



**This Month's Highlights
at Parkwood & Reflections**

- Nov. 2 Resident Meeting, 11:00am**
- Nov. 3 St. John's Prayer Service, 9:30am**
- Nov. 3 Alzheimer's Caregivers Support Group, 6:00pm**
- Nov. 9 Entertainment, music by Tom Paquin, 10:30am**
- Nov. 9 Parkinson's Support group, 1:30pm**
- Nov. 11 Veteran's Day, 3pm**
- Nov. 15 Holiday Card Sale from the Card Cutters in the Parkshore lobby, 11-3pm**
- Nov. 15 Gratitude Tree set up in Parkwood**
- Nov. 16 Birthday Party, music by Michael Riddle, 3:00pm**
- Nov. 18 Conversations That Matter, 10:30am**
- Nov. 22 Thanksgiving Holiday Tea Party, 2:30pm**
- Nov. 24 Holiday Fun w/Katrina, 10:30am**

**Highlights at Parkshore
Independent Living**

- Nov. 2 Resident Meeting, 1:00pm**
- Nov. 2 Resident Music Performance, 2:00pm**
- Nov. 3 St. John's Prayer, 9:30**
- Nov. 3 Alzheimer's Caregivers Support Group, 6:00pm**
- Nov. 8 & 29, PLATO, 2:30pm**
- Nov. 9 Parkinson's Support group, 1:30pm**
- Nov. 9 Entertainment, music by Tom Paquin, 2:30pm**
- Nov. 11 Veteran's Day, 2pm**
- Nov. 15 Holiday Card Sale from the Card Cutters in the Parkshore lobby, 11-3pm**
- Nov. 18 Conversations That Matter, 10:30am**
- Nov. 21 Thanksgiving Holiday Tea Parties, 10:30am and 2:30pm**
- Nov. 22 Wellness Wonderland Kick-off Event with the Club, 2:00pm**
- Nov. 30 Floor Party 11th fl., 2:30pm**



Welcome New Residents

We are looking forward to getting to know you! Please join us for a coffee social on Thursday, November 17th at 11:00am in the Parkshore Card Room.



Harold and Nan Hoy	PS 015	Harding Hanson	PW 107
Norma Wubbena	PS 413	Marlys Wiens	PW 128
Shirley Groth	PS 605	Dick Loftus	PW 332
Judith Penhiter	PS 615		
Jeanett Kelly	PS 905		

NOVEMBER BIRTHDAYS

- 2 Margaret Wiita
- 5 David Chapman
- 6 Mary Keithahn
- 6 Sandra Wallentine
- 15 Kazia Gajl-Peczalska
- 15 Donald Knecht
- 19 Nila Varner
- 20 Stewart Lee
- 22 Noriko Beers
- 24 Tara Keehr
- 26 Paul Peterson
- 27 Anna Leyderman
- 28 Mie Noma
- 28 Jim Stumpfa
- 30 Wally Novak
- 30 Barbara Webb



**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.

Greetings!

The month of October saw a fair number of changes, none greater than seeing our building leader of over 20 years and friend, Michael Metzler, off to a happy retirement. He leaves behind a legacy of professionalism, integrity, and care for Parkshore and all who have lived and worked here.

Michael's retirement presented a wonderful opportunity for me to step in and assume director responsibilities here at Parkshore. For those I have not had the opportunity to meet, I would like to tell you a little bit about myself and let you know how truly thankful I am to be part of this amazing community. I was born and raised around Cocoa Beach, Florida where my dad worked as an engineer for NASA at the Kennedy Space Center. I am the youngest of 5 brothers and sisters. Four out of the 5 of us attended and graduated from the University of Florida in Gainesville. I moved to Minnesota to start my long career working with seniors in 1997. Over that time, I have been a Recreation Specialist, Marketing Director, and now for the past 8 years, an Executive Director. I have a wonderful woman in my life, Dana, and three amazing children Hellena 22, Olivia 21, and Calvin 19. I joined the SilverCrest team just over a year ago and am excited to be here in St. Louis Park at Parkshore. What an incredible community and committed team I am now blessed to be a part of. Everyone has been so welcoming and kind, and I look forward to serving you for many years to come.

A little November business: This time of year, the weather can fluctuate with dropping night temperatures and then thawing day temps. This can cause driveways and walkways to become slick and coated with ice. Our maintenance crew will be clearing the sidewalks and salting during the week. On the weekends, our snow removal company that clears the parking lot will also be doing the sidewalks. Please be careful when walking outside the facility and on the park trails.

Your Executive Director,

William Huseonica



Welcome to November! That means that the holidays are just around the corner. It's probably our busiest time of the year, filled with shopping, baking and of course, eating. There are so many morsels to sink your teeth into but remember the phrase: "A moment on the lips, a lifetime on the hips". Wait a minute, that seems to apply to women more than men. How about this one for men: "A little extra jelly will go straight to the belly". Yes, it's seemingly true, men and women carry weight differently.

What can one do to keep the belly and hips in check during the next few months? Here are a few tips to fight the battle of the bulge during the celebrations.

1. Have a game plan– Going to multiple gatherings on the same day? Decide ahead of time what you plan to eat and how much. If you don't set any boundaries, you will fall into temptation.
2. Increase your physical activity leading up to and after the holidays. An activity like taking the stairs more often is always an excellent choice. Although, I must say, don't rely on exercise to lose weight completely. It takes far more time to burn off than to take in calories.
3. Distance yourself from the dessert or snack table. If you are close to the food, you will eat the food. It's that simple.

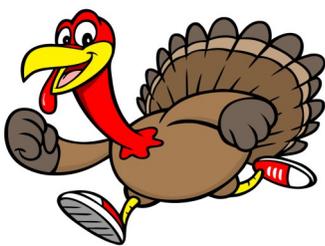
Moderation is the key. If you try to deny yourself any goodies, your plan is likely to backfire and it could trigger a binge eating response. So have your turkey, dressing, and pie. Just don't eat three pies. Enjoy our upcoming holidays and stay active. **AND, for some camaraderie on the journey...**

Be sure to join us for our Kickoff event to help us stay fit over the holidays.

Wellness Wonderland

November 22, 2:00pm—Performance Room

Featuring the debut performance of the Park Club Musical Trio
(you won't to miss this, believe me :)



SILVERADVANTAGE LETTER OF THE MONTH IS "P" FOR PROFESSIONALISM

The employees at Parkshore take pride in their delivery of excellent services to our residents on campus. We make every attempt to conduct ourselves in a professional manner and we hold each other accountable to do the best we can for you at all times. We try to make it a habit to do those extra things that can mean so much to a person. With the holidays approaching, there will be many things to celebrate and opportunities to show appreciation for all that we have. We hope that you enjoy a blessed holiday season!

As the winds blow cold and damp, Dining Services will be busy making things warm, tasty, and comfortable as possible. Stop in the Bistro in November for the best in good food close to home. Buzz on in.

Let's give a warm welcome to our new chef manager, Alessandro Naldi. Alessandro comes to us from Tuscany, Italy.

In addition to the regular Bistro menu, dining services will be honoring all of our veterans on Veterans Day, Friday, November 11th from 11:00am-2:00pm. We will have a special Veterans Day menu featuring tacos, a mild chili, pulled pork, tortillas, and all the best in taco fixings.

Thanksgiving Day will feature a fine dinner of traditional fare. Residents in the Independent Living apartments, please make your reservations early because tables fill quickly. All the best to you and yours from our Dining Services team.



A friendly reminder when turn your clocks BACK one-hour on November 6th.



Go Vikings, Go Wild, Go Gophers and Go Timberwolves. All the Minnesota sports teams are doing great and are fun to watch!!

Dining Committee Meeting

Please join us on **Monday, November 7th at 10:30am** in the Parkshore Dining Room to discuss what's happening in the Dietary Department. Everyone is welcome to attend.

thank you

A Special Thank You From Mike Metzler

Greetings Residents, Thank you so much for all the cards and well wishes on my retirement. It was very special to hear from so many of you. I am still working on getting into a retirement routine, but I'm sure that will fall into place soon. I look forward to the first snow that I don't have to drive in. Best Wishes to You!
Mike

PROGRAM NEWS

Parkshore PLATO

Participatory Learning And Teaching Organization—

Gail Coffler, organizer

PLATO presentations will be held

Tuesday, November 8th

2:30pm-4:00pm

Speaker: Rashed Ferdous

"Introduction to Islam", Part 2

Tuesday, November 29th

2:30pm-4:00PM

Speaker: Carol Rudie

"Fifty years of Art Exhibits at The Museum of Russian (and Ukrainian) Art"

Sign up is needed for these presentations

Party Time

Parkwood Birthday Party will be held on Wednesday, November 16th at 3:00pm in the Community Room

Parkshore Floor Party for 11th Floor residents will be held on Wednesday, November 30th at 2:30pm in the Performance Room

Genealogy group will be meet on the 3rd Saturday of each month in the card room at 1:30pm, all are welcome! Next group: Nov. 19th.

Conversations That Matter

The discussion topic for this group will be: *TRANSPORTATION, DRIVING AND RIDING*. Many things impact safe driving, like physical changes, reactions to medicine, quick decisions, memory, etc. Explore driving behaviors, tests, costs, and alternative transportation ideas before a crisis occurs. Do you have a driving story? The group will meet on **Friday, November 18th** at 10:30am in the Performance Room.

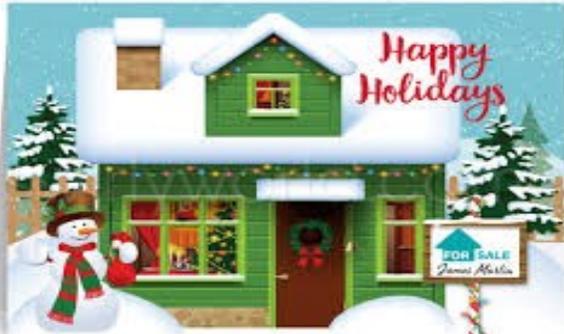
Announcing a New Ping Pong Parlor at Parkshore

We are pleased to offer a new leisure experience for our entire campus at Parkshore. A Ping Pong Parlor room has been established in the Parkwood building, on the basement level; when you get to the Parkwood elevators, take a couple of more steps and the room is right off to the side! This room is perfect for a game of Ping Pong, providing space and the ability to leave the game table set up at all times of day or evening. Ping pong is not only a great way to exercise but it's a lot of fun too! Invite a friend to try or drop in at one of the weekly ping pong gatherings listed on your program calendar. You might be surprised at your talents. Enjoy!



Our **Art Connection** group is offering a 5 week sequence of classes to teach the Basics of Watercolors. This class will be guided by Carolyn Papke beginning on Monday, Oct. 31st at 1:30pm in the Card Room. Supplies provided, sign up.

PROGRAM NEWS



Parkshore's Annual Holiday Greeting Card Sale Is Coming Tuesday, November 15th in the Parkshore Atrium

Be sure to check out the great deals on Holiday Cards. With these low prices you'll be able to afford to send cards to your children, your children's children and their children's friends! The Parkshore Card Cutters have been busier than Santa's elves, creating some beautiful holiday greeting cards just for you. All of the cards have been made with special care and the money raised from this sale will go to our Parkshore Libraries so that we can offer you the best selections on the market. Please help us help you!

HAPPY HOLIDAYS

Gratitude Tree

This month we will be putting up a gratitude tree that residents, families, and staff can participate in.

On November 15th, programming staff and residents will be setting up a tree under the stairwell on the ground floor of Parkwood. We will have paper leaves to write notes about what we are grateful, happy, or thankful for. Our hope is to have the tree covered in leaves by Thanksgiving to represent what our community is grateful for this holiday season.



You've Got Them, We Want Them!

The Card Cutters have been working diligently to re-cut and re-fashion your used greeting cards in order to sell them to support our libraries. All that they need now is MORE of them. They accept used birthday cards, wedding cards, sympathy cards and get well cards. Let's just say, any greeting cards will do. There is a collection basket in our Parkshore library for your convenience. Thank you for the support!

Kitty, Kitty, Kitty Litter!

Cat lovers, we love your four-legged friends but would like to give you a friendly reminder that Kitty litter should be disposed of in a trash receptacle. Kitty litter is not friendly to the septic system, so please avoid putting it down any sort of drain. Thank You So Much!



Meet Diane Kerssen. Diane was born in the French-speaking Canadian province of Quebec. Her family's farm was close to the border of English-speaking Ontario province, so she grew up bi-lingual. Thus began her life-long interest in languages that soon turned into the desire to be a language teacher. During college years she was a ski instructor.



Diane met her husband-to-be when they both worked for the same man. Married, they moved to the United States. Her husband had Minnesota family, so they moved here and began their CNC (Computerized Numerical Control) manufacturing business. While he handled the engineering and machining end of the business, Diane did everything else "from supervising the staff to sweeping the floors." As business flourished, they continued to visit Canada two to three times a year. It was very important to Diane to have the balance of both cultures and to keep up her dual language skills.

They raised a daughter and, in 2016, sold their business. That allowed them to travel to France and Quebec, using their Minnesota farmstead as their home base. Unfortunately, her husband died a few months short of their forty-fifth anniversary.

Her daughter was concerned that Diane was living remotely and alone, so she scouted possible living situations that would provide more social contact for her mother. That is how Diane came to live at Parkshore last January. She enjoys all of the activities here. She also walks the park paths two or three times a day and goes to babysit her three-month old grandson. And, of course, she loves teaching her conversational French class here at Parkshore. If you see her in the hallway, she would appreciate a friendly "Bonjour, Diane."

Holidays can be joyful, meaningful times for both the person with Alzheimer's disease and his or her family. The traditions and rituals of the season can be a comfort and offer a sense of belonging and identity. For a person with Alzheimer's, this connection with a familiar past is reassuring. The important thing is to keep a balance of uplifting festivities and quiet moments as well.

To help the person with dementia enjoy the holidays:

- Make preparations together. When it comes to baking, share tasks such as mixing and decorating. Create a personal holiday card for someone close at heart. Play some music and decorate the room.
- Keep gatherings small. If you generally have a large family gathering, it might be an idea to host a smaller celebration that is quiet and relaxed. This allows for less disruptions and greater conversation.
- Keep the volume low. Background noises and commotion can often trigger anxiety and confusion.
- Plan meaningful activities. Wrap a gift with ribbons and bows, set the table for dinner, pass along food plates, sing a favorite carol, or read a favorite poem or Holiday story.
- Keep outings brief. No need to entertain for hours; a brief quality visit with your loved one is just as meaningful.

The holidays present mixed feelings, no matter who you are. If you feel you could use a little extra support, please feel free to drop in at our monthly Alzheimer's Support Group, held on the first Thursday at 6:00pm in the Parkshore Performance Room. This month it will take place on Thursday, November 3rd.

Questions contact: Georgia Klotz, Director of Reflections
gklotz@parkshorecampus.com (952) 848-5889

Happy Holidays to you all!



CAREGIVER SUPPORT
Alzheimer's Disease and Other Dementias

WANT TO GET STRONGER? CLUB CLASSES ARE FOR YOU!!



Hmm, What Classes Should I Take?

Class	Description	Great for:
<p><u>Movement Matters</u></p> <ul style="list-style-type: none"> • Tuesdays & Thursdays <ul style="list-style-type: none"> • 9:30–10:00am • Performance Room / Zoom 	<p>This class consists of basic cardio, strength, flexibility, and range of motion exercises. Special focus on balance in standing portion of class.</p>	<ul style="list-style-type: none"> . General fitness . Bone health . Balance
<p><u>Balance Class</u></p> <ul style="list-style-type: none"> • Wednesdays • 9:00-9:30am • Performance Room + Zoom 	<p>Classes consist of basic balance training techniques to help reprogram and strengthen the body - mind connection.</p>	<ul style="list-style-type: none"> . General fitness . Balance
<p><u>Strength & Balance</u> <i>(intermediate level class)</i></p> <ul style="list-style-type: none"> • Mondays & Fridays • 9:00-9:30 am • Performance Room/ Zoom 	<p>Challenge your balance and increase your strength and endurance with basic cardio, use of dumbbells and body weight for a stronger, sturdier you!</p>	<p>General fitness</p> <ul style="list-style-type: none"> . Bone health . Balance



Exercise at Parkwood

Class	Description	Great for:
<p><u>Actively Seated</u></p> <ul style="list-style-type: none"> • Tuesdays /Thursdays <ul style="list-style-type: none"> • 11:00-11:30am • Community Room 	<p>This class combines gentle stretching, range of motion, strength training, and seated cardio endurance exercises.</p>	<ul style="list-style-type: none"> .General fitness



Specialty Classes

Class	Description	Great for:
<p><u>Mindfulness Meditation</u></p> <ul style="list-style-type: none"> • Mondays • 12:30-12:55pm • Card Room + Zoom 	<p>Calming, meditative practices, and mindfulness techniques to quiet the mind and nurture body and soul.</p>	<ul style="list-style-type: none"> • Managing Stress • Blood pressure control
<p><u>Chair Yoga</u></p> <p>Mondays & Fridays</p> <ul style="list-style-type: none"> • 1:00-1:40pm • Performance Room + Zoom 	<p>Gentle stretching, strengthening, and balance postures adapted from traditional yoga. Relaxation techniques begin and end the class.</p>	<ul style="list-style-type: none"> • Pain / arthritis management • Increased flexibility • Balance
<p><u>Mat Yoga*</u></p> <p><i>(intermediate level class)</i></p> <ul style="list-style-type: none"> • Tuesdays • 1:30-2:20pm • Card Room only 	<p>Exercise both mind and body, practice balance, and melt away stress with gentle stretches, strengthening, and relaxation poses from traditional yoga.</p> <p><i>* Must be able to get up and down from the floor independently.</i></p>	<ul style="list-style-type: none"> • Pain / arthritis management • Increased flexibility • Balance • Spatial/body awareness
<p><u>Tai Chi</u></p> <ul style="list-style-type: none"> • Thursdays • 1:30-2:00pm • Performance Room + Zoom 	<p>Exercise your body and mind to achieve balance through basic tai chi forms. This class enhances body awareness and coordination.</p>	<ul style="list-style-type: none"> • Dynamic balance • Tremors • Rigidity

And come use our warm water pool and/or exercise equipment during Club hours:

Monday—Thursday, 8:00am—5:00pm

Friday, 8:00am—4:00pm

Saturday, 8:00am—1:00pm



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 & Luke	Wellness Coordinators-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