

January

2024

Volume 36

Issue 1

PARKSHORE COMMUNITY 2024

The Linkletter

PARKSHORE
A SILVERCREST COMMUNITY



Highlights of Parkshore and Parkwood

- Tues. Jan. 2, 6pm Caregiver Support Group (PR)
- Wed. Jan. 3, 10:30am Parkwood Resident Meeting (COM)
- Wed. Jan. 3, 1pm Parkshore Resident Meeting (PR)
- Fri. Jan 5, 2:30pm Wellness Wonderland Challenge FINALE (PR)
- Tues. Jan. 9, 10:30am New Resident Social (CR)
- Tues. Jan. 9, 2:30pm PLATO (PR)
- Wed. Jan. 10, 10:30am Spirt of Christ Lutheran Service (COM)
- Wed. Jan. 10, 1:30pm Parkinson's Support Group (PR)
- Tues. Jan 11, 3pm January Birthday Party (COM)
- Thurs.. Jan. 18 Russian Art Museum Outing (Page 6)
- Tues. Jan 16, 2:30pm Save the Memories, Lose the Stuff Presentation (PR)
- Wed. Jan 17. Chanhassen Dinner Theater Outing (Page 6)
- Fri. Jan. 19, 3pm Happy Hour (PR)
- Tues. Jan. 23, 2:30pm PLATO (PR)
- Fri. Jan. 26, 10:30am Conversations That Matter: Drawdown (PR)
- Fri. Jan 26, 10am — 2pm Taylor Marie Fashion (Atrium)
- Sat. Jan 27, 2pm Parkshore Anniversary Celebration (PR)
- Sun. Jan 28, 1:30pm The Art of Music Piano Recital (PR)
- Thur. Jan. 30, St. Paul Grill Lunch Outing (See Page 6)
- Thur. Jan. 30, 3pm Mount Olivet Lutheran Service (COM)

WELCOME, NEW RESIDENTS

Welcome, New Residents

We are looking forward to getting to know you! Please join us for a coffee social Tuesday, Jan 9th at 10:30am in the Parkshore Card Room

610 Robert O

416 Mary L

313 Pam B

223 Jonathan F



4 Joan N
5 Marlys H
7 Rosemary P
9 Al T
11 Arlene F
13 Katherine C
13 Blanche B
15 Don N
16 Mona K
18 Stephanie B
20 Roger C

21 BJ M
25 Howard H
25 Yvonne B
26 Jane L
27 Muriel V
27 Bob M

Happy Birthday! 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.



Tuesday, Jan. 11th
3pm in Community Room

MESSAGE FROM WILLIAM WILLIAM HUSEONICA, EXECUTIVE DIRECTOR

Greetings Residents,

Welcome to 2024! I truly hope everyone had a blessed holiday season. The staff did an amazing job in the month of December with all the extra fun and activities. The Holiday Market was a huge success and promises to become one of our new traditions. The return of the Wassail Party was much anticipated and so well received. A big thank you to Santa and Mrs. Claus for stopping by and bringing a smile to so many faces, both young and old. Wassail has been a holiday tradition for many years here at Parkshore and we are glad it has made its triumphant return.

Once again, the generosity of residents giving to the Holiday Fund has been overwhelming. Although, at the time of the writing of this article the total numbers are not available, I can safely say that your giving is beyond compare and brought smiles to our employees' faces. Thank you so much and I will keep you posted on what each employee received in the February newsletter. Thank you for a wonderful holiday season.

I am very excited heading into the new year, as we have new meetings and ways of communicating starting in January at our All Residents and Floor Rep meetings. Please do not hesitate to reach out to me at any time if you have questions or if there is anything I can do to make your life here at Parkshore a little bit brighter!

Happy New Year!

William

Parkshore Anniversary Party



Parkshore will host a multi-day Anniversary Celebration in mid-January. Residents and staff are welcome to join the weekday festivities – games, happy hour, food, mixers, team building activities and PRIZES, all themed for a look back to 1988. An event for Parkshore Staff & their families will be held on Saturday, January 27th from 2 pm to 4 pm.

Look for flyers for more details!

Any questions or prize donations should be directed to Carrie Puterbaugh

Greetings Parkshore Residents and Welcome to the New Year! Traditionally, this is the time of year to set some personal goals. Rather than focusing on weight loss or exercise, try focusing on better nutrition. A well-balanced meal and healthy snacks is the key to having a nutritious diet, but what if food allergies prevent you from consuming some of those essential nutrients? The answer might be in the form of supplements.

Vitamin supplementation can be beneficial when supplements are taken properly. Sometimes we can get too many vitamins or minerals. Certain vitamins such as D, E and K are fat soluble. That means they are stored in your fat and if you exceed your recommended daily intake, you could experience some negative side effects.

Even if it's a water-soluble vitamin such as C, one can experience acute illnesses from getting too much. Calcium is an important mineral for bone health, but it is also a very reactive element. It can cause some acute inflammation of the bowel even if you are following the recommended dosage. The best way to reduce the side effects from supplements is to always take them with food. Also, remember to account for the nutrients in the food that you consume.

In general, supplements are safe, but strive for a balanced diet first. It is best to consider them as a handy tool for getting specific nutrients missing from one's diet, rather than the primary form of nutrition.

Additional News:

**** WELLNESS WONDERLAND FINALE ****

Friday, January 5 at 2:30, Performance Room

CELEBRATE THE ACCOMPLISHMENT — Prize Drawings, Healthy (Tasty) Snacks!

- The pool will be closed January 15th-20th for routine maintenance and cleaning.

SILVERADVANTAGE LETTER OF THE MONTH IS P FOR PROFESSIONALISM

Hello, Parkshore residents! "P" is the RESPECT letter of the month and it stands for **Professionalism**. That means that our team members take pride in a job well done and having a professional appearance. Team members are always truthful and act with good intent.

Professionalism is more than just dressing appropriately. It's about taking the time to listen to our residents and develop a plan of action based on their requests and recommendations. Staff do not always get things right the first time, but perhaps what makes a difference is how they respond to feedback. There are very few businesses that can provide perfect customer service because nobody can meet every expectation until clear expectations are given. This feedback reflects the concerns of our residents, which is why it is important to have good communication. Bottom-up communication or "managing up", is just as important as the CEO dictating a new policy or direction. Our management team must create an approachable environment to make bottom-up communication consistent. That's the beauty of the SilverAdvantage and RESPECT models. They give a voice to both our residents and staff. This is visible on our "shout out" SilverAdvantage boards and it's so much more than just a way to thank someone for a job well done. It's what lays the foundation for the open communication that so many companies strive to obtain.

Thanks for your support!

From all the staff at Parkshore, we wish you a very happy New Year. Our hope is that the coming year is happy, healthy, and full of good fortune for you and all of yours!!!

This announcement is with a heavy heart. I am retiring at the end of December. I want to thank you all for the opportunity to make your dining experience a memorable one. I have enjoyed every moment that I have been the director of dining services. It truly has been my pleasure to serve you. From the bottom of my heart, thank you!!!!

We start our 2024 with a taste tantalizing feast of Hickory Ham and all the trimmings, in the dining room, buffet style.

Let's keep the good food rolling with a few bistro specialties: The Taco Truck, is on Thursdays, don't miss out on Slider Friday's, and every week is a different Panini and a different Burger. Call down to the Bistro for your meal to be delivered to your home 952-848-5847.

Look for Ronie's Bistro Buzzz for the details on all the culinary treats in January.

The Bistro Convenience store is full of your everyday needs, such as toilet paper, snacks, paper towels and more come and check it out, we will surprise you! Located in the Bistro dining area.

From all of us in dining services,

May 2024 be your best year ever and stay safe!!!



Iceman Jack at work.

We Will Miss You!!



Dining Committee Meeting

Please join us for a Dining Committee meeting on January 8th at 10:30am in the Parkshore Dining Room. Share your ideas and hear what's new.

Everyone is welcome.

PROGRAM NEWS

BY KATRINA FREESE , DIRECTOR OF PROGRAMS

Date	Time of Departure	Return Time	Event & Location	Cost	Sign Up
Wed. 1/17	10:45am	4pm	Chanhasen Dinner Theater Lunch and a Show– “Jersey Boys”	\$65	1/4
Thur. 1/18	TBD	TBD	Russian Art Museum	\$12	1/4
Tues. 1/30	11:30	2pm	St. Paul Grill Outing	\$\$	1/4

Need hemming done, a button sewn back on, replacing zippers or elastic bands?

Parkshore is partnering with Tailor on Blake so that residents can get tailor services in our building!

Sharon will be here to do simple repairs on **Jan. 15th 11:30am-12:15pm in the Card Room.**



Talk Cinema

With Carrie Puterbaugh

Do you enjoy surprises? Do you enjoy movies? Join me for TALK CINEMA for screening “sneaks” meaning the title is not divulged until you arrive! You’ll come without knowing what you will see, trusting it will be worth discussing with your fellow residents.

January Hint: Foreign

Friday, Jan. 12th at 2pm in the Card Room

Drawdown—What is it?

DRAWDOWN - What is it? Project Drawdown is an international, nonprofit organization that seeks to help the world stop climate change—as quickly, safely, and equitably as possible. Their main focus is to support solutions that capture carbon. For more info see: drawdown.org An informal Drawdown Group at Parkshore found that we had a common interest in and many practical questions about Recycling, Reducing, Reusing and Composting. We are looking forward to sharing with you what we’ve discovered and learned about ways we could drawdown carbon right here at Parkshore. The Drawdown Group at Parkshore has been invited to use the format of Conversations That Matter to present topics of interest on the Fourth Friday of the following months:

Mark your calendar for Conversations that Matter
Drawdown in the Performance Room
January 26th, February 23rd and March 22nd at 10:30am

-See ya’ there! Martha Roberts & Stu Webb

Trash Talk

Happy New Year to all residents and staff. Resolutions for you are not the focus of this column. However, We do resolve to provide you with information each month about REDUCE, REUSE, RECYCLE, and RETHINK.

When you purchase food from the bistro that is packaged in a black plastic base and a clear plastic cover you might wonder if that container is recyclable. YES AND NO. The black plastic base can be recycled but the clear plastic cover cannot. Our recycling don't, Waste Management, accepts black plastic for recycling but not clear! Voila!

Drawdown will be in the Performance Room at 10:30 AM on January 26th

PLATO

Participatory Learning And Teaching Organization

Gail Coffler, organizer/ moderator

Presenter: Carol Rudie

The Museum of Russian Art Winter Wonderland

Tuesday, Jan. 9th
2:30-4pm Performance Room

Presenter: Karen Knowlton

Classical Music Brahms, Piano Concerto #2

Tuesday, Jan. 23rd
2:30-4pm Performance Room

Outings

Outing sign ups are available the first Thursday of each month at noon in the Parkshore Library and Parkwood Front Desk

Outing Cancellations

- ◇ The outing sign up sheet will tell residents if they need to bring money with them, if the outing is free, or if it will be charged to their invoice.
- ◇ If you cancel participation less than a week in advance, you will still need to pay the fee, which will be charged on your invoice. It will be your responsibility to find a substitute resident who is willing to reimburse you for the fee and participate in your place. We know finding a replacement may not always be possible, so please consider carefully prior to signing up for programs that have an additional cost.

MEET YOUR NEIGHBOR MARLYS WIENS

BY HOLLY DOWDS

Every now and then, we come across a neighbor who has had an international impact. Marlys Wiens is one of those. To start at the beginning, she was born in Mountain Lake (MN) which is roughly halfway between here and Sioux Falls (SD). She grew up quilting with her mother at her church. At eighteen she moved to Kansas to attend the Mennonite Tabor College. While studying business education she managed to travel. One highlight was being on one of the first buses to pass through the recently freed Checkpoint Charlie in Germany. She also played tennis and basketball.

After college she moved to the Twin Cities for work, landing in the insurance industry where she handled business accounts. She skied both downhill and cross country and played softball. She also golfed with her clients. In her thirties, she moved into health care insurance for doctors. She worked with Group Health, Allini, Medica, Park Nicollet and the Mayo Clinic. She remembers missing many a Christmas celebration as her doctor-clients hadn't yet made their year-end insurance decisions. She moved into the area of environmental liability, handling documents for Honeywell International.

She found quilting a useful balance to her stressful career. Her comforters are donated while her quilts are sold. In 2001 her quilts raised some \$20,000 for the Twin Cities Mennonite Central Committee Relief Fund. "My pieces serve many purposes," she explains. "They can be rugs, sleeping bags, even curtains." She began travelling around the world to distribute her products. A list of countries visited would fill up half of this page. Right now Israel is in great need.

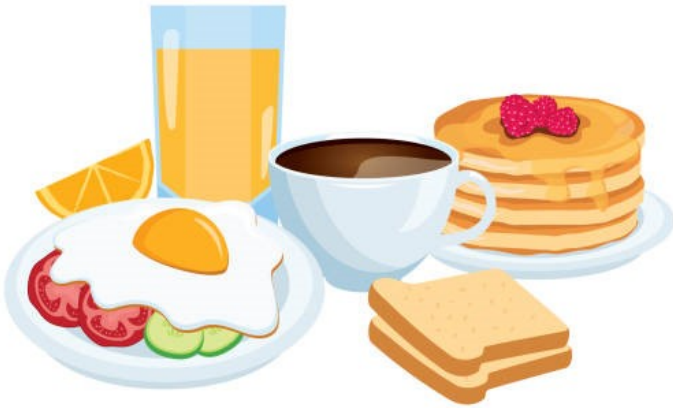
In 2018 she was recognized by the Mennonite Central Committee for her work. She estimated she has produced three million dollars in quilts for the cause. The Public Broadcasting System filmed a series that she is in: "*Destination Craft*", which is available on YouTube.

Because of health concerns, she moved to Parkwood about a year ago. Here she began the quilt-tying group. She also participates in pool aerobics and the Parkinson's support group. Her Facebook page is "love, joy, piece." "Piece" is not a typo, but a reference to her work.

Her website and blog bear the same name. When people suggest that she write her life story, she replies: "I have no time for that. If I take time to write, then I'm not quilting. Are you going to do my quilting? No. They need my work." **If you would like to help the tying project, look for its meetings to start again on Tuesdays in January 2024.**



WHAT IS BIRTHDAY BRUNCH?



We are starting new traditions this year at Park-shore! On top of our monthly birthday party that everyone is welcome to attend, programming is also going to start a birthday brunch. The brunch will be invite only for residents and staff that have birthdays in the month. It will be a time to socialize, enjoy an amazing breakfast from our wonderful chefs.

If you have a January birthday, expect an invitation at your door within the coming days and let Katrina know if you can make it on **Thursday, January 25th at 10:30am in the Performance Room.**

BABY, IT'S COLD (OR MAYBE THE FLU): WHEN TO ASK FOR ANTIBIOTICS BY CHERI BOOTH, RN

Antibiotics can indeed save lives and are vital tools for treating many common and serious infections, such as those that can result in sepsis. But at least 28 percent of antibiotics prescribed in outpatient settings in this country are unnecessary; each year, enough prescriptions are written to provide five out of every six people one antibiotic prescription. Any time you use antibiotics, they can cause side effects and contribute to antibiotic resistance, which happens to be one of the most urgent threats to public health.

Physicians may prescribe antibiotics for upper respiratory infections, even though most of these types of infections are viral in nature and won't respond to antibiotics. Doctors' concern for patient satisfaction, and severe illness, may lead to prescribing antibiotics when they aren't beneficial. Alternative solutions for antibiotics should include suggesting over-the-counter remedies or delaying a prescription if symptoms don't improve.

Seniors have to watch out for overuse and side effects, as these can result in even more dire complications in the elderly population. Common infections such as urinary tract infections, skin and soft tissue infections, and lower respiratory tract infections frequently occur in the elderly; but the diagnosis of infection isn't always obvious. Oftentimes, symptoms mimic normal signs of aging. Seniors may also have fever without any apparent infection, which further complicates the decision to administer antibiotics.

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



Hmm, What Classes Should I Take?

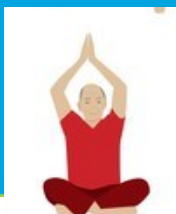
<i>Class</i>	<i>Description</i>	<i>Great for:</i>
<u>Movement Matters</u> <ul style="list-style-type: none"> ♦ Tuesdays & Thursdays ♦ 9:30–10:00am Performance Room / Zoom	This class consists of basic cardio, strength, flexibility, and range of motion exercises. Special focus on balance in standing portion of class.	.General fitness .Bone health .Balance
<u>Balance Class</u> <ul style="list-style-type: none"> ♦ Wednesdays ♦ 9:00-9:30am Performance Room /Zoom	Classes consist of basic balance training techniques to help reprogram and strengthen the body - mind connection.	.General fitness .Balance
<u>Strength & Balance</u> <i>(intermediate level class)</i> <ul style="list-style-type: none"> • Mondays & Fridays ♦ 9:00-9:30am Performance Room/ Zoom	Challenge your balance and increase your strength and endurance with basic cardio, use of dumbbells and body weight for a stronger, sturdier you	.General fitness .Bone health .Balance
<i>Pool Classes</i>	<i>Description</i>	<i>Great for:</i>
<u>Stretch & Strengthen</u> <ul style="list-style-type: none"> ♦ Tuesdays & Thursdays ♦ 1:00—1:45pm 	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.	. Arthritis / pain management . Balance . Flexibility
<u>Water Aerobics</u> <ul style="list-style-type: none"> ♦ Mondays, Wednesdays & Fridays ♦ 10:00-10:45am 	Elevate both your energy level and heart rate. Each class will challenge you progressively as the week goes on while utilizing exercise patterns and time intervals.	. Cardiovascular fitness . Balance . Power Movements

CLUB HOURS

MON-THU 8-5

FRI 8-4

SAT 8-1



Specialty Classes*

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



Exercise at Parkwood

***Check out the new BE FIT program, Mon. & Wed. at 1:00pm at the Club!**

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

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



Get Connected to Your Neighbors

**Join the 130+ people on the Parkshore
Resident email chain.**



- * 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
stuwbb066@gmail.com

and he will add you to the Parkshore Resident email chain.

www.parkshorecampus.com

Parkshore Senior Community Phone List

William Huseonica	Executive Director	952-848-5803
Carrie Puterbaugh	Assistant Director	(952) 848-5823
Tina Monsour	Director of Resident Services	952-848-5842
Doreen Kleinpaste	Director of Marketing	952-848-5804
Heather Moody	Marketing Associate	952-848-5819
Julie Dailey	Director of Reflections	952-848-5889
Olivia Eliason	Housekeeping Supervisor	952-848-5805
Scott Hermann	Director of Wellness	952-848-5841
Alessandro Naldi	Dining Services Dir. & Catering Requests	952-848-5830
Katrina Freese	Director of Programs	952-848-5806
GuGu Matherne	Director of Administrative Services	952-848-5802
	Resident Care Coordinator	952-848-5833
	Silvercare Clinical Director	952-848-5832
	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
Jane & Luke	Wellness Coordinators - Club	952-848-5840
	Comcast Bulk Support-Cable & Internet Services	1-855-307-4896
Julie Ottis	Certified Massage Therapist	612-314-0025
Julie Smith	Apartments Beauty Shop	952-848-5807