

December  
2022

## Program Ponderings

*By: Maddie Finstuen, Program Director*



Campus Connections  
Shorewood Senior Campus

Happy December! This month is full of fun things to do! We have a new group starting this month called “Caroling with a Twist” where we will be learning a few Christmas Carols and using the drums and some bells along with a few dance moves to jazz them up. We would LOVE to see you join us. This group will be every Tuesday and Thursday in December at 10am in the club.



## Teacher's Club

Next meeting: Monday, December 5th, at 10:00am in the **SWP Cascade Room**.

**Guest Speaker:** Officer Scott Gilbertson  
Rochester Police Dept. Resource Officer at  
John Marshal Highschool.

All teachers K-12 are invited to attend!

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

## 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.



### Holiday Decorating:

Per the Fire Marshal - **no live Christmas trees or wreaths are allowed within your apartment or outside your door.** Artificial wreaths or other decorations may be hung on your door at any time provided you are able to do so without using nails or tape. The use of 3M hooks is permitted. Be sure your decorations do not block your “peep hole.” All decorations must be tasteful and are subject to the discretion of the Executive Director



**NO SHUTTLE  
on December 26th**



A SilverCrest  
Community



# December

## 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.

Flo M.	12/1	Dave R.	12/9	Jerry K.	12/22
Steffie P.	12/1	Lois B.	12/10	Marcia H.	12/23
Darlene Q.	12/4	Sandra A.	12/17	Jane S.	12/23
Inee O.	12/5	Betty W.	12/17	Ruth K.	12/27
Carol H.	12/5	Lloyd W.	12/18	Glady R.	12/27
Bernadine L.	12/6	Irene W.	12/18	Roger R.	12/29
Alice B.	12/6	Thelma B.	12/19	Carol C.	12/31
Marie M.	12/7	Avis O.	12/19		
Jean S.	12/8	Connie S.	12/20		



Welcome Darwin and Thelma B. to IL306!

Darwin and Thelma moved to Shorewood October 2022 after living on a small farm between Rochester and Byron for 51 years. Their 4 children attended the Byron School system. Their family consists of 14 grandchildren and 13 great grandchildren. Welcome to Shorewood!



Welcome Nancy G. to Place 325!

Nancy is so happy to be at Shorewood, she is from Rochester where her father's family has gone back generations. Nancy is a nurse, and she graduated from the College of St. Teresa in Winona, MN. Nancy has 2 "Great children" Her daughter Laura lives in Rochester, and her son Brent, his wife and their rescued dog Nala, live in Las Vegas, NV. Nancy only has one grandchild, and his name is Parker. He's 17 years old and he has brought a lot of happiness into her life. Welcome to Shorewood Nancy!



### Shorewood Friends with a New Address

Visit one of your old neighbors from Shorewood Place at their new Commons apartment!

Bev N., Apartment #329

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# MOVIE LOVERS

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## Movies:

**Christmas with the Kranks:** Finally alone for the holidays, Luther (Tim Allen) and Nora Krank (Jamie Lee Curtis) plan to eschew the Christmas traditions and take a cruise in the Caribbean instead. This doesn't sit well with their Christmas-obsessed neighbors Vic Frohmyer (Dan Aykroyd) and Walt Scheel (M. Emmet Walsh), who are determined to win the annual "best decorated street" competition, and the Kranks soon find themselves social outcasts because of their lack of Christmas spirit

**Runtime: 1h 38m Rated: PG**

**Deck the Halls:** Matthew Broderick and Danny DeVito are hilarious as two neighbors trying to put the "win" in "winter" in one of the year's funniest comedies! Determined to unseat Steve Finch's (Broderick) reign as the town's holiday season king, Buddy Hall (DeVito) plasters his house with so many decorative lights that it'll be visible from space! When their wives (Kristen Davis and Kristen Chenoweth) bond, and their kids follow suit, the two men only escalate their rivalry—and their decorating. It's anybody's guess whether the holidays will wind up jolly or jostled in this wild and woolly laugh-fest the whole family will love!

**Runtime: 1h 33m Rated: PG**

**It's a Wonderful Life:** Voted the #1 most inspiring film of all time by AFI's 11 years...100cheers, It's a Wonderful Life has had just that. With the endearing message that "no one is a failure who has friends", Frank Capra's heart-warming masterpiece continues to endure, and after over 60 years this beloved classic still remains as powerful and moving as the day it was made.

**Runtime: 2h 10m Rated: NR**

**The Great Debaters:** Poet and professor Melvin B. Tolson (Denzel Washington) teaches at the predominately black Wiley College in 1935 Texas. He decides to start a debate team, something nearly unheard of at a black college. While at first he butts heads with the influential father (Forest Whitaker) of one of his best debaters, eventually he is able to form a team of strong-minded, intelligent young students, and they become the first black debate team to challenge Harvard's prestigious debate champions

**Runtime: 2h 6m Rated: PG-13**

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## Andre Rieu

You are invited to enjoy the most beautiful Christmas melodies together with Andre Rieu and his Johann Strauss Orchestra. A magical new two-hour spectacular performed at Andre Rieu's fabled castle in Maastricht, The Netherlands.

**Wednesday, December 7th at 2pm**





December sign-up book will be out on Friday, November 25th, by 4:00pm.

Date	Time of Departure	Event and Location	Cost	Sign Up By Noon
Thurs. 12/1	11:00am	Open Shuttle	none	Tue 11/30
Thurs. 12/8	11:00am	Mr. Pizza North	meal	Wed 12/7
Thurs. 12/15	11:00am	Jacs @ the Legion	Meal	Wed 12/14
Thurs. 12/22	11:00am	Open Shuttle	none	Wed. 12/21
Thurs. 12/29	11:00am	Open Shuttle	none	Wed. 12/28

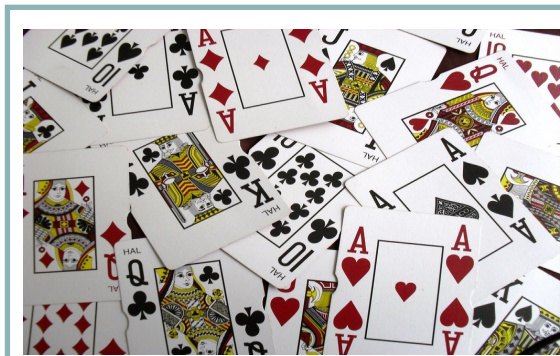
If you would like to attend to the Rochester Area Handbells concert on Sunday December 4th we will be leaving Shorewood at 3:15pm for the 4pm concert in Stewartville.

This is a free concert and we must have 4 sign up in order to attend.

**YOU MUST SIGN UP WITH ARLYNN BY THURSDAY DECEMBER 1ST!**



A new Bible study and discussion group has started at Shorewood. We meet in the Community room at 4:00pm on alternate Thursdays, starting Dec. 1st. The Subject matter is the end of times. On the Thursdays when the discussion group does not meet, an end of times related video will be shown. You are invited. If you have questions contact Boyd Brue at 288-4108



Please note that anyone interested in joining the Bridge Club to please contact Connie Walsh at 507-259-1025

**ALL ARE WELCOME!**

A big thank you to all my Shorewood friends for the treats and wonderful cards. You all made my Halloween Birthday a special day!

**Loren W.**

A humble 'thank you' to all the wonderful people here at Shorewood for the lovely birthday cards, yummy treats, special little gifts, and the many colorful balloons! It truly was a special day. God bless you all

**Marlys N.**



## MUSIC TO MY EARS

Rochester Male Chorus will be here for a sing along on Wednesday December 5th at 6:15pm in the Lakeside Lounge

Join us for Music with Jim on Friday December 9th at 1pm in the Fireside Lounge

The Barbershop Chorus will be here on Monday, December 12th at 7:30pm in the Lakeside Lounge



Classic Brass will be here on Tuesday December 13th at 7pm in the lakeside lounge

Allen Carlson will be here on Tuesday December 20th at 10:30am in the Fireside Lounge

Sweet Adeline's will be here on December 20th at 7pm in the Lakeside Lounge

Join us for a non denominational Christmas service and Music on Friday December 23rd at 1pm in the Fireside lounge



## Fit & Fun

By: Sheila Walsh, Wellness Director

# — THE CLUB —

At Shorewood

## Do you miss the sunshine?

The Winter Blues can be a real problem for people that miss being outside in the summer especially after the summer we had this year. Feeling a little sad about not being able to go outside is ok if you can redirect yourself to enjoy being inside for the winter. If your winter blues progress to Seasonal Affective Disorder (SAD) you may need to look at things you can do to improve how you feel. Beth Thompson, MSW, LICSW and Tricia Carlstrom, MA, psychotherapists from Zumbro Valley Health Center, will be presenting on the signs and symptoms of SAD and depression, treatment, and self-care tips. There will be time for questions and resources following the presentation.

Please come and learn!

Your wellness Director

Sheila Walsh

## December Free Healthy Snacks

Date: Dec. 9th at 10:20 AM

Time: 10:20 AM

Location: The Club

Menu: **Greek Yogurt Spinach Artichoke Dip**

Vegetables

Whole wheat  
chips



## The Club at Shorewood News for December 2022 Extra! Extra!

- **Shining Some Light on the Winter Blues**  
Seasonal Affective Disorder presentation by Zumbro Valley Health Center.  
Dec 9th at 10:30 AM  
Location: The Club
- **Healthy Snack at the Club**  
Dec 9th at 10:20 AM  
Location: The Club
- **Grief Support**  
December 8th 1:30 PM
- **Caroling with a Twist**  
December 1, 6, 8, 13, 15  
Location The Club  
Join in on classic holiday songs, a little drumming, and moving with the music, as we ring in the holiday season.

## Reflections Neighborhood

*By: Amy Hoehn, Reflections Director*

Happy Holidays from the Reflection Neighborhood!

Reflecting on 2022 we have sure had a lot of fun here in our neighborhood. We have made fun crafts, done golf outings, played shuffleboard, enjoyed outdoor dining, planted flowers in the garden, had themed dinners and tea parties, played games, spent time in the pool and exercising at The Club as well as doing music and movement 5 days a week. We especially love the live music, sing-alongs, noodleball, golf cart rides and movie and popcorn days. There is always something fun happening which brings daily laughter and joy. We want to wish you all a very Merry Christmas, Happy Hannukah and Kwanzaa!

Subtle deficits in remembering begin showing up in early adulthood and continue into advanced age. Older adults may notice it takes longer to learn new things, they misplace things from time to time, and they don't remember names, dates, and information as well as they once did. These are signs of mild forgetfulness and not usually serious memory problems. It can be reassuring to know this, and then take the steps to maintain or improve your memory and thinking.

Ways to keep your brain and memory healthy as we move into 2023.

1. Engage in physical activity. Get involved with classes The Club offers, utilizing the pool and fitness equipment, walking the hallways and outdoors (weather permitting) for 30 minutes or more.
2. Eat smart. A brain-healthy diet is one that is rich in fruits, vegetables, antioxidants, and omega-3 fatty acids.
3. Incorporate good sleep habits. Keep a regular sleep schedule that includes 7-8 hours

a night.

4. Use memory aids. Make "to do" lists, take notes, and use calendars or a daily planner.
5. Stay organized. Keep things you use regularly in the same place—keys on a hook by the door, your wallet in a basket on your dresser.
6. Develop new interests and hobbies. Learning new things or pursuing activities that are a bit challenging may help preserve mental functions.
7. Stay socially engaged. Daily contact with family, friends, and community groups can support mental sharpness.
8. Pay attention. The more you focus on a name, upcoming events, or a new piece of information, the stronger your memory will be later.
9. Manage stress. Excess stress takes a toll on the brain. Consider learning about the practice of mindfulness as a powerful stress reducer.

The Caregiver Support Group is December 15, 2022, from 11:00 AM-12:30PM at the Shorewood Club. If you are caring for someone with dementia and need support from others, please join us!



## The More You Know

By: Laurie Campion, Resident Services Director

The holidays can be a difficult time of year for many. The sights and sounds of the season remind us of someone who is no longer with us. I came across a little booklet *Ten Ways to Honor a Deceased Loved One at Christmas*, by Kass Dotterweich, that offers suggestions on ways to honor those who left us too soon.

This may be a good time of the year to honor those who have passed. “Understood in this way, “honor” means to make the lives of others somehow better, fuller and more meaningful in the name of a deceased loved one.”

A few possible ways to honor those we miss are:

If the person had a passion for animals give to the local zoo or animal shelter. Perhaps the person was a schoolteacher, send a teacher a gift card so they can buy school supplies or buy some school supplies yourself and wrap them in pretty paper for the teacher and students.

Now is the time to give to a child, grandchild or other relative something that belonged to the deceased person. You will have the opportunity to see the joy in the eyes of the receiver.



Talk to others and tell stories about your spouse, child whoever it is you are missing. Talking about the person gives you the feeling of closeness and helps you to know while they are gone, they are still with you.

I have heard of families setting a place at the table for someone who can't be there. Whether because of distance or death the person is still part of the family therefore part of the family celebrations.

Doing something for a stranger can also lift your spirits in the name of your loved one. Volunteer, giving blood or throw a penny in the tray by the cash register, these acts of kindness may help improve the quality of life of another or at the very least help someone smile.

However you chose to honor your loved one is fine. Live it and Give it with as much love as you can!

*“Grief, I’ve learned, is really just love. It’s all the love you want to give but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go.”* Jamie Anderson





**Crafting w/Lucile @ Shorewood Place**

**Holiday Table Topper**

**Class 1** - Wednesday, December 7th @ 2:00pm in the Community Room

**ZENDOODLES**

**Class 2** - Wednesday, December 9th @ 2:00pm in the Community Room

**Holiday Table Topper**

**Class 3** - Wednesday, December 14th @ 2:00pm in the Community Room



Come singalong with the Rochester Male Chorus, Joel Blair, conductor and Brock Besse, piano accompanist. Be prepared to join in singing all your favorite carols - and there may even be a Christmas surprise or two. Monday, Dec. 5, 6:15pm in the Lakeside Lounge

Do you love Christmas? Do you love jazz? Join the Rochester Male Chorus and Classic Big Band Jazz for an hour of Christmas celebration with a wide range of music from Irving Berlin to Elton John and Paul McCartney. Nick Johnson, emcee/soloist and ten area high school chorus members are also part of the fun. Sunday, Dec. 4, 1pm. Sign up with Arlynn at 536-3204 by noon on Dec 1. Shuttle provided. \$10 ticket will be added to your monthly bill.

Congratulations to the Shorewood programming department for their 2023 SEMAC grant award: Arts for Active Seniors. The grant will enable us to experience

1) several dance events: Irish dance, Vietnamese dance and several Zumba Latin and American inspired sessions; 2) several music events: Ravensfire and 2 music singalongs with Rochester Male Chorus; 3) several art events: a 4-session art appreciation class led by Rochester Art Center and focusing on Rochester art and artists, a zendoodle/collage class, and a wildflower frame class. 4) a 2-session writing seminar led by Tom Overlie. All the classes are at no charge to residents, all supplies are furnished and no prior experience is necessary. What an excellent opportunity to enjoy and learn in the coming year.

Programming along with Shorewood thank Marie Maher for all the work she has done to 'win' this grant.

This activity is made possible by the voters of Minnesota Arts Council thanks to a legislative appropriation from the arts & cultural heritage fund.



## Maintenance Memo

By: Marcus Moe, Environmental Services Director

**Ice and Snow**— Winter has arrived and with it comes some slippery conditions. You will see us out clearing the parking lots and sidewalks daily. We do our best to ensure safe conditions as you come and go. Just a reminder to use your judgment and be aware of the ice and snow conditions that change daily and hourly. Morning and late evening conditions are more slippery due to the refreezing of melted snow from the previous day. Report any concerns you have to the receptionist or Environmental Services via a work order.



**Parking Lot Lights.** — The parking lot lights have been installed and are working well. Have even had a few complaints about them being a little too bright...

**Glass in your Trash.**— When glass goes down the compactor chute, it gets crushed. When the compactors are emptied that glass tends to spill out on the driveways. This is a tire hazard for anyone driving in and out of Shorewood Parking Garages. Of course we sweep it up when its spotted... would be preferable to place it in the recycling bins next to the trash chutes.

**Drains.**— Just a reminder about what can go down the drains and toilets. Toilet paper yes!

Flushable wipes, No. These do not break down and will end up clogging in the drain pipes and creating a backup.

**Garbage Disposals**— Half of Shorewood's sewer back up calls are a result of trying to put too much waste down the garbage disposal.

Please moderate what goes into the disposal at one time and use lots of warm water to flush it clear.



SILVERADVANTAGE

**R**esidents First

**E**quity

**S**afety & Security

**P**rofessionalism

**E**nriching Lives &  
Enthusiasm & Energy

**C**ommunity

**T**eamwork

### How do we show Enriching lives, Enthusiasm, and Energy at Shorewood?

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

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

- We promote the 6 areas of wellness: emotional, physical, spiritual, intellectual, vocational, social.
- We offer choices whenever possible.

We promote independence.

#### **How do we show energy & enthusiasm?**

We extend pleasant and upbeat greetings to residents, families and fellow teammates. We speak positively about our community. We actively listen to residents

## Director's Notes

*By: Karen LaFee, Executive Director*

December tells us that 2022 is coming to an end. There is so much to reflect on and be thankful for. It always seems in December our spirits are a little lighter, and we feel a renewed sense of joy. Many times, we find ourselves being maybe even a bit kinder than other times of the year. But then I ask myself why? Why do I and others, maybe act kinder or show more grace to others that at other times of the year maybe we would not? Should these not be traits we demonstrate and hope to receive all year long? It is a good question to reflect on

I know we have so much to be thankful for here at Shorewood. We have wonderful friends and neighbors, we have family that can now come visit, Shorewood has an amazing team of employees that show up every day and work hard to make each of your lives a little easier and lighter. (Not all businesses or organizations have the number of employees we have.) But I am also very aware that many may feel frustrations or grief at the holidays around what we have lost, or a loved one that is not here with us. It may not be all joy, and there may also be struggles and sorrow. No matter where we are in our life, take time to ask can we always be kind? Can we be kind in our actions and our words?

### **What Does It Mean To Be Kind? Kindness Involves Making a Choice**

What makes someone truly kind is because they keep choosing to be kind.

This is what distinguishes someone who wants to be “kind” from a person who wants to be “nice”.

### **Being Kind Can Change the World In This Holiday Season and All Year Long:**

They say that “respect begets respect”. The same is also true with kindness. A simple, random act of kindness can inspire others to pay it forward. It triggers a chain reaction of people being kind to others. It creates ripples which in time can grow to become waves. Before you know it, you’ve started a kindness movement. It starts in your community, then your country, then the world. This is one of the most profound effects of kindness. A single, random act that you didn’t think much about can potentially change the world.

As we go into the holiday season, I challenge each of you to be kind in word and deed and watch how it makes the day brighter for someone who is already having a bright day and may lift someone who is struggling.

I wish you, your families, and your friends a heart felt happy holidays! We are blessed to have you as a part of our community.

Karen LaFee

**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 different words can you make out of the word..

**CHRISTMAS**



Here's a hint, there are 301 words you can make!

**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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