

November
2022

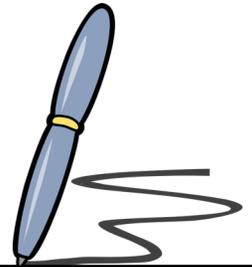
Program Ponderings

By: Maddie Finstuen, Program Director



Campus Connections
Shorewood Senior Campus

Happy November everyone! As we get into the cooler months and are not able to spend as much time outside I wanted to give you all something new to do, I want to start a Pen Pal group with another Silvercrest Community! We would meet once a month to sit down, write our letters to our new pal, enjoy some refreshments, and chit chat about what is going on! If you are interested in joining this group please reach out to Programming to get set-up on our list! This is open to anyone at Shorewood, we would have our monthly group in the SWC Activity Room!



Teacher's Club

Next meeting: Monday, November 7th, at 10:00am in the **SWP Cascade Room**.

Meet your Fowell 5th grade penpals (by picture) We will also have a fun and funny special surprise program!

All teachers K-12 are invited to attend!

If you have questions, contact Chuck Nelson (Apt #303) 941-504-1918.

November 2nd at 1pm
Tips and support for Low Vision Residents

In the SWP **VISION** Community Room

Angela Christle from Mn State Services for the blind will be here



On Tuesday November 8th we will have **no shuttle**.

Instead we will run the Shuttle on Wednesday **November 9th**.

NO SHUTTLE THURSDAY NOV. 24th

Wednesday Nov. 2nd @ 2:00pm-
Christopher Columbus (AR)

Tuesday Nov. 8th @ 10:00am-
The Orphan Trains (AR)

Tuesday Nov. 22nd @ 10:00am-
Desperate Crossing (AR)

Wednesday Nov. 16th @ 1:00pm-
1840-1910 Baseball by Ken Burns (AR)



A SilverCrest
Community



NOVEMBER BIRTHDAYS

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.



Glenn T.	11/2	Marlys N.	11/20
Beverly O.	11/7	Donna E.	11/21
Carolyn R.	11/8	Rose Ann B.	11/23
Vic S.	11/12	Gordy Q.	11/23
Dorothy L.	11/14	Karen G.	11/23
Joe B.	11/17	Matilda S.	11/27
Jo J.	11/17	Char H.	11/28
Sid P.	11/19	Kathryn T.	11/28

New Shorewood Friends!

SWP- Darwin and Thelma B. Apt. 206

SWP- Arlys L. Apt. 228

SWP- Pat A. and Richard S. Apt. 334

SWC- Karen F. Apt. 225



Welcome Roger and Carolyn R. to Place 420!

Roger and Carolyn are high school sweethearts who have been married for 63 years, have 3 children and 7 grandchildren. They are going to be great grandparents to a little girl in January! Her granddaughter and husband live in South Carolina, so it will be a while before they can meet her. Roger was a high school teacher for 35 years, and coached football, basketball, and track. Carolyn was a dental assistant for 25 years in Owatonna. They are both from Truman, MN. Their first home was in Decorah, IA while Roger was attending Luther College. They have lived in Aplington, IA for 2 years, Plainview, MN for 6 years and Rogers's final teaching position was in Owatonna, MN for 30 years. After retiring, they lived on Lake Zumbro for 18 years before their move to Shorewood. They are so happy to be here with all of the helpful and friendly people! Welcome to Shorewood!



Welcome Jerry and Karen K. to Place 443!

Jerry and Karen come to Shorewood from their home in Lake Tomahawk, WI where they lived for 45 years. Jerry worked in the automotive business and enjoyed working in his woodshop, leading worship in his local church, and was on the volunteer fire department. Karen was a stay at home mom and enjoyed studying natural health and entertaining grandchildren. They have 5 children, 2 girls in northern WI, a daughter in Pine Island, a son in Des Moines, IA and a son in Rochester. They have 16 grandchildren and 5 great grandchildren whom they enjoy tremendously! Welcome to Shorewood!

Welcome Tom O. to Place 225!

Tom was born and raised in northern Iowa. Graduated from the University, and then met his wife at the Quad City Times. They moved around the country. His favorite place was Buffalo and Long Island in New York. Tom has 6 children and 18 grandchildren. Tom moved to Rochester to be closer to his family. Welcome to Shorewood Tom!



Movies:

Notorious: In order to help bring Nazis to justice, U.S. government agent T.R. Devlin (Cary Grant) recruits Alicia Huberman (Ingrid Bergman), the American daughter of a convicted German war criminal, as a spy. As they begin to fall for one another, Alicia is instructed to win the affections of Alexander Sebastian (Claude Rains), a Nazi hiding out in Brazil. When Sebastian becomes serious about his relationship with Alicia, the stakes get higher, and Devlin must watch her slip further undercover.

Runtime: 1h 41m Rated: Not Rated

Mildred Pierce: When Mildred Pierce's (Joan Crawford) wealthy husband leaves her for another woman, Mildred decides to raise her two daughters, Veda (Ann Blyth), resents her mother for degrading their social status. In the midst of a police investigation after the death of her 2nd husband (Zachary Scott), Mildred must evaluate her own freedom and her complicated relationship with her daughter.

Runtime: 1h 50m Rated: Not Rated

Bridge Of Spies: During the Cold War, the Soviet Union captures U.S. pilot Francis Gary Powers after shooting down his U-2 spy plane. Sentenced to 10 years in prison, Powers' only hope is New York lawyer James Donovan (Tom Hanks), recruited by a CIA operative to negotiate his release. Donovan boards a plane to Berlin, hoping to win the young man's freedom through a prisoner exchange. If all goes well, the Russians would get Rudolf Abel (Mark Rylance), the convicted spy who Donovan defended in court.

Runtime: 2h 22m Rated: PG-13

Top Gun: Maverick: After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.

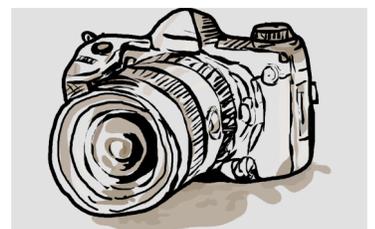
Runtime: 2h 10m Rating: PG-13

SWC Resident photos

Please come down to the Fireside Lounge to have your pictures taken or updated from 12:30pm-2:00pm on Tuesday, November 1st.

We strongly encourage you to join us!

Everyone who comes down to have their picture taken will be put into a drawing to win a fun prize!



Date	Time of Departure	Event and Location	Cost	Sign Up By Noon
Wed. 11/2	8:30am	Pannenkoeken	Meal	Tue 11/1
Thurs. 11/3	11:00am	Open Shuttle	none	Wed 11/2
Thurs. 11/10	11:00am	Olive Garden	Meal	Wed 11/9
Thurs. 11/17	11:00am	Townies	Meal	Wed. 11/16

Gift Giving to Shorewood Staff...

Every year residents ask if they can give staff members gifts for the holidays. Our staff is not permitted at any time to accept gifts from residents. However, we do have an Employee Relations Fund that our residents can donate to if they would like, by writing a check or making a cash donation.

The Employee Relations Fund goes towards our annual employee holiday party, gift cards, and prizes for our employees. If you would like to make a donation to this fund please drop off your donation in an envelope marked "Employee Relations Fund" to the front desk at any time. We appreciate all of your thoughtfulness and we are happy to serve each of you every day! We wish you safe and happy holidays!



Warm up Rochester. Cold weather is almost upon us and with it comes the special needs of the Rochester homeless. The Rochester Public Library hands out knitted scarves, hats, and mittens to those in need. If you'd like to help, I bought a fun, 2-row repeat scarf pattern, but any pattern will do. Call Marie (507) 990-1597

Thank you to all the wonderful people here at Shorewood Place who made my 88th birthday so special with lovely cards, tasty treats, pretty balloons, and sweet birthday wishes! A special treat was the "4th floor chorus" that serenaded me by singing "happy birthday". I will always remember this day! Thank You again. I have found my permanent home!

Evy Tradup

I thank all my dear friends living at Shorewood for the beautiful cards and the delicious treats you gave me for my birthday. You made my birthday a very special day.

Dorothy Gudlin



Wishing my dear friends a big thank you for the greetings and cards I recieved for my birthday. We love living at Shorewood.

Fay Ondler

Thank you to all my Shorewood friends for the cards and treats. It made my birthday special

Judy Ness

December 20th 2022 the Podiatrist we be at SWP in the Wedum Room

If you plan to visit the Podiatrist on 12/20 please be in line outside of the Wedum room by 3:30pm!



Dec. 4, 1pm at Christ United Methodist Church. Rochester Male Chorus Christmas concert with guests CBB Jazz. Ten new, young members join the chorus in presenting old and new selections. \$10 Seniors. There will be a sign up for transportation.

Veteran's Day Presentation

Rochester Event Center
Friday November 11,2022
Leave Shorewood at 8:15am
Breakfast 8:30-10:00am
Program begins at 10:30am
To Sign-up By noon November 10
Call Arlynn 536.3204
Must have 4 people signed up to go.



Fit & Fun

By: Sheila Walsh, Wellness Director

THE CLUB

At Shorewood

Find The G-Double O—D

Life is all about perspective! Each day you have endless opportunities to judge your life, friends, environment, and more. You can look for the G - double O - D (Good!) or not. So choose wisely. Life is better than we often give it credit for.

From November 11th to 20th Recognize, Acknowledge, and Praise or RAP others and yourselves.

Recognize – Identify good in your life.

Acknowledge – Talk about the good in your life with people around you or a person that is contributing to the good.

Praise – Come to the front desk at the Place or the activity room in the Commons and write on a “leaf” what is good in your life.

On these 9 days try to let 9 people know how grateful you are for 9 different good parts of your life.

Anyone that lets the front desk know that they have filled out 9 leaves will be entered into a drawing.

Your Wellness Director

Sheila Walsh



Download from
twinkl.com

Club Update

1) The Club hours for community members are now the same as residents.

Monday -Thursday 8:00 AM to 4:30 PM

Friday 8:00 AM to 4:00 PM

Saturday 8:00 AM to 12:00 PM

2) Mask are no longer required.

3) Residents are welcome to have guests that are over the age of 18 join them in The Club. Any guest may utilize The Club up to 2 times per month. The guest is required to sign a liability form prior to exercise and must exercise in the same part of the club as the resident. Member is responsible for their guest.

4) Family swim time is back! Family members under the age of 18 may join their resident in the pool during designated family swim hours at a cost of \$2 per person. This fee includes adults accompanying children. There is no limit on family swim visits per month. Residents are responsible for their guest behavior and safety and are not to leave them unattended. Current family swim hours:

Friday 2:00-4:00 PM

Saturday 9:00-11:00 AM



Extra! Extra! The Club News

- **Seasons Hospice Grief Support**

Thursday November 10 at 1:30 PM

- **Good Life Leaves (see article above)**

November 11th-20th

- **Club closed November 24th and 25th**

- **Safe door opening exercises**

Monday November 21st at 10 AM

Location: The club



While we are encouraged by the change of COVID-19 protocols and guidance, we also recognize the importance of staying diligent. Cases will continue to be monitored and measured by each county in the state of Minnesota and in your community. If transmission cases climb beyond acceptable levels within the county or there are cases among residents and/or staff the CDC, MDH and community management may update infection control guidance to manage the number of new cases.

Please let Sheila know if you have any questions

Reflections Neighborhood

By: Amy Hoehn, Reflections Director



November is the start of our holiday season and for some that can be super stressful especially if your loved one has dementia. Below I have included some helpful tips on how to make the holidays more enjoyable for you and the one you love. There is so much in life to be thankful for, but I know one thing I am thankful for is working here in Reflections, being part of your loved one's life, and seeing the joy and humor that comes out of each day. When I asked each of my residents what they were thankful for, the first thing from everyone was FAMILY!

Tips to make holidays more enjoyable. Holidays can be challenging for families affected by dementia. While typically a time for celebration, families may experience a sense of loss for the way things used to be. For caregivers, the holidays may create added work. You'll also have to consider the needs of the person with dementia during holiday decorating and gatherings. By adjusting your expectations and modifying some traditions, you may find meaningful ways to celebrate holidays.

Creating a safe and calm space. To create an appropriate environment during the holidays for the person with dementia: Tone down decorations. Avoid blinking lights or large decorative displays that can cause confusion. Avoid decorations that cause clutter or require you to rearrange a familiar room.

Avoid safety hazards. Substitute electric candles for burning candles. If you light candles, don't leave them unattended. Avoid fragile decorations or decorations that could be mistaken for edible treats, such as artificial fruits.

Play favorite music. Familiar or favorite holiday music may be enjoyable. Adjust the volume to be relaxing and not distressing.

Adapting holiday activities. Prepare together. Mix batter, decorate cookies, open holiday cards, or make simple decorations. Focus on the task rather than the outcome. Host a small gathering. Aim to keep celebrations quiet and relaxed. Avoid disruptions. Plan a gathering at the best time of day for the person with dementia. Keep daily routines in place as much as possible. If you are having guests over, provide a quiet place for the person with dementia to have time alone or to visit with one person at a time. Plan meaningful activities. You might read a favorite holiday story, look at photo albums, watch a favorite holiday

movie or sing songs. Keep outings brief. If you'll be attending a holiday gathering, plan to be brief or be prepared to leave early if necessary. Make sure there is a place to rest or take a break.

Celebrating at a Shorewood. Celebrate in the most familiar setting. Because a change in environment can cause distress, consider holding a small family celebration at Shorewood. You might participate in holiday activities planned for the residents. Minimize visitor traffic. Arrange for a few family members to drop in on different days. A large group may be overwhelming.

Preparing holiday visitors. Provide an update. Let guests know ahead of time about any changes in behavior or memory since their last visit. Providing a recent photo can help people prepare for changes in appearance. Offer communication tips. Suggest ways for guests to listen patiently, such as not criticizing repeated comments, not correcting errors, and not interrupting. Suggest activities. Tell guests ahead of time what activities you have planned or suggest something they might bring, such as a photo album.

Taking care of yourself. Self-care is crucial for caregivers during the holidays. To make the season enjoyable: Pick and choose. Focus on the holiday activities and traditions that are most important to you. Remember that you can't do it all. Manage others' expectations. Set realistic expectations for what you can contribute to family holiday celebrations. Delegate. Let family and friends help with cleaning, addressing cards and shopping for gifts. Make time for yourself. Ask a family member or friend to give you a break so that you can enjoy a holiday outing without caregiving responsibilities.

Trusting your instincts Simplifying celebrations, planning ahead, and setting boundaries can help you minimize stress and create a pleasant holiday experience for you and the person with dementia.

Exciting news is our **Dementia Caregiver Support Group** is now in person! We meet the third Thursday of every month from 11:00AM-12:30PM. Location is The Club at Shorewood. If you have any questions or would like to meet with me, please call me at 507-536-3223.

The More You Know

By: Laurie Campion, Resident Services Director

Garage Parking Reminders

- ◆ Vehicles must be registered with Shorewood. Please let the front desk know if you get a different vehicle.
- ◆ All vehicles must be properly licensed and always insured. This includes having up to date tabs on your license plates.
- ◆ Shorewood reserves the right to revoke the privilege of driving and/or parking on the premises for violations of law and/or our safe driving policies. All driver(s) of any vehicle(s) driven on our community premises must maintain a valid driver's license, appropriate insurance, and must operate the vehicle in compliance with any applicable restrictions.
- ◆ In addition, staff may have the necessity to meet and work with your family or designated representative, if it is assessed that driving safely can no longer be accomplished, and all efforts to safe resolution of driving issues have been addressed with you with unsuccessful results.
- ◆ When you enter and exit the garage it's important to stay to your right. Use your opener to open the garage door when entering. To exit, simply drive up to the door and wait for it to open automatically. If there is a vehicle blocking the exit, use your garage door opener to exit the left (enter) garage door.
- ◆ If the remote stops working, you will need to replace the battery, at your own expense.
- ◆ Per the local fire department, NO storage is allowed in the garage. This means nothing is stored in your stall except your vehicle.
- ◆ For added security, pause after driving through the entrance or exit to allow the door to close behind you. If you notice any suspicious activity, or anyone "sneaks in" behind you (in a vehicle or on foot), please notify the front desk immediately.
- ◆ We recommend vehicles be locked, even when parked in the garage.
- ◆ Though the garage is vented with outside air, please do not let your vehicle idle for any length of time.
- ◆ Staff members are not permitted to operate your vehicle or assist with vehicle maintenance.
- ◆ You are responsible for any damage caused by you or your guests to the garage or its contents. You will be responsible for the cost of any necessary repairs.



Hurricane IAN Survivor

I thought some of you would find this interesting. I left September 14th by car to Port Charlotte, Florida. We did it in just 3 days, roughly 1550 miles. We arrived Friday night and just rested Saturday. Sunday we went to Church and then breakfast. Monday I woke up with COVID. I recovered quickly. On September 28th Hurricane IAN hit Florida. We watched the projected path and estimated it was going to hit Tampa. Each hour it shifted slightly east which brought it closer to Port Charlotte. By noon on Wednesday it had shifted so we were in the direct path. The wind started around 135 miles per hour for 12 hours. I could not believe the rain hitting the windows was so hard that it was being driven right under the closed window. It sprayed up inside at least 10 inches. We piled towels and blankets in the window sill to slow it down. We had some damage but not severe. We did lose power, about 4 or 5pm. Without power we also lost water. Fortunately they had bottled water for drinking. They had a pool too so we used the water from the pool to flush toilets. They had a gas grill and we were able to cook our dinner on that. The roads were blocked until Saturday. The airport I had planned to return from was closed. I was able to get out at 12:30 on Sunday. It was an experience I will never forget. There was a lesson here that I learned. I cannot let this 91 year old body try to keep up with my 61 year old mind.

Don Hoium

Apt. 205

Crafting w/Lucile @ Shorewood Place

Class 1 - Wednesday November
2nd @ 2:00pm in the Community
Room

Card Making

Class 2 - Wednesday November
9th @ 2:00pm in the Community
Room

3D Turkey table favor

Class 3– Wednesday November
16th @ 2:00pm in the Community
Room

3D Turkey table favor



Food For Thought

By: Jeff Johnson, Dining Services Director

Hello! Fall is upon us!

- Many exciting things happening in Dining Services! We welcomed a new Dining Supervisor on Place side, her name is Chamari!
- MASKS are gone! Remember you can now bring guests with you to the bistro and to meals.
- With the Holidays nearing there will be some changes to Bistro hours and service times. Please Watch the front desk or elevator for these changes.



As always Thanksgiving Day will be a Brunch with a box option for dinner.

We are building a great Dining Service Team and look forward to meet all of your culinary needs!

Patty Lewison will be at SWP to do manicures and pedicures on the dates listed below.

NOTE: these services are done in your apartment.

Thursday, Nov. 3rd

Thursday, Nov. 17th

Thursday Dec. 1st

Thursday, Dec. 15th

Please call ahead to book an appointment time.

Phone number is 507-696-2766

Please leave a message and she will return your call.

Cash and Checks accepted for payment

Please make checks to : “Lewison Hair Styling”



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 November is P, which stands for Professionalism.**

How do we show Professionalism at Shorewood?

We promote positive impressions, appropriate boundaries, and integrity. It is about doing our jobs in the best, most professional manner possible, day in and day out.

As we work closely with you and your family, we hope that you observe that the staff is performing their jobs in a professional manner. We expect all staff to do the best job possible.



- Residents First
- Equity
- Safety & Security
- Professionalism
- Enriching Lives & Enthusiasm & Energy
- Community
- Teamwork

Director's Notes

By: Karen LaFee, Executive Director

Hello and Happy November!

Fall is here and the outside landscape is changing, and the beauty of season changes can be seen most places you look. November arrives and reminds us to reflect on our blessings as we approach the time of Thanksgiving.

This November we find many things to be thankful for as we often do. Here at Shorewood, we have finally returned to a time when family and friends can come into Shorewood and share a meal, have coffee, celebrate a birthday, and spend time visiting. Additionally, we are thankful for the fact that masks are no longer required, and smiles are more easily seen and shared.

Please do remain mindful that if you have a cold or symptoms of a cold or Covid to remain in your apartment and take care. Even though not required, consider wearing a mask if close to others for extended amounts of time.

We are all so thankful, and hopeful that the pandemic is behind us. Covid will always remain, but the original days of the pandemic are behind us and now we can celebrate all of the efforts that were made to keep ourselves healthy. I thank all of you and your family and friends for supporting all the policies that were required by the MN Department of Health and implemented here at Shorewood over the past 2 ½ years. We can be

so very thankful for the opportunities now to spend time with our neighbors, friends, family, and the ones we love.

Happy Thanksgiving! Take a minute to count the many blessings that we can celebrate every day!

Kindest Regards,

Karen LaFee



No more Face Masks

YAY

**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**



How many words can you make out of

THANKSGIVING



**Happy
Thanksgiving!**



Hint: There are 348 different words you can make from these letters!!

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	Maddie Finstuen	mfinstuen@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			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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