

September

This Month's Highlights at Parkwood & Reflections

Sept. 1, St. John's Prayer Group, 9:30am

Sept. 1, Farewell wishes to Sue Scully, 2:00-3:00pm

Sept. 1, Alzheimer's Caregiver's Support Group, 6:00pm

Sept. 7, Resident Council Meeting, 11:00am

Sept. 11-17, National Assisted Living Week celebrations

Sept. 12, Barry the Jeweler, 10:00am

Sept. 15, Oktoberfest Happy Hour, 3:30pm

Sept. 16, Taylor Marie Fashion Show, 10:00am-2:00pm, Atrium

Sept. 20, September Birthday Party, 3:00pm

Sept. 22, New Resident Social
September outings tba in program calendar

Check your weekly program calendar for locations

Highlights at Parkshore Independent Living

Sept. 1, St. John's Prayer Group, 9:30am

Sept. 1, Farewell wishes to Sue Scully, 2:00pm-3:00pm

Sept. 1, Alzheimer's Caregiver's Support Group, 6:00pm

Sept. 6., Harp Performance by Mary K., 3:00pm

Sept. 7, Resident Meeting, 1:00pm , sign up please

Sept. 12, Barry the Jeweler, 10:00am

Sept. 13, PLATO, 2:30pm

Sept. 16, Taylor Marie Fashion Show, 10:00am-2:00pm , Atrium

Sept. 22, New Resident Social, 11:00am

Sept. 23, Conversations That Matter, 10:30am

Sept. 28, Floor Party 9th fl. 2:30pm

Sept. 29, Oktoberfest Polka 6:00-8:00pm

Check your weekly program calendar for locations



Welcome New Residents

We are looking forward to getting to know you!

Please join us for a coffee social

Thursday, September 22nd at 11:00am in the Parkshore Card Room

PS 212	Terry Hogan	PS 1112	Dee Raterman
PS 216	Martha Johnson	PS 1114	Sandy Chatfield
PS 416	Tom & Nadene Hanson	PS 1308	Stephen & MaryBeth Lauricella
PS 1110	Carol Tande	PS 1309	Todd Smith
		PW 217	Lakshmi Sitiaramiah

SEPTEMBER BIRTHDAYS

1	Betsy Peak	23	Jane Dennis
2	Bill Manahan	25	Dorothy Cameron
4	Laura Hanks	29	Dennis Mills
5	Joan Sifford	30	Lily Erager
5	Esther Boyle		
5	Barb Schmiechen		
7	Bob Carr		
8	Art Indelicato		
12	Barry Swiler		
12	Juanita Voves		
14	Marjory Olson		
15	Irene Hackett		
17	Helen Gunderson		
17	Coralyn Dahlstrom		
17	Brian McGraw		
19	Lily Christ		
22	Bobby Lonquist		
22	Marilyn Palmatier		



**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

Welcome to the month of September. The Minnesota State Fair has begun, the days are becoming a bit shorter, the temperatures are cool and fresh in the mornings, and schools are starting up again. Parkshore has the advantage of having a small lake and many walking trails right in our backyard. A few years ago, we did an advertising campaign about our location using the slogan "*Have you seen our back side?*" Not many people realize what we have right outside our back door. Tell your friends!! Please take time to enjoy the beautiful days ahead.

Things are really coming together at Parkshore with our hiring of new employees, the Club, Programs, Bus Service, Business office and Nursing are back in full force. We are looking forward to all that they can do with their fresh ideas and great services.

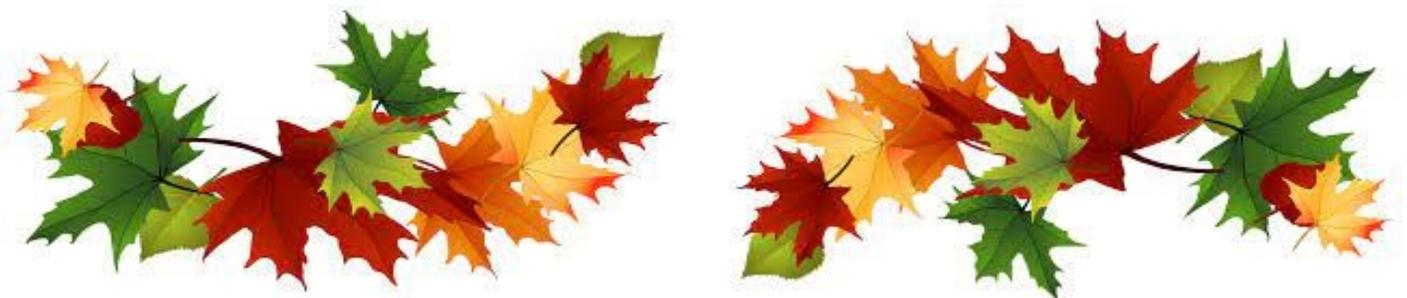
Of course, we must accept that at some point people do retire, and we will be saying farewell to Sue Scully, our Director of Administrative Services. Her last day on site is Friday, September 2, 2022. As a reminder, we will be having a gathering for Sue on Thursday, September 1, 2022 in the Parkshore Performance Room from 2:00pm-3:00pm. You can greet Sue, pick up a piece of cake, and then move to the Parkshore Dining Room to enjoy and socialize if you wish.

Drat! I have not heard any more information about our roof anchors for our window washers. In the meantime, I hope to have them come in to wash the main level windows in the Atrium and dining rooms during the early part of September.

I want to give a big thank you to all of you who are making an effort to do a better job with your recycling. We have seen an improvement with the proper use of paper bags only. It has helped a great deal that you are not throwing plastic bags into the mix. Keep up the good work!! It is much appreciated!

Your Executive Director,
Mike

Let's not forget our farewell to Mike Metzler, Executive Director, whose last day is October 6th, retiring after 20+ years. We will be saying a formal goodbye on Wednesday, October 5th as part of the Resident meeting. We will also say so long in a more light hearted way during our Oktoberfest celebrations. As the saying goes, 'parting is such sweet sorrow', but in this case it is minus the sweet. You will be missed, Mike.



September is national fall awareness month. Typically, we think of falls as being a danger to the elderly but falls happen to everyone at any age. Interestingly, the solution for adults, children and seniors is relatively the same. Do things that decrease your risk of falling. Simple things like decluttering your home, using night lights, regular eye check-ups and maintaining physical activity will decrease your risk of falling. Sometimes we may not want to get rid of a throw rug, but they are one of the most common culprits for causing trips or falls.

It may take more of a commitment but maintaining your physical abilities is perhaps, the single most effective way to decrease your fall risk among seniors. Now, I said that it takes commitment but that doesn't necessarily mean that it will take hours of your time. In fact, in as little as three minutes you can decrease your fall risk by about 20%. Weak quadricep muscles are responsible for about 20% of falls for seniors and it only takes about three minutes, 3-4 times a week, to strengthen them.

The best exercise for the quadriceps is the sit-to stand exercise. Like the title suggests, all you do is stand up from a chair and then sit back down. Do about ten of them, rest for a few minutes and then repeat another ten times. It can easily be completed during a commercial break while watching your favorite program. If ten is too many, start with five and set your goal higher. Exercising your entire body will give you more bang for your buck. Come to the Club and try our exercise classes or if you need more guidance, try our personal training program. We will strengthen more than just your legs and improve your chances of staying on your feet!!

SILVERADVANTAGE LETTER OF THE MONTH IS "E" FOR EQUITY

Greetings Parkshore Residents! The R.E.S.P.E.C.T. letter of the month is "E" for Equity. Equity focuses on making the best use of our resources. It's an efficient way of supporting diversity and it helps ensure that everyone gets to the same finish line.

Another way to think about equity is to think about it in terms of opportunity. A good example from our wellness program is how we offer our classes. The majority of our classes are a hybrid (mixture) of in-person and online participants. The reason why we chose hybrid classes instead of only in-person classes was due to the fact that not everyone could safely return to an in-person class format. It's true that it takes a little more effort to operate a hybrid class, but the end result is better for the majority of our residents.

Equity isn't about keeping things equal or making things easy, it is about creating a productive living environment that supports diversity which in-turn enriches our lives with alternatives to our normal way of life. That's how we grow and advance our communities. Without options, we wouldn't have diversity and we wouldn't have growth. Parkshore keeps what's best for everyone in mind when providing services.

Welcome to September! We in dining hop you're enjoying the warm, summer days. Coming up on Labor Day, we will be offering a combo meal at noon Monday, September 5th. It will feature some of your BBQ favorites!

The Bistro in September is planning, at least two more Patio Fun Days with tasty culinary treats and thirst-quenching beverages.

Two noteworthy days for celebrating are: Grandparents Day on September 11th and the first day of Autumn, on September 22nd.

Be on the lookout for special Oktoberfest celebrations in September.

As always, Ronie's Bistro Buzz publication is a good way to see what is happening in our Bisto, or simply just buzzzzzz on in. The Bistro is a fun place to bee!

One more thing of interest is our Bistro country store. If there is anything you would like to see stocked in the store, let us know, we try to accommodate.



Have a wonderful September. Eat, drink and be merry!!

Ice Cream of the month: COOKIES AND CREAM (OREO COOKIE ICE CREAM)



Dining Committee Meeting

Please join us on **Monday, September 12th 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, September 13
2:30pm-4:00pm**

**“With John Steinbeck in
Russia”**

Speaker: Prof. T. Stavrou

University of Minnesota

Performance Room

Sign-up is needed

**There will be NO PLATO on Tues-
day, September 27, 2022.**

Story Sharing To Make Connections

**Third Wednesday of each month,
2:30-3:30pm in the Performance
Room**

Story sharing is back! Bonnie Janda (Apt. 910) will host this time of reminiscing, laughing and getting to know each other through stories of our lives. Everyone has stories! We'll pass the mic and share little vignettes. We'll learn about things we have in common and celebrate ways we are unique. You can tell something from the suggested topics, or choose another memory that wants to be shared. Signing up would be helpful or just drop in if you are free.

Next Story Sharing will be held on
Wednesday, September 21, 2:30-3:30

Library News

Favorite books lately have centered on historical fiction and on women's history. Marie Benedict has written books on both areas.

We have three of her books in the "Blue dot" section. They are *The Other Einstein* about Albert Einstein's first wife Mileva Maric, a Serbian physicist and mathematician; *The Only Woman in the Room*, about Hedy Lamarr, actress and scientist; *Lady Clementine*, the wife of Winston Churchill. The books are fascinating.

Parkshore Harp Performance

Tuesday, September 6, 3:00pm
Performance Room, Mary Keithahn

Parkwood Assisted Living/Reflections

Celebrating "Joyful Moments" during
National Assisted Living Week,
September 11-18, 2022.

Throughout the week we will have planned events for laughter, Joyful crafts, music, Oktoberfest Happy Hour and even shopping! Keep an eye on your weekly calendar for dates and times!

Thursday, September 20th, 3:00pm
Assisted Living/Reflections Birthday Party
with entertainer, Big Bob in the
Community Room

Wednesdays, Community Room

1:30pm Hymns with Jane

Fridays, Community Room

2:00pm Upbeat Sing Along with Lee

PROGRAM NEWS



Bonnie Skelton, an amazing volunteer for St. Louis Park community gardens! Our very own Parkshore resident provides endless hours tending the flower beds in and around Wolfe Lake. Thank you so much Bonnie for all that you do to keep our neighborhood beautiful!



Jill Johnson, an long-time Parkshore gardener who you will see working hard each and every day! She waters, weeds, deadheads, and pampers our lovely Parkwood flower and vegetable gardens. Jill is truly an angel of nature!



joyful moments

NATIONAL ASSISTED LIVING WEEK • SEPTEMBER 11-17, 2022

MEET YOUR NEIGHBOR: MARY DWORSKY

Mary grew up on the north side of Cedar Lake. After graduation from the old West High School, she went to the University of Minnesota (St. Paul campus) to earn her degree in interior design.

During her career she worked mostly with single-family homeowners. Mary also worked with model home builders, for which she won a Trillium design award. She has been the president of the local American Society of Interior Designers. Mary has also been active in the National Council of Jewish Women. Additionally, she volunteered extensively with the Minneapolis Crisis Nursery.

During the last twenty years of her career, she ran her own interior design firm at the downtown International Market Square. Upon her arrival to Parkshore, Mary experienced a bit of bad luck, with a water leak that prompted a second move to an alternative apartment. The bright side was the fact that she moved to a larger apartment. Please welcome Mary, and console her with the fact that no one here has experienced more than a single water tragedy!

(Prefers not to publish photo)

MEET NEW LUKE AND KATRINA

LUKE: Hi there Parkshore and Parkwood residents! My name is Luke Juve and I'm super pumped to be the new Wellness Coordinator here at the Club, working alongside Scott and Jane. I've been part of the fitness/health and wellness industry for over five years with various positions within a community fitness center, corporate wellness facility, and orthopedic outpatient physical therapy clinic! I completed my Bachelor of Science in Kinesiology at the University of Wisconsin – Milwaukee and personal training certification through the American College of Sports Medicine. Health and wellness are my passion so feel free to ask me any questions you may have! In my free time I enjoy many things but generally value new experiences the most. Whether that be meeting a new friend, trying a new restaurant, or finding new ways to experience life's various gifts from God. The residents and staff have been wonderful so far and I hope to meet all of you at some point. So feel free to stop by the Club and say hi!

KATRINA: Hello Parkshore, my name is Katrina Freese, and I am the new Program Coordinator. Over the past week it has been nice to be able to get to know some of you as I figure out my way around the building. I have been working in Activities for the past three years in a nursing home and assisted living. Last spring, I finished my Associates Degree in Activity Directing through Ridgewater College. I wanted to find a job that I would enjoy so I spent my summer searching for the perfect opportunity. When I found Parkshore I knew I would fit right in because of the company's values. When I am not at work I enjoy hiking, baking, reading, and spending time with family.

Reflections at Parkshore: What is it?

Many of you have probably heard about Reflections but may not know exactly what it is. *Reflections* is the memory care neighborhood located on the 4th floor of the Parkwood assisted living building.

The SilverCrest Mission Statement for Memory Care is as follows:

Reflections provides positive, person-centered everyday experiences that give meaning and value to the lives of residents.

The Reflections Cornerstones include:

- * Daily life activities that tap into residents past experiences and give them feelings of success.
- * Enriching lives, using a validation approach: accepting residents at their current level of functioning and "joining their journey."
- * An approach tailored to accommodate resident's changing needs.
- * Secured, homelike environment designed to provide cues and multi-sensory programming.
- * Family support, education, library, counseling, and involvement in resident programming.

Are you interested in volunteering your time or talents to Reflections residents?

This could include but not be limited to:

- Playing an instrument for residents
- Leading a craft or other activity
- Calling bingo
- Taking part in social activities or other group programs

We want to encourage everyone at Parkshore to be aware of Reflections and be knowledgeable about our neighborhood. If you are interested in volunteering in Reflections to help with activities, spend time one-on-one with residents, or showcase any of your hobbies or talents,

please contact Georgia Klotz, Director of Reflections.

Direct Dial: 952-848-5889

Email address: gklotz@parkshorecampus.com

THINGS TO KNOW

Practice Safe Driving ... in the Garage



The parking garage is often thought of as a safe and convenient place to get away from bad weather, but the garage area is also poses several obstacles, including people. People are frequently walking to and from their cars, coming out from between cars, pushing carts, unloading passengers, and taking out trash. They may take for granted that the coast is clear. As a driver, it is very important to slow down and to be aware that some people may not be able to step out of the way when you are approaching. Give the pedestrian the right of way and while doing so, keep them and yourself out of harms way. Slow down and thank you for your consideration!!

Please Remember to Return the Favor and Your Cart

For many years, both Target and Lund's have allowed us to take their shopping carts off of their property for the convenience of our Parkshore shoppers. They are doing us a big favor. We ask that next time you go back to the store, please take a cart with you and return it. Not only will they appreciate it, we will also be able to continue our long-standing relationship.



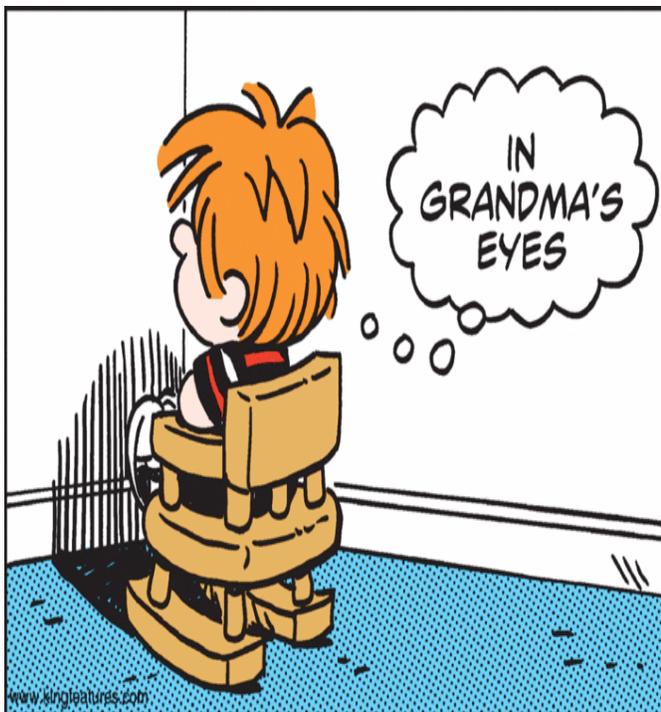
Bike or No Bike, That is the Question

If you have a bicycle stored in the garage, please claim it, label it and register it at the desk before **Friday, Sept. 16th**. All unmarked bikes will be donated to charity after that time.

It's Time To De-Clutter Our Garage and Loading Dock

If you are moving out, or simply getting rid of furniture, clothing or other items, please donate them to Goodwill located just across the street or contact us and we will ask a service to come and pick them up. We understand that saying goodbye to a 'perfectly good chair' isn't easy, but we are asking that you don't put it up for grabs in our garage or worn mattresses in the loading dock area. This is unsightly and a safety concern. We can see when this happening on camera and often have to charge the owner for its proper disposal. It is important to maintain a clutter-free, safe environment for all.





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
GuGu Matherne	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
Katrina Freese	Program Coordinator	952-848-5806
Julie Ottis	Certified Massage Therapist	612-314-0025
Julie Smith	Apartments Beauty Shop	952-848-5807