

December
2024

Program Ponderings

By: Maddie Finstuen, Program Director



Campus Connections
Shorewood Senior Campus

As the holiday season approaches, we want to take a moment to wish all of our residents a joyful and peaceful holiday season. May you find time to relax, reflect, and enjoy special moments with your loved ones. We look forward to seeing you at our upcoming music events, White Elephant gift exchange, and Christmas socials—there’s no better way to celebrate than together! Here’s to creating lasting memories and sharing in the festive spirit. Happy holidays, and we can’t wait to see you soon!



Assisted Living Resident Meeting

Date: December 10th

Time: 1:00pm

Location: Fireside Lounge



The snowflakes fall, so soft and bright,
A peaceful glow on Christmas night.
The tree adorned with twinkling light,
A time for love, for hearts so tight.

The joy we share, the warmth we feel,
A season where our hopes are real.
Together we’ll sing, together we’ll cheer,
Merry Christmas, and a Happy New Year!



Join us for an outing to a singalong with Resounding Voices on December 17. Sign up in the outing book.

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.

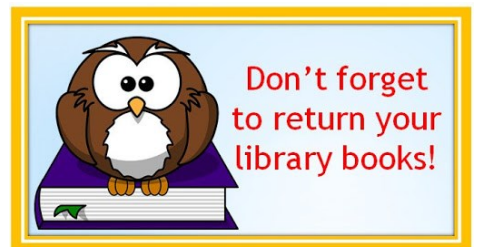
Please remember, when taking a public library book from the Place Library, to sign it out in the binder. Limit 2 books at a time.

Teacher's Club

Monday, December 2nd, 10:00am in the Place Dining Room.

Pen Pal letters, WOW Factor, Who inspired you. All teachers pre-12, paras, and administrative assistants are invited to attend.

Contact Chuck



A SilverCrest
Community



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 would like to thank everyone for the lovely birthday cards, flowers, and candy. It was very much appreciated. I feel so blessed to be living here at Shorewood with these wonderful residents. Also, thank you to the staff for going to all the work to make this year's fair so very special."

Carolyn R

"Thank you Shorewood friends for the treats, cards, and wishes to make my Halloween birthday a very special one."

Loren W

"Thank you so much for the cards, yummy treats, and well wishes, for my birthday! You are all very special people."

Annette A

"Many thanks for all the birthday wishes, cards, & goodies. It made my day very special. Shorewood is a great place to be."

Chris O

Resident-Led Friday Movies:

Starting in December, on the first and third Fridays we'll be showing movies at 7:00pm. They will be shown through the winter months.

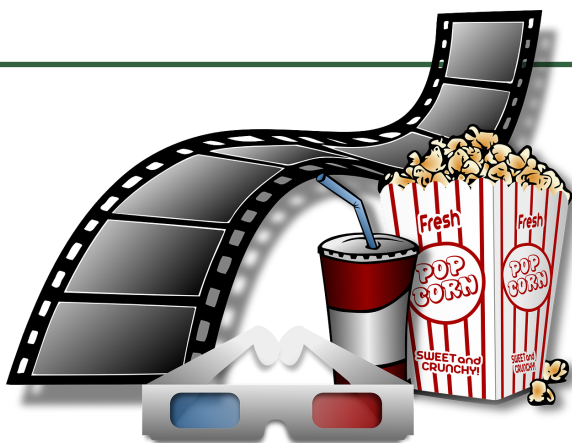
The movies will be DVDs supplied by our residents. We are asking for warmhearted, family friendly, comedies...those that make us feel good when we leave.

Anyone who has a movie they would like to share call Shirley V or leave a note in their internal mailbox.

A resident already has the December movies covered.

Dec. 6: Max Lucado's The Christmas Candle

Dec. 20: The Nativity Story



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 Sylvia & Glenn E to Place 249!

Glenn grew up on an Iowa farm near Elmore MN. “Vice President Mondale was in my brother’s Elmore High School class and a family friend!” These days, Glenn enjoys reading and watching TV.

Sylvia was a secretary for Johnson, Drake & Piper, then worked for IBM, and afterward worked for the City Engineer’s office. She raised her 4 kids in Stewartville. She enjoys puzzles and playing cards, along with coffee with friends.

Glenn and Sylvia wintered in Paradise RV Resort in Sun City AZ for 10 years. They chose Shorewood because of its activities and because they have friends here. They made the choice for their “future security.”

We are happy to have them at Shorewood!



Welcome Dave V and Pat P to Place 220!

They moved here from a townhome and are excited to be in such a comfortable place with activities. They describe Shorewood as a “senior resort!”

David is a retired tool and die maker, with a love for MG cars. Pat is a retired research chemist and insurance fraud investigator...with a talent for watercolor painting. They also raised giant schnauzers. They enjoy puzzles, walking, gardening, and car restoration and events.

We are happy to have them at Shorewood!



Welcome Dick & Dorothy P to Place 438!

Dick and Dorothy both grew up in Rochester. They lived together in Lake City from 1986 to 2004 and then came back to Rochester.

Dorothy loves to ready, have coffee, walk, and enjoy nature. Dick is a golf fanatic, both indoor and outdoor. He loves watching hockey and other sports, fishing, cooking, and skiing. Both Dick and Dorothy love spending time with family.

They chose Shorewood because of its convenient location, meals, activities, and the Club.

Welcome to Shorewood!



Maintenance Memo

By: Marcus Moe, Environmental Services Director

GARBAGE DISPOSAL & DRAIN CARE

Dear Residents,

We hope everyone is settling in well and enjoying the community! We'd like to remind all residents about some essential guidelines for using garbage disposals and drains to prevent clogs and maintain smooth plumbing in our apartment complex.

GARBAGE DISPOSAL DO'S & DON'TS:

To keep your garbage disposal working efficiently and avoid blockages, please follow these tips:

☑ DO:

- ⇒ Run cold water while using the disposal.
- ⇒ Minimize what goes down the drain.
- ⇒ Rinse plates and bowls before placing in dishwasher

⊗ DON'T:

- ⇒ Never dispose of **grease, oils, or fats** down the drain. They harden and cause serious clogs.
- ⇒ Avoid putting **fibrous foods** like celery, potato peels, or corn husks into the disposal.
- ⇒ Do not dispose of vegetable trimmings, potato peels, coffee grounds, pasta, rice, or small plants in the drain or disposal. We can tell you that this will clog and cause a drain back up and potentially flood apartments.
- ⇒ Don't grind **non-food items** (paper, plastic, etc.).



DRAIN CARE TIPS:

We also ask for your cooperation to keep all drains in kitchens and bathrooms running smoothly:

- ⇒ Use drain covers to catch hair, food, and debris.
- ⇒ **Monthly drain maintenance:** Pour a mixture of hot water and a little baking soda into the drain to help clear any buildup.

WHAT TO DO IN CASE OF A CLOG:

If you experience a clog or drainage issue, please avoid using chemical drain cleaners, as they can damage the pipes. Instead, submit a **maintenance request** through our receptionist.

Your cooperation helps maintain a clean, safe, and functional living environment for all residents. Thank you for being part of our community and helping us keep our apartment complex in top shape! 🙌

Reminder: City Apartment Inspections

Place inspections December 18, 2024

Pre-inspection starting December 2, 2024

In preparation for the annual city inspections, Environmental services will be conducting pre inspection of apartments.

This will be a quick visit to check:

- Smoke alarm expiration dates
- Plumbing and electrical systems
- HVAC units and filters
- Safety of appliances and fixtures



Come Celebrate!

Rochester Male Chorus

94th Annual Christmas Concert

With Special Guest: Tom Overlie, Emcee and Soloist

Sunday, Dec 1, 1:30pm

**Bethel Lutheran Church
810 3rd Ave SE, Rochester**

2-for-1 Tickets! The Rochester Male Chorus invites Shorewood residents AND their friends and families to join them for their 94th annual Christmas concert on Sunday, December 1, 1:30pm at Bethel Lutheran Church. As our special guests, you pay only \$10.00 for two (2) tickets.

These special tickets can only be purchased by calling Marie at (507) 990-1597. Performing with the chorus will be Tom Overlie, members of the Byron High School Chamber Singers, and a string quartet. Start your season off by enjoying this special performance. (You must find your own transportation.)

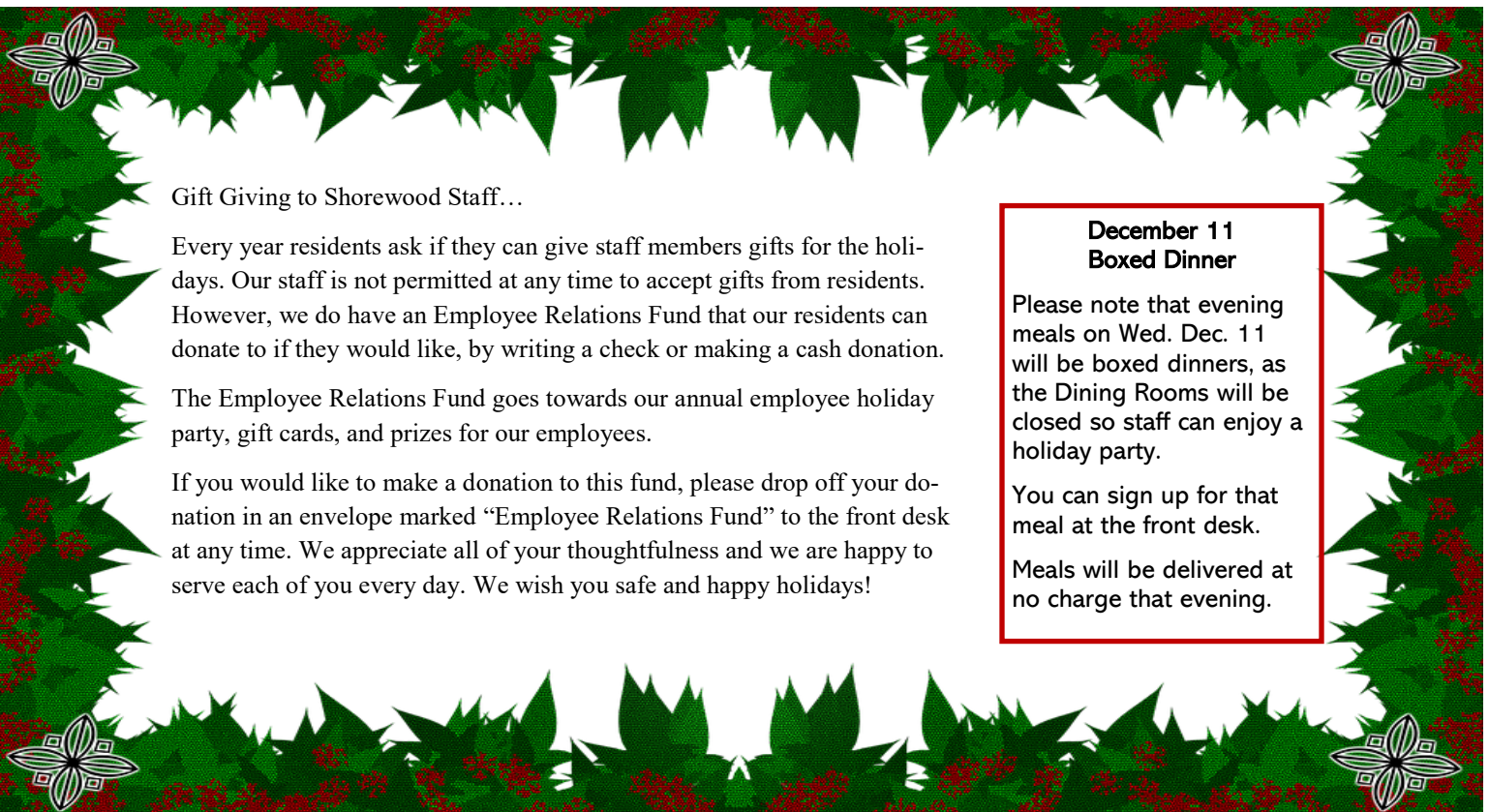
Share Your Writing! We have a lot of good writers at Shorewood. Make Christmas a little more special this year by sharing one of your Christmas memories in the form of a poem, story or other brief writing.

Then put your writing in my cubby, 421, and I'll compile them into a handout for all to enjoy. If you'd rather speak your memory just give me a call and I'll type it up for you: Marie (507) 990-1597. Please also call if you would like help getting started.



I have arranged a time for us to get together with Tom Overlie for cookies and sharing on December 17th at 2pm, so call me and let me know you're interested. Let's make this a fun, sharing time and perhaps even produce a gift for our families.

Come sing along with Rochester Male Chorus on Monday, Dec. 9 at 6:30pm. Enjoy singing all those favorite Christmas songs you know so well. Although this is primarily a singalong, the chorus, director Joel Blair and Brock Besse on piano will provide some Christmas music for your enjoyment. Don't miss this chance to come together in celebration.



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!

**December 11
Boxed Dinner**

Please note that evening meals on Wed. Dec. 11 will be boxed dinners, as the Dining Rooms will be closed so staff can enjoy a holiday party.

You can sign up for that meal at the front desk.

Meals will be delivered at no charge that evening.

Fit & Fun

By: Sheila Walsh, Wellness Director

— THE CLUB —

At Shorewood

The Club at Shorewood News for December 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 presentation about:

- ◆ Simple steps you can take now to maintain weight and avoid weight gain over the holidays.
- ◆ How change is a process you can start now.
- ◆ The benefits of chair yoga

Date: Monday, December 9th

Time: 1:30pm



No Grief Support with Seasons Hospice in December

Benefits of Yoga

Falls are the leading cause of death in the U.S. for individuals over 65. Most falls are preventable, and taking action to prevent them is important.



Chair yoga is done next to or seated in a chair. You do not have to get on the floor. Chair yoga is customizable for everyone in the room.

Some of the health benefits can be felt in the present like reduced pain, improved flexibility, and reduced stress.

Other health benefits may be seen over time:

- ◆ Improved energy
- ◆ Better sleep
- ◆ Improved focus
- ◆ Lower blood pressure
- ◆ Improved Balance
- ◆ Reduced stress
- ◆ Increased quality of life

Sheila Walsh

Your Wellness Director

Thank you Club Volunteers!



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.

Carol H	12/1	Alice B	12/6	Bea B	12/17	Alice G	12/24
Flo M	12/1	Marie M	12/7	Lloyd W	12/18	Glady R	12/27
Darlene Q	12/4	David V	12/7	Thelma B	12/19	Beth K	12/28
Inee O	12/5	Jean S	12/8	Pat R	12/23	Marlene D	12/29
Marjorie B	12/6	Lois B	12/10	Jane S	12/23	Doris S	12/30



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 January is R, which stands for Residents First.

How do we make residents first at Shorewood?

- Staff treat residents as individuals. We treat them dignity and respect, 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.



Residents First
Equity
Safety & Security
Professionalism
Enriching Lives & Enthusiasm & Energy
Community
Teamwork



BRING JOY THIS SEASON WITH A GIFT CERTIFICATE

Give a thoughtful gift for the holiday season!

● BISTRO

● MAINTENANCE & HOUSEKEEPING

● HYDROWORX & PERSONAL TRAINING AT THE CLUB

● HAIRITAGE
HAIR SALON
(PURCHASE AT SALON)



Reflections Neighborhood

By: Amy Hoehn, CDP, Reflections Director

As the year draws to a close, we welcome the festive spirit of December with warmth and joy. Our Reflections Neighborhood is buzzing with activities and celebrations to make this holiday season special for everyone.

Holiday Festivities

- Decorating the Neighborhood for Christmas will be the first week of December
- December 7: Reflections Christmas Party
- Mondays: Holiday Crafts with Programming
- December 12 & 26 Holiday Food Fun with Chef Jen
- Live Music December 6, 13, 30.
- Christmas Sing-Alongs, Lifelong Learning and Travel Groups, all centered around the holidays.
- December 31: New Years Party

Health and Wellness Tips

- **Stay Active:** Enjoy a brisk walk around the courtyard or join our morning exercise classes to keep your energy up during the chilly days.
- **Eat Nutritiously:** Remember to include plenty of fruits, vegetables, and hydration in your diet to stay healthy and vibrant.
- **Stay Connected:** Reach out to friends and family, share holiday memories, and cherish the moments together, whether in person or through a video call.

Reminder there is no Alzheimer's Association Caregiver Support Group in December. We will resume the support group in January. If you need assistance during the holiday season, please reach out to Amy at 507-536-3223 or to Lori Lutze at 507-259-6807.

We look forward to celebrating this joyous season with all of you. May your December be filled with love, laughter, and cherished memories.

Warmest wishes, **Amy**

Fun w/Lucile @ Shorewood Place

Come and make a beautiful angel to decorate
for the holiday season

**Wednesday, December 4th and 11th at
2:00pm in the Community Room**



The More You Know

By: Laurie Campion, Resident Services Director

The Dark Days

Call me crazy, but there's something about fall and winter that brings out my creativity. Maybe it allows me to cozy up in a warm sweater, cup of hot tea in hand and read a book that takes me away to a different place or broadens my mind. Maybe it's seeing the landscape change in color or texture that makes me want to try my hand at some creative embroidery, painting or card making.

I know the dark days aren't for everyone. I hope though that those of you who find the days difficult reach out to those who can help you find some brightness, a little joy. This would be a perfect time of year to write your memoirs. I wish I had my grandparents and great grandparents' stories written down for me to read. Many times, reminiscing brings joy, smiles and giggles. It might also bring some tears that maybe couldn't flow years ago but could be cathartic now.

Look for ways to find your cozy, share your tea, your books and your joy with others.

Lease Stuff:

Decorating - Holiday

Per the Fire Marshal - no live Christmas trees or wreaths are allowed within your apartment. Artificial wreaths or other decorations may be hung on your door at any time provided you are able to do so without using nails or tape. The use of 3M hooks is permitted. Be sure your decorations do not block your "peep hole." All decorations must be tasteful and are subject to the discretion of the Executive Director.



Notary Public—Notary public (Kathy Myran) services may be available. Please check with the front desk as to whether there is a notary public in the building or schedule a time to meet with her.



Good To Know:

Do you have a hard time hearing your television, but your neighbors can hear it clearly? Here is an option that those that have one love it. They say they can hear the TV clearly now! The description reads *"Ideal for TV watching without blaring volume. Designed for hard of hearing and seniors. 100 ft range."*

This is a **Sereonic**, a portable wireless speaker available from Amazon or Walmart. But I'm sure there are others brands and stores that offer similar devices.



Director's Notes

By: Karen LaFee, Executive Director

Embracing the Joys of December at Shorewood

As the year draws to a close, December brings a special kind of magic to Shorewood. The crisp Minnesota winter air, festive decorations, and the warmth of togetherness create an atmosphere of joy and celebration.

This month, we have a variety of activities planned to ensure that every resident can experience the holiday spirit to the fullest. From participating in the Christmas Social to enjoying the cozy fireplace, and music to mention a few.

Our December calendar is filled with fun events designed to foster connections and create lasting memories with the friends you have here in your Shorewood home.

Also, if it's frosty outside I recommend you go enjoy time in the heated pool at the Shorewood Club. There is always something for everyone going on to keep you active.

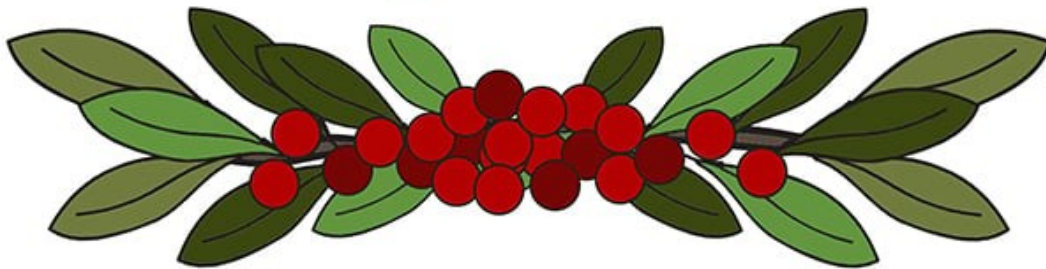
We understand that holidays can be a time of reflection and nostalgia, and we are committed to providing a supportive and inclusive environment for all. If you are taking time away from the community for the holidays, we hope you enjoy that special time with family and friends also. Our staff is here to ensure that every resident feels valued and cared for, whether they are participating in community events or enjoying a quiet moment in their own space. As we celebrate the joys of December and Christmas, we look forward to creating new traditions and cherishing the moments that make this time of year so special.

From me and our Shorewood team, Merry Christmas and happy holidays to all!

Kindest Regards,

Karen LaFee

Merry Christmas



PROFESSIONAL VIDEO WATCH PARTY

Remember when we had professional photographers and videographers on campus in September?

We have the photos and videos back, and we want to share them with you!

Join us on **Monday, Dec. 16, 10am, in the Place Dining Room** to see your friends and neighbors!



**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 Holidays from the
Shorewood Team!**

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 Arndt, RN	536-3207
After Hours	951-5250

Aegis Therapies

Physical & Occupational Therapy 507-254-8131



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