



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

Mar. 1, Wed. Resident Meeting, 11:00am, Community Room

Mar. 2 Thu. New Resident Orientation, 11:00am, Card Room

Mar. 2, Thu. Sign up for outings posted, 1:00pm, Reception desk

Mar. 8, Wed. Entertainer, 10:30am, Community Room

Mar. 10, Fri. SPCO outing, 10:15am

Mar. 13, Mon. RMOA ,1:00pm

Mar. 16, Thu. St. Patrick's Happy Hour, 3:00pm, Community Room

Mar. 17, Fri. Quilting, 2:00pm, Community Room

Mar. 22, Wed. Scenic Drive, 10:30am, Parkwood lobby

Mar. 24, Fri. Conversations That Matter, 10:30am, Performance Room

Mar. 28, Tue. Mount Olivet, 2:00pm, Community Room

Mar. 30, Thu. March Birthday Party, 3:00pm, Community Room

**Highlights at Parkshore
Independent Living**

Mar. 1, Wed. Resident Meeting, 1:00pm, Performance Room

Mar. 2 Thu. New Resident Orientation, 11:00am, Card Room

Mar. 2, Thu. Sign up for outings posted, 1:00pm, PS Library

Mar. 8, Wed. Entertainer, 1:30pm

Mar. 10, Fri. SPCO outing,10:15am

Mar. 13, Mon. RMOA outing,1:00pm

Mar. 14, Tue. PLATO, 2:30pm

Mar. 16, Thu. Show & Tell Art, 11:00am-12:30pm, Card Room

Mar. 17, Fri. St. Patrick's Happy Hour, 2:30pm, Performance Room

Mar. 23, Thu. Orchestra Hall outing, 9:30am, PS lobby

Mar. 24, Fri. Conversations That Matter, 10:30am, Performance Room

Mar. 28, Tue. Mount Olivet, 2:00pm Community Room

Mar. 29, Wed. Floor Party 3rd floor, 2:30pm, Performance Room

Mar. 30 Thu. Entertainer, 1:00pm, Performance Room



Welcome New Residents

We are looking forward to getting to know you! Please join us for a coffee social Thursday, March 2nd at 11:00am in the Parkshore Card Room

PS 515 Bruce & Lois B.

PS 702 Duane & Carolyn E.

PS 714 Deb F.

PS 1314 Elsie O.



MARCH BIRTHDAYS

- | | | | |
|----|-------------|----|-------------|
| 3 | Sue M. | 26 | Jane W. |
| 3 | Dale G. | 27 | Bonnie J. |
| 6 | Margaret W. | 28 | Margaret Y. |
| 6 | Nancy L. | 30 | Gail H. |
| 8 | Karen N. | 30 | Barbara E. |
| 9 | Lee W. | 31 | Dorothy L. |
| 10 | Stuart H. | | |
| 10 | John S. | | |
| 11 | Thomas I. | | |
| 12 | Patricia R. | | |
| 14 | Joann F. | | |
| 18 | Joy M. | | |
| 18 | Dorene B. | | |
| 18 | Sybil R. | | |
| 18 | Lee C. | | |
| 19 | Gretchen R. | | |
| 23 | Corinne T. | | |
| 24 | Stephen W. | | |
| 26 | Gretchen U. | | |
| 26 | Eva W. | | |



**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 WILLIAM WILLIAM HUSEONICA, EXECUTIVE DIRECTOR

As February gives way to March we are hoping this lion of a winter will become a quiet lamb as the days go by. I am writing this article just on the heels of one of the most severe winter storms we have had in a while. The team here at Parkshore rallied together to face this weather challenge and they continue to impress me more each and every day.

Our housekeepers worked ahead of schedule to ensure no one missed their cleaning day if any housekeepers were not able to make it into work. We had our maintenance crew here till 10:00PM on the night of the storm and then back again at 5:00AM to make sure our driveways and parking areas were clear and safe. There were 9-10 staff that stayed the night in our guest rooms or in vacant apartments on air mattresses to make sure they would not miss work and would be here where our residents need them. Some of them ended up working double shifts when their co-workers were stranded at home due to the high volume of snow. Our dining crew ensured all of us were well fed and taken care of. The receptionists and leadership team filled in the gaps by delivering meals, answering pendant calls, cleaning, snow removal or just chatting with residents to bring reassurance and peace as the winter storm raged outside. We appreciated your understanding and flexibility. In the end, we persisted, and we made it through in large part due to our Parkshore team that puts our residents FIRST!! Thank you, everyone, for all you do!

For those residents who have been with us for several years, March brings with it one of our most cherished events, the popular Pancake Breakfast. To my understanding, Parkshore has hosted a pancake breakfast around St. Patrick's day annually since 2002. This event in the past 20 years has brought hundreds of residents, families and friends to Parkshore for Jack's culinary confections. This event has not taken place since the start of COVID, and this is something we are working on returning. We will be bringing back the Pancake Breakfast in **May** of this year, giving us enough time to plan, get the word out to our prospects, friends, and family. Keep an eye on your calendars in May as we trumpet in spring with flapjacks and flowers!!

May the road rise up to meet you and the sun be ever at your back! Happy St Patrick's Day!

Blessings,

William Huseonica, Executive Director
Parkshore Senior Living

Greetings to our Parkshore Residents! March is one of my favorite months because there's so many positive things going on. Spring is in the air, and we really start to turn a corner in terms of the harsh winter coming to an end. It may be a little chilly at the beginning of March but by the end it's becoming more tolerable. Many of us begin to crave the outdoors and we start to venture outside. There's really nothing like that fresh Spring air but there are some treacherous paths out there in the "backyard". Be careful in the earlier hours when the snow melted puddles have become icy from the lower overnight temperatures. Assume all the patches of water are ice. Use caution and approach by shortening your stride length while widening your base. Also, I recommend the use of a walking aid such as a cane or staff. It's a great time in Minnesota to enjoy the weather but we want to remain safe.

Additional news

I'm happy to announce that we have finally arrived at a good time to bring back our Family Swim program! Starting March 2, residents will be able to bring family members in to use the pool with them during these new Family Swim hours: **Thursdays, 2-4pm and Saturdays, 11am - 12:30pm**. Please remember: 1) All Club participants, including guests, must check in with the Wellness staff to sign paperwork prior to use the pool or club, 2) Residents need to be in the pool or pool area while their guests are using the pool, 3) Minors are only allowed to use the pool with adult supervision, and the use of exercise equipment is prohibited for minors. All guest use of the Club is contingent on following the required guidelines.

Please contact Scott Hermann if you have a guest who wants to use the Club outside of the scheduled Family Swim times.

SILVERADVANTAGE LETTER OF THE MONTH IS "R" FOR RESIDENTS FIRST

Greetings Parkshore Residents! We have gone full circle with our RESPECT letters of the month and that it's time to restart with the letter "R". "R" stands for Residents first. That means that we focus on meeting and exceeding the needs of our residents. Sometimes that encompasses the simple things such as, knowing each resident's name or anticipating what he or she may want for dinner. Other times it's more complicated like when we have conflicting requests over a general living accommodation. Not everyone is going to have the same taste or desire the same service. To help meet the needs of our residents, we must seek individual feedback on a variety of living arrangements.

We have a dining committee that meets monthly to discuss the menu at the Bistro and Parkwood dining. We have resident surveys that are online or handwritten if preferred. Sometimes we receive constructive feedback from our support groups. We host a monthly resident meeting on both Parkshore and Parkwood. These are all opportunities for us to serve you better.

We are so grateful that you are here and proud to help.

Top of the Mornin' to you! It's that time of year to get our Green on and we are going to do just that! Starting with our delicious ice cream flavor of the month, featuring Spumoni.

To celebrate St. Patrick's, our meal will include a traditional Corned Beef and Cabbage special. You don't have to be Irish to enjoy this delicious combo. Of course, you can celebrate the day with Bistro drink specials. If you are lucky enough to win one of our golden coins, the treasure you'll receive is sure to please!

Let's not forget that the Spring Solstice falls on **Monday, March 20th**. We have some beautiful days to look forward to, so why not begin the season with a Bistro Buffet spring special?

I want to remind you that **March 12th** is Daylight Savings and you will want to set your clocks ahead one hour. We may lose an hour of sleep but we will gain the longer days of sunshine!

From all of us on the Dining Team, Happy March!!



Dining Committee Meeting

Please join us on **Monday, March 6th at 10:30am** in the Parkshore Dining Room to discuss what's happening in the Dietary Department. Everyone is welcome to attend.

Happy March! With the snowy weather we've been having, it is a good time to provide a few reminders about our outdoor parking lots. Our outdoor parking lots are available to all residents and their guests. There are several handicap spaces available near the main entrances. These spaces are used frequently throughout the day, so we ask that overnight parking take place in other open spaces. If you or your guest will have your vehicles parked in the outdoor lots for an extended period, we suggest that you register your license plate with our front desk. It lets us know that you are affiliated with Parkshore and it helps us identify abandoned vehicles that should not be present.

It is also very important to mention that the entrances to the buildings are for drop-off, pick-ups and emergency use only. Vehicles should not be left unattended for any length of time; the area needs to be readily available at all times for ambulances and fire emergency vehicles. Per the Resident Handbook, residents and visitors may be asked to cooperate with temporarily moving vehicles out of the lot, for snow removal and parking lot maintenance when requested by Management. Speeding through the parking lots is never a good thing; it is important to recognize our 5mph speed limit. Safety is our first priority. One last reminder, our outdoor parking spaces cannot be used for large trailers, motor homes, and other large motorized vehicles without prior consent of Management. **Thank you so much.**

Parkshore PLATO

Participatory Learning And Teaching Organization–

Gail Coffler, organizer

PLATO presentations will be held

Tuesday, March 14th, 2023

2:30-4:00pm

Christina Ferdous

Islamic Resource Group

“Women in Islam”

Sign-up is preferred.

. Please come and see what’s happening.

This will be the only PLATO session for the month of March.

Conversations That Matter

Please join us for some relevant information and discussion.

Friday, March 24, 2023, 10:30am

In Support of Mental Well-being

“Notes From A Caregiver”

Speaker: David McNally, motivational speaker, organizational development specialist and best-selling author

Description: David tells us how he sustains himself as he cares for his beloved wife, who has Alzheimer’s. David’s approach is a model for all of us, whether we give care to someone else, or just to ourselves.

All meetings are held in the Performance Room.

Upcoming Outings

Necessary sign ups for all outings will be available on Thursday, March 2nd in the Parkshore Library and at the Parkwood Reception desk after 1:00pm. Numbers limited

St. Paul Chamber Orchestra, Friday, March 10th at 10:15am. \$14 Cost of ticket will be charged to apartment.

Russian Museum of Art Guided Tour, Monday, March 13, 1:00pm. \$12 Cost of ticket will be charged to apartment. Walking required.

Scenic Drive, Wednesday, March 22, 10:30am. No cost. No walking.

Orchestra Hall, Thursday, March 23, 9:30am. Not open to sign ups.

Detailed information will be provided to all participants prior to the scheduled outing.

Good Times Are A Comin’

Entertainer, Gabe Dahlhof, violinist, Wednesday, March 8th, 10:30am, Parkwood Community Room

Entertainer, Gabe Dahlhof, violinist, Wednesday, March 8, 1:30pm, Performance Room

PW Happy Hour, Thursday, March 16th, 3:00pm, Community Room

PS Happy Hour, Friday, March 17th, 2:30pm, Performance Room

Independent Living Floor Party for 3rd Floor Residents, Wednesday, March 29th at 2:30pm in the Performance Room

March Birthday Party, entertainer Thu. March 30th at 3:00pm, Community Room

PROGRAM NEWS

About TaylorMarie's Fashion and Selection for Women

TaylorMarie's has been bringing fine quality clothing and accessories to women since 2003. Our periodic visits can include fashion shows and luncheons with the chance to shop racks of up-to-date and affordable fashions.

Our commitment to quality, fashion and service has been the hallmark of our business and franchise operation. We are committed to serving the senior community and providing easy to wear, stylish and affordable attire to all of our clients.

Your Fashion. Your Style. Your Place.

TaylorMarie's Fashion will be coming to Parkshore with their racks of fashionable and affordable clothing on **Friday, March 10th from 10:00am-2:00pm** in the Parkshore Atrium. Please drop by and browse!



LIBRARY NEWS

Our Library Wants Your Reviews

Parkshore's library has a great new way for you to let others know when you find a book you really like:

1. Pick up a review form from the table next to the library bulletin board.
2. Complete the form.
3. Pin it to the board.

We and your other neighbors look forward to hearing about good new (or older) books to read, so thanks in advance.

—your Library Committee

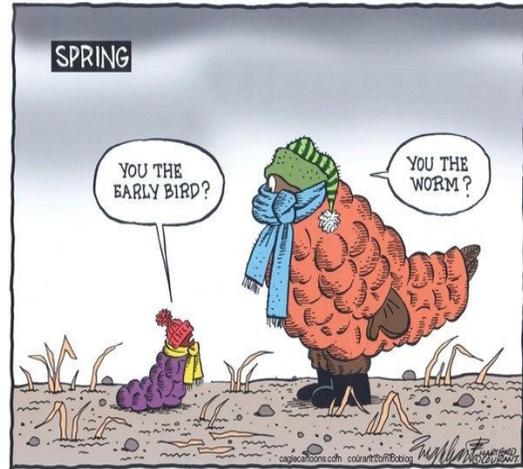
P.S. This committee's next meeting is Wednesday, March 15 at 2pm in guess where? The Library!



**HAVE
YOU
SEEN
ME?**

This little fella is fast becoming a legendary conversation piece. He's been traveling through Parkwood and we never know quite where we are going to spot him next. Do you know where he is now?

SPRING



Greetings from your nursing team!

Spring is just around the corner, and we are looking forward to warmer weather and better produce in our grocery stores! This month of March we'll cover the topics of nutrition and sleep, two things that I really should not preach about, because I love eating anything that won't eat me first and I like staying up at night to catch up on chores or read a good book.

Have you ever caught yourself napping (or wanting to) after a big meal or wishing you hadn't had that post dinner coffee? Do you notice changes to your sleep depending on what and when you eat? What we consume and when can affect our sleep in a variety of ways. Sugars, caffeine, and other stimulants work on hormones and neurotransmitters to keep you wired. In the evening hours, they can delay your body's normal routine and keep you up hours later than usual. Though a big meal can make you feel drowsy, food takes energy and time to digest, and digestion can slightly elevate body temperature. Body temperature is important because the body's natural drop in temperature during sleep plays an important role in deep sleep quality.

Research suggests that consistent habits of good sleepers include getting the right amount of calories, eating a balanced diet with enough carbohydrates and lean protein, keeping fats in moderation, drinking plenty of water, and eating a wide variety of foods. Ultimately, the greater variety of fresh fruits, vegetables, proteins and grains will contribute to our overall health and wellness. Enjoy your food and get enough Zzzzzz!

*Gladys Aakre is a Clinical Director at our sister Silvercrest on Main campus. She has graciously offered to share and contribute articles for our Parkshore newsletter.

REFLECTIONS BY GEORGIA KLOTZ, DIRECTOR OF REFLECTIONS

10 Ways to Love Your Brain

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefits.

1. Break a sweat! The more you move, the more blood flow to the brain.
2. Hit the books! Formal education will assist in a reduction of cognitive decline.
3. Butt out! Quit smoking to reduce your risk of cognitive decline.
4. Follow your heart! Practice good cardiovascular health.
5. Heads Up! Take precautions to avoid brain injuries: seatbelts, helmets, etc.
6. Fuel up right! Eat a healthy and balanced diet, low in fat and high in fruits.
7. Catch some Zzz's! Get help for sleep apnea or other sleep disturbances.
8. Take care of mental health! Get help for feelings of depression.
9. Buddy up! Pursue social activities that are meaningful to you.
10. Stump yourself! Challenge and activate your mind.

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 ◆ 9:30–10:00am <p>Performance Room / Zoom</p>	<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 <p>Performance Room /Zoom</p>	<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></p> <ul style="list-style-type: none"> ◆ (<i>intermediate level class</i>) ◆ Mondays & Fridays ◆ 9:00-9:30am <p>Performance Room/ Zoom</p>	<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>	<ul style="list-style-type: none"> .General fitness .Bone health .Balance
Pool Classes	Description	Great for:
<p><u>Stretch & Strengthen</u></p> <ul style="list-style-type: none"> ◆ Tuesdays & Thursdays ◆ 1:00—1:45pm 	<p>Utilize body weight, water resistance, full body stretching, and a variety of aquatic exercise equipment for gently building strength, increasing range of motion and improving mobility.</p>	<ul style="list-style-type: none"> . Arthritis / pain management . Balance . Flexibility
<p><u>Water Aerobics</u></p> <ul style="list-style-type: none"> ◆ Mondays, Wednesdays & Fridays ◆ 10:00-10:45am 	<p>Elevate both your energy level and heart rate. Each class will progressively challenge you as the week goes on while utilizing exercise patterns and time intervals.</p>	<ul style="list-style-type: none"> . Cardiovascular fitness . Dynamic Balance . Power Movements



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 + 	<p>Gentle stretching, strengthening, and balance postures adapted from traditional yoga. Relaxation techniques begin and end the class.</p>	<p>Pain / arthritis management</p> <p>Increased flexibility</p> <p>Balance</p>
<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>	<p>Pain / arthritis management</p> <p>Increased flexibility</p> <ul style="list-style-type: none"> • Balance <p>Spatial/body awareness</p>



Exercise at Parkwood

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

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

William Huseonica	Executive Director	952-848-5803
Mary Healy-Jonas	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
	Silvercare Clinical Director	952-848-5831
	Silvercare RA Lead for Assisted Living Parkwood	952-769-4105
	Silvercare RA Lead for Memory Support Reflections	952-846-8976
	Assisted Living Front Desk	952-924-0400
	Apartment Front Desk Parkshore	952-925-6231
	Mail In and Mail Out	952-848-5801
	Comcast Bulk Support-Cable & Internet Services	1-855-307-4896
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