

February
2025



Campus Connections
Shorewood Senior Campus



A SilverCrest
Community



Welcome to February, a good month to Look Forward!

- ⇒ Look Forward to Go Red! Activities in the Club and Commons..
- ⇒ Look Forward to two lunch outings this month to Los Arcos and Pannekoeken!
- ⇒ Look Forward to Valentine's Day socials.
- ⇒ Look Forward to the VITA tax group coming on two dates to do simple returns!
- ⇒ Looking Forward with you in *February*...

The Shorewood team

Beat the Winter Blues Week



Dress Up Days

February 3—7



All residents and staff are encouraged to participate in the fun!

- **Monday 2/3** Wacky Tacky Mismatch Day
- **Tuesday 2/4** Hat Day
Wear your favorite hat! 
- **Wednesday 2/5** Blast From the Past Day
Dress from your favorite decade!
- **Thursday 2/6** Sports Day
Dress in your favorite team gear!
- **Friday 2/7** Go Red Day
Support American Heart Month!



Teacher's Club

Monday, February 3, 10:00am

Cascade Room

Discussing: Pen Pal letters, Guest speakers on Drugs & Drug Prevention in our schools

All teachers K-12, paras, administrative assistants and all residents are invited to attend. Contact Chuck.



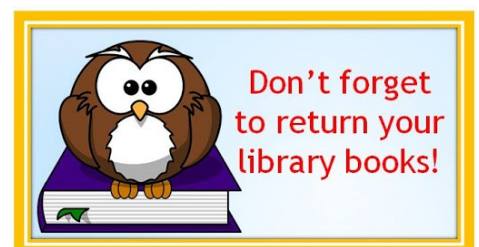
The IRS's Volunteer Income Tax Assistance (VITA) and offers free basic tax return preparation to qualified individuals who need assistance in preparing their own tax returns.

VITA tax preparers will be at Shorewood on the following dates:

February 25

March 31

⇒ Sign up for an appointment timeslot and pick up a preparation packet at the Front Desk.





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 wonderful people at Shorewood for making my birthday a very memorable one (cards, etc.) Happiness and blessings to all.

Doris S

Many thanks for all you wonderful people. I received cards, treat and gifts for my birthday. You made my day.

Shirley V

Thank you to the residents at Shorewood for the fun birthday cards, candy and even herring!! It was very much appreciated. What a wonderful group of people, who make our stay here so enjoyable!

Roger R

I would like to thank all the wonderful people at Shorewood for the birthday wishes, treats, cards and a very nice crocheted gift.

Also, so many people wished me well after Gordy passed away, and they still are. I would also like to thank all that wished me well since I have been so ill.

I appreciate every one of you very much. All the concern and caring has been very therapeutic for me. Thank you again to all you wonderful people!

Darlene Q

Thank you to all my Shorewood friends. I had a great birthday. I got many birthday cards and treats.

Marian B



Happy New Year to you all. Thanks for another wonderful year at Shorewood. The staff, all the volunteers and the great community of people. Such a great place to call home (now id I could remember everyone’s name LOL) Have a blessed year ahead.

JaNeal S

Thank you for my cards, treats and drinks for my birthday. Thank you, Roger, for the treats, cand and card, and explaining my age to everybody at the Men’s Christian Fellowship. It all made my day.

Harold N

It was so special to receive all the birthday greetings, candy and pretzels. Thank you. I’m grateful for all the wonderful friends at Shorewood. It’s a great place to live.

Alice B

Thank you! Best birthday ever! Since moving to Shorewood, I have been met with more smiles and warmth than I have ever dreamt possible. You are appreciated.

Pat P

HAIRITAGE SALON

Sonja Kalis operates the hair salons at Shorewood. Sonja has been a licensed cosmetologist for over 40 years!

If you’re interested in a haircut, shampoo, perm, shave, and a good chat, contact her to set an appointment.

- ♦ M/W/F—Place salon: 507-536-3226
- ♦ T/Th—Commons salon: 507-536-3209



Maintenance Memo

By: Marcus Moe, Environmental Services Director

Winter Safety Reminders

We want to ensure that all our residents remain safe, warm during the colder months.

Winter Safety Tips

Winter weather can be unpredictable, and it's important to be prepared. Here are some 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.

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

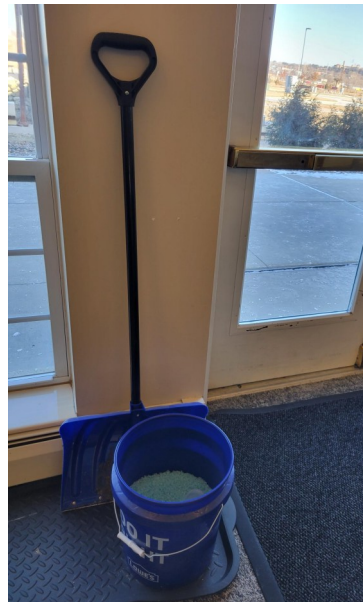
Drink plenty of water: Even in winter, staying hydrated is important. Dry indoor air can lead to dehydration.

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.



Salt bins and shovels are available for resident use at exit doors.

1. Walk flat footed and take short steps



2. Wear footwear that provides traction



3. Step down, not out from curbs



4. Use your arms for balance



5. Carry only what you can



Graphic courtesy byu.edu

meet YOUR NEIGHBORS



Welcome Margaret Y to Place 443!

Margaret has lived in North Dakota, Minnesota and Wisconsin.

She enjoys reading, hand sewing, writing, walking and baking.

Margaret actually lived at Shorewood some years ago with her husband. She chose it again because it's "friendly, kind, helpful, pleasant and clean. Everybody is a ray of sunshine here."

Welcome to Shorewood, Margaret!

Welcome Gail S to Place 337!

Gail has lived in Chicago, Clintonville, Wisc., and Rochester. She moved here from Texas, where she lived near her daughter and family.

Gail enjoys swimming, taking walks and being with friends.

"At almost 80 years old, my mobility was making it difficult to maintain my 2-story house. I am looking forward to having someone cook some of my meals for me too!"

A fun tidbit about Gail: She used to raise and show champion bulldogs.

Welcome to Shorewood, Gail!





Welcome Joe S to Commons 313!

Joe was born and raised on a farm in Owatonna and graduated in 1958 with a class of 177. He worked at 3 different jobs, including Jostens ring manufacturing, before enlisting in the Air Force, where he spent 4 years in Europe in the 1960's.

For 19 years, Joe volunteered at Mayo Clinic at the blood bank and the patient/volunteer cafeteria, and at the Olmsted County Historical Society. He spent 30 years at IBM and worked in manufacturing, eventually supervising the department.

Joe enjoys doing things involving numbers and can tell you the date to anything substantial that has occurred during his lifetime. He was previously a member of 125 Live and was an avid water volleyball player. He was hopeful that water volleyball would catch on at Shorewood, which happened right after he settled in. Welcome Joe!

We must have 4 signed up in order to go on a lunch outing. The sign up book is in the Lakeside Lounge by the menu books.

Date	Time of Departure	Event and Location	Cost	Sign Up By Noon
Thurs. 2/6	11:00am	Los Arcos 	Meal	Wed. 2/5
Thurs. 2/13	10:00am	Open Shuttle		Wed. 2/12
Thurs. 2/20	11:00am	Pannenkoeken 	Meal	Wed. 2/19
Thurs. 2/27	11:00am	Open Shuttle		Wed. 2/26



10 Ways To Improve Your Heart Health

- 1 Balance calories with physical activity. 
- 2 Reach for a variety of fruits and vegetables. 
- 3 Choose whole grains. 
- 4 Include healthy protein sources, mostly plants and seafood. 
- 5 Use non-tropical liquid plant oils. 
- 6 Choose minimally processed foods. 
- 7 Subtract added sugars. 
- 8 Cut down on salt. 
- 9 Limit alcohol. 
- 10 Do all this wherever you eat! 

Need more food for thought? Go to www.heart.org/eatsmart

Place Resident Council Update

The Shorewood Place resident council is disbanding, as Glenn G has resigned. (We thank him for his excellent leadership!)



Karen LaFee

Please use the comment box near the mailboxes to register comments, compliments, cares and concerns. They will be addressed directly by Karen LaFee, executive director, at the resident meeting each month (or privately as warranted).

Please feel free to share any concerns at the meeting as well.

February resident meeting: Tuesday, Feb. 25, 10am, Place Dining Room

Fit & Fun

By: Sheila Walsh, Wellness Director

The Club at Shorewood News for February 2025 **Extra! Extra!**

Go Red!

Date: Friday, February 7

Location #1: The Club, 9:30am

Location #2: Commons Fireside Lounge, 11:00am

What is going on: Take a group picture and discuss heart health.

Dress code: Wear something red!.

Open Game Time (Shuffleboard and Beanbags)

Club staff will set out a game for residents to play in the wellness room of the Club. Staff will be available to help with rules.

Date: Mondays, 3:30pm

Class Changes

Staff will be out of town a few days in February. Please see the Club calendar for changes.



— THE CLUB —

At Shorewood

Bladder Health

Dr. Klingele, urogynecologist with Olmsted Medical Center, will be speaking on what to be aware of with your bladder health.

Date: Wednesday, February 12, 1:00pm

Location: Commons Activity Room

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, February 13, 1:30pm

Alzheimer's Association Caregiver Support Group

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

Date: Thursday, February 20, 1:30pm

Water Volleyball

Laughter is in abundance during water volleyball at Shorewood. Join in this energizing way of exercising.

Date: Fridays, 1:00pm



Thank you, Club Volunteers!



2024 Go Red photo



BIRTHDAYS THIS MONTH

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.

Bob B	2-02	Bill A	2-09	Marilyn S	2-18	Ethel L	2-24
Norma H	2-03	Al L	2-09	Ardis N	2-21	Barbara W	2-24
Vivien W	2-03	Andy K	2-11	Fred V	2-21	Virginia M	2-25
Lee G	2-07	Carl S	2-12	Mary B	2-24	Justin M	2-26
		Connie E	2-14	Joe S	2-24	Chuck D	2-28

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 February is S, which stands for **Safety & Security**.



How do we ensure safety at Shorewood?

- ⇒ There are security cameras in many common areas throughout the building and in the parking lots.
- ⇒ The building's doors are locked with access only given to those with keys, fobs, or visitors who arrive at the main entry doors when the reception desks are open. We encourage residents not to open the doors to anyone they do not know.
- ⇒ Resident's personal contact information is not given out to visitors who ask (either in person or on the phone).

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

Housekeeping Announcements

Rebecca Mommer has been promoted to Lead Housekeeper. In addition, we welcome Katie Ohm to the team.



Rebecca Mommer, lead housekeeper

“A little bit about me: My family and I have lived in Rochester since 2005. I’m originally from Cedar Falls, Iowa. I have 3 children and 2 rescue dogs (one from Paws & Claws and one from Camp Companion). My hobbies include walking/hiking with my dogs and reading. My passions are learning and helping others.”



Katie Ohm, housekeeper

“I am from Plainview and currently live in Rochester. When I am not working, I enjoy nature—hiking and kayaking, concerts and photography. I enjoy spending time with my fiancé Brandon, my family and friends, I look forward to meeting everyone here at Shorewood.”



Crafting with Lucile at Shorewood Place

Come make a Valentine gift bag!
 Wednesday, February 5th or 12th
 2:00pm
 Community Room



Questions to ask yourself in the evening for a grateful mindset:

- ◇ How did I make today better?
- ◇ How was I challenged?
- ◇ Who did I connect with?
- ◇ What am I grateful for?
- ◇ What did I learn?
- ◇ How did I grow?
- ◇ What made me laugh?
- ◇ What do I have to look forward to?
- ◇ What inspired me and why?
- ◇ What did I bring to the day?



Groundhog Day is a tradition observed regionally in the United States and Canada on February 2 of every year.

It derives from the Pennsylvania Dutch superstition that if a groundhog emerges from its burrow on this day and sees its shadow, it will retreat to its den and winter will go on for six more weeks; if it does not see its shadow, spring will arrive early.

ALZHEIMER'S ASSOCIATION®

Caregiver Support Group

Thursday, February 20
 1:30-3:00pm at the Shorewood Club

Reflections Neighborhood: Staying Connected and Engaged

By: Amy Hoehn, CDP, Reflections Director

Meaningful Activities for Our Residents

At Shorewood, we understand the importance of engaging our residents in meaningful activities. These activities not only provide enjoyment but also play a crucial role in maintaining cognitive function and emotional well-being. Here are some of the activities we offer:

Art and Craft Sessions: Encouraging creativity through painting, coloring, food fun, and other crafts.

Food Fun with Chef Jen: Every other Thursday we create a fun treat with our very own Chef Jen.

Music Therapy: Using music to evoke memories and improve mood. We have creative drumming, Live Music/ Shorewood Shaker Group with Colby, Guess that Instrument, Music through the Ages.

Gardening: Allowing residents to connect with nature and enjoy the therapeutic benefits of gardening.

Exercise Classes: Gentle exercises to promote physical health and mobility.

Memory Games: Activities designed to stimulate cognitive function and memory recall.

Spiritual Enrichment: Along with the weekly church services we provide focus subject groups weekly.

Intellectual Wellness: We explore current events, learn about different subjects, explore new places and cultures.

Staying Connected

Social connections are vital for our residents' mental and emotional health. We strive to create an environment where everyone feels connected and valued. Here are some ways we foster social connections:

Family Visits: Encouraging regular visits from family members and friends.

Group Activities: Organizing group outings, movie nights, and game sessions.

Technology: Providing access to video calls and social media to stay in touch with loved ones.

Social Parties: We love to party. We celebrate every individual birthday, have themed parties, daily snack social, and every holiday with a special social.

The Impact of Social Isolation

Social isolation can have a profound impact on cognitive health, particularly in seniors. Studies have shown that prolonged isolation can lead to increased cognitive impairment and a higher risk of developing dementia. Here are some key points to consider:

Cognitive Decline: Lack of social interaction can accelerate cognitive decline and memory loss.

Emotional Health: Isolation can lead to feelings of loneliness, depression, and anxiety.

Physical Health: Socially isolated individuals may experience a decline in physical health due to reduced activity and motivation.

Combatting Social Isolation

To combat social isolation, we focus on creating a supportive and engaging community. Here are some strategies we implement:

Regular Social Events: Hosting events that encourage interaction and participation.

Personalized Care Plans: Tailoring activities and social opportunities to individual preferences and needs.

Support Groups: Providing support for residents and their families to share experiences and offer mutual support.

By staying connected and engaged, our residents can enjoy a higher quality of life and maintain their cognitive health. We are committed to a nurturing environment where everyone feels valued and supported.

Thank you for being part of our community!

Resident Spotlight

Rita B: I am highlighting Rita for February because February is the month of LOVE! Rita is always sharing her positive attitude,



smile, encouraging neighbors to join in activities and always willing to help a neighbor in need. Rita loves to be engaged in social events and participates in 100% of the programs and activities provided.

The More You Know

By: Laurie Campion, Resident Services Director

Why Do We Have Leases, Handbooks and Rules?

If everyone did what they wanted at Shorewood, we would end up in complete chaos with a lot of angry residents.

Could you imagine if your neighbors on both sides of you were allowed to keep their apartment door wide open while watching TV with the volume up to 60? Or race up and down the hallway on their scooter without concern for the person walking out the door or already in the hallway?

For everyone to get along, people must respect each other and ensure that their rights don't interfere with others. Human rights are a shared set of rights and responsibilities that connect people to each other. Our "rules" are designed with the best interest of ALL residents.

Key reasons for rules:

Safety: Rules regarding fire safety and emergency procedures are crucial to protect residents from potential hazards, especially those with mobility issues. This is why open flames such as candles are not allowed at Shorewood.

Some rules are ignored or forgotten, such as personal items sticking out into the hallway. This is an ADA rule that keeps low vision residents safe as they walk down the hallway.

Social harmony: Rules about noise levels, guest policies, and respectful behavior contribute to a peaceful community where residents can enjoy their living space. If your neighbor is blasting their TV and you cannot hear your own, it can make you feel that your living space is being intruded upon.

Property maintenance: Guidelines regarding cleanliness, pet policies, and proper use of amenities help maintain the condition of the community. Everyone wants a clean building to

live in and be proud of. This also applies to recycling. Did you know Shorewood gets charged extra fees if recycling becomes contaminated with food or non-recycled items?

Legal compliance: Senior living communities and apartment buildings overall must adhere to federal and state regulations regarding resident rights, privacy, and quality of care.

We also have guidelines to follow, again to reduce chaos, such as when we have flu/covid or podiatry clinics.

To keep order, maintain fairness and confidentiality we keep Independent and Assisted living resident clinics separate. It helps with data and record-keeping but mostly fairness. If we allowed one Place resident to start coming to Commons clinics (or vice versa) then we would have to allow everyone, and that is not feasible for our space or record management.



Director's Notes

By: Karen LaFee, Executive Director

Staying Connected, for Valentine's Day and Beyond



Staying connected with friends and family is an essential part of our happiness and well-being, especially as we journey through our **senior years**.

Maintaining these relationships offers us a **sense of belonging** and support, filling our days with joy and laughter. It's not just about reminiscing over old times but also creating new memories and cherishing the moments that keep our hearts warm.

And what better place to do that than at **Shorewood**—and what better month than February, the month known for love? This can be the love of friends and family also.

In today's digital age, **connecting with loved ones** has never been easier. From video calls and social media to messaging apps and emails, technology bridges the physical gap, allowing us to stay close with those who matter most.

Don't hesitate to **embrace these tools** - a quick video chat with your grandchildren or sharing photos with old friends can bring immense joy to your daily life.

However, let's not forget the beauty of **traditional methods**. Handwritten letters, phone calls, and face-to-face visits still hold a special charm and personal touch of even sending a Valentine to a friend, child, or grandchild. These interactions are invaluable for fostering deeper connections.

Consider **setting a regular time** each week to call a family member or plan small gatherings with friends to keep those bonds strong.

Staying connected is a continuous process that enriches our lives, providing us with love, support, and a sense of community.

Let's make the most of these opportunities and cherish every moment we share with those we care about. Shorewood is a valuable place to **make friends** and connect over coffee and activities, or at a class in the Club.

Stay in and stay warm and embrace what Shorewood has to offer.

Karen LaFee, Executive Director

**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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Program Coordinator		activities@shorewoodcampus.com	536-3204
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Environmental Services			536-3217
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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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