

August

2022

Volume 34

Issue 8

PARKSHORE COMMUNITY 2022

The Linkletter

Parkshore

A SilverCrest Community



This Month's Highlights at Parkwood & Reflections

Aug. 4, St. John's Prayer Group, 9:30am

Aug. 8, Barry the Jeweler, 10:00am

Aug. 11, New Resident Social, 11:00am

Aug. 16-17, Library Free Book Giveaway, beginning at 3:00pm

Aug. 17, Parkinson's Support Group, 1:30pm

Aug. 23, Mount Olivet Lutheran service, 3:00pm

Aug. 26, Celebrate Fair Days with Fun & Games, 2:00pm

Aug. 30, Birthday Party with Michael Nelson music, 3:00pm

Check your weekly program calendar for locations

Highlights at Parkshore Independent Living

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Aug. 25, Entertainer violinist Gabe Dahlhoff, 11:00am

Check your weekly program calendar for locations

COMMUNITY NEWS

Welcome New Residents

We are looking forward to getting to know you!

Please join us for a coffee social

Thursday, August 11th at 11:00am in the Parkshore Card Room

PS 610 Lauren L.

PS 812 Margaret W.

PS 814 Kathleen O.

PS 806 Jeanette H.

PW 314 Jim F.

AUGUST BIRTHDAYS

1 Steve V.

1 Judith N.

6 John M.

7 Martha R.

7 Nancy J.

7 Marlene J.

8 Fumi K.

9 Gretchen C.

9 Nancy S.

9 Louann S.

10 John P.

10 Benny Vi.

12 Carolyn R.

14 Judy W.

17 Laurine R.

19 Ronald O.

21 Phyllis N.

22 Helen L.

22 Parker T.

23 Danny M.

24 Dan S.

26 Barbara M.

26 Douglas J.

28 Nancee D.

28 Marilyn A.

28 Bob O.

29 Vivian N.

**We wish all of you
a VERY**

**Happy Birthday
and we hope that
you have a special
day!**

If you would prefer not to have your name published on the birthday list, please let the program department know. We do our best to get the birthday information correct, but if you have been missed or if you notice a mistake, we will be sure to make a correction.



MESSAGE FROM MIKE BY MIKE METZLER, EXECUTIVE DIRECTOR

Greetings Residents,

Welcome to the month of August. August is the last month of summer where our warm days start turning into cooler nights, those last-minute vacations are planned and executed, the Minnesota State Fair takes center stage and back -to-school becomes a focus for teachers, parents and students.

Congratulations to Georgia Klotz, our Reflections Director. This was her first year heading up the Alzheimer's fundraiser. According to all accounts, the fundraiser was a great success. Also, a special thank you to the rest of the team who supported soliciting for the basket raffle and offered help during Friday's event. The total amount raised is not known at my writing of this, but it was well over \$2000.

After 10 productive and eventful years, Sue Scully has made the decision to retire and resign from her position as Director of Administrative Services. Her last day will be September 5, 2022. We thank Sue for all that she has done to learn and implement many new systems over the years. We wish her well in her retirement adventures, the first being a trip to Canada to visit her daughter.

Our annual employee picnic is being held on Wednesday, August 10th (watch for special notices regarding dining services on that day). This is where we get a chance to meet many of the SilverCrest employees from our sister campuses. We will have a little competition thrown in for fun. Each year we are asked to nominate employees who have been outstanding in following our R.E.S.P.E.C.T. core values. STAR AWARDS will be given out to several Silvercrest employees throughout the company at our picnic this year. Parkshore has nominated three employees, they are: Alison Schepers who works our Parkshore/Parkwood front desk usually the 5pm-midnight shift, Gugu Matherne, our lead front desk receptionist, and Gwen Wellner, our Director of Programming. Whether or not they win the Star Award, they are all stars at Parkshore and they shine bright. We are happy to have them as part of our team!!

Happy Anniversary to our SilverCare team in Assisted Living. It was one year ago that we took on Home Health known as SilverCare. It was also one year ago that the licensure changed and brought with it many new rules and regulations. We had a few bumps along the way, but I (we) am proud of the team members that continue to provide great service to our residents. Thank you SilverCare Team!

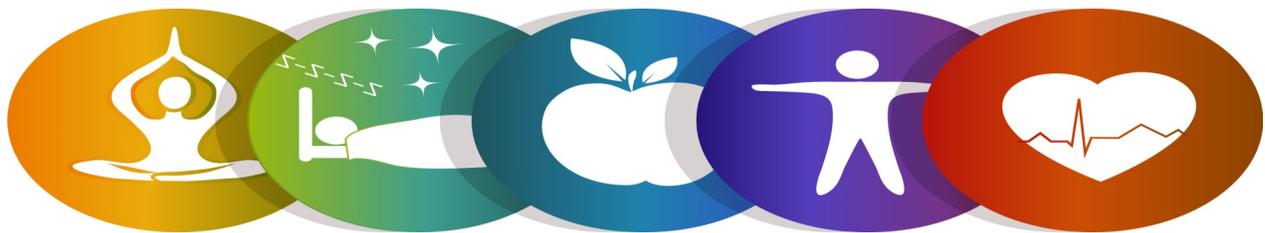
Your Executive Director,
Mike



Greetings! I hope your summer has been going well. It always goes by too quickly. August is National Wellness month and there are many simple ways to increase your well-being. The first step on your journey to better health should start with understanding what makes up a person's well-being.

There are six dimensions of wellness (emotional, intellectual, physical, social, spiritual and vocational) that combine to create a person's well-being. It's important to know that these areas are all linked to one another. Take for example exercise class. It is physical well-being but for many people it also supports social and emotional needs.

We have programs such as Conversations that Matter, PLATO, Crosswords, TED Talks, Poetry and Storytelling, which provide ample opportunities for intellectual growth. Spiritual services are provided by numerous sources and support groups. Vocational well-being for retired seniors often comes down to having a sense of purpose or helping a greater cause. Programs that support vocational well-being are best produced by residents rather than by staff. The resident-led groups are second to none here and those contributions are a big part of our wellness program. Great Job! Keep up the good work and live a healthy lifestyle!!



SILVERADVANTAGE LETTER OF THE MONTH IS "R" RESIDENTS FIRST

Greetings Parkshore residents! "R" is the SilverAdvantage letter of the month for August. It stands for "Residents First". SilverCrest puts its residents first by offering respect, compassion and patience with everything we do. This is your home. Everyone should knock and be invited into your home before just walking in. The SilverCare team wants their residents to feel like we notice them and will make a big difference in each resident's life by simply writing a thank you note after serving them, knowing their usual order, or just remembering their name when they walk by. SilverCare staff should always ask our residents, "Is there anything else I can help you with?" or "Is there anything else I can do for you right now?". By making these short statements, SilverCare tries to make our residents feel special. These are some of the ways SilverCrest puts "Residents First."

~ Cindi Valland, SilverCare Clinical Director



Don't let summer slip away without taking in some of the summer fun and good food at your Bistro! First, we are celebrating National Apple Week, offering a variety of fresh apples in the Bistro. Secondly, when the State Fair arrives, we'll join in on the celebration with a State Fair Bistro special. The menu includes Fair favorites for your enjoyment. Thirdly, the Vikings football season is just around the corner and we will be doing a variety of fun food events on the patio to celebrate the start of football season. And finally, we must not forget our Minnesota Twins. They are currently a contender to win the division (and World Series), so we will celebrate that too with patio fun days.

Be sure to check out the new Bistro menu. New items include: Avocado Toast, Flat Bread Pizza, Smash Burger and a variety of salads. Oh, and I don't want to forget about our famous Walleye Taco. All of our soups are made in-house. Buzz on in and check it out.

One last thing to mention is our dairy delivery menu. Conveniently, you can order a variety of dairy items, bread, butter, juice, and eggs. On Mondays, fill out your order form, which can be found near the Bistro, and by Wednesday it will be ready for you to pick up.

May the warm weather treat you well and be safe.

From all of us in the dining department have a wonderful month of August.

Buzzzzzz on!!!



Dining Committee Meeting

Please join us on **Monday, August 1st at 10:30am** in the Parkshore Dining Room to discuss what's happening in the Dietary Department. Everyone is welcome to attend.

PROGRAM NEWS

Parkshore PLATO Update

Participatory Learning And Teaching Organization—
Gail Coffler, organizer

Tuesday, Aug. 9th
2:30pm-4:00pm

Performance Room

Carol Rudie, The Museum of Russian Art

The Art of Ukraine: Part 2

Sign-up is needed

Tuesday, Aug. 23rd
2:30pm-4:00pm

Performance Room

Lois Makin, Genealogist

Researching Your Genealogy: Part 2 , New format

Sign-up is needed



Keep on eye on the weekly program calendar for scheduled golf cart rides around Wolfe Lake. We need to enjoy every moment of this beautiful summer!

Parkshore Events

Thursday, August 18th at 11:00am in the Performance Room, there will be a 'Travel to Cuba' presentation by Leeann Landstrom.

Thursday, August 18th at 3:30pm we will have IL Happy Hour in the Atrium

Thursday, August 25th at 11:00am in Performance Room We will have a professional violinist, Gabe Dahlhoff provide a repeat appearance

Parkwood Assisted Living/Reflections Entertainment

We have some great music planned for the month of August

Lee Colby will play upbeat piano with a sing-along every Friday at 2:00pm in the Community Room

Jane Plumhoff will conduct a hymn sing on Wednesdays at 1:30pm in the Community Room

For the August Birthday Party, we've invited Michael Nelson from Vasa Valley music to entertain for us on Tuesday, August 30th at 3:00pm in the Community Room

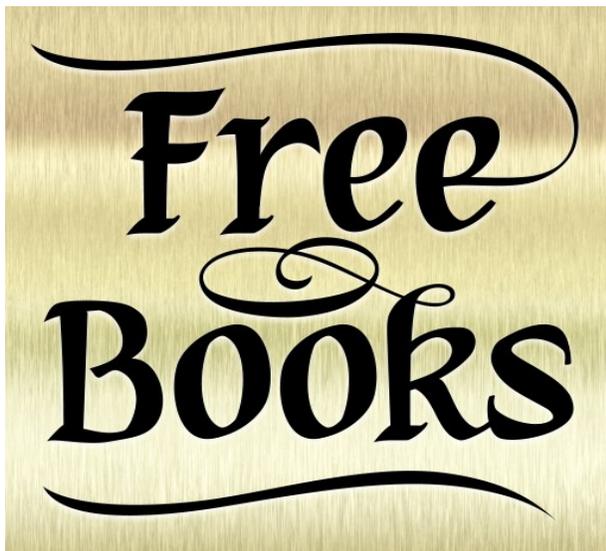
Harp Performances TBA, Mary Keithahn

PROGRAM NEWS

Library Committee

We have refreshed the four shelves of the "Blue Dot" section with new purchases and donations from residents. Therefore, we have had to do some rearranging of the library. The good news is that we will have a FREE BOOK DAY. This will be in the atrium starting on Tuesday, August 16 at 3:00pm and available until Wednesday, August 17 at 4:00pm. Please feel free to take and keep whatever books you want!!

~Joyce Pedersen and Sharon Anderson



Here are Parkshore's finest, helping out St. Louis Park with the flower gardens. Volunteers are essential to keeping our community as beautiful as it is! Thank you to Jeanne O. and Diane K. for caring for the flower gardens and to Coralyn D. for creating works of art that will be displayed amongst the flowered plants.



Enjoy the Music at Wolfe Park Veterans Memorial Amphitheater

Summer has begun and right along with it are the outdoor music concerts at the Wolfe Park Veteran's Memorial Amphitheater. The theater is located just behind Wolfe lake, a short walk along the paved pathway. Concerts run on Wednesday nights at 7:00pm-8:30pm and there is no cost to attend! They also have scheduled a few performances on Friday and Saturday nights too. You can find the complete schedule posted on the Program Director's office door or ask the program staff for a copy. Enjoy all the wonderful things that summer has to offer!

MEET YOUR NEIGHBOR: RUTH M.

Do you know that Parkshore is home to a world-famous quilter? Ruth M. originally studied architecture at M.I.T. She was one of only 23 women in her class of 900. Along the way she learned to sail and started a women's sailing club. "I sailed like a madwoman for years." Her artistic calling brought her to realize that architecture wasn't right for her, so she graduated with a B.S. degree in Art and Science in 1967. She began to focus on her art of quilting.

Her quilts are not a traditional design in the sense of geometric, horizontal and vertical elements. She focuses on subjects with both curved and straight piecework. It is most accurate to say that she is an artist whose medium is manufactured fabric. (She has two closets chock full of printed cotton pieces.) Her subjects are nature, of both people and animals. She creates a new set of patterns for every quilt, then selects the best fabrics. "I throw pieces of fabric randomly on the floor, then look for interactions in colors and patterns." Every piece is seamed at all edges—there is no applique. Batting and backing are added next, then a final free form stitching over the front. The income from the quilts supported her and her two young daughters.

She also brought her Boston area 1841 Federal Colonial style home back to its original glory. She sold it and moved her family to a location she could afford in rural Vermont. She also began a series of what would be ten books on quilting. By 1985, she was a well known artist and lecturer. She began teaching classes to students from high school age to nineties, including PhD's,



surgeons and judges. "Oh, I loved teaching. I'm a pretty good storyteller and it's been fun...it was hard work being sure that each student was not coming out with a 'Ruth McDowell' quilt, but a quilt of their own ideas." She has taught in Switzerland, Austria, Germany, Denmark, Norway, England, South Africa, New Zealand, Australia and Japan.

Today, some of Ruth's quilts are in museums and corporate headquarters. She prefers that her works go to private homes where the owners use and enjoy them. If you'd like to see a sample, just sneak up to apartment 1102 and look at the quilted chicken family in the hall.

Reducing Stigma Against Dementia

Stigma against dementia includes any negative attitude or discrimination against people living with dementia, based solely on a person having the disease. Stigma is one of the biggest barriers for people living with dementia, especially in the earlier stages of the disease when the person diagnosed is still able to comprehend and see the possible stigma around them.

When a disease is as common as dementia, yet still poorly understood by a large amount of people, it's easy for false beliefs and ideations to be spread. These beliefs can lead to stigmatizing attitudes against people living with dementia and can lead to a reduced quality of life for those that have been diagnosed. These attitudes can also affect families, friends, and caregivers of those living with dementia. No one is immune to the risks of dementia, and there is no cure or treatment that can guarantee prevention.

So what can we do to help fight stigma against dementia?

- *Learn the facts about dementia.
- *Don't make assumptions.
- *Use person centered language.
- *Be a part of the solution.

Talking and learning about the disease can lessen fear or ideations and can increase understanding. Dementia is a progressive disease and affects each person differently. A diagnosis doesn't mean the person will have to stop their daily routine or give up other basic skills right away. Dementia is a medical diagnosis just like cancer or other diseases. Treat the person as you typically would. For a person living with dementia it's important to reinforce their dignity, independence, and autonomy. If you know someone that is living with dementia, help advocate for support and understanding. Stay engaged with the person and do your part to educate others around you. If you would like more detailed information you can visit the Alzheimer's Association website to learn more. Changing perceptions of people with dementia starts with you.

ENJOYING THE SUMMER DAYS



Mona and Georgia



Mary Lou

A Walk Around Wolfe Lake with the kids from St. Louis Park Middle School Summer Learning Academy!! It was a gorgeous day and friendly company shared by all!



Angie

COMING TOGETHER FOR FRIENDSHIP & FUN



Jane



Jean



The Parkwood Gang

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
William Huseonica	Assistant Director	952-848-5833
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
Sue Scully	Director of Administrative Services	952-848-5802
Cindi Valland	Silvercare Clinical Director	952-848-5831
	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
Jane Plumhoff	Wellness Coordinator-Club	952-848-5840
Julie Smith	Apartments Beauty Shop	952-848-5807
Julie Ottis	Certified Massage Therapist	612-314-0025