



A SilverCrest  
Community

# Campus Connections Shorewood Senior Campus

Monthly Newsletter

May 2022

## Quarry Hill Presents: Minnesota's Frogs & Toads

Monday 5/9 @ 1:30pm

SWC - Activity Room

After a long Minnesota winter, the trills and croaks that fill the air of a moist spring evening can be a welcome spring song. A naturalist will use a PowerPoint show, sounds, and a few live animals to discuss our region's amphibians.

## Teachers Club

Monday 5/2 @ 10:00am

SWP - Cascade Room

Open to all K-12 teachers.

**Guest Speaker:** Greg Lenn; A teacher for over 30 years in Pine Island, will share his story of teaching with a serious medical condition and how teachers may help students with disabilities in the classroom.

Questions? Call Chuck Nelson at 941-504-1918



## Upcoming Shuttle Changes

**No Shuttle on Tuesday 5/24.**

**These Tuesday routes will run on  
Wednesday 5/25.**

**No Shuttle 5/30 - Memorial Day**



**The following activities are reserved for Shorewood Commons residents only please.**

**Mother's Day Craft: Tuesday, May 3 at 2:00pm** in the Commons Activity Room. Make a mother's day corsage.

**Cinco de Mayo Celebration: Thursday, May 5 at 2:30pm** in the Commons Activity Room. Join us for a game of Pictionary while enjoying cinnamon-sugar tortilla chips with fruit salsa. Dress in your best fiesta wear!

**Food Fun: Tuesday, May 10 at 2:00pm** in the Commons Activity Room. We will be making spring flowers, all from food.

**Spring Craft: Tuesday, May 24 at 2:00pm** in the Commons Activity Room. Make a 3D vase of flowers on a canvas.

**Nifty Nails: Wednesday, May 25 at 2:00pm** in the Commons Activity Room. Amberly from Comfort Health will be available to clip or file nails before you enjoy a hand massage and nail polish from Programming. There is no charge for this activity.

**Ice Cream Social: Tuesday, May 31 at 2:00pm** on the Activity Room patio. Say goodbye to spring and hello to summer with a cool treat.

## **Crafting w/Lucile @ Shorewood Place**

Our May project will be making fabric flowers and adhering them to a stand up frame. If you have fabric scissors, please bring them.

All supplies will be provided.

**Class 1 - Wednesday 5/4 @ 2:00pm in the  
Community Room**

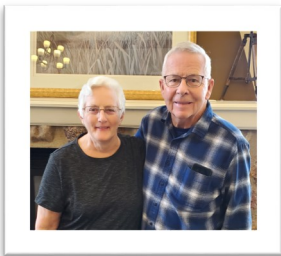
**Class 2 - Wednesday 5/11 @ 2:00pm in  
the Community Room**



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.

Marjorie B.	5/2	Norma R.	5/2	Bruce J.	5/5
Judy S.	5/7	Arona S.	5/17	Tom M.	5/19
Dennis L.	5/21	Rita L.	5/21	Elaine D.	5/23
Gail F.	5/24	Jack K.	5/24	Sheri Lu P.	5/24
Robert S.	5/26	Sandy S.	5/27	Jack Y.	5/27
Jim W.	5/28	Marion R.	5/29	Colleen B.	5/31



### Welcome Tom & Carol M.!

Tom and Carol are both from Rochester. Their families grew up farming in the surrounding area. Carol graduated from John Marshall and Tom from Lourdes. Tom worked at Apache Mall for 26 years in the boiler room, moved on to be supervisor of the maintenance department, and then spent 9 years as supervisor of facilities at Mayo Clinic. Carol did daycare for 10 years, then 20 years at Mayo Clinic in the Cancer Research area. They married 26 years ago, and it is a second marriage for both. They have 6 children between them, 11 grandchildren and 1 great grandson. Tom and Carol decided to move to Shorewood after Tom was diagnosed with Parkinson’s Disease. They moved in on New Year’s Eve 2021 and love it here! The neighbors and staff are wonderful. Tom feels safer here, and there are great classes for them both to enjoy!

### Director’s Notes

*By: Karen LaFee, Executive Director*



May is the month where we see the world come back to life a bit more. The robins have arrived and snow turns to rain showers (or we hope). With the days a bit brighter, I see more of you out and about. It is fun to see you enjoying the outdoors and conversing with each other, especially during meal times. Enjoy the company of your neighbors and the activities we offer.

Additionally, I would like to wish all of our mothers a Happy Mother’s Day. Thank you to all of you that have guided us in our lives, helped us with our choices, and taught us so much.

Also, on Memorial Day we honor and express our gratitude to the men and women who served in our military and have passed on. We are grateful for their service.

## Need to Know

By: Laurie Campion, Resident Services Director



# Benefits of Assisted Living

No matter if you live at Commons or Place, maintaining your independence is important. Our belief is the more you do for yourself the longer you stay as independent as possible. For some though, everyday life can become more difficult as they age. That's where assisted living comes into the picture. We are here to help where you need it yet encourage you to be independent where you can be.

Safety is a priority for everyone. Assisted living (AL) is designed for people who may have limited mobility. AL has a smaller footprint which make it easier to navigate, the hallways are wider and there are staff members available to provide help when it's needed. Accessibility aids are standard in AL apartments. Grab bars, personal emergency alert systems, and a wall-mounted emergency call system in the bathroom make it safer for residents to move around. Families are less stressed knowing their family member is cared for. They also appreciate being the son or the daughter again, and not a caregiver.

Everyday personal tasks such as showering or brushing the back of your hair may become more difficult to complete by yourself. You may feel unsafe getting in and out of the shower so resort to a sink bath. Comfort Health's trained staff are available to assist you with the cares you need, so you have the energy and peace of mind to do what is important to and fun for you.

Half-hour weekly housekeeping service is included in with the rent. If more housekeeping services are needed, it's available for an additional fee. This can free you up so you can put your energy into more fun things.

Sometimes with age, your hands don't work as well, or your memory isn't as sharp. A resident may avoid group events to hide their lost abilities from others, which may lead to isolation and loneliness. Organized social events can boost your level of confidence and reduce loneliness. You can join in on events geared toward your current skill level. Extra staff is available to help with crafts or to offer encouraging words. Or maybe you just want to sit nearby and enjoy the conversation.

Remaining physically active can be challenging for many individuals when mobility becomes more difficult. The smaller footprint of assisted living offers plenty of places to sit and catch your breath or chat with your neighbor. The Club staff offer fun classes right in assisted living so the trip to the Club isn't always necessary.

To learn more about assisted living or if you would like a tour please contact:

Laurie Campion, Resident Services Director

536-3225 or [lcampion@shorewoodcampus.com](mailto:lcampion@shorewoodcampus.com)

Date	Time of Departure	Event and Location	Cost	Sign Up By Noon
Thu 5/12	11:00am	Lunch @ Pizza Ranch	Meal	Wed 5/11
Fri 5/13	8:30am	Breakfast w/Bus Driver @ Blue Plate	Meal	Thu 5/12
Thu 5/19	11:00am	Lunch @ Boulder Tap House	Meal	Wed 5/18

**Sign-ups:** Shorewood Place residents can sign up for outings in the Activity Binder located on the desk in the Lakeside Lounge. Shorewood Commons residents can sign up for outings at the front desk.

**Outing Waitlist:** If you are on the waitlist for an outing, programming will only contact you if there is space available.

**Movies:**  
(Channel 40)



**Citizen Kane:** Following the death of publishing tycoon Charles Foster Kane, reporters scramble to uncover the meaning of his final utterance: 'Rosebud'

**Runtime:** 1h 59m **Rated:** PG **Stars:** Orson Welles / Dorothy Comingore

**Queen Bees:** After reluctantly agreeing to move in to a senior's home, a woman encounters a clique of mean-spirited women and an amorous widower. **Runtime:** 1h 40m **Rated:** PG-13 **Stars:** Ellen Burstyn / Jane Curtin

**The Seven Year Itch:** When his family goes away for the summer, a hitherto faithful husband with an overactive imagination is tempted by a beautiful neighbor.

**Runtime:** 1h 45m **Rated:** NR **Stars:** Marilyn Monroe / Tom Ewell

**Jungle Cruise:** Based on Disneyland's theme park ride where a small riverboat takes a group of travelers through a jungle filled with dangerous animals and reptiles but with a supernatural element.

**Runtime:** 2h 7m **Rated:** PG-13 **Stars:** Dwayne Johnson / Emily Blunt

**Movie Matinee's at Shorewood Commons in the Activity Room**

**Thursday, May 26 @ 2:30pm**

**Three Amigos:** Three actors accept an invitation to a Mexican village to perform their onscreen bandit fighter roles, unaware that it is the real thing. **Runtime:** 1h 44m **Rated:** PG **Stars:** Steve Martin / Chevy Chase

**Monday, May 30 @ 1:00pm**

**Oklahoma!:** In Oklahoma, several farmers, cowboys and a traveling salesman compete for the romantic favors of various local ladies. **Runtime:** 2h 25m **Rated:** G **Stars:** Gordon MacRae / Gloria Grahame



A big thank you to the many residents who recognized my recent birthday. I so appreciated the cards, phone calls and chocolates. We have lived here nearly three years and realize every day what a wise choice we made to come to Shorewood. The residents and staff are all so thoughtful and helpful and have made us feel so welcome. Thank you everyone!

*Pixy R.*

Heartfelt gratitude to everyone who wished me birthday greetings with cards, sweets and gifts. It was over whelming to receive so many good wishes. Love the support and family spirit at Shorewood!

*Jen K.*

Thank you to our dear friends who honored us on our anniversary with cards and voice. Your blessings made our day truly one to remember. We love the folks who live at Shorewood.

*Fay & Bev O.*

Thank you for your kind outpouring of support, understanding and love after Marty passed away.

*Charlotte P.*

My thoughtful neighbors, thank you for all the thoughtful gifts. You are making me feel very welcome.

*Marge B.*

Thank everyone who sent birthday cards and goodies for my 90th birthday. I'm very lucky to have so many great friends here.

*Sis*

A heartfelt thank you for the greetings and birthday cards. I feel very blessed to be a part of this wonderful community.

*Pat S.*



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 May is E, which stands for Enriching Lives, Energy & Enthusiasm.**

***How do we Enrich Lives at Shorewood?***

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

- We promote the six areas of wellness.
  - Emotional
  - Physical
  - Spiritual
  - Social
  - Vocational
  - Intellectual
- Offer choices whenever possible.
- Promote independence

## Fit & Fun

By: Sheila Walsh; Wellness Director

### Practical Aging Class

*"How are we supposed to be prepared for getting old? I have never been old before!"*

The Club at Shorewood is excited to announce our newest class, Practical Aging.

As a mother, it astounds me how many things that I just do that I have needed to teach my children. This has forced me to reflect on myself and realize how many things I have had to learn.

Believe it or not, at age 20 I was not well versed in the kitchen, but I have become a good cook out of need and interest. Last year when I was asked if I wanted to use crutches, I felt it was not worth the effort. I continually help others learn ways to adapt to their changing life even though I personally still am bad at crutches. Practical aging is about you telling us what you would like to learn to be safer and to take care of your aging body.

The class will start Tuesday May 17 at 10:00 am. Each class will include stretching, education, balancing exercise, and Tai Chi.

Education topics will include learning to get off the floor, learning to safely turn and walk with a walker, learning to stand up safely, and other important topics. All residents are welcome to contribute to education topics for class. Stop by The Club after May 2 to sign up and give us more ideas for safe practical aging topics.

The Club at Shorewood News for  
May 2022

### Extra! Extra!

- **Grief Support**

May 12, 1:30 PM

Kathy Connelly bereavement counselor from Season Hospice at The Club

- **Cooking class with Jeff Johnson, new Dining Director**

May 16, 1:30 PM

Enjoy one of Jeff's favorite healthy dishes, "Mexican Coleslaw"

- **Driving Range Trip, Eastwood Golf Course**

May 23, 1:50 PM

Max 12 residents (call 507-536-3221 to reserve your spot)

- **Practical Aging**

May 17 10:00 AM (see article)

- **Driver Improvement Class**

Dates TBD

A driver who is 55 or older may take the initial 8-hour class to get 10% discount on their auto liability insurance premiums. If you have had the class, you can take a 4-hour refresher. Sign up at the front desk by May 9 if you are interested.

Wednesday, 5/4 @ 2:00pm

Commons - Activity Room

**RBG:** The exceptional life and career of U.S. Supreme Court Justice Ruth Bader Ginsburg, who has developed a breathtaking legal legacy while becoming an unexpected pop culture icon.

Wednesday, 5/18 @ 1:30pm

Commons - Activity Room

**The Mayo Clinic:** Tells the story of the renowned institution that has been called a “Medical Mecca.” By combining the history of the institution with intimate stories about present-day patients, the film makes an important contribution to discussions about our commitment to taking care of each other, about the role of money and profit in medicine, and about the very nature of healing itself.



## SAVE THE DATE

THURSDAY, MAY 26

Shorewood Place theme dinner

More info to come later in May!

### Food For Thought

*By: Jeff Johnson, Dining Services Director*

Nice to **meat** you



Greetings:

May has arrived, and there are great things happening in Food Service.

I would first like to introduce myself! I'm Jeff Johnson the new Director of Dining Services. I'm the happy husband of my wife of 20 years (well 20 years in August!) Laura, and the father of four beautiful children; Alayna 18, Aiden 15, Hailey 13, and Lucas 6. We have one puppy, a Maltese named Teddy, and 6 farm cats; Mocha, KIKI, Parker, Nate, Kit Kat and Pete! We live between Oronoco and Mazeppa on a 5 acre hobby farm. I've grown up in the food service industry. My father was a Chef at Charter House here in Rochester for 30 years. I started my career at Charter House when I was 16 and started to wait on tables in Sky View Dining on the 22<sup>nd</sup> Floor. Those were some amazing days! (I did meet my wife while working there!)

I was 17 when I decided food services was the career path of my liking and aspired to become Food Service Director at Charter House. I built my whole career around that, so I'm very excited to be part of such a great community here at Shorewood.

I look forward to meeting all of your food needs with the amazing dining staff we have here.

**SHOREWOOD SENIOR  
CAMPUS**

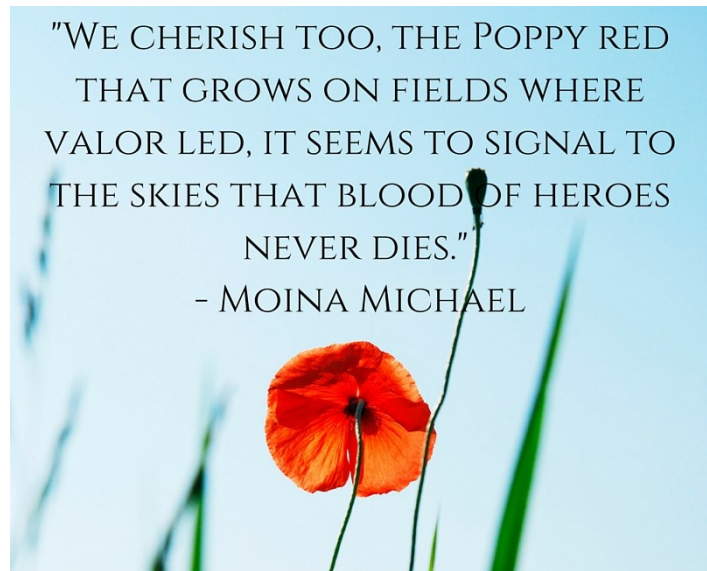
**Shorewood Commons**

**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**

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	Jennifer Seitzinger	jseitzinger@shorewoodcampus.com	536-3211
Program Coordinator	Arlynn Heins	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	Robert Swanson	rswanson@shorewoodcampus.com	252-9110
Wellness Director	Sheila Walsh	swalsh@shorewoodcampus.com	536-3221
The Club Desk	Natalie Kalmes	nkalmes@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	536-3207
After Hours	951-5250

**Aegis Therapies**

Physical & Occupational Therapy	507-254-8131
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