

January
2025

Program Ponderings

By: Maddie Finstuen, Program Director



Campus Connections
Shorewood Senior Campus

Dear Shorewood Residents,

As some of you may have heard, I am going to be leaving Shorewood. As my time here comes to a close, I just wanted to take a moment to thank you all for the wonderful memories and moments of joy. It has truly been a pleasure getting to know each of you, and I will cherish the friendships and laughter we've shared. You've made this place feel like home, and I'll carry those memories with me always.

Wishing you all the best and hoping our paths cross again someday!

Warmly,
Maddie Finstuen

Assisted Living Resident Meeting

Date: January 28th

Time: 1:00pm

Location: Fireside Lounge

This will be followed by a Resident Council Meeting with your neighbors to discuss wants, needs, what is working well, and what is not. We hope to see as many of you there as possible!

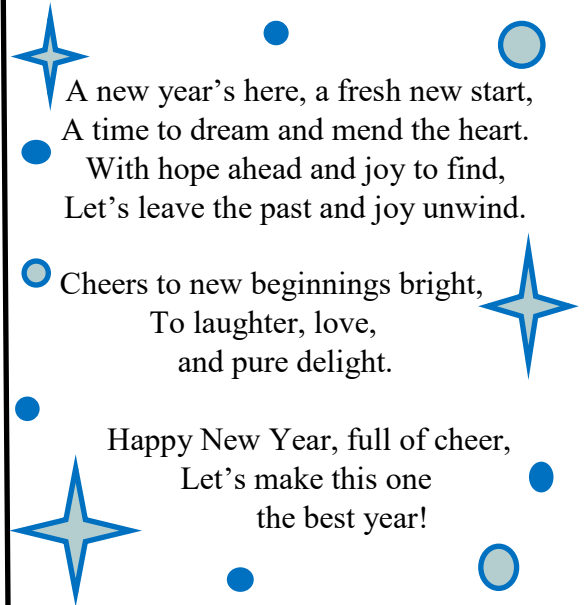


Teacher's Club

Monday, January 6th, 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.

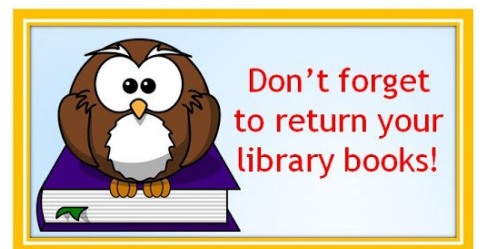
Contact Chuck.



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.



A SilverCrest
Community



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

"Many thanks for the cards and treats that I received on Thanksgiving and my birthday! Family and friends celebrated both. Blessings to all."

Char H

"Shorewood is a great place to have a birthday. I received so many nice cards, candy, and flowers. Having a December 1st birthday, I received an early poinsettia for Christmas. Shorewood makes me feel so special on my birthday."

Flo M



Classic Brass to Perform

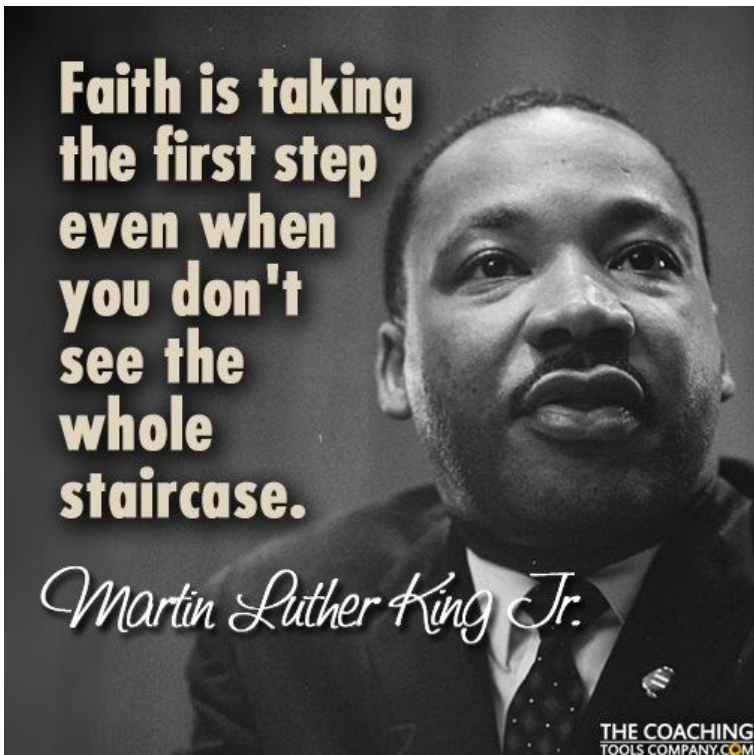
Come and hear the sounds of the season with Classic Brass quintet!

Thursday, Jan. 2

6:30 pm

Lakeside Lounge, Shorewood Place

Members: Janet Olson, Steve Williams, Tony Boldt, Ellie Starks, Warren Bandel



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.



Maintenance Memo

By: Marcus Moe, Environmental Services Director

Winter Safety and Recycling Guidelines for Our Senior Living Community

As winter settles in, we want to ensure that all our residents remain safe, warm, and environmentally conscious during the colder months. This newsletter will provide helpful tips on staying safe during winter and important reminders about recycling. Let's take a moment to review these guidelines to keep our community both safe and sustainable!

Winter Safety Tips

Winter weather can be unpredictable, and it's important to be prepared. Here are some helpful tips to stay safe during the colder months:

1. Stay Warm and Comfortable

Layer up: Wear several layers of clothing, as they trap heat and keep you warm.

Use space heaters safely: If you're using a space heater, ensure it's placed away from flammable items, and never leave it running unattended.

Keep your home warm: Ensure your heating system is working efficiently. If you need assistance, please contact the maintenance team.

2. Prevent Slips and Falls

Clear walkways: Our maintenance staff will clear the snow and ice from pathways, but feel free to add salt or sand around your area to prevent slippery conditions.

Wear sturdy shoes: Choose shoes with non-slip soles to reduce the risk of falling.

Walk carefully: Take small steps and watch for icy spots, especially in early mornings when frost may be present.



3. Stay Hydrated and Nourished

Drink plenty of water: Even in winter, staying hydrated is important. Dry indoor air can lead to dehydration.

Eat nutritious meals: A balanced diet supports your immune system and helps fight off the winter chill. Be sure to enjoy our community's winter menus!

4. Stay Active

Exercise indoors: We offer indoor activities to keep you moving during the cold months. Check the calendar for yoga classes, dancing, or walking groups.

Stretch regularly: Simple stretches can help improve balance and flexibility, which is essential for fall prevention.

Let's Stay Safe and Green Together!

By following these winter safety tips and recycling guidelines, we can create a safer and more sustainable environment for everyone. If you have any questions or need assistance, don't hesitate to reach out. Stay safe, warm, and happy this winter season!

Thank you for being a valued part of our community! We appreciate your commitment to safety and the environment.

Recycling Guidelines for the Winter Season

As we embrace the winter months, it's also a great time to revisit our recycling practices. Winter holidays often bring extra packaging, but with a little care, we can all contribute to a greener community.

1. Understand What Can Be Recycled

Paper: Most types of paper (except for wax-coated and greasy pizza boxes) are recyclable, including holiday cards and gift wrap.

Plastic: Please ensure that plastic bottles, containers, and jugs are rinsed out before recycling. Avoid including plastic bags, as they can clog the machinery at recycling centers.

Glass: Glass bottles and jars are great recyclables but should be cleaned and free of food residue.

Cardboard: Flatten any cardboard boxes and remove any packing materials (like bubble wrap or Styrofoam).

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Welcome Roy & Marilyn S. to Place 246!

The couple are longtime Rochester residents, both teachers. Roy also coached gymnastics at JM and was part of the Rochester Police Reserves. He enjoys working out and staying active. Together, Roy and Marilyn have loved going to their northern Minnesota cabin for 68 years.

We welcome them to Shorewood!

Welcome Gene and Margaret H. to Place 247!

Gene and Margaret moved to Shorewood from their home in Chatfield. Both were both teachers by profession. Margaret taught elementary school in Wykoff and Gene taught Social Studies at Chosen Valley High School.

Gene gives tours at the State Park Mystery Cave in Spring Valley and has been doing that for 30 years. He also enjoys wood working, model railroading and genealogy. Margaret enjoys crafts, board games and Bible study. They are both excited to call Shorewood their home!



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2. Holiday Waste

Gift wrap and ribbons: While many types of gift wrap are recyclable, avoid those with glitter or metallic finishes.

Ribbons and bows are not recyclable, so reuse them or dispose of them in the trash.

Food waste: While not recyclable, we encourage composting organic waste when possible. If you're unsure, please ask the staff for guidance on composting.



3. Recycling Stations

Designated bins: Each floor has clearly labeled recycling bins. Please ensure all items are clean before disposing of them to prevent contamination.

Holiday lights: If you're replacing old holiday lights, we offer special recycling containers in the common areas. These can be dropped off at any time during the season.

4. Stay Informed

Ask for help: If you have any questions about recycling, our staff is happy to help you. We will also provide additional materials about proper recycling methods in the community center.

Let's take a look at all the fun we had in 2024...



Fit & Fun

By: Sheila Walsh, Wellness Director

News for January 2025 **Extra! Extra!**

Open Game Time (Ladder ball)



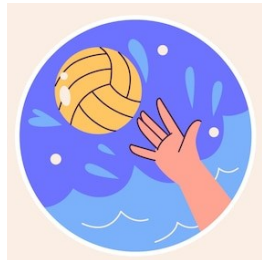
Every Monday, Club staff will put out a game for residents to play in the wellness room of the Club. Staff will be available during the first game time of every month to help with rules.

Date: Mondays, starting January 6

Time: 3:30 pm

Water Volleyball

Water volleyball can be a energizing way of exercising. If you want to join in on the fun but this class time does not work for you please let us know.



Date: Fridays, starting January 3

Time: 1:00 pm

Alzheimer's Association Caregiver Support Group

Talk, share, and learn with people experienced in Alzheimer's and with other caregivers.

Date: Thursday, January 16

Time: 1:30 PM



Free Week at the Club!

Invite friends and family that are over 55 to join you at the Club.

Dates: January 27-31

— THE CLUB —

At Shorewood

Floor exercises

Work on muscles all over your body from the comfort of the floor. (You must be able to get up from the floor on your own to attend this class.)



Date: Thursdays, starting January 6

Time: 3:30 pm

Grief Support with Seasons Hospice. Join others who have experienced loss that is new and loss from years past with the guidance of grief support professional.

Date: Thursday, January 9

Time: 1:30 pm

Club Schedule Change:

Closed for Holidays

December 25 and January 1

Closing at 2:00 pm for Holidays

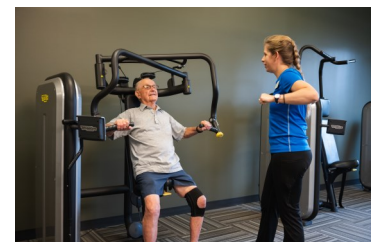
December 24 and 31

Class Change

Dec. 31 Chair yoga at 1:30 pm

Personal Training and Hydroworx

If you feel like you would benefit from exercising one-to-one with wellness staff in the underwater treadmill, in the main pool, or on land, consider a few personal training sessions. Contact Sheila Walsh (Wellness Director at 536-3221).





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.

Shirley R	1/5	Harold N	1/9	Marylou T	1/16	Margaret B	1/17	Mary E	1/27
Pat P	1/5	Al W	1/11	Dick N	1/16	Dick F	1/21	Barb P	1/29
Ruth K	1/5	Mike M	1/13	David M	1/16	Lincoln H	1/23	Sandra H	1/30
Sandy L	1/5	Shirley V	1/14	Chuck D	1/17	Glenn G	1/24	Vicki E	1/31
Marion B	1/8	Howard S	1/16	Diane H	1/17	Roger G	1/27		

Happy Birthday!



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 E, which stands for Enriching Lives, Enthusiasm & Energy.



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

How do we Enrich Lives at Shorewood?

- We promote the 6 areas of wellness: emotional, physical, spiritual, intellectual, vocational, social.
- We offer choices whenever possible.
- We promote independence.

How do we show Energy & Enthusiasm?

- We extend pleasant and upbeat greetings to residents, families and fellow teammates.
- We speak positively about our community.
- We actively listen to residents.



Thank you, Residents!



The staff would like to thank you for donating so generously to our employee appreciation party in December. We had a wonderful time, enjoying a taco bar and playing games for prizes.

Joe and Arlynn Heins crafted a Grinch-themed "punch tree" that included a prize for each employee.

You enabled us to purchase several door prizes and gift cards for drawings. We laughed and had fun. Thank you for your part in adding lots of spirit to our party! We are proud to serve you each day.



Reflections Neighborhood

By: Amy Hoehn, CDP, Reflections Director

Dear Residents, Families, and Friends,

As we step into the New Year, we are filled with excitement and hope for the wonderful moments and memories that lie ahead. Our Reflections Neighborhood is ready to welcome 2025 with warmth, joy, and a calendar full of engaging activities.

New Year's Eve Social

December 31st at 2:00 pm in the Reflections dining area. We will kick off the social with snacks and refreshments, delightful music and reminiscing about past New Year's celebrations and traditions. Let's ring in the New Year together with laughter and cheer! Families of our residents are welcome to join. Please RSVP to me at 507-536-3223 or ahoehn@shorewoodseniorcampus.com.

Resident Spotlights

This month, we are excited to spotlight two wonderful residents:

- **Sandy:** Sandy's joyful spirit brightens our days. She brings joy and laughter to our programs and activities.
- **Jim:** Jim's love for storytelling has brought many smiles. His captivating tales of adventure and history are a highlight of our weekly story time sessions.



Health and Wellness Tips

- **Stay Active:** We have Monday-Friday morning exercise classes, Wii bowling, balloon volleyball, sticky darts, noodleball, fitness with the Shorewood Club on Mondays and Fridays, and walks in Shorewood halls to keep our bodies moving and spirits high.
- **Hydrate and Nourish:** Remember to drink plenty of water and enjoy a balanced diet with fresh fruits and vegetables to stay healthy and energetic. In Reflections, we have 24-hour snacks and scheduled snack and hydration program.
- **Stay Connected:** Reach out to friends and family, share your experiences, and create new memories together, whether in person or through virtual means.



The More You Know

By: Laurie Campion, Resident Services Director

What is Hoarding Disorder?

Hoarding Disorder (HD) is a mental health disorder where people have difficulty getting rid of possessions that are no longer useful.

While most people go through periods during which they have trouble getting rid of things — for example, after the death of a loved one or when moving out of a childhood home — HD sufferers have difficulty parting with possessions all the time.

Attempting to get rid of their things causes HD sufferers to feel significant distress, including when concerned loved ones try to get rid of possessions on their behalf.

For individuals with HD, the difficulty with getting rid of things causes their living spaces to become so cluttered that they are nearly unusable.



Without help, HD can interfere with daily tasks like cooking, cleaning, personal hygiene, and/or sleeping. Extreme clutter can lead to eviction, increased risk for fire, and impaired access to emergency services.

Do I Have Hoarding Disorder? Do you ...

- Have difficulty getting rid of items?
- Have a large amount of clutter in the office, at home, in the car, or in other spaces (i.e. storage units) that makes it difficult to use furniture or appliances or move around easily?
- Often lose important items like money or bills in the clutter?
- Feel overwhelmed by the volume of possessions that have “taken over” the house or workspace?
- Find it difficult to stop taking free items, such as advertising flyers or sugar packets from restaurants?
- Buy things because they are a “bargain” or to “stock up”?
- Avoid inviting family or friends into the home due to shame or embarrassment?
- Refuse to let people into the home to make repairs?

Hoarding Disorder Diagnosis

A diagnosis of HD requires all three of the following:

- A person collects and keeps a lot of items, even things that appear useless or of little value to most people.
- These items clutter the living spaces and keep the person from using the rooms as they were intended.
- These items cause distress or problems in day-to-day activities.

<https://hoarding.iocdf.org/about-hoarding/>

Director's Notes

By: Karen LaFee, Executive Director

As we welcome the New Year at Shorewood, it's a wonderful time to reflect on the past and look forward to the future. This past year has been filled with moments of joy, challenges, and growth for each of us personally. We've celebrated birthdays, anniversaries, and new friendships, all while supporting each other through life's ups and downs. Shorewood is a community that is always busy and mostly full of joy.

Looking ahead, the New Year brings with it a sense of renewal and hope. It's an opportunity to set new goals no matter our age, embrace new hobbies, and continue learning. Whether it's picking up a new book, trying out a new recipe, or simply spending more time with loved ones, there are countless ways to make the most of the year ahead. Let's take this time to cherish the present and make plans for a fulfilling and joyful future.

As we step into the New Year, let's remember the importance of staying connected and supporting one another. Shorewood is a source of comfort and companion-



ship, and together, we can create a warm and welcoming environment for everyone. Here's to a year filled with health, happiness, and countless memorable moments. Happy New Year to all!

Kindest Regards,

Karen LaFee, Executive Director

Farewell Wishes

Marcus Moe



As Marcus embarks on this new chapter of his life, I, with the Shorewood team, SilverCrest, and the Wedum Foundation want to express our heartfelt gratitude for his dedication and hard work over the years he has served as our Director of Environmental Services.

Marcus's contributions have been invaluable, and his presence will be greatly missed. Marcus is a shining example of dedication and commitment to his profession and his team. Additionally, he is a walking example of the SilverCrest mantra of RESPECT. He always put our residents first! Marcus's last day will be January 31.

Please join me in wishing all the best in his retirement. May it be filled with joy, relaxation, and new adventures.

Karen LaFee and the Shorewood Team

Maddie Finstuen



As Maddie leaves us and embarks on a new chapter, I, with the Shorewood Team, SilverCrest, and the Wedum Foundation, want to express our thanks for her dedication and hard work. Your imagination and contributions have made a big and fun impact for our residents. We will miss you and wish you all the best in your future endeavors and hope our paths cross again. Maddie's last day is Dec. 27.

Best wishes for a bright and successful future. Farewell and good luck!

Karen LaFee and the Shorewood Team

**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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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			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

Comfort Health Care

Amberly Arndt, 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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