



JANUARY

This Month's Highlights at Parkwood & Reflection

"Recycle" Bingo all month

**Jan. 4 Birthday
Entertainment with
Colleen Hubler*

Reflections 2pm

Parkwood 3pm

**Jan. 6 Taylor Fashion
Clothing Sale 10am-2pm*

**Jan. 20 Rhythmic Tap
Dancers 2:30pm*

**Jan. 25 AL Happy Hour
2:45pm*

Highlights At Parkshore Independent Living

"Recycle" Bingo all month!

**Jan. 5 Floor Host
Meeting 1pm*

**Jan. 5 Floor Party-
Residents on Ground level
and 1st floor-2:30pm*

**Jan. 6 Taylor Fashion
Clothing Sale- 10am-2pm*

**Jan. 11th & 25- PLATO
2:30pm*

**Jan. 26 Happy Hour
3:00pm*



Greetings Residents,

Welcome to January 2022! As usual the last couple of months just flew by and here we are singing Christmas songs and wishing everyone a Happy New Year!

Hmmm...it does seem to be true that the older you get the faster time flies by, at least that's what Gwen says. This has been a year of many transitions and I am proud of the staff here on Parkshore Campus. We have truly learned the meaning of teamwork with the continued challenges of COVID and its repercussions. Our staff have really come together to step right up and help whenever and wherever they can.

On that note, I would like to thank the residents who contributed to the Employee Holiday Fund. Your generous donations amounted to a valued gift card for each of one our employees! The staff greatly appreciated the timely gift card to Target and we stand together in gratitude for your thoughtfulness. THANK YOU SO VERY, VERY MUCH!

Our Assisted Living services are coming together nicely. The new Assisted Living licensure rules and regulations have been a big piece for us to handle. We will continue to set our usual high standards for service delivery and all departments will follow the new regulations that are in place. The State Surveyors will be coming in unannounced to review everything from fire extinguishers, to wearing the proper PPE, to food service. They will question residents and employees about the services and how they are delivered. It is important to note that this will take place in the Assisted Living building only.

A reminder to all residents, please be careful when out walking the paths and trails. This year has produced melting and refreezing conditions each day and your safety is important to us. The staff monitor closely but the temperature can change quickly. If you are feeling the need to walk/exercise, don't forget that we have a Wellness Center with plenty of equipment to use and a great team to guide you.

HAPPY NEW YEAR to all!!

Your Executive Director,

Mike



Motorized Scooter and Electric Wheelchair Safety

As we move freely around the campus, there may come a time when a motorized scooter or electric wheelchair may be necessary for you to use to maintain your independent mobility. With this newfound device, you will likely be able to get around easier and faster than you have been able to in a long while.

It is, however, very important that users of these electrical devices be aware of safety concerns when other residents are present. The scooter or electric wheelchair must be set at its lowest speed when being driven around the Parkshore campus. Please look backwards when backing up. Do not assume that the people behind you can get out of the way. You must be in control of the scooter/wheelchair at all times and be careful that the elevator, walls, corners are not damaged.

Please reach out to me if you would like an Occupational Therapist to use as a resource for learning how to navigate safely. (This may be covered under your Medicare benefit.)



SILVERADVANTAGE JANUARY LETTER OF THE MONTH IS “R” FOR

Happy New Year! Bye Bye 2021 and Hello to 2022!

Our SilverAdvantage letter of R.E.S.P.E.C.T for the month of January is “R” for Residents First. We are starting this New Year off with one of our most implemented values, Residents First. As a whole putting our residents first looks a lot like knowing each and every one of your names and being able to greet you on a first name basis; we take pride in knowing our residents individually. To be surrounded by co-workers and residents who enjoy being in our community makes a difference in every aspect of the Parkshore campus.

You'll find that our maintenance team will go above and beyond to make sure that your apartments and common areas are safe and cozy. We are encouraged daily to be proactive rather than reactive which is seen with our Program Director Gwen and Amber who set up activities to keep you on your toes and constantly smiling with happy hours, delicious teas and much more!

Let's always take the time to recognize our uncounted blessings and remember that the Happy New Year always starts with YOU.

Welcome to the New Year! I would like to start out by stating that I love writing these newsletters. It gives me a chance to connect with people who I don't always get a chance to interact with. Last fall, I gave a presentation for wellness week called "Train Your Brain". I was specifically referring to the relationship between our physical body and our central nervous system. To sum it up, it means our intellect is just as important to a person's physical health as exercise and eating right.

Just like you would challenge yourself during physical exercise, you must challenge your brain in the same manner. There are so many ways to exercise one's brain. For me, I enjoy composing music; It's really like putting together a jigsaw puzzle except that I'm putting together bits and pieces of music to get to the final result. Composing also gives me the opportunity to express my thoughts in a creative way.

Perhaps you don't have any desire for music, well there are plenty of other options to exercise your intellect. You can attend a play, visit a museum, engage in a respectful debate, read for pleasure (fictional books allow your mind to create vivid scenes), do a crossword puzzle or read poetry. You can do group crossword puzzles and poetry right here at Parkshore!

So start the New Year out right and focus on your intellectual health as part of your overall well-being. It is much more important than what one might think.



BRAIN POWER WELLNESS

Make your New Year resolution with us.
Come and check out the Club! Walk,
swim, bike, stretch, meditate and more!

We are excited about the New Year with new beginnings for the Bistro. The Bistro will be closed on New Year's Day but on January 4th we will be rolling out a new Bistro menu with a great variety of food selections for you to choose from! We hope that you will try them all and let us know what you think.

Of course, we have some delicious dinner specials and Bistro specials that will be announced throughout the month. Keep an eye out for some spectacular dishes and deals!

We also have fielded numerous questions about some of the products and foods that have been changed or eliminated from our offerings. It is true that we are facing a few challenges in getting our usual supplies from US Foods. It appears that the supply chain has had a number of shortages and delays that will impact us in various ways. At times we have had to order a different brand of paper products or rely on creativity to put together meal plans using the foods that are available to us. What it will not affect is the quality of our food service and our commitment to giving you the best we have to offer. In addition, we do not see any of this as a permanent disruption, but we do appreciate your understanding and patience if it should inconvenience you in any way for the time being.

Take on the Day! Take on the New Year 2022!!
Your Friendly Dietary Team



Dining Committee Meeting

Please join us on **Monday, Jan. 3rd, at 10:30am** in the Parkshore Dining Room to discuss what's happening in the Dietary Department. Everyone is welcome to attend.

Parkshore PLATO Update

Participatory Learning And Teaching Organization– Gail Coffler, organizer

Plato programs will be returning in January on the 2nd and 4th Tuesdays.

Tuesday, January 11, 2:30pm Performance Rm

The History of Russian Art: Part 5

Presenter: Carol Rudie, the Museum of Russian Art

Tuesday, January 25, 2:30pm Performance Rm

The History of Classical Music

Presenter: Karen Knowlton, Parkshore resident

Both of these will be listed as they come up on our weekly Parkshore calendar. You can sign up for these presentations on the Thursday before each scheduled event.

A Great BIG Thank You from STEP

We'd like to extend our sincere gratitude to all of you who donated to the STEP Toy Drive for Kids this holiday season! All of your toys and gift cards were given to children and teens from St.Louis Park who are in need of some extra special love. You were an important part of their holiday cheer. On behalf of STEP and the families they serve, THANK YOU!

Throughout the year, STEP has always been appreciative of our donations of paper grocery sacks and plastic bags. At Parkshore, these bags are collected in our library. Our Parkshore volunteer, Mary, brings the bags to STEP and in turn they use them to package up the food donations they receive. If you should have paper sacks or plastic bags laying around, please donate them. A good deed for the day!

Bringing in the New Year with Parkshore Floor Parties

As promised, the resident floor parties will resume once again, beginning with the ground level and 1st floor apartments in January. These parties give residents the opportunity to meet their neighbors for conversations that will last longer than just the time it takes to ride in the elevator. The 1st floor party will be held on **Wednesday, January 5th at 2:30pm** in the Performance room.

Parkwood Assisted Living/Reflections

will have entertainment with Colleen Hubler and a shout out to January birthday babies on **Tuesday, Jan. 4 at 2:30pm.**

There will also be Rhythmic dancers coming to perform on **Thursday, Jan. 20 at 2:30pm,** all held in the community room.

PROGRAM NEWS

The Lady Who “Minds” The Parkwood Library

Little is known about the keeper of the Parkwood library. She quietly goes about the task of shelving books that have been returned to the second floor Parkwood library, she removes the books in disrepair and arranges selections that will interest most readers. Rumor has it that the Lady who “minds” the library was not appointed nor elected to this position, but instead fell into the job when others could no longer tend to it; Perhaps it was her calling, as her background suggests that she was a teacher and librarian. It should not come as a surprise that her studies at the University of Minnesota and Mankato State were dedicated to Library Science. When others might agonize over how to go about the great task of organizing such an abundance of materials, this lovely Lady takes it on and creates a quaint and masterful library, much the same as an artist takes a brush to a canvas.

The Lady who “minds” the Parkwood library has a vision for its use. She would like to offer a casual experience, much like the Little Free Library system which allows for anyone to “Take a book and leave one of your own” if you so choose. There is no need for checkout, simply return the materials after you have enjoyed them so that others may do the same. Donations of worthy books are welcomed from authors such as Sandford, Kruger, Stuart Woods, Smith, Winspear, and Grafton. It also helps that the Card Cutters share some proceeds from their ongoing sales so that new books can be purchased. Left in the capable hands and judgement of our keeper, our Parkwood library will be one to admire.

By the way, if you get a moment to thank her for all that she does, Mary Lou Norman would likely smile and accept it with grace.

THE LIBRARY BY SHARON ANDERSON LIBRARY COMMITTEE

We are so very thankful for all of the wonderful donations to the library this past year! New, in time for Christmas, are three books. Our resident author and former Minnesota Legislator Janet Entzel, has donated her upbeat memoir, *If You Reach For The Stars, You'll Catch a Few*.

A second resident, Lorraine Bloomquist attends many meetings and seminars. At one she found a profound book, *Lessons from a Disabled Caregiver*, by William G. Reed. Marwan Noel Sabbagh, in his foreword states, “The story converges the story of Bill Reed’s physical disability and his being the caregiver to his wife...suffering from Alzheimer’s dementia.” It is a story of love and resilience.

The final is a present from Gwen’s holiday party. Pamela Kelley’s book is a Large Print novel of a family coping with various life events.

This fall has seen a multitude of books of all types. When the Book Selection Committee meets in January we will have a fun challenge to limit our choices to fit into our budget!

Let's Start Out The New Year With A Resolution to Recycle!!!

And Why Not Make It Fun With "Recycle Bingo"!!

The Program Department invites you to play a little game with us: "Recycle" Bingo for the month of January! We have included a bingo card with your weekly calendar. This will be no ordinary Bingo card, this card will list 24 things that you can do to reduce consumption and waste. Take a look at the card and if you can commit to 5 of the strategies that are suggested, they don't have to be in a row, you can turn in the Bingo card with your name on it and you will be entered into a drawing and eligible for a Fabulous prize! The drawing will take place on Friday, January 28th, so you will have all month to change your ways and become better at recycling!! This is something that can really make a difference and at the same you can have a little fun too! Recycle today, tomorrow and everyday for a Happy 2022 and beyond!



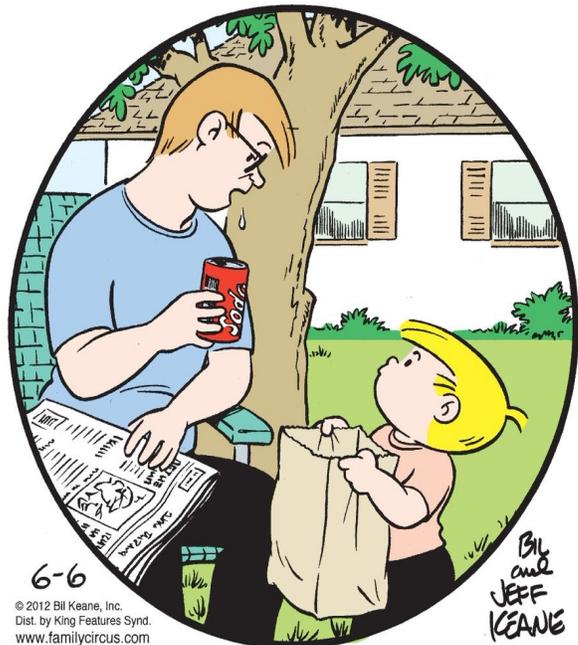
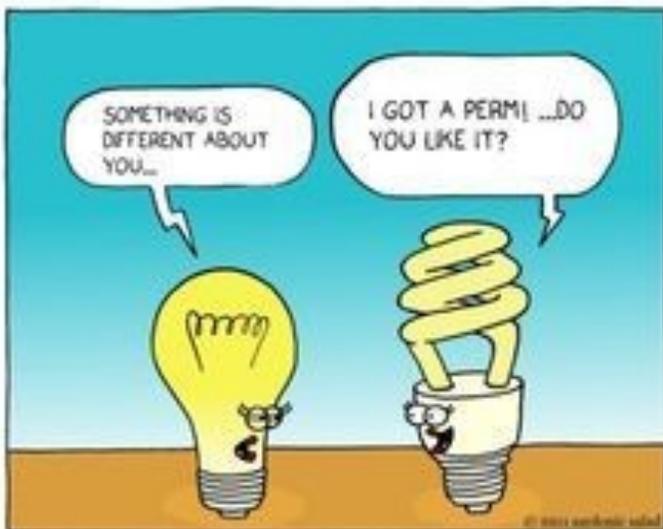
REDUCE



REUSE



RECYCLE



6-6

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Bill
and
JEFF
KEANE

"I know it's important to recycle, but shouldn't I finish drinking it first?"

Myths About Dementia

Myth: Dementia is inevitable with age.

- * This is not true! Dementia is not a normal part of aging. Alzheimer's Disease is the most common form of dementia and affects only 3% of people aged 65-87 years in the United States; and of those people it affects, many are not diagnosed until they are well into their 80's.

Myth: Dementia and Alzheimer's disease are the same thing.

- * This is not quite correct. Alzheimer's is a type of dementia which accounts for the vast majority of all dementia cases. There are other types of dementia that are not specific to Alzheimer's, they include: Vascular dementia, frontotemporal dementia and Lewy Body dementia. Each of these types has its own distinct underlying pathology.

Myth: A family member has dementia, so I will get it too.

- * This is unfortunately a very common myth. Although there is a genetic component to **some** forms of dementia, the majority of cases **do not** have a strong genetic link. There have been some reports that if a parent or grandparent developed Alzheimer's when they were younger than 65 years of age, it may increase the chances of Alzheimer's having a genetic component but it is not inevitable that it will be passed along.

Myth: Dementia signals the end of a meaningful life.

- * Thankfully, this is not the case. Many people with a dementia diagnosis lead active, meaningful lives. It is true that adjustments to lifestyle may come in time as the condition progresses, but in mild cases of dementia, no changes may be necessary.

Myth: Dementia is always preventable.

- * Things can be done to reduce the risk or delay its onset, but it is not entirely preventable.

Welcome New Residents

We are looking forward to getting to know you!

PS 1314 Lyle Banta

PS 1305 Dick Litell

PS 116 Nancy Swanson



Join us on Thursday, January 20th for a New Resident Social at 11:00am in the Parkshore Card Room

JANUARY BIRTHDAYS

2 Jean VanKoughnett

4 Ron Allen

4 Joan Noun

5 Marlys Husebo

7 Mary Helen Cox

7 Carl Christoffersen

9 Al Trostel

13 Blanche Borenstein

14 George Nolen

15 Don Natwick

16 Ramona Krile

19 Carolyn Jarrett

20 Roger Clemence

21 BJ McQueen

21 Joanie Hawkinson

24 Geoffrey Legler

25 Sheldon Sheps

25 Elizabeth Fast

25 Yvonne Bates

27 Muriel Vieburg

27 Felicia Cruz

28 Ramona Ries



Tips for Knowing When To Call For Help

There are times when we all could use help. Sometimes its an emergency and we need medical attention right away and other times we know that something's just not right but we're not sure what to do. Here are some tips to keep in mind.

Call for immediate help (911) , turn on your call light, or press your medical alert button, or call out for help for any of the following situations:

- A fall with injury or inability to get up
- Severe uncontrolled bleeding
- Loss of consciousness, sudden dizziness, fainting, and extreme weakness
- Severe pain, heaviness in the chest area, upper belly pain lasting more than 2 minutes
- Acute confusion or disorientation without known cause
- Severe shortness of breath, difficulty breathing
- Choking or obstruction in airway

It is important to alert someone right away for any of the above situations. Give yourself the best chance by keeping your medical alert pendant with you at all times if you have one. If you don't know where your call-light is in the apartment, look for it now and test it to find out how it works and who it connects to. If you've fallen and can't get to an alert button or phone, look around you to see what you can do to make some noise. Bang a chair, pound the floor, or shout. Chances are, someone will hear you!! Keep important numbers handy by your telephone and important medical information on your refrigerator, like what kind of medications you are taking and who your physician is.

If you are experiencing mild symptoms of achiness, fatigue, nausea, congestion, diarrhea or constipation that continue for more than a couple days, it is important to contact your health care provider, nurse or family contact to discuss your options for care.

As a resident in the apartments, if you should notice anything unusual with your neighbor such as papers piling up, door left open for extended periods, change in routine, and maybe not calling or showing up for planned events....it would be a good idea to alert the reception desk to your concern. A well check can be made if necessary.

If you have any doubt, it is always best to ask for help. Your safety is our number one concern.

PARKSHORE CONNECTIONS

PARKSHORE SENIOR COMMUNITY

Apartments

3663 Park Center Blvd.
St. Louis Park, MN 55416
952-925-6231

Assisted Living

3633 Park Center Blvd.
St. Louis Park, MN 55416
952-924-0400



www.parkshorecampus.com

Get Connected to Your Neighbors

Join the 100+ people on the Parkshore email list!



- * The list is run by residents for residents.
- * Send and receive Parkshore community news.

Just send your email address to the Listmaster, Stuart Webb, at stuwbb@aol.com and he will add you to the Parkshore email list!

Parkshore Senior Community Phone List

Mike Metzler	Executive Director	952-848-5803
Sue Scully	Administrative Services Manager	952-848-5802
Tina Monsour	Director of Resident Services	952-848-5842
Doreen Kleinpaste	Director of Marketing	952-848-5804
Heather Moody	Marketing Associate	952-848-5819
Georgia Klotz	Director of Reflections	952-848-5889
Olivia Eliason	Housekeeping Supervisor	952-848-5805
Scott Hermann	Director of Wellness	952-848-5841
Jack Caza	Dining Services Dir. & Catering Requests	952-848-5830
Gwen Wellner	Director of Programs	952-848-5806
Amber Wermerskirchen	Program Coordinator	952-848-5806
Gayle Godfrey	Silvercare Director of Nursing Parkwood	952-848-5815
	Comcast Bulk Support-Cable & Internet services	1-855-307-4896
	Apartments Front Desk	952-925-6231
	Assisted Living Front Desk	952-924-0400
	Bistro	952-848-5847
	Mail In and Mail Out	952-848-5801
	Maintenance Requests	952-925-6231
	Park Club	952-848-5840
Julie Smith	Apartments Beauty Shop	952-848-5807
Julie Ottis	Certified Massage Therapist	612-314-0025