gifts, and treats. I am grateful to be part of this wonderful community.”

Margaret G

Welcome to Commons 326, Sandy F!

Before Sandy moved to Shorewood, a resident she knows told her, “Sandy, you will love it here.” And she was right!

Sandy comes to Shorewood from a Rochester townhome where she lived for 25 years with her husband who passed away in 2023. They wintered in Arizona for 33 winters, and they enjoyed a northern MN cabin in the summer. She has 2 great sons who live locally.

Sandy enjoys working on crafts and coming up with new ideas. She was born at home on the farm near Faribault. She’s the oldest of 9 children. She worked at Moon Hobby Shop for 10 years teaching classes and she’s a LPN (St. Marys class of 1961).

“As a little girl, I wanted to be a nurse and marry a firefighter. I accomplished both!”

Welcome Sandy!



Welcome to Place 306, Bob & Carole B!

Bob & Carole moved to Rochester in 1967 and have enjoyed watching Rochester grow. They began their lease at Shorewood on their 60th wedding anniversary.

Professionally, Carole was the director of Rochesterfest for 24 years, while Bob was a sports writer and editor for the Post Bulletin.

They enjoy watching sports, reading, working on the computer and writing. Bob enjoys woodworking while Carole loves crossword puzzles. We’re excited that they chose Shorewood as their next home. Welcome!

Fun w/Lucile @ Shorewood Place

This fun Halloween themed Jack-O-Lantern craft will make the perfect addition to your spooky themed decorations!

**Wednesday, October 9th and 16th at 2:00pm
in the Community Room**



Commons Picture Day

Wednesday, October 16th at 1:00pm
in the Commons Fireside Lounge

Please come down to have an
updated Shorewood photo taken for
our board.



Gift Giving to Shorewood Staff...

Every year residents ask if they can give staff members gifts for the holidays. Our staff is not permitted at any time to accept gifts from residents. However, we do have an Employee Relations Fund that our residents can donate to if they would like, by writing a check or making a cash donation.

The Employee Relations Fund goes towards our annual employee holiday party, gift cards, and prizes for our employees. If you would like to make a donation to this fund please drop off your donation in an envelope marked "Employee Relations Fund" to the front desk at any time. We appreciate all of your thoughtfulness and we are happy to serve each of you every day!

We wish you safe and happy holidays!



Maintenance Memo

By: Marcus Moe, Environmental Services Director

Preparing for Inspection

Each year there is an apartment inspection done by the city. We hope residents are putting in work orders if something isn't working properly or needs attention. The following are a few things to look for or to do to prevent any issues:

1. **Is your garbage disposal working?** If you do not use your disposal, are you turning it on and running water or ice through it monthly?

2. **Do you have old extension cords?** Cords can get old and not carry the current it used to. Regular extension cords will melt and possibly start a fire if overloaded. A new power surge strip will shut down and prevent overload.

3. **Sprinkler heads are not obstructed.** Check what it around your sprinkler head. They should have 18" of clearance. Especially check the closet sprinklers.

4. **Boxes next to heat.** Obviously, boxes or other obstructions should not be stored in front of your baseboard heater. Even pulling your furniture away will help to keep your apartment warmer and at a more consistent temp.

5. **Make sure your apartment is clean and organized.** If you have bags of bags or butter containers now is the time to get rid of them. Recycle or throw away these items. Truly no one wants them, and they will not come in handy someday.

If you have questions, contact Marcus Moe or Laurie Campion.



Manicure & Pedicure Service

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.

Monday, October 28th at 1:30pm in the Lakeside Lounge:

Come and enjoy time with Finn, a trained therapy dog owned by

Loren and Lucile's daughter-in-law.



Fit & Fun

By: Sheila Walsh, Wellness Director

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

Fall Prevention and Recovery 101

Learn how to reduce your chance of falling, and how to get up safely if you do.

Date: Tuesdays, October 1, 8, 15, and 22

Time: 2:00 pm

Alzheimer's Association Caregiver Support Group

Date: Thursday, October 17

Time: 1:30 pm

Grief Support with Seasons Hospice

Date: Thursday, October 10

Time: 1:30 pm

Aegis Therapies has a new Speech Therapist

Melissa Kinney brings experience and passion with her when caring for others. As a speech therapist, Melissa can help with cognition, swallowing, and language. Please let us know if this sounds like it would be helpful for you.

Thank you Club Volunteers!

THE CLUB
At Shorewood



Your Neighborhood Pharmacy Since 1959

Flu and Covid Vaccines
October 2 and 8

Flu and Covid vaccine at Shorewood. ***Place residents** can sign up at the Place desk. Have your vaccine form completed before signing up for your vaccine time, along with your insurance card information.*

Commons and Reflections residents do not need to sign up for vaccines. Comfort Staff will reach out to residents and their family for needed information.

- October 2, 9:30am-11:30am
- October 8, 2pm-4pm

Location for Place residents only:
The Club at Shorewood

Location for Commons and Reflections residents only:

Commons Activity Room





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.

Al R	10/4	Fay O	10/11	Shirley B	10/16	David W	10/23
Connie T	10/4	Betty S	10/15	Daryl N	10/17	Jeanette R	10/25
Arlys L	10/9	Dale M	10/15	Darlyne K	10/19	Chris O	10/27
Evelyn T	10/9	Jan B	10/15	Judith N	10/19	Ronald P	10/28
Betty L	10/11	Darlene H	10/16	Sandra T	10/22	Loren W	10/31



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 October is C, which stands for Community.**

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

How do we show Community at Shorewood?

We all 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.





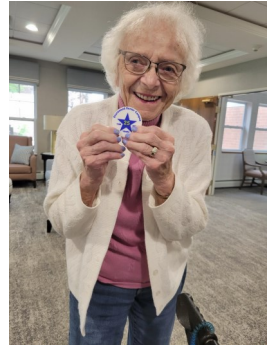
Cheers to 25 Years!

PLEASE JOIN US FOR A
25TH ANNIVERSARY CELEBRATION
Looking Back & Looking Forward

SATURDAY, SEPTEMBER 21ST
 1:00 PM - 3:00 PM

2205 2nd Street SW, Rochester MN 55902

SHOREWOOD SENIOR CAMPUS



Reflections Neighborhood

By: Amy Hoehn, CDP, Reflections Director

The winter months can have a number of effects on people with dementia, including:

- **Increased anxiety, confusion, and depression**

Decreased sunlight can cause people with dementia to feel more anxious, confused, and depressed.

- **Worsened sundowning**

Sundowning is a term for increased agitation, aggression, or confusion in the late afternoon or early evening. These symptoms can worsen in the winter and early spring.

- **Sleep disturbance**

Dementia can affect the part of the brain that controls the body's internal clock, and early darkness can cause confusion and restlessness.

- **Social isolation**

Cold weather can lead to increased feelings of isolation, especially if the person with dementia is spending long periods of time indoors.

- **Visual perception challenges**

Visual perception can be a challenge for people with dementia, and dark or shadowy environments can cause increased confusion or disorientation.

Some ways to help people with dementia during the winter include:

- Make the most of **natural daylight**: Get outside when possible: take a walk or sit in the garden.
- Install **special bulbs**: Bulbs that simulate sunlight can help.
- Open **curtains**: Opening curtains during daylight hours can help. When it starts getting dark, close the curtains and increase the lights in the room to decrease shadows.
- Play **games and puzzles**: Indoor activities and stimulation can help.
- Keep them **warm and comfortable**: Keep warm clothing items on hand, such as hats, scarves, gloves, mittens, and weatherproof boots.

Alzheimer's Association Caregiver Support Group
October 17 from 1:30PM-3P at the Shorewood Club

Have a great October. If you have any questions or concerns regarding dementia, please call me at 507-536-3223 or email me at ahoehn@shorewoodseniorcampus.com

The More You Know

By: Laurie Campion, Resident Services Director

The Season of Scary

What a perfect time of year to talk about what scares you. Better yet, this is a perfect time to do what you have put off because you are scared. The following are a few things some people either find scary to think/talk about or think they won't need it

POWER OF ATTORNEY YET?

Most of us don't like to think about the scary what ifs, but we'd be more than silly not to. If you were to have a stroke or decline cognitively, who will make

sure your bills are paid on time; your taxes are filed or make sure your wishes are known?

A power of attorney can help direct the care and the management of finances if you are no longer able to do so. It will also save your friend or family member the need to go to court to have a guardian appointed for you. While we never will know if or when a POA is needed, it should be created as a safeguard.

The power of attorney offers benefits for your friend or family member as well. Knowing that they have the power to step in and help you can prevent them from feeling overwhelmed. **If you have your POA already done, please make sure Shorewood has a copy.**

TALK TO FAMILY OR FRIENDS ABOUT YOUR FUNERAL ARRANGEMENTS

By now you are probably thinking to yourself, well Laurie, aren't you a ray of sunshine? Many

times, I see families struggle because this subject was never brought up. I remember a family who at the wake of their dad found out from their cousin that their dad wanted military rights at his funeral. The cousin had the discussion with his uncle and assumed the kids had too. Thankfully they were able to pull it off, but

it goes to show final wishes are important to you and to your family. My own mom had my dad's and her funeral wishes well written out. With 8 kids it prevented any squabbling and, quite honestly, it let us grieve peacefully knowing everything is as it should be.



ARE YOU STRUGGLING WITH DEPRESSION?

As daylight fades earlier now, some people are affected by seasonal affective disorder (SAD). It's normal for everyone to have some days when they are more tired or less motivated. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your health care provider.

If you are experiencing any of the symptoms below, please contact your doctor, family, or friend.

- A persistent low mood.
- A loss of pleasure or interest in normal everyday activities.
- Irritability.
- Feelings of despair, guilt and worthlessness.
- Feeling lethargic (lacking in energy) and sleepy during the day.
- Sleeping for longer than normal and finding it hard to get up in the morning.

Director's Notes

By: Karen LaFee, Executive Director

Embracing Autumn: A Season of Reflection

As the leaves turn vibrant shades of red, orange, and yellow, autumn brings a unique opportunity for us to reflect on the beauty of life's seasons.

This time of year often evokes a sense of nostalgia, as the crisp air and shorter days remind us of the passage of time. For many of us autumn is a season to cherish memories, reconnect with loved ones, and engage in activities that bring joy and fulfillment.

Whether it's taking a leisurely walk through a park, enjoying watching our grandkids sporting events, or participating in Rochester or Shorewood events, autumn offers countless ways to savor the present moment.

Autumn also presents an ideal time for us to focus on our well-being. The cooler weather encourages outdoor activities that are gentle on the body, such as walking,

gardening, or simply sitting outside to enjoy the fresh air. These activities not only promote physical health but also enhance mental well-being by reducing stress and fostering a sense of connection with nature.

Additionally, the abundance of seasonal produce, like apples, pumpkins, and squash, provides an opportunity to enjoy nutritious meals that support overall health.

Moreover, autumn is a season of community and togetherness. Shorewood will be hosting our County Fair, and there are many activities in the Rochester area to engage in fun activities. Volunteering at Shorewood, joining clubs, or participating in community activities can help you build new friendships and strengthen existing ones.

As the days grow shorter, the warmth of human connection becomes even more important, making autumn a perfect time to nurture relationships and create lasting memories.



**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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Resident Services Director	Laurie Campion	lcampion@shorewoodcampus.com	536-3225
Environmental Services	Marcus Moe	mmoe@shorewoodcampus.com	536-3217
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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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