

November
2024

Program Ponderings By: Maddie Finstuen, Program Director



Campus Connections
Shorewood Senior Campus



A SilverCrest
Community

We would like to extend our heartfelt thanks to everyone who attended the Shorewood Fair this year. Your presence helped create a vibrant and joyful atmosphere, making the event a memorable experience for all. Personally, I loved the moments spent with everyone, especially the laughter and stories shared. A special thanks goes to our dedicated staff for staying and helping during the fair; their hard work made this event possible. We're already looking forward to next year's fair and hope to see even more of you there.



Assisted Living Resident Meeting

Date: November 26th

Time: 1:00pm

Location: Fireside Lounge

Meeting

Teacher's Club

Monday, November 4th, 10:00am in the Place Cascade Room.

Guest Speaker: Dr. Jean Marvin of the Rochester School Board

This is open to all residents

Contact Chuck



November Calendars:

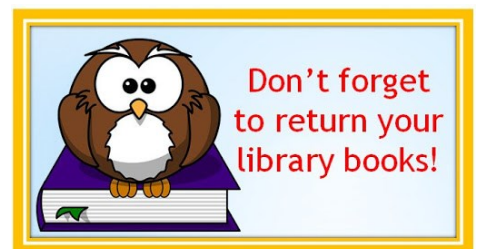
November calendars will be out asap. The site we use to make our calendars is down companywide, and we are working hard at getting that back up and running to get your calendars delivered.



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.





If you would like a "Thank You" posted in the Shorewood Newsletter, please drop it off at the front desk for Maddie to pick up. Be sure to include your name.

"I am so grateful to all of you who gave me cards, candy, and greetings for my birthday! Your friendship is appreciated!"

Arlys L

"My belated thank you to all that made my September birthday memorable. Shorewood is home to many super people and I am happy to be here among all of you."

Elsie D

"Thank you to all my Shorewood friends for birthday cards and treats. They did make the day special."

Judy N

"Many thanks to all for the birthday cards. Very much appreciated!"

Bob M

GRATITUDE TREE

We'll be installing a Gratitude Tree in each building for the Thanksgiving season.

The tree is a visual reminder to be mindful and grateful. Join in and write something you're grateful for on a leaf and place it on the tree.

Over time, our trees will be filled with gratitude!



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.



meet YOUR NEIGHBORS

Welcome to Place 424, Margaret J.!

Margaret has worked as a tour guide and a volunteer tax preparer. A lifelong resident of Rochester, Margaret enjoys playing bridge and reading. We are glad she chose Shorewood as her home!

Welcome Margaret!



Welcome to Place 240, Ann E.!

Originally from a small SE Minnesota town, Ann has been a Rochester resident since 1965. She met her husband while a student nurse on rotation at the State Hospital/Rochester. "We both worked most of our careers at Mayo Clinic and affiliate hospitals here in Rochester."

Ann and her husband enjoyed travel as a couple in their prime years. She enjoys reading, small group social activities, lifelong learning and staying in touch with family and friends.

Ann joined the Club as a community member in 2019. She enjoys the central location of Shorewood and the vibe. Ann's daughter Vicki moved here with her from the townhome that they'd been in since 2010. "We're making the adjustment to living in closer (smaller) quarters!"

Fun w/Lucile @ Shorewood Place

Come and make a standing Thanksgiving turkey. You can add your own message on the sign he holds.

**Wednesday, November 6th and 13th at
2:00pm in the Community Room**

Card Making Group will be on Friday,
November 8th at 2:00pm in the Community
Room.



Maintenance Memo

By: Marcus Moe, Environmental Services Director

Important Upcoming Inspections – Please Read

We hope this message finds you well! We want to inform you of upcoming inspections that will be taking place in our community.

These inspections are an important part of maintaining our apartment buildings, ensuring safety, and meeting regulatory requirements. We appreciate your cooperation and patience during this process.



Inspection Date:
Wednesday, December 18, 2024

What to Expect:

- Inspections start at 9:00am on the far west end of all floors and will proceed east until completed.
- The inspections will be conducted by our environmental services team and City of Rochester staff.
- Inspectors will check for safety compliance, general maintenance, and to ensure everything is in good working order in your apartment.
- Please ensure that your apartment is accessible during the scheduled inspection time. If you are unable to be home, please contact us to discuss alternative arrangements.

Preparing for the Inspection:

To help make the process smooth, please take a few moments to:

- ⇒ Ensure all areas of your apartment are accessible (such as closets and utility areas).
- ⇒ Remove any items that might obstruct access to safety equipment (fire extinguishers, smoke detectors, etc.).
- ⇒ If you have any maintenance requests or concerns, this is a great opportunity to let us know.

Key Areas of Focus:

- Fire alarms and smoke detectors
- Plumbing and electrical systems
- HVAC units and filters
- General cleanliness and safety
- Safety of appliances and fixtures

If you have any questions or need further assistance, don't hesitate to reach out to our reception desk. Thank you for your understanding and cooperation! We are committed to maintaining a safe, comfortable, and enjoyable living environment for everyone in our community.

Warm regards,
Marcus Moe
Director of Environmental Services

Shorewood Library: A Community Treasure

The Shorewood Library is not just a place to borrow books; it's a vital community hub that fosters learning, creativity, and connection among residents.

As we strive to keep our library well-stocked and organized, we kindly ask all residents to check their apartments for any missing library books. If you have borrowed items, please ensure that you sign them out in the binder on the library desk to help us maintain an accurate inventory.

When it's time to return your books, we ask that you place them in the designated black cart located in the library. This helps streamline our check-in process and ensures that each item is returned efficiently. If you have books you wish to donate, please leave them at the front desk for our Programming team to pick up.

We also want to express our heartfelt gratitude to the library committee. Their dedication to maintaining a clean, organized, and welcoming environment makes the Shorewood Library a wonderful place for everyone. Thanks to their hard work, we can continue to enjoy a well-curated selection of books and programs that enrich our community.

Thank you for supporting our library! Together, we can keep this treasured resource thriving for years to come.



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!

Fit & Fun

By: Sheila Walsh, Wellness Director

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

Preparing Now for a Healthier 2025

Do you feel like you are too busy to add healthy behavior change to your life? Are you just not quite ready to change your diet and activity level?

Join us for an easygoing conversation about simple steps you can take now to maintain, avoid weight gain over the holidays, and rev your engine for the change you want to make in yourself in 2025.

Date: Wednesday November 20

Time: 2:30 PM

Location: Club

Indoor Bean Bags

Date: Wednesdays, November 6, 20, 27

Time: 3:30 PM

Location: Commons Fireplace Lounge

Alzheimer's Association Caregiver Support Group

Date: Thursday, November 21st

Time: 1:30 PM

Location: Club

Grief Support with Seasons Hospice

Date: Thursday, November 14

Time: 1:30 PM

Location: Club

How to Respond to Choking with Amberly Arndt and Sheila Walsh

Date: Tuesday, November 26

Time: 2:00 PM

Location: Place Community Room

— THE CLUB —

At Shorewood

Eating through the Holidays



Eating through the holidays can be tough. There are so many of your favorite things **everywhere you look.**

Here are some of my favorite tips on how to maintain your weight through the holidays.

- ◆ Eat a healthy snack before going to a party.
- ◆ Use a smaller plate.
- ◆ If you want to have two different sweets, cut them both in half.
- ◆ Hosting a buffet? Put it away after 1 hour.
- ◆ Don't graze off the buffet.
- ◆ Snack on fruits and vegetables.
- ◆ Stop eating when you are 80% full!
- ◆ Take 20+ minutes to eat your food.
- ◆ Wait 10 minutes after you empty your plate before you take more food.
- ◆ Be aware of what you eat from meal to meal.
- ◆ Drink 8 glasses of water every day!
- ◆ If you fall off the eating-healthier train, just get back on! **Don't call the day a bust.**

Sheila Walsh, Your Wellness Director

Thank you Club Volunteers!



NOVEMBER 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.

Glen T	11/2	Deb J	11/9	Darwin B	11/14	Margaret J	11/26
Annette A	11/3	Birdie L	11/10	Lucille R	11/15	Matilda S	11/27
Beth A	11/6	Jean L	11/11	Pat A	11/18	Charlotte H	11/28
Bev O	11/7	Carole B	11/13	Rose Ann B	11/23	Patsy B	11/30
Carolyn R	11/8	Marsha W	11/13	Karen G	11/23		



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 December 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





Reflections Neighborhood

By: Amy Hoehn, CDP, Reflections Director

What are you thankful for? As we head into November and the time of Thanksgiving, this question always arises. I asked the residents living in Reflections, “what are you most thankful for?” Everyone’s number one answer was “My Family!” So many of our fondest memories are the ones we make with our kids, parents and grandparents.

Holidays can be challenging for families affected by dementia. While typically a time for celebration, families may experience a sense of longing for the way things used to be. For caregivers, the holidays may create added work. You’ll also have to consider the needs of the person with dementia during holiday decorating and gatherings. By adjusting your expectations and modifying some traditions, you may find meaningful ways to celebrate holidays.

Below I have included some helpful tips on how to make the holidays more enjoyable for you and the one you love.

Create a safe and calm space. To create an appropriate environment for the person with dementia: Tone down decorations. Avoid blinking lights or large decorative displays that can cause confusion. Avoid decorations that cause clutter or require you to rearrange a familiar room.

Avoid safety hazards. Substitute electric candles for burning candles. Avoid fragile decorations or decorations that could be mistaken for edible treats, such as artificial fruits.

Play favorite music. Familiar or favorite holiday music may be enjoyable. Adjust the volume to be relaxing.

Adapt holiday activities. Prepare together. Mix batter, decorate cookies, open holiday cards, or make simple decorations. Focus on the task rather than the outcome. Host a small gathering. Aim to keep celebrations quiet and relaxed. Avoid disruptions. Plan a gathering at the best time of day for the person with dementia. Keep daily routines in place as much as possible. If you are having guests over, provide a quiet place for the person with dementia to have time alone or to visit with one person at a time.

Plan meaningful activities. You might read a favorite holi-

day story, look at photo albums, watch a favorite holiday movie or sing songs. Keep outings brief. If you’ll be attending a holiday gathering, plan to be brief or be prepared to leave early if necessary. Make sure there is a place to rest or take a break.

Celebrate at a Shorewood. Celebrate in the most familiar setting. Because a change in environment can cause distress, consider holding a small family celebration at Shorewood. You might participate in holiday activities planned for the residents. Minimize visitor traffic. Arrange for a few family members to drop in on different days. A large group may be overwhelming.

Prepare holiday visitors. Provide an update. Let guests know ahead of time about any changes in behavior or memory since their last visit. Providing a recent photo can help people prepare for changes in appearance. Offer communication tips. Suggest ways for guests to listen patiently, such as not criticizing repeated comments, not correcting errors, and not interrupting.

Suggest activities. Tell guests ahead of time what activities you have planned or suggest something they might bring, such as a photo album.

Take care of yourself. Self-care is crucial for caregivers during the holidays. To make the season enjoyable: Pick and choose. Focus on the holiday activities and traditions that are most important to you. Remember that you can’t do it all.

Manage others’ expectations. Set realistic expectations for what you can contribute to family holiday celebrations. Delegate. Let family and friends help with cleaning, addressing cards and shopping for gifts.

Make time for yourself. Ask a family member or friend to give you a break so that you can enjoy a holiday outing without caregiving responsibilities.

Trust your instincts. Simplifying celebrations, planning ahead, and setting boundaries can help you minimize stress and create a pleasant holiday experience for you and the person with dementia.



The More You Know

By: Laurie Campion, Resident Services Director

Mindful Meditation

I came across a mindful meditation app (a computer group chat that allows users to talk about specific topics) and was struck by this man who daily tracks his “3 Observations Today.” He does this every single day.

His observations are not earth shattering and very few people comment on his posts. I get the feeling he doesn't care what others think. Here is one of his daily posts.

Three Observations Today

- ⇒ *I bought a sprinkler this morning. I wanted more water coverage on the yard than I was getting from the spray nozzle on the hose.*
- ⇒ *I had another chunky vegetable salad for lunch. Cauliflower, tomato, carrots, shredded cheese and ranch dressing. Trying harder to eat more veggies.*
- ⇒ *Went to yoga tonight. I had difficulty with poses where I had to fold my legs under myself in a sitting or kneeling position. I tried each position but I'm not flexible enough to do them.*



He reflects upon his sometimes imperfect day. It may seem mundane to most of us, but in his daily observations we can interpret that life is just that, life. It is acknowledging the imperfections; it is trying to do better and it is finding solutions to obstacles. By sharing it, he (and we) can see how he treats his body, his spirit and his soul.

When I said earlier, he doesn't seem to care what others think of his posts might be true, I don't know. I wonder how many people he inspires each day when they read his posts. Do they envy him that he is not afraid to share his “normal” day with others? Are they inspired to start their own “3 Observations Today”? I hope so. Maybe they too can look back on how they treat themselves and see the normal or everyday things in their life to be grateful for.

Speaking of Observations—Surge Protectors

I cannot mention this next subject too often. If you have the old-fashioned extension cords or multi-plug outlet, please switch them out with surge protectors. The benefit of the switch is the power strip will stop the power if you should overload it with Christmas lights or other electrical devices.



From UL Solutions <https://www.ul.com/insights/guide-power-strips-and-surge-protectors>

What's the difference between power strips and surge protectors?

People mix up the two because they look exactly the same. I can't tell you how many people go to a store to buy a surge protector, and they come home and find they have a power strip.

The difference is the power strip is just an extension cord with a lot of outlets. That's all it is.

A surge protector has another element inside that, in electrical terms, will “clamp” the surge. That means it will take the surge away from what's downstream — your computer, your flat-screen TV, your stereo or other electronic product you don't want damaged.

It's especially important to use a surge protector if you live in an area that has a lot of electrical storms or in a rural area or in a building that has a lot of large motors, like a large furnace or an elevator, that can send surges down the power line.

Director's Notes

By: Karen LaFee, Executive Director

Much to be Thankful For

Happy November! Thanksgiving is upon us and it is a time of gratitude and reflection, and as we age it holds a special significance. When we gather with family and friends, we often bring a wealth of memories and experiences that enrich the celebration.

What a fall Shorewood has had in regard to reflecting on its past. The celebration of Shorewood and 25 years of serving our residents was such a joy and great time. There are so many memories that were so special to celebrate. We thank all who attended, and we are also thankful for all who have been a part of our community and its story.

Thanksgiving is often filled with traditions and cherished moments, reminding us of the importance of family bonds and the continuity of love and support across generations. It can be a time for us all to feel valued and included. As Executive Director at Shorewood, I want the Shorewood residents to know how valued you all are. Shorewood is a wonderful place to call home, and we are thankful you selected us to be a part of your life story. We are so thankful for you.

As you spend time with family and friends in the coming weeks, I hope this Thanksgiving season brings you wonderful memories and great joy. And always remember we are so very thankful for each of you now and throughout each year.

Kindest Regards and Happy Thanksgiving from me to you and your family and friends.
Karen LaFee



**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**



**Happy
Thanksgiving from the
Shorewood Team!**



Shorewood Senior Campus Staff Email & Phone List

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Sales Associate	Laura Eide	leide@shorewoodcampus.com	536-3219
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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 Arndt, RN	536-3207
After Hours	951-5250

Aegis Therapies

Physical & Occupational Therapy 507-254-8131



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