



A SilverCrest  
Community

# Campus Connections Shorewood Senior Campus

Monthly Newsletter

August 2022

Come sing with Suzy Johnson on **Wednesday, August 3 at 2:30pm in the Shorewood Place Lakeside Lounge**. This one time casual choir singing event is open to all. We will enjoy a variety of music during our time together. No singing experience required!

If you would like to stay and listen at the end, Suzy will take a few minutes to share about Resounding Voices, a choir for people with memory loss - mild or pronounced. The choir is looking for participants, including volunteer singers.



Looking to get a pedicure or manicure in the comfort of your apartment? Patty Lewison is available for home visits for these services. Right now she is here once a month unless there is more interest. If you would like more information or to schedule a service please call Patty at 507-696-2766.

## Mandala Workshop: Friday, August 26

Debra D'Souza is a well known mandala artist in the area. She has taught multiple places including Rochester Art Center (RAC) and 125 Live. Recently she received a SEMAC grant that allowed her to teach students at RAC the art of mandala drawing and then to finish the mandalas in colorful glass. Those designs will be exhibited at 125 Live.

The Shorewood workshop will allow participants—using only a compass, ruler and imagination—to create meditative mandalas in circular forms, symbolizing peace, harmony, unification, and energy. Each creation will be unique, a true reflection of the participant's own taste and style.

After the drawing is complete, the designs will be colored with colored pencils or watercolors. No prior experience is needed. There is no charge to Shorewood participants. Sign up for this class is appreciated to make sure we have enough supplies.

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

Come for some fun, relaxation, enjoyment, sharing, and hopefully some laughs. You may learn some ways to entertain your grandchildren or great-grandchildren. There will be a few magic tricks, some stories, and a little paper fun. Come with something to share if you wish!

**Class 1 - Wednesday 8/10 @ 2:00pm in the Community Room**

**Class 2 - Wednesday 8/31 @ 2:00pm in the Community Room**



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

August Craft: **Tuesday, August 2 at 2:00pm** in the Commons Activity Room. We will make a framed stained glass picture.

Food Fun: **Tuesday, August 9 at 2:00pm** in the Commons Activity Room. Make your own variety of chocolate bark.

Adventures in Art: **Tuesday, August 30 at 2:00pm** in the Commons Activity Room. Using acrylics, you will paint a beautiful cactus sunset.



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.

Kathy G.	8/1	Gloria D.	8/2	Joan S.	8/5
Ruth B.	8/8	Bernadine D.	8/8	Bill T.	8/9
Vi S.	8/11	Shelda S.	8/11	Jim R.	8/13
JaNeal S.	8/14	Hilde L.	8/16	Boyd B.	8/19
Harriet D.	8/19	Wayne B.	8/20	Lois L.	8/21
Arlene T.	8/21	Sally R.	8/21	Bob R.	8/22
Sharon K.	8/22	Marlene C.	8/23	Howard K.	8/25
Vernida M.	8/25	Art M.	8/26	Norma S.	8/27
Larry M.	8/27	Jean B.	8/29		



### Welcome Maurice and Mary Lou H. to Place 247!

Maurice and Mary Lou Hoppe lived for 51 years in Jesup, Iowa. Maurice worked all his life in the agri-business, while Mary Lou was a first grade and preschool teacher. They have two children and four grandchildren. They moved to Rochester with their daughter Krista and family when Krista was called to serve as pastor at Hosanna Lutheran here in Rochester. Krista's daughters are frequent visitors and enjoy having Gramma and Papa so close! Their son, Jay, is a doctor and lives with his family in Canton, Ohio. Maurice and Mary Lou are avid Hawkeye fans!

### Welcome Darrel and Rita R. to Place 326!

Darrel and Rita come to us from North St. Paul area where they lived for 56 years! Darrel was in the Air Force and grew up in Canton, MN. They have a son who lives in Seattle, and a daughter who lives here in Rochester. They moved to Shorewood to be close to their family in Rochester.



### Welcome Donna A. to Place 312!

Donna grew up in Wisconsin. She attended Stout in Menomonie, WI, where she met her husband. They moved to Rochester in 1953, had two sons, and both taught at Rochester Public Schools. Donna's hobbies include sewing and traveling.

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## Director's Notes

*By: Karen LaFee, Executive Director*

Well, we made it. Summer is coming to a close and we're looking down the road towards fall, pumpkin season, and family holidays. But, summer isn't over quite yet so let's hold on that conversation.

The month of August happens to be "National Admit You're Happy Month." There are lots of things to be happy about in life, and August is a chance to appreciate them. Number one is always our family and friends, and we are blessed to have a close, happy community at Shorewood.

If you're not quite sure what you have to be happy about, don't worry. Today I've compiled a list of awesome ideas you can take advantage of each day this month to boost your happiness.

- ☺ Write yourself an encouraging note. Stick it somewhere you'll see it for an extra boost of encouragement throughout the day.
- ☺ Write someone else a friendly note... just because.
- ☺ Practice positivity. See how long you can go without complaining once.
- ☺ Treat yourself to a delicious carefree snack.
- ☺ Compliment a stranger. Pay it forward and see how many people's days you can make.
- ☺ Watch a funny movie. Laughing until your sides hurt always brings joy.
- ☺ Read a good book.
- ☺ Buy yourself flowers then put them somewhere you'll see their beauty every day.
- ☺ Make a list of everything you're grateful for and take time to appreciate it all.
- ☺ Exercise. This gives you endorphins, and endorphins make you happy.



What other ideas can you think of that make you happy? Try them out and spend time this August appreciating all the little things in life. We are so very happy you live with us at Shorewood.

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## Movies:



**My Big Fat Greek Wedding:** A young Greek Woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.

***Runtime: 1h 35m Rated: PG Stars: Nia Vardalos / John Corbett***

**The Queen:** After the death of Princess Diana, Queen Elizabeth II struggles with her reaction to a sequence of events nobody could have predicted.

***Runtime: 1h 43m Rated: PG-13 Stars: Helen Mirren / Michael Sheen / James Cromwell***

**Oliver Twist:** An orphan named Oliver Twist meets a pickpocket on the streets of London. From there, he joins a household of boys who are trained to steal for their master.

***Runtime: 1h 31min Rated: NR Stars: Richard Dreyfuss / Elijah Wood / David O'Hara***

**All Saints** When a group of Burmese refugees join the congregation, the pastor of a failing Anglican church attempts to aid them by planting crops and enlisting the help of the community.

***Runtime: 1h 48m Rated: PG Stars: John Corbett / Cara Buono***

Date	Time of Departure	Event and Location	Cost	Sign Up By Noon
Mon 8/1	2:00pm	Scenic Drive (SWC Only)	Free	Mon 8/1
Thu 8/4	3:15pm	Early Dinner @ Hubbell House	Meal	Wed 8/3
Thu 8/11	11:00am	Lunch @ Red Lobster	Meal	Wed 8/10
Fri 8/12	2:00pm	Days of Yesteryear	Free	Mon 8/8
Mon 8/15	1:00pm	Driving Range & Putting Green	Free	Sun 8/14
Wed 8/17	9:00am	Maritime Museum & Lunch @ Culver's	\$8 + Meal	Tue 8/16
Mon 8/22	2:00pm	Scenic Drive & Ice Cream (SWC Only)	Free	Mon 8/22
Wed 8/24	10:00am	Visit & Box Lunch @ Boyd Brue's Farm (SWP Only)	\$7.00 Box Lunch	Mon 8/22

**Days of Yesteryear:** The History Center has invited seniors to a free showing! You will be treated to free refreshments during the show. They plan to do threshing, churn butter, have a Parade of Power and give you an opportunity to reminisce about the "Good Old Days." We will be in the food shelter to have protection from the sunshine. There will also be toilets and hand washing facilities nearby. Please note: The sign up deadline is three days prior to the show date.

**Minnesota Marine Art Museum & Lunch:** The MMAM is an art museum in Winona specializing in marine art. It features six galleries of world-class art and artifacts including impressionism and Hudson River School paintings, marine art, folk art sculptures and traveling exhibits. The museum entry fee is \$8.00 payable by cash or check at the door. Lunch at Culver's will follow.

**Brue Farm & Lunch:** The Brues have graciously invited us to visit their farm here in Rochester! You will get to take a tour, watch a zip-line in action, and relax while enjoying a box lunch from the Bistro under a covered gazebo. Price is \$7.00 for box lunch billed to your account. Call 507-536-3204 to sign up by Monday 8/22. No refunds after this date.

## 22<sup>nd</sup> Annual Shorewood County Fair



**THURSDAY  
AUGUST 25  
430pm - 6:30pm**

More information will be out later in August!

### Did you graduate from a Rochester High School?

Let's get together at this Back-to-School time of year. If you graduated from Rochester High School, John Marshall, Lourdes, or Mayo, join us for a social in the Shorewood Place Dining Room on Saturday, August 27 at 2:00pm. Still have a yearbook or other high school photos or articles? Bring them along to share! Prepackaged refreshments will be provided by Programming.





**Meltdown: Three Mile Island**  
**Wednesdays, August**  
**3/17/24/31**  
**2:00pm - Commons Activity**  
**Room**

**Insiders recount the events, controversies and lingering effects of the 1979 accident at the Three Mile Island nuclear power plant in Pennsylvania.**

**Pt.1 The Accident:** In 1979, a plant malfunction causes confusion and a radiation leak. As fear spreads, so does suspicion that the authorities are concealing the truth. **42m**

**Pt.2 Women and Children First:** Panic strikes the community as a full-blown catastrophe looms. Locals mobilize to confront the authorities and protest the nuclear power industry. **42m**

**Pt.3 The Whistleblower:** During cleanup at the plant, insiders claim that cost-cutting measures and intimidation tactics create a danger far worse than the accident itself.. **48m**

**Pt.4 Fallout:** Despite disturbing revelations of wrongdoing at Three Mile Island before and after the accident, the utility fights to bring the plant back online. **40m**



thank you

Thanks to all who wished me a happy birthday either in person, with a treat and/or a card. Your kindness is appreciated so, so much. I am blessed to be part of this wonderful Shorewood family.

May God bless you all!

**Lucile W.**

A note to thank all of my Shorewood friends for the many birthday cards and snacks I received in July.

**Sue N.**

Thank you all for the birthday cards for us, and the well wishes and prayers for Curly.

**Joy B.**

A belated thank you to all who made my birthday a happy occasion.

**Eunice B.**

Thank you not only for all the birthday love and gift of friendship, but also for the many wonderful ways you make life meaningful. The magazines, puzzle books, treats, greetings and special favors mean a lot to me. I'm grateful beyond words.

**Marie M.**

Shorewood knitters Give Back. Thanks to the generosity of Shorewood knitters and crocheters, we were able to give 25 dishcloths to the Women's Shelter and 40 baby hats and 15 hand cozies to Mayo Methodist Hospital. If you are making gifts to give or would like more information, contact Marie at 507-990-1597. (Note: If you don't knit or crochet, but would like to help, consider buying extra shampoo, dish soap, paper products etc. next time you grocery shop; those items will be added to the donations to Women's Shelter.)

Top of the morning. Many thanks for the cards, kind words and treats. You all made getting year older special. Blessings to all.

**Helen L.**

Dear friends here at Shorewood, my birthday was such a joy with many cards, treats, and friendly greetings. Bless you all!

**Marty B.**

Thank you to so many friends and neighbors for the beautiful birthday cards and wishes.

Loved Shorewood since 2014!

**Ardella G.**

## Fit & Fun

By: Sheila Walsh, Wellness Director

### Aegis Therapies Physical Therapist

Dr. Matthew Hutzal, Physical Therapist, was born and raised in Long Island, New York. He attended Ithaca College in the Finger Lakes region of central New York. He graduated with a Bachelor's in Clinical Health Studies in 2013 and in 2015 with his Doctorate in Physical Therapy.



Upon graduation, Matt and his now wife, Rachel, moved to Delaware to begin their careers. Matt has worked in Outpatient Orthopedics for the past 7 years, during which time he has become board certified as an Orthopedics Specialist by the American Board of Physical Therapy Specializations. During his time in training, he found a true passion for treating all patients, regardless of condition, in order to return to function to improve quality of life.

After his wife finished her work as a PhD candidate at the University of Delaware, they moved to Rochester for her Post Doc at the Mayo Clinic. They arrived here in early July this year and have started to explore what Southern Minnesota has to offer!

In his free time, Matt enjoys walking his rescue dog, Marshall, who was adopted 8 years ago. He also enjoys exercising/fitness, hiking and spending time with his wife and friends while exploring new areas and activities.

Meet Matt and attend Josh's presentation on August 23 at 2pm in The Club

# THE CLUB

At Shorewood

## Extra! Extra!

### Need help with your Balance?

#### Tia Ji Quan Movement for Better balance

12 week session starts  
August 30 at 10:00 AM

You will come away from the class with a noticeable improvement in your balance, strength, and confidence. Tai Ji Quan is an evidence-based practice that been taught all over the country for over 10 years. The outcomes have been so effective that many medical organizations such as Mayo Clinic stand behind it.

#### Club closes early on August 10 at 10:45am

#### Driving range for golfers

August 15 at 1 PM

Enjoy driving a golf ball at Eastwood golf course.

#### Tai Ji outside

Fridays at 9:15 AM

Location: outside of The Place back door

#### Grief Support

August 11 1:30 PM

#### What, Why, and How to Understand and Manage Back Pain

August 23 at 2pm in The Club

Welcome to the heat of August! I hope you are all enjoying the menu selections that the Summer cycle is offering. The team and I are working diligently to bring great tasting, eye appealing, service filled meals to you all! We are halfway through the 13-week Summer cycle and work is beginning on the Fall cycle. I'm including an article I read last week on Sodium Intake as we age! Have a great August!

## How Can Older Adults Reduce Sodium Intake?

One of the biggest ways to decrease sodium consumption is by **eliminating processed foods** as much as possible. Salt is added to many processed foods because people love the taste. Frozen foods or "convenience foods" are those that are easily prepared by heating up/microwaving, etc. These foods are often loaded with sodium. This is why it is so important to try to **prepare whole foods**. Aim to use fresh fruit and vegetables, meat, fish, poultry, etc. If you are using canned foods such as vegetables or beans, be sure to rinse **the food with water** prior to using, as this helps to remove some of the sodium.

When preparing foods, instead of adding salt to give more flavor, **try using other spices and herbs** in order to get some great flavor! Some examples of other flavors to add could be lemon, garlic, cinnamon, etc.

**Eliminate the salt shaker** from the table. Even if during food preparation there is minimal salt used, the sodium content can sky-rocket by adding a lot of salt from the salt shaker. In order to avoid doing this, it is best to remove the salt shaker completely. Even a few shakes from the salt shaker can add far too much. There are some salt substitutes that are sold in stores, but be sure to consult your physician before using any of these, as they can disrupt other bodily functions and cause electrolyte imbalances.

Another key to reducing sodium intake is reading nutrition labels! When shopping for food, **compare nutrition labels** of one brand to another brand. Choosing lower-sodium options can help to reduce overall intake. **Look for foods that have less than 5% DV sodium.**

When eating out, try to be mindful of high sodium meals. Oftentimes menus will indicate "healthier" options or "low-sodium" entrees. Pay attention to these indications and also **ask your server for suggestions of low-salt options**. You can request that no salt be added to your food during preparation as well.

It is very common for older adults to crave more salt in their diet. Although it is tempting to satisfy this craving with a salty snack, it is important to **remember the health risks** associated with high sodium consumption. Although frozen, ready-to-eat meals may seem convenient and easy, preparing fresh, natural foods are going to result in lower health risks.

*Credit: Walker Methodist is a faith-based, non-profit senior living organization that's been serving older adults since 1945. We provide housing, healthcare, rehabilitation, and services to seniors and the people who support them.*



**Need to Know**  
*By: Laurie Campion, Resident Services Director*

### Good to Know

The lease states: tenant cannot make any alterations or additions to their apartment without prior written consent from the landlord. You may use small nails to hang pictures on the wall. If you plan to make any changes keep in mind the following:

- Resident is responsible for all costs of any alterations.
- Alterations/additions will be installed by a licensed and insured installer who is approved by Shorewood. A copy of the installer’s license and insurance needs to be in hand prior to the start of work.
- Shorewood will not be responsible for, or able to, provide any maintenance to appliances or fixtures that were not originally in the apartment
- Resident will be responsible for any damages to Shorewood property due to malfunctioning appliances or fixtures including clean up, repairs and replacement of any damaged property.

If you have had any additions/alterations and did not complete a lease addendum, please contact Laurie Campion, Resident Services Director at 507-536-3225 or [lcampion@shorewoodcampus.com](mailto:lcampion@shorewoodcampus.com)

### Common Aging Myth

*Depression and loneliness are normal in older adults.*

As people age, some may find themselves feeling isolated and alone. This can lead to feelings of depression, anxiety, and sadness. However, these feelings are not a normal part of aging as growing older can have many emotional benefits, such as long-lasting relationships with friends and family and a lifetime of memories to share with loved ones. In fact, studies show that older adults are less likely to experience depression than young adults. So, when should you be concerned? It’s important to remember that older adults with depression may have less obvious symptoms or be less likely to discuss their feelings. Depression is a common and potentially serious mood disorder, but there are treatments that are effective for most people.

[National Institute of Health on Aging](#)

### A Happier Outlook on Aging

“It may surprise some, but studies show that seniors are among the happiest groups of people, and that they are significantly happier than their middle-aged counterparts.

This could be due to better coping abilities. Older people tend to have internal mechanisms to deal better with hardship or negative circumstances than those who are younger. Another reason seniors may also be happier is because age means that they are more comfortable being themselves.”

<https://neighborsdc.org/news/10-best-things-about-growing-old/>





Do you have a FILE OF LIFE on your refrigerator? Have you updated it?

If you answered no to either of those questions, now is the time to make it happen. The FILE OF LIFE is the first thing emergency medical staff look for when they enter your apartment.



On **Monday August 15<sup>th</sup> at 10:00 – 11:00** join a few of the Shorewood staff in the Place Dining Room to get a free FILE OF LIFE form and red magnetic pocket and/or get help updating your form.

If you need help writing the information, remember to bring your emergency contact information, and an updated medication list.

If you have any questions, please contact Laurie Campion at 507-536-3225 or [lcampion@shorewoodcampus.com](mailto:lcampion@shorewoodcampus.com)

Residents who complete a form during this time will be entered to win one of three prize bags!

## THIS and That

There is a bulletin board for resident announcements, community events, etc. available for use across from the Wedum Room. Please remember to remove outdated announcements or advertisements when finished. Staff do not tend to this board.

Please remember that dining is open for residents to invite two visitors at a time to dine during lunch time. Make sure you reserve a table at the front desk.

If you or a family member would like to receive the newsletter by email, please contact Marketing so we can add your name to our list.

**Email: [estarks@shorewoodcampus.com](mailto:estarks@shorewoodcampus.com)**

You may see less staff in the building on Wednesday, August 10 as we have the opportunity to attend the Silvercrest employee appreciation picnic in the cities.

Staff will get to enjoy a lunch, fun games, prizes, and will compete against other campuses to bring home the traveling trophy!

Please check your apartments for any library books belonging to the Rochester Public Library. We still have a long list of missing books from the Rochester Public Library.

### Senior Sage Kick Off Friday, August 19 @ 1:30pm Shorewood Place - Community Room

*(Only for those who have previously signed up and received a letter with their assigned student)*

If you have received a letter from the Mayo Clinic Senior Sage group then please be sure to mark this date on your calendar! You will be meeting the student you have been assigned to and will be able to get to know the student at this time!

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## Reflections Neighborhood

*By: Amy Hoehn, Reflections Director*

Happy August! I don't know about you, but I feel summer is just flying by. We have added four new residents to our neighborhood, and we can officially say we have a full house. We continue to stay busy and active meeting each resident where they are at and placing just the right supports to keep them as engaged and active as possible.

Dementia is a progressive illness that, over time, will affect a person's ability to remember and understand basic every-day facts, such as names, dates, and places. Dementia will gradually affect the way a person communicates. Their ability to present rational ideas and to reason clearly will change. If you are caring for a person with dementia, you may find that as the illness progresses, you'll have to start discussions to get the person to make conversation. This is common. Their ability to process information gets progressively weaker and their responses can become delayed.

### **Encouraging someone with dementia to communicate**

Try to start conversations with the person you're looking after, especially if you notice that they're starting fewer conversations themselves. It can help to:

- speak clearly and slowly, using short sentences
- make eye contact with the person when they're talking or asking questions
- give them time to respond, because they may feel pressured if you try to speed up their answers
- encourage them to join in conversations with others, where possible
- let them speak for themselves during discussions about their welfare or health issues
- try not to patronize them, or ridicule what they say
- acknowledge what they have said, even if they do not answer your question, or what they say seems out of context – show that you've heard them and encourage them to say more about their answer
- give them simple choices – avoid creating complicated choices or options for them
- use other ways to communicate – such as rephrasing questions because they cannot answer in the way they used to

The [Alzheimer's Society](#) has lots of information that can help, including details on [the progression of dementia](#) and [communicating](#).

### **Communicating through body language and physical contact**

Communication is not just talking. Gestures, movement, and facial expressions can all convey meaning or help you get a message across. Body language and physical contact become significant when speech is difficult for a person with dementia. When someone has difficulty speaking or understanding, try to:

- be patient and remain calm, which can help the person communicate more easily
- keep your tone of voice positive and friendly, where possible
- talk to them at a respectful distance to avoid intimidating them – being at the same level or lower than they are (for example, if they are sitting) can also help
- pat or hold the person's hand while talking to them to help reassure them and make you feel closer – watch their body language and listen to what they say to see whether they're comfortable with you doing this
- It's important that you encourage the person to communicate what they want, however they can. Remember, we all find it frustrating when we cannot communicate effectively or are misunderstood.

*Continued on next page.*

## Listening to and understanding someone with dementia

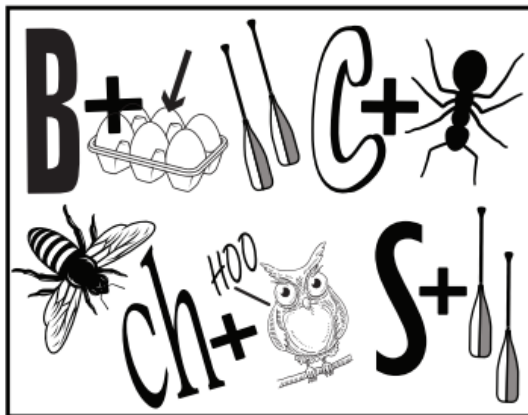
Communication is a two-way process. As a caregiver of someone with dementia, you will probably have to learn to listen more carefully. You may need to be more aware of non-verbal messages, such as facial expressions and body language. You may have to use more physical contact, such as reassuring pats on the arm, or smile as well as speaking. Active listening can help:

- use eye contact to look at the person, and encourage them to look at you when either of you are talking
- try not to interrupt them, even if you think you know what they're saying
- stop what you're doing so you can give the person your full attention while they speak
- minimize distractions that may get in the way of communication, such as the television or the radio playing too loudly, but always check if it's OK to do so
- repeat what you heard back to the person and ask if it's accurate, or ask them to repeat what they said

**Support Group for caregivers is August 18, 2022, at 11:00AM via ZOOM.**

## CONCENTRATION PUZZLES

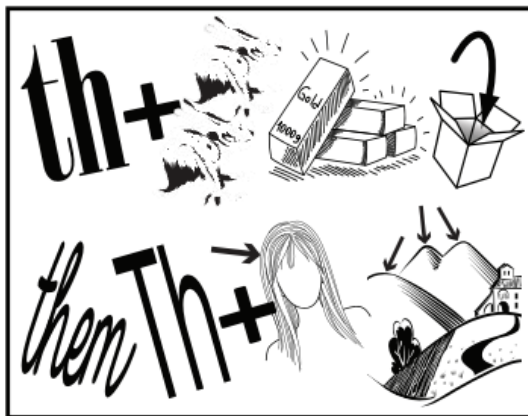
Use the visual clues in the puzzle to figure out what it says. Turn page upside down for answers.



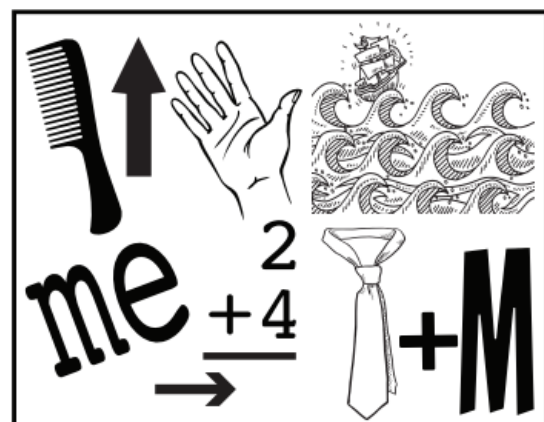
Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

(#4) Come up and see me some time.

(#3) There's gold in them there hills.

(#2) A flash in the pan.

(#1) Beggars can't be choosers.

## 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



Like "Shorewood Senior Campus" on Facebook!