

June
2025

June



Campus Connections Shorewood Senior Campus



A SilverCrest
Community

Welcome to Summer! Our June calendar is bursting with programs. Dig into the newsletter to learn more about The Longest Day Fundraiser and celebrations. Support young entrepreneurs by having a glass of lemonade on lemonade day (June 7th). Celebrate Flag Day with patriotic music. Sign up to go to Lunch Outings at Forager and Chickadee Cottage Café in Lake City.



We are proud to welcome Tara as Shorewood's new Executive Director.

She has a Master's Degree in Healthcare Administration and brings a wealth of experience with her.

Welcome
**TARA
DICUS**
.....

In addition, Tara:

- Is originally from Wisconsin
- Is a Packers fan and Minnesota Twins Fan
- Loves Midwest summers
- Enjoys reading
- Loves cheering her kids from the sidelines at their sporting events
- Loves to shop
- Loves flower shopping
- LOVES coffee!



Teacher's Club

Last meeting of school year.

Monday, June 2nd at 10:00 AM

Location: Place Dining Room

Agenda: Recap last year, looking forward to next year, social hour

All Teachers pre-12, paras, and administrative assistants invited to attend

Calling all Fathers!

Join us on June 16 (The day after Father's Day) for our Dad's, Brews and Fake Tattoos event.

Commons: Activity Room at 3 pm

Place: Cascade Room at 4 pm





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.

Thank you to the many friends and neighbors who remembered me on my birthday. The cards, notes, flowers and candy (delicious) made for a wonderful celebration. The residents here are thoughtful and generous of spirit. I salute you all!

Pixy R

To my friends and neighbors at Shorewood. I was overwhelmed by the number of cards and treats I received for my birthday. I am so grateful for the lovely wishes and thoughts extended to me.

Thank you to all,

LaVina G

Thank you everyone for all the goodies, encouragements and help. I'm so lucky to have so many caring people in my life!

Connie E.

Thank you to all of the people who left birthday cards by my door or called me. It was greatly appreciated along with the yummy treats.

Arona S

Thank you friends for making our 67th Wedding Anniversary Special. Thanks for the Greeting on the Bulletin Board made by a special person.

Wayne and Marian B

Thank you to my Shorewood family for all the birthday cards, greetings and treats. You made my day special.

Judy S

The time for Walking club at the Place will be moved from 3 pm to 9 am for the month of June!



CLUBS

Teacher's Club: June 2 at 10 am (DR)

Nurse's Club: June 3 at 1:30 pm (COM)

Garden Club: June 4 at 10 am (COM)

Book Club: June 17 at 3 pm (COM)

Writing Club: June 18 at 3:00 pm (COM)

PLACE MUSIC

Whole Hog Jam: June 17 at 6:30 pm (CR)

Music with Michael Nelson: June 5 at 4:30 pm (LL)

Guitar with Emily Whitcomb: June 14 at 2 pm (LL)

COMMONS MUSIC

Music w/ Kim: June 3 at 10 am (FL)

Music w/ Loren Wolfe: June 9 at 2 pm (FL)

Karaoke w/ Brandon & Heidi: June 17 at 10 am (FL)

Lemonade Day

June 7

Join us on the patio to support the Chamber of Commerce's Lemonade Day, a fun, experiential learning program that teaches youth how to start, own and operate their own business – a lemonade stand.



SENIOR SHINE DAY



Shorewood is a proud sponsor of Senior Shine Day at Rochesterfest on June 24th, 2025

Mark your calendars and get ready for a fun-filled day at **Senior Shine Day** during **Rochesterfest** on **June 24th, 2025!** This exciting event, designed specifically for seniors, will feature a variety of activities to keep you entertained, active, and engaged throughout the day. The festivities kick off with **live music** performances that will set the tone for an unforgettable experience. Here's what you can look forward to:

- **11:00 AM – Resounding Voices:** Start your day with a beautiful live performance from this talented group, guaranteed to lift your spirits.

- **12:30 PM – The Preserves:** Enjoy another live musical treat, with an upbeat performance perfect for getting you into the groove.

- **3:00 PM – Salsa Del Soul:** Get ready to move your feet as Salsa Del Soul takes the stage for some lively dancing and energetic music.

- **6:00 PM – Soul Train:** Wrap up your day with an amazing performance from Soul Train, bringing classic tunes and funky vibes to close out the event.

In addition to the music, Senior Shine Day offers plenty of other activities to keep you entertained and active:

- **Senior Yoga:** Stretch and relax with a gentle yoga session, designed for all abilities.

- **Cardio Drumming:** Get your heart pumping in a fun and energetic cardio drumming class.

- **The Village Farmers Market:** Explore local vendors and shop for fresh produce, handmade crafts, and other goodies.

- **Master Gardeners:** Learn new gardening tips and tricks from local experts.

- **Bingo with Prizes:** Test your luck and win exciting prizes during a lively round of bingo.

- **Hand Massages:** Treat yourself to a relaxing hand massage and unwind.

- **Bounce Houses:** If you're feeling adventurous, have some fun in the bounce houses!

- **Beer Garden:** Enjoy a refreshing beverage in the beer garden while soaking in the lively atmosphere.

- **Button Design Puzzle Contest:** Show off your creativity and problem-solving skills by participating in the **Button Design Puzzle Contest**.

- **Vendor Fair:** From 9:00 to 5:00.

And **much, much more** awaits you!



This is a day you won't want to miss! Whether you're enjoying the live music, participating in activities, or simply relaxing with friends, Senior Shine Day has something for everyone.

For more details about Senior Shine Day and to learn more about everything going on during **Rochesterfest**, visit www.rochesterfest.com. See you there!





Welcome Jim and Jo R to Place 302!

When they were raising children, Jim and Jo lived in Pine Island, where their kids went to school and they went to church. They both enjoy reading, music, and having lunch with friends. Most of all, they love family time with their 5 children and their significant others, plus their 9 grandchildren and 7 great-grandchildren.

They have a lake home near Alexandria on Pomme de Terre Lake. Two of their daughters live nearby. They have many wonderful memories of that place!

Welcome Lucille R to Place 350!

Lucille has lived in both Arizona and Minnesota. She has 2 daughters and a son, plus 3 granddaughters. Lucille was a medical secretary at Mayo Clinic for 30 years. She has traveled to China three times, where she visited the Great Wall. She also traveled to Peru and to Europe.

For fun, Lucille likes to play cards (Liverpool Rummy and Pegs & Jokers), and she looks forward to using the Club at Shorewood.

Welcome to Shorewood!



It is the month of the Longest Day!

(Learn more about the Longest Day from Amy Hoehn, our director of Reflections on page 9)

Longest Day Schedule of Events

All week long put money in the jars to vote for who will get a pie in the face on Friday!

Monday, June 16th (Wear Crazy hair and Makeup)

Do your wackiest hair and makeup and have your picture taken to enter the Facebook competition. The winner will be announced on Friday at the Pie in the Face competition.

Place: Lakeside Lounge at 10 am

Commons: Activity Room at 11 am



Tuesday, June 17th (Wear Beach clothes)

1:30 pm Presentation by Amy Hoehn and Justin Novak from the Alzheimer's Association. (Learn more on Page 6)

Dining Room at SWP

Parfaits available for purchase to raise funds for Alzheimer's.

2:30 pm Join us for Beach Volleyball in the *Lakeside Lounge*



Wednesday, June 18th (Wear Purple)



10 am Longest Day Walk by *Cascade Lake*.

Orange and Root Beer Floats, and Pom Poms available for purchase to raise funds for Alzheimer's.

Thursday, June 19th (Twin Day: Wear Twins Baseball gear or dress up as someone else and be a twin)

10 am A-K Golf Car rides available for purchase. 10 minute slots. Sign up at the front desk.



Friday, June 20th (Shorewood Spirit. Wear Shorewood clothes or Shorewood Colors)

1:30 pm Pie in the face *at Commons*

2:15 pm Bean Bag tournament on the front patio *at Place*.

3 pm Announcement of total money raised and Pie in the face *on the front patio at Place*. If we reach our goal of \$1,000, all three staff members will get a pie in the face!

Lemonade and popsicles available for purchase to raise funds for Alzheimer's



Maintenance Memo

By: Robert Schneider, Environmental Services Director

Laundry Reminder:

Remember to clean the lint traps after drying your laundry. This helps prevent fires, improves dryer efficiency and extends the dryer lifespan.





Alzheimer's Support at Shorewood

Longest Day Presentations “Reflections at Shorewood” and “The Longest Day” by Amy Hoehn and Justin Novak

June 17 at 1:30 in the Place Dining Room

Amy Hoehn: Learn all about the Reflections Neighborhood. Learn about Person-Centered Care, Dementia Care vs Memory Care, Care Team, what life in Reflections is like, and staffing ratios. Let's remove the stigma of dementia and make every moment beautiful.

Justin Novak: Learn more about The Longest Day and how funds are used from Justin Novak, the new Senior Walk Manager for the Walk to End Alzheimer's.

Reflections Director at Shorewood

Our Reflections Director, Amy Hoehn, is a Certified Dementia Practitioner. She is available, not only to our Reflections residents and families, but also to support the Place and Commons Residents as well. She educates staff about dementia and helps with issues throughout the building. She educates residents through presentations and the Alzheimer's Association Caregiver Support Group. If you have a question, feel free to call Amy at 507.536.3223 or email at ahoehn@shorewoodcampus.com. Make sure to attend her educational presentation.

How Occupational therapy supports Cognition

Did you know that occupational therapists can address issues you may be experiencing with cognition: memory, attention, and processing?

Annie Albers, Occupational Therapy with Aegis Therapies - Shorewood Senior Campus is a great source of knowledge. Just reach out and ask annie.albers@aegistherapies.com

Club Events

Alzheimer's Association Care-giver Support Group

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

Date: Thursday, June 19 1:30 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, June 12, 1:30 PM

Benefits of Warm Water

Warm water isn't just soothing—it can be a powerful tool for better health! Whether you're dealing with digestive issues, stress, or joint pain, warm water may help ease your symptoms. Come learn more and discover how something as simple as warm water can make a big difference in your well-being!

Date: Tuesday, June 2 1:30 PM



BIRTHDAYS THIS MONTH

We do our best 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.

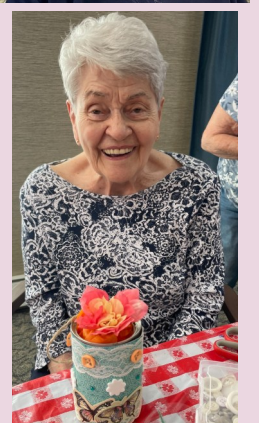
Delores R	6-04	Sylvia E	6-07	Ardella G	6-16	Marty B	6-20
Joan W	6-06	Janis Z	6-08	Vicky S	6-17	Marie M	6-21
Ruth L	6-06	Bob S	6-08	Terrance S	6-17	Nancy N	6-21
Doris B	6-06	Virginia W	6-09	Jim D	6-21	Cathy S	6-23
Sharon N	6-06	Jan M	6-13	Barbara O	6-19	Eunice B	6-24

lets go out

We must have at least 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. 6/5	11:00am	Open Shuttle		Wed. 6/4
Thurs. 6/12	11:00am	Forager	Meal	Wed. 6/11
Thurs. 6/19	11:00am	Open Shuttle		Wed. 6/18
Thurs. 6/26	11:00am	Chickadee Cottage Café in Lake City	Meal	Wed. 6/25

May



Dear Residents, Families, and Friends,

We love summer here in Reflections, where we can enjoy the great outdoors! We love spending time on our patio playing yard games, reminiscing groups and soaking up the sunshine. After being cooped up indoors, the fresh air and outdoor walks do amazing things for our mental wellbeing. Our Reflections residents also have a few outings to the Dairy Queen, Quarry Hill Nature Center and Oxbow Zoo this summer to look forward to.

The Longest Day: Raising Awareness and Funds for Alzheimer's

June 16-20th we will be participating in **The Longest Day**, a special event dedicated to raising awareness and funds for Alzheimer's disease. This day symbolizes the strength, passion, and endurance of those facing Alzheimer's and their caregivers. I will be doing a presentation on Reflections at Shorewood on June 17th at 1:30PM in the Place Dining Room to provide education on our dementia care neighborhood here at Shorewood.

Why We Walk: Support and Solidarity! Walking together shows our support for those affected by Alzheimer's and their families. It is a powerful way to demonstrate that they are not alone in their journey. **Raising Funds!** The money raised during The Longest Day helps fund vital research, support services, and educational programs. Every step taken and every dollar raised brings us closer to a world without Alzheimer's. **Building Community!** This event is an opportunity to strengthen our community bonds, bringing residents, families, and staff together for a common cause.

Family Support During the Walk

We warmly invite all family members to join us on **Wednesday, June 18, 2025, at 10AM** in supporting our Reflections residents during The Longest Day Walk. Your presence and participation mean the world to our residents and can make a significant impact. Here are some ways you can get involved:

- **Walk with Us:** Join us for the walk and share in the experience. Your encouragement and companionship are invaluable.
- **Volunteer:** Help with event organization, water stations, or cheering squads. Every bit of support helps make the day special.
- **Donate:** If you can't join us in person, consider donating to support Alzheimer's research and care.

Thank You!

Thank you for your continued support and involvement in our community. Together, we can make a difference in the lives of those affected by Dementia. We look forward to seeing you on The Longest Day Walk on June 18, 2025, at 10:00 AM here at Shorewood Senior Campus.

Warm regards,

Amy Hoehn, Reflections Director

Resident Spotlight

This month we are delighted to feature Doris, who has lived at Shorewood for 12 years. Doris is a beautiful painter. Some of Doris's favorite programs are nifty nails, Spa Day, crafts, balloon volleyball, gardening, noodleball, and Wii Bowling. Doris is always ready to share a smile and warm greetings with everyone she meets. We are grateful to have Doris as part of our community.



Open Letter to Shorewood Staff and Residents

On the eve of our departure, Kathy and I want to wish all of our many friends here at Shorewood a fond and sad farewell. On the 7th of June we will leave to move back home to be with our family. Our two daughters and their husbands, three grandsons, two granddaughters, and eight great grandchildren. Six of Kathy's eleven siblings and an assortment of in-laws, outlaws, spouses, nieces and nephews all live in the general vicinity of Spearfish, SD, where we will be living.

Our time here at Shorewood has been amazing, and we will miss all of you (there are too many to mention individually). There are many residents here who have become, we believe, life long friends. We were welcomed here with open arms and open hearts. I could not begin to list the many kindnesses we were blessed with. From cookies, baked goods, smiles, and prayers. In my entire life, Kathy and I have never received as many cards as we have from our friends here. There is always someone ready with a smile, a kind word or a good (or bad) joke.

And what can I say about the staff. They are all magnificent people. I sometimes wonder if I am getting special treatment, but then I notice that everyone gets treated the way I do. The ladies in housekeeping are always ready and willing to do whatever you need, and do so cheerfully. The maintenance guys with their "what can I do for you today," those great people at the front desk. Those little extra things like the phone call to tell you if you are looking for your keys, they have them. Those wonderful ladies in The Club, constantly motivating, encouraging, and even pushing some. All with your best interest at heart. The administrative and marketing staff always seem to have their finger on the pulse of what is happening here and looking for ways to improve.

Last but certainly not least, the good folks in the kitchen and dining room. We are fortunate to have some very talented chefs and cooks here. Having been responsible for three different dining facilities in the military, I think I have a pretty good perspective. Not every meal is perfect, not every meal is like mom used to make, but the food overall is very good. Their goal is to have everything right, they want everything to taste good, they want the meals to be appealing. And all you have to do is ask and they will make every effort to meet your request. I admit I may be a little biased because I feel like Kathy and I have been spoiled by everyone in the dining room. We have been treated so well, sometimes it is embarrassing. And the kids (yes, when you are our age, those young people are kids) are simply amazing. They know all of the residents' names, what they like, what they drink, and what they don't like (Mayonnaise, for instance. yuk). They are amazing people. It takes a special kind of person to be able to work with and relate to an elderly population like we have here at Shorewood. These young folks are to be commended, and applauded. Kathy and I truly appreciate each and every one of them.

Kathy and I truly feel blessed to have had the opportunity to have lived here.

Thank you all, and we will keep you in our prayers.

Glenn & Kathy G



Director's Notes

By: Tara Dicus, Executive Director

June

June has arrived, and with it, I'm celebrating my first full month at Shorewood! It's been a wonderful start, and I'm truly looking forward to the many months ahead. A heartfelt thank you to each of you who've taken the time to introduce yourselves — it's been such a pleasure getting to know you. I promise I'm doing my best to remember everyone's name!



As we step into summer, there's a buzz of excitement in the air — the school year is winding down, flowers are blooming, graduations are in full swing, weddings are happening, and the days are growing longer. June has always been one of my favorite months, filled with special memories that I imagine many of you share as well.



Some of my favorite June traditions growing up included the opening of public pools, late summer nights, and celebrating June Dairy Month. I especially loved the Sunday dairy breakfasts hosted by different farms — it was such a fun way to see how the agricultural world continues to change over time.

June also brings a chance to honor the incredible men in our lives — Happy Father's Day to all the dads and father figures out there! We celebrate you on June 15.



I'm so grateful to be part of this beautiful campus and community. Thank you all for your warmth and kindness — it truly means a lot.

Tara Dicus, Executive Director

The More You Know

By: Laurie Campion, Resident Services Director



The More You Know-Three Things to Keep in Mind

1. Are you aware that you should be putting your own **virus protector on your devices**? The WI-FI at Shorewood is no different than if you were at a hotel or any other spot where you gain internet access. Several reputable antivirus providers offer free versions that provide basic virus and malware protection. These include Avast, AVG, Bitdefender, Avira, Microsoft Defender, and Malwarebytes. These free options generally offer real-time protection, virus scans, and malware removal capabilities. Shorewood staff **cannot** help with downloading any software onto your personal device.
2. The saying "**what we do for one, we must do for all**" is a principle that emphasizes treating everyone equally and consistently. It suggests that if you do something for a specific individual, you should also be willing to do the same for anyone else in similar circumstances. This principle often ties into concepts of justice, fairness, and universal standards of behavior. (statement from AI). Without that concept there could be animosity amongst residents, staff and family members. People would feel they aren't liked or respected. When we make decisions at Shorewood it is with that principle in mind.
3. **The Shorewood shopping carts are disappearing.** Remember they are for everyone to use so please do not keep one in your apartment any longer than necessary. If you use one often you might think about purchasing your own. You can find folding carts for around \$45. Remember to clearly mark it as yours.

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**



Free Sale

Signup at the front desk for a table to give away your unwanted items. Limit of one table per person. Limited number of tables available. If you sign up for a table, please bring your items to the Community room between 9 am and 10 am. Residents can browse through treasures between 10 am and 3 pm. At 3 pm you must take back any items that have not been taken. If this goes well, we will put more free sales on the calendar.

Friday June 6 in the Community Room

9 am-10am: Bring your items to your assigned table.

10am-3pm: "Shop" through the free items.

3pm-4pm: Pick up any of your items that have not been taken.



Shorewood Senior Campus Staff Email & Phone List

Executive Director	Tara Dicus	tdicus@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	Kami Sim	ksim@shorewoodcampus.com	536-3211
Program Coordinator	Drew Adams	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	Robert Schneider	rschneider@shorewoodcampus.com	536-3217
Lead Housekeeper	Rebecca Mommer	rmommer@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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