

September
2022

Program Ponderings

By: Jennifer Seitzinger, Program Director



Campus Connections Shorewood Senior Campus



A SilverCrest
Community



As many of you know by now, I will be resigning from my position as Program Director on Wednesday, August 31. I would like to say I'm moving on to bigger and better things, but what could be better than my Shorewood family? I am forever thankful for the memories and friendships that were made during the past 10 years and it has been an honor to serve you all. Take care and I hope to see you in the future.

Teacher's Club Kickoff



First meeting of the "school year" will be Monday, September 19 at 10:00am in the SWP Dining Room.

Join us for a social time, hear one of our own present her "This is my story," and hear about upcoming events.

All teachers K-12 are invited to attend. If you have questions, please contact Chuck Nelson (Apt #303) 941-504-1918.



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

Nifty Nails: Wednesday, September 7 at 2:00pm in the Commons Activity Room. Amberly from Comfort Health will be available to clip or file nails before you receive nail polish from Programming. There is no charge for this activity.

Grant Capstone Event

Saturday 9/24

1:00pm

Place Lakeside Lounge

More info to come in September!



Patty Lewison has a few more openings if you would like to get a pedicure or manicure in the comfort of your apartment. If you would like more information or to schedule a service please call Patty at 507-696-2766.

Veterans Coffee

Join your fellow veteran neighbors for refreshments and conversation. All veterans and branches are invited to attend. This is a group led gathering, no staff will be in attendance. Veterans coffee will meet once a month. Please watch monthly calendars closely as days/times may change until we find a good fit. If you have a special request for future gatherings please contact programming at 536-3204.



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.

Donald D.	9/1	Don H.	9/3	Connie W.	9/4
Jill E.	9/4	Elsie D.	9/5	Mae W.	9/10
Dave I.	9/11	Tom J.	9/12	Janice N.	9/15
Lavonne B.	9/16	Jeanette C.	9/18	Ron G.	9/19
Mary S.	9/20	Margaret G.	9/22	Cleo J.	9/22
Betty M.	9/22	Arnie T.	9/22	Marlene O.	9/25
Dick W.	9/25	Don N.	9/25	Dorothy G.	9/26
Walter T.	9/26				

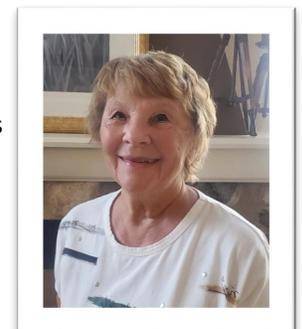


Welcome Glen and Sally T. to Shorewood!

Glen and Sally come to Shorewood after living in Dodge Center for 60 years. Sally graduated from Rochester High School in 1957 and Glen from Stewartville in 1953. They have 2 children, one son and one daughter.

Welcome Nancy N. to Shorewood!

Nancy comes to Shorewood after living in Wisconsin for 80 years! Nancy loves to stay active. Welcome to Shorewood Nancy!



Welcome Inee O. to Shorewood!

We are happy to welcome Inee Ocheltree to Shorewood. She spent many years in Arizona and has a daughter who lives in Rochester, and two other daughters who live in other states. Happy to have you here, Inee!

MOVIE LOVERS

Movies:

My Friend Flicka: Ten-year-old Kenny McLaughlin, a rancher's son, desperately wants a horse of his own. When his father finally agrees, Kenny picks Flicka, a high spirited filly who comes from a bloodline considered hopelessly wild. *Runtime: 1h 29m Rated: PG Stars: Roddy McDowall / Preston Foster / Rita Johnson*

What about Bob?: A successful psychotherapist loses his mind after one of his most dependent patients, an obsessive-compulsive neurotic, tracks him down during his family vacation.

Runtime: 1h 39m Rated: PG Stars: Bill Murray / Richard Dreyfuss / Julie Hagerty

The Pledge: A teenager caught committing an act of vandalism against the memorial statue of a fallen soldier is sentenced to community service at a local veterans' residential home.

Runtime: 1h 58min Rated: NR Stars: Barrett Carnahan / Terry Kiser

The Best Exotic Marigold Hotel: British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways. *Runtime: 2h 4m Rated: PG-13 Stars: Judi Dench / Bill Nighy / Maggie Smith*

The Rookie: A Texas baseball coach makes the major league after agreeing to try out if his high school team made the playoffs. *Runtime: 2h 7m Rated: G Stars: Dennis Quaid / JD Evermore / Rachel Griffiths*

God in America

Tuesdays

9/6, 9/13, 9/20

1:00pm - Commons Activity Room

Interweaving documentary footage, historical dramatizations, and interviews with religious historians.

God in America is an in-depth exploration of the historical role of religion in the public life of the United States.

Pt.1 A new Adam & A New Eden: Explores the early struggles to define religious freedom. **2h**

Pt.2 A Nation Reborn & A New Light: Explores the power of religion to divide a country. **2h**

Pt.3 Soul of a Nation & Of God and Caesar: Explores the tangled embrace between American religion and American politics in the decades since World War II. **2h**



Date	Time of Departure	Event and Location	Cost	Sign Up By Noon
Thu 9/1	11:00am	Lunch @ Sorellinas	Meal	Wed 8/31
Thu 9/8	11:00am	Lunch @ Canadian Honker	Meal	Wed 9/7
Thu 9/29	11:00am	Lunch @ Pasquale's	Meal	Wed 9/28

SEPTEMBER SHUTTLE NEWS



There **will not** be any shuttle service on these days:

September 5

September 12-26

To help with the limited shuttle availability, Joe will provide open shuttles on:

September 7 from 12pm-3pm leaving Shorewood every hour until 3pm

September 9 from 8am-3pm leaving Shorewood every hour until 3pm

September 28 from 8am-3pm leaving Shorewood every hour until 3pm

September 30 from 8am-3pm leaving Shorewood every hour until 3pm

The open shuttle times can be used for any shopping or appointments.

YOU WILL need to sign up at the front desk and let us know where you want to go (within Rochester)!

Please keep this schedule handy for the month of September, so you can refer to it as needed. If you have questions, please call Arlynn at 507-536-3204.

Sorry for any inconvenience.... Thanks for understanding!

Thank you, my Shorewood family, for your support for us through Denny's health decline and death. Your concern, thoughtful cards, messages, flowers, and food helped renew my ability to move through each day. I am so grateful.

Connie T.

I want to thank our many Shorewood friends who sent me cards (some with chocolates!) and made telephone calls to wish me a happy birthday. Both the staff and residents together make this a wonderful place to live.

Jim R.

What fun to have a 91st Birthday at Shorewood! So many wonderful friends and lots of greeting cards, goodies & gifts. Thank you all for your thoughtfulness!!

Sue K.

Many, many thanks to all who made my birthday so special, from the wine to the chocolate, "These are some of my favorite things."

Joan V.

Thank you to all who wished me a happy birthday and gave me cards, and treated me to lunch. I am so blessed to have you all as my friends. Bless you all.

Gloria D.

Thank you to all who sent cards and personal messages along with gifts and chocolates for my 90th birthday. I had a wonderful surprise when my younger sister and niece brought my twin sister Vivian up from Dubuque, IA. My oldest son Jim came and my daughter Kim and her husband Mark. What a wonderful day. Thanks so much.

Vi S.



Thank you to all of you who sent good wishes on my 99th birthday. You helped make it a very special day.

Ruth B.

Dear friends at Shorewood. Thank you for the get well cards, your prayers and thoughts during my stay at Methodist Hospital for my colon surgery. I am doing well. I am so grateful.

Marian B.

What a wonderful place to celebrate another birthday. Thank you Shorewood friends for the beautiful cards and treats. I feel so blessed.

Grace B.

A heartfelt thanks to many of our Shorewood friends for the nice birthday cards and greetings!

Boyd B.

Thanks to everyone who made my birthday such a memorable occasion.

Joyce S.

Oh my what a wonderful birthday I had this year! I was so blessed with many birthday wishes, beautiful cards, and treats. Thank you all who made my day extra special! Bless you all.

Kathy G.

As most of you know, Jennifer is leaving Shorewood. Her last day is Wednesday August 31st

We are having a couple get-togethers to come and say goodbye and reminisce, but more importantly to wish Jennifer good Luck in her new endeavors!

In Jennifer's 8 years in Programming, we have had a few, (maybe two) pitfalls, but mostly great events, programs and fun... (remember march around the world to Greece, and the togas?) yeah that kind of fun! Jennifer has worked closely with Marie to "win" us grant money to bring us programs that we may not have otherwise had. There are many more things to mention here that Jennifer is responsible for.

I wanted to say that I think we are a great team, I'm going to miss the camaraderie that we had, the fun, and the brainstorming that got off track, and the great programming that we came up with for everyone here at Shorewood!

So, come to the parties for Jennifer! Share your memories and fun moments that were created in the last eight years.

The dates are Tuesday August 30th 10:30am at the Place Dining Room, and August 31 1:00pm at the Commons Activity Room

Thanks for the Memories!

Arlynn



Fit & Fun

By: Sheila Walsh, Wellness Director

Big News from The Club!!!!!!!

- **Club is open Saturdays 8 AM to 12PM starting September 17**
- **The Club is reopening to Community members**

Community Members and Resident family members that are over 18 will be allowed to exercise in the Club during the designated hours listed below.

Monday Through Friday from 10:30 AM to 4:30 PM

Saturdays from 8:00 AM to 12:00 AM

Please let me know if you have any questions

Your Wellness Director

Sheila M Walsh

Flu Shots

Wednesday September 28

10:00 AM to 12:00 PM

Thursday October 13

1:00 PM to 3:00 PM

Hunt's Drug will be coming to provide flu shots to residents and staff that would like to receive one. A sign-up sheet will be available mid-September at the Front desk.

— THE CLUB —

At Shorewood

Fall Prevention Month!

Whether you have a near-fall that scares you, or an abrupt change that causes you to fall, there are steps you can take to prevent falls.

- **Fall prevention Bingo/education**

Place Dining Room, Tues. Sept. 20 at 10:00 AM

Commons Activity Room, Thurs. Sept. 22 at 1:00PM

Join in some fun bingo with educational facts about how to prevent falls

- **Need help with your balance?**

Tia Ji Quan Movement for Better Balance

12 week session starts

Fri. 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 program 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.

- **Tai Ji outside**

Fridays at 9:15 AM

Location: Outside of Place back door

- **Grief Support**

Thursday, September 8 at 1:30 PM

Reflections Neighborhood

By: Amy Hoehn, Reflections Director

Happy September everyone! I can't believe summer is almost over and we are heading into fall. I love everything FALL. The colors, scents, warm sweaters, blankets, and hot coffee. September brings a lot to celebrate, with Labor Day, first day of school, Patriot Day, National POW/MIA Recognition Day, Constitution Day, first day of fall, but one I would like to highlight is Grandparents Day on September 11th.

My grandparents played a vital role in who I am today by helping my parents raise me, to instilling key values, teaching me old family recipes, and instilling the importance of family. I am very fortunate to have 3 out of 4 grandparents still living, which is such a blessing to me and my children. I want to thank every one of you for impacting not only your own children, but the lives of your grandchildren and great grandchildren.

As we head into Fall it reminds me of our Reflections Neighborhood and where their memories are at. 'Reminiscence' means sharing life experiences, memories, and stories from the past (the fall back in time). Typically, a person with dementia is more able to recall things from many years ago than recent memories, so reminiscence draws on this strength. So many of our conversations and interactions rely on short-term memory. Reminiscence can give people with dementia a sense of competence and confidence through using a skill they still have. We all possess memories; we all have our own unique life history. Recalling the past is a means of owning it and preserving ourselves. It is a here-and-now process which holds the teller and the told in relationship with each other.

Talking about the past can also bring up happy memories and good feelings, and this can be wonderful in itself, but particularly if a person is finding life difficult. A memory box can be made for the one you love with dementia with items that may trigger a great story or memory. It also gives families and caregivers something to do one on one together when moments get difficult, when repetitive questions keep coming, or you're just struggling to start a conversation.

Faith Gibson (1998) wrote: "Many people with dementia find themselves routinely having things done 'for' them or 'to' them. When a person shares something about their past and another person shows interest or enjoyment, it is a wonderful opportunity for that person to feel that they are the one who is giving something to another human being, rather than always being the one who is receiving or listening."

Dementia Caregiver Support Group is held the 3rd Thursday of each month from 11:00AM-1230PM via ZOOM. Meeting ID number is 917 9294 7208, Passcode: 205211. Flyers for the support group are kept at the front desk and on the bulletin boards. Please call me at 507-536-3223 with any questions or needing guidance. We are in this journey together.



Need to Know

By: Laurie Campion, Resident Services Director & Marcus Moe, Environmental Services Director

What To Do If Trapped in An Elevator

At Shorewood, riding in elevators is a daily occurrence. We step in, press the button for our floor, then step out again when the door opens without giving the ride a second thought. But like any machine, elevators don't always work as intended. If the elevator doors won't open, it's important to know what to do.

Stay Calm

Remaining calm is the best way to stay safe when you're stuck in an elevator. It should ease your mind to know that our elevators undergo regular inspections to ensure your safety.

Press The DOOR OPEN Button

If you get trapped in an elevator, try a quick press of the **DOOR OPEN** button. That might be all it takes to free yourself. If the doors open and you're between floors, **DO NOT** try to climb or crawl out. The elevator could start moving again and cause a medical emergency.

NEVER pry open the doors. You're safe inside the elevator itself. Multiple fail-safes ensure that you'll never go into a free fall. But if you try to force your way out of an elevator, accidents can happen.



Use The Emergency Phone/Button. OR if you have a cell phone, call 911

If you have your cell phone you can call 911 right away. **However**, every Shorewood elevator is equipped with a RED emergency call button.

When you press the red button, you'll be connected to the elevator monitoring company. The operator will ask you a few questions such as if you have tried pushing the DOOR OPEN button yet. They may ask you to push it again while you are on the call with them. **Regardless of if you can't hear or talk with them they'll send the fire department immediately.** At that point, all you can do is wait. It shouldn't take long for them to appear.

Remember That You're Safe!

While you wait for help to arrive, it's important to remember that you are still perfectly safe. Elevator companies go to great lengths to ensure that their passengers are always safe inside. **True fact:** many people get trapped inside elevators every year and it's usually nothing more than a mild inconvenience. In fact, there are approximately 900,000 elevators in the United States and the odds of getting stuck in an elevator are 1 in every 100,000 elevator ride.

<https://www.smgsecurity.com/what-to-do-when-trapped-in-an-elevator/>



Stay Calm

Press DOOR OPEN button

Do **NOT** try to pry open doors

Do **NOT** climb out if elevator is between floors

Push the Emergency Button inside the phone door

Remember you are safe inside the elevator!

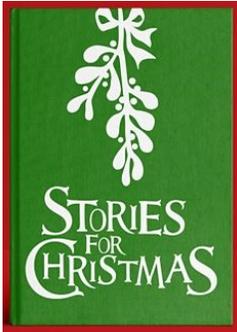
Christmas Traditions

By: Pixy Russell, resident

During a recent conversation, the topic of Christmas trees came up, and we discovered we all had very clear, and different, memories of putting up the tree and the various rituals surrounding that activity.

I shared that we put up our tree on December 23 because we observed Advent. We had a table wreath with four candles that we lit in sequence, lighting a new candle each Sunday as the weeks moved toward Christmas.

On Christmas Day we lit the center candle, which was always purple, to honor the baby Jesus. My mother hung the cards we received in the archway between the living room and the dining room, and we put up the Christmas decorations around the house – always with lots of candles. Everything stayed in place until January sixth, Epiphany, which is the last day of Christmas when the wise men reached Bethlehem with their gifts. And there you have the 12 days of Christmas as celebrated by the Olsen family (my given name).



I think it would be fun for Shorewood residents to describe and share your traditions as I did in the short paragraph above (about 110 words), and I will print them all together.

This isn't meant to be a burdensome writing assignment. If you just want to make a list of things your family did, that will be just fine. If you truly don't want to write anything, you can call and tell me your story. Then I can help you with the writing. I will put all the stories together into one printed piece: **The night before Christmas at Shorewood!**

You may want to think about what you want to say because print deadlines sneak up very fast. **I would like to have all the stories by November 1,** so I will be able to get everything pulled together. Your written memories could be a wonderful gift to share with your siblings or your children and grandchildren. I'm looking forward to reading the stories you share.

Reminders will be in future newsletters closer to the due date.

If you have questions, please let me know.

Pixy Russell Apt. 418

507-282-4804

Outing Etiquette

Lunch outings with a large group can be challenging for some restaurants. We always call ahead to let the staff know how many will be coming and give an estimated time of arrival. This is why it is very important that if you need to cancel for a lunch outing, you do so in a timely manner by calling the Program office at 507-536-3204.

Having everyone show up at the same time makes things a lot less complicated for our server. If you will not be riding the shuttle with the group, we ask that you do not go in until the shuttle has arrived. It is equally important not to arrive late, as this could hold up the entire group's meal.

Double check your bill as some places add an automatic gratuity (often 18%) for parties larger than six. It doesn't hurt to add a little extra, especially if your server went the extra mile.

Don't just dress for the weather outside. Many restaurants keep their spaces much colder/warmer depending on the temperature outside. You might want to wear or bring an extra sweater or jacket for layering.

We want our outings to be enjoyable for us and the establishment we are visiting. We are often a very large group, and kindness and patience goes a long way.

“What’s happening today?” is a question we frequently hear throughout the halls at Shorewood. In order to help all residents plan their days accordingly, the Programming staff have created numerous ways for each of you to find out what the daily programs are and where they are being held.

- Check your monthly calendars (located inside of this newsletter). This will give you the monthly layout with each days activities, outings, and special programs to help you plan your entire month. Many residents find it helpful to highlight the things they are interested in attending and posting the calendar on the back of their door where they will see it often.
- Watch the “in-house” station on channel 40 for daily programs and meals if you have the television option provided to you by Shorewood. This is updated at the start of each day and lists the locations and times of all programs as well as what is on the menu for the evening.
- At Shorewood Commons, check the table toppers located in the dining room
- Each elevator has a weekly calendar of activities and locations.
- Calendars and newsletters are also available on the Shorewood website: shorewoodseniorcampus.com
- Don’t forget to check the bulletin board for any updates or cancellations on a daily basis.

Welcome TO THE TEAM



Hi! My name is Joanie Cosman and I am so happy to be a new receptionist here at Shorewood! My family moved to Rochester four years ago. My husband is a Music teacher in the Rochester Public School District. We have been married for 31 years and have 5 children. I was born in Annapolis, Maryland as my dad was an instructor at the U.S. Naval Academy. In my free time I like to paint, go for walks, read, and spend time with my friends and family. I’ve enjoyed my work experience here so far and I look forward to getting to know all of you!

Hi!!! My name is Kaelyn Butler and I started at Shorewood as a receptionist in July! It has been so great getting to know all of you so far and I can't wait to continue! I have lived in Rochester for about 14 years. I met my husband when I was 13 years old and have been married for 8 years. We have two amazing children together that we homeschool. I have a one-year-old black lab pup and two cats. When I’m not working, we enjoy camping, fishing, and doing lots of crafts together! I’m so happy to be here and want to thank everyone for being so welcoming and kind!



SHOREWOOD SENIOR CAMPUS

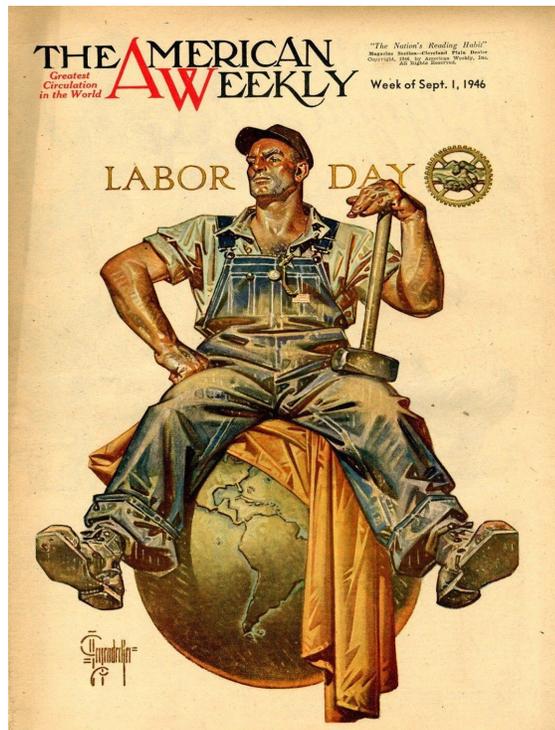
Shorewood Commons

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			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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