

March

2023

Volume 36

Issue 3

# The Linkletter

## PARKSHORE COMMUNITY 2024



### Highlights of Parkshore and Parkwood

- Mon. Mar. 4, 1:15pm Drawdown Committee (CR)
- Tues. Mar. 5 Outing Sign up available in PS library and PW Front desk
- Tues. Mar. 5, 6pm Caregiver's Support Group (PR)
- Wed. Mar. 6, 10:30am Parkwood Resident Meeting (COM)
- Wed. Mar. 6, 1pm Parkshore Resident Meeting (PR)
- Thur. Mar. 7, Elegant Dinner
- Fri. Mar. 8, 1pm Talk Cinema (CR)
- Fri. Mar. 8, 1pm-3pm Girl Scout Cookie Sale (Atrium and PW Lobby)
- Tues. Mar. 12, 2:30pm PLATO "Traveling in Tanzania" (PR)
- Wed. Mar. 13, Hope Breakfast Bar Outing (See Page 6)
- Thur. Mar. 14, 10:30am New Resident Social (COM)
- Thur. Mar. 14, 1:30pm Birthday Party (COM)
- Thur. Mar. 17, Courtroom Concert Outing (See Page 6)
- Tues. Mar. 19, 7:30pm Treble Tones Women's Choir (PR)
- Wed. Mar. 20, 1:30pm Parkinson's Support Group (PR)
- Thur. Mar. 21, 6:30pm Wild Rose Cloggers (COM)
- Fri. Mar. 22, 10:30am Conversations That Matter (PR)
- Fri. Mar. 22, 1:30pm Barbie Movie Happy Hour (COM)
- Mon. Mar. 25, 10:30am Ted Talk: In the Key of Genius (COM)
- Tues. Mar. 26, 2:30pm PLATO "Australia: Part One: Colonialism" (PR)
- Wed. Mar. 27, Wine Tasting Outing (See Page 6)
- Thur. Mar. 28, 10:30am Birthday Brunch (CR)
- Thur. Mar. 28, 3pm Piano Performance (PR)

PARKSHORE  
A SILVERCREST COMMUNITY



# WELCOME NEW RESIDENTS

We are looking forward to getting to know you! Please join us for a coffee social Thursday March 14th at 10:30am in the Parkshore Card Room

307 Mary C.  
912 Jane C.  
705 William B.  
1211 Bobbie J.

1003 Michael & Ruthie S.  
1116 Alfred & Janis D.  
423 Bruce B.



2 Caroline H.	14 Janet R.
3 Sue M.	15 Dallis P.
3 Dale G.	18 Joy M.
5 Wilma S.	18 Dorene B.
6 Marge W.	18 Sybil R.
7 John R.	19 Gretchen R.
7 Sandy C.	23 Jane L.
8 Karen N.	23 Corrine T.
9 Lee W.	24 Stephen W.
10 Stuart H.	26 Gretchen U.
10 John S.	27 Bonnie J.
11 Thomas I.	30 Gail H.
12 Pat R.	
14 Joann F.	

## 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.



## MESSAGE FROM WILLIAM

WILLIAM HUSEONICA, EXECUTIVE DIRECTOR

As February gives way to March, we are usually talking about the lion of winter giving way to the lamb of spring. This year we have had a lamb of a winter but definitely not complaining! If Minnesota winter has taught us one thing, it's that it's never over 'til it's over. Please continue to be careful out there on icy roads and sidewalks.

We have a wonderful new addition in our Performance Room. A beautiful Steinway grand piano has been generously loaned to us from John and Betty Reichert. I want to extend my deepest appreciation to the Reicherts. Their generosity brings forth an amazing opportunity to house such a beautiful instrument. Parkshore is fortunate to have a great wealth of residents with musical talents, knowledge, and appreciation that will be enhanced by the Reicherts' generosity. Helping coordinate efforts for the piano installation, moving, and utilization guidelines have been Betty, Karen Knowlton, Connie Oriani, Cynthia Stokes, and Jane Plumhoff. Thank you to the team of individuals that made this possible and their passion for bringing great music to Parkshore.

The inaugural recital on the Steinway was held on Friday, February 23rd, followed by a champagne reception. Performers were Peter Arnstein, a well-known professional around the Twin Cities, and Matthew Reichert, violinist and resident of New York who was flown in by his parents, John and Betty Reichert, owners of the piano, especially for this performance. What a very special occasion it was!

Our Parkwood Nursing Leadership team is taking shape as we have added some additional talent to our leadership team. As Danielle Amdahl, RN, settles into her permanent roll as our Clinical Director, she has hired Gayla Stafford, RN, who will be providing leadership and oversight on our 2PM to 10PM shifts 4 days a week, and Famatta Ware, LPN, who will be part-time, helping some evenings but mostly week-ends. We are extremely excited to see Danielle take charge and bring on two new amazingly talented nurses. Congratulations and welcome to the team!

May our March be blessed, and as the Irish blessing goes.... May the road rise up to meet you and the sun be ever at your back!



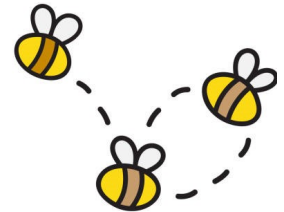
## DINING SERVICES

BY ALESSANDRO NALDI

Hello Residents,

Our buffets are a huge hit with our residents and are typically the busiest meal service for Parkshore. The dining team is so glad that we can offer the residents a buffet option each week. Some of you may have noticed that take-out containers are no longer available at our buffets in Parkshore. Our buffet price is based on all you can eat at one meal rather than how much you can eat and carry home.

We are glad that you enjoy the buffet so much but instead of taking food home, please join us in the Bistro for lunch and dining room for dinner.



### Dining Committee Meeting

Please join us for a Dining Committee meeting held on the first Monday of the month March 4th at 10:30am in the Parkshore Dining Room. Share your ideas and hear what's new. Everyone is welcome.

SILVER ADVANTAGE LETTER OF THE MONTH IS : C FOR COMMUNITY  
BY SCOTT HERMANN

The Silver Advantage letter of the month is **"C" for Community**. Our team members strive to provide a home-like atmosphere. We want our residents to be active in our community and to feel included. One of the ways we accomplish this is by having various groups of people with common interests. We have all sorts of groups: Men's group, card cutters, support groups and many others.

One such group is our **Parkinson's Support Group**. As facilitator of the group I asked what they would like to do in 2024, and they said that they would like to present to our residents, family members and greater community some basic information about Parkinson's disease. Many of them have been clients of Struthers Parkinson's Center and within a couple of weeks we were able to book a presenter, Joan Hlas. Joan manages and has worked for Struthers for 19 years. She will present to us the basics and latest coping strategies for people living with Parkinson's. It's a great opportunity for our community to learn about Parkinson's and to better understand the unique challenges that people with Parkinson's must endure every day.

This event is intended for all, and we welcome people from outside our Parkshore community. **Please join us April 2<sup>nd</sup> at 1:00 pm.** The location is still to be determined but it will most likely be in the Performance room or Parkshore dining room. Those details will be in the April Linkletter.



## THE CLUB

BY SCOTT HERMANN, DIRECTOR OF WELLNESS

It's that time of year when the snow (what snow?) begins to melt, the sun starts to shine, and the days finally start to get longer. However, with that also comes the dreaded "spring ahead" for daylight saving time. About half of all Americans disagree with daylight saving time and many Americans don't know the reason we partake in it.

There is a long history of daylight saving time with many myths and confusion. It was not started for the farmers; in fact, most farmers protested it. There are some who believe that Benjamin Franklin is responsible for it, but he didn't really suggest changing "time". He had the idea of saving candles by letting natural sunlight illuminate homes instead of using candles during the sunlight hours. Indeed, by his calculations, they did save on candles. After searching the web for an answer, all the fingers pointed to just one guy, George Hudson. He proposed that we change the time to have more sunlight after work so that he could go bug hunting. At one point, if you value Franklin's concept, there was a "saving" related to daylight saving time but with modern times it doesn't appear to do much for us. In fact, many Americans experience a circadian rhythm disturbance. If we really are saving energy it certainly isn't high enough, in my opinion, to offset the loss of productivity, increases in accidents, and just feeling crummy. Needless to say, we are stuck with it.

So here are some tips to lessen the impact on your circadian rhythm from daylight saving time, which begins March 10th:

- Start adjusting your bedtime 5-10 minutes earlier each night leading up to Saturday.
- Get as much fresh air as possible.
- Get exercise. Go for a brisk walk outside (two birds with one stone).
- Keep your bedroom dark during sleeping hours.
- Stay inside to hunt for bugs.

Get your rest and enjoy the longer days of spring!

*Back by popular demand...*  
**Kirtan Kriya Meditation Class**  
with Carrie Puterbaugh



.Helps reduce stress,  
increase brain health.  
.Endorsed by the  
Alzheimer's Foundation

**Fridays, March 1 and March 22**  
**12:30pm—Performance Room**

## RESIDENT SERVICES

BY TINA MONSOUR

As we move freely around the campus, there may come a time when a motorized scooter or electric wheelchair may be necessary to maintain your independence. It is, however, very important that users of these electrical devices be aware of safety concerns when other residents are present. The scooter or electric wheelchair must be set at its lowest speed when being driven around the campus. Please look backwards when backing up. Do not assume that the people behind you can get out of the way. You must always be in control of the scooter/wheelchair and be careful that the elevator, walls and corners are not damaged. Per the St. Louis Park Fire Marshal, scooters/wheelchairs are not allowed to be stored in the hallways. Please reach out to me if you would like an Occupational Therapist resource to work with you to ensure you are navigating safely with your scooter or electric wheelchair.



# PROGRAM NEWS

BY KATRINA FREESE , DIRECTOR OF PROGRAMS

Date	Time of Departure	Return Time	Event & Location	Cost	Sign Up
Wed. 3/13	9:30am	11am	Hope Breakfast Bar	\$\$	3/5
Thur. 3/ 21	11:00am	2pm	Courtroom Concert featuring Sonja Thompson (Pianist) and Stephanie Arado (Violinist)	Free	3/5
Wed.3/27	3:00pm	5pm	Private Wine Tasting at Wine Republic in Excelsior This outing will be charged to your bill.	\$37	3/5

## PLATO

### Participatory Learning And Teaching Organization

Gail Coffler, organizer/ moderator

Tuesday, March 12  
2:30-4pm Performance Room  
**"Traveling in Tanzania"**  
Presenter: Heidi Goodson

Tuesday, March 26  
2:30-4pm Performance Room  
**"Australia: Part One: Colonialism"**  
Presenter: Heidi Goodson

### SLP PD Safety Talk

Tuesday, March 5th at 2:30pm  
Performance Room

Join the St. Louis Park Police Department for a safety talk where they will discuss recent scams they have encountered and provide tips on staying safe online. With scammers constantly evolving, it's crucial to stay ahead of them by keeping the community well-informed.

### Treble Tones Choir

Tuesday, March 19th at 7pm  
Performance Room

Join us March 19th to sing or hum along with some of your favorite tunes!

### 3rd Floor Party

Thursday, March 21st at 3:00pm  
Performance Room

### Popcorn Cart in the Atrium

Friday March 1st at 2:30pm and Tuesday March 19th at 3pm

# PROGRAM NEWS

BY KATRINA FREESE , DIRECTOR OF PROGRAMS

## Conversations that Matter

Friday, March 22nd at 10:30am  
Performance Room

Zero Waste? That seems a bit daunting! What does that look like? Perhaps you decide to buy powdered laundry soap in an easy-to-recycle cardboard container instead of buying liquid laundry soap in a big plastic bottle. Result...you are moving toward Zero Waste. There's an endless variety of creative things we can do to work towards Zero Waste. Come and find out what your neighbors are doing. And if you'd like, share with us what you are doing.

This will be an encouraging day for us all!

## Elegant Dinner

Thursday, March 7th

The elegant dinner is fast approaching and Parkshore wants to remind residents of a few items before the big night.

1. Please pick up your name tag any time after 2pm on the 7th. It will indicate the time your table will be seated and your table assignment.
2. The entire table must be present to be seated.
3. Please come down between 4:30pm and 6:30pm to enjoy live jazz music in the Atrium. Seating will also be available in the Parkshore lobby.
4. Feel free to dress as fancy as you like. While dressing up is not required to attend the dinner, it is highly encouraged.

## Barbie Movie Happy Hour

*March is Woman's History month.*

Friday March 22nd 1pm in the Community Room

We have chosen this film for its insightful portrayal of societal expectations and its reflection on the evolving role of women. The Barbie doll, introduced in 1959 ahead of the second wave of feminism, serves as a symbol of the ideals imposed on women. The movie reflects on how perceptions of femininity have evolved over the years and how it is affecting today's generation more than 60 years after the doll was put on shelves.

Join us for an enjoyable afternoon, where we'll explore the cultural context surrounding Barbie and engage in meaningful discussions. The event aims to provide a platform for reflection on the representation of women throughout history.





## How can you naturally lower your blood pressure? What about salt and high blood pressure?

A diet rich in fruits, vegetables, whole grains and low-fat dairy products can help you get your blood pressure under control. Lifestyle factors such as diet can have a big impact on managing hypertension. Limiting your salt intake is helpful for lowering blood pressure, but it's only part of the equation. What you do eat matters, too. If you've been diagnosed with high blood pressure, you may be wondering if the foods you eat could

play a role in your condition. The answer is yes. Lifestyle factors such as diet can have a major impact on lowering blood pressure. In fact, some older adults can get their blood pressure under control just by changing what they eat. This in turn can potentially reduce or even eliminate their need for blood pressure medication. It's well-understood that salt can contribute to high blood pressure levels. The 2020–2025 Dietary Guidelines for Americans advise that adults should consume less than 2,300 mg of sodium each day. If you have high blood pressure, the American Heart Association recommends an intake of no more than 1,500 mg daily. While watching your salt intake is important, it's only one part of the equation. If you want to reduce your risk of heart attack, stroke, and other complications, fill your plate with blood pressure-friendly foods.

Here are 7 foods that can promote normal blood pressure levels and support your overall health:

1. **Unsweetened yogurt:** A recent study showed that yogurt may produce positive blood pressure outcomes for those with hypertension. This is attributed to its high amounts of the minerals calcium, potassium and magnesium.
2. **Berries:** Strawberries and blueberries are rich in antioxidant compounds called anthocyanins. Research has linked anthocyanins to a reduction in blood pressure in people with hypertension.
3. **Beets:** This root vegetable is high in nitrates, which the body converts into nitrous oxide, a molecule that's been shown to reduce systolic blood pressure.
4. **Sweet potatoes:** Loaded with magnesium, potassium, and fiber, this side dish superstar is a delicious way to lower blood pressure.
5. **Leafy greens:** Cabbage, collard greens, spinach, kale, and other greens are high in nitrates, which have been found to offer blood pressure benefits. It's easier to get your daily dose of greens by varying how you eat them.
6. **Fatty fish:** Salmon is packed with heart-healthy omega-3 fatty acids and vitamin D, nutrients that can help lower regular blood pressure.
7. **Whole grains:** Oats and other whole grains contain a type of fiber called beta-glucan, which may lower both systolic and diastolic blood pressure.
8. **Pistachios:** Eating pistachios may lower blood pressure and cholesterol. Best eaten unsalted, they add crunch and flavor to salads of all kinds. You can also blend them into pesto or enjoy a couple of handfuls as a snack.
9. **Bananas:** Potassium is an essential mineral that helps the body get rid of sodium, relaxes blood vessels and lowers blood pressure. Beans, tomatoes, mushrooms and avocado are other potassium-rich foods that may help lower blood pressure naturally.



## TRASH TALK BY PARKSHORE DRAWDOWN COMMITTEE

Our one week of winter in February made us realize there is lots of confusion about climate, weather AND recycling. After our January program there were more questions than answers for many, including our committee. It seems rules change frequently and communities differ from counties and state regulations. So, you are not alone in wondering how, what, when and where to help reduce our carbon emissions.

As we learned from the February Program, plastics with numbers 1, 2, 4 and 5 can be put in the recycle bins on each floor AT THIS TIME. However, Waste Management, our vendor, may change rules regarding 5. Keep tuned. When changes are made by WM or the city, you will be informed.



When you are unsure which items can go into our green bins, BE BASIC.

You can always recycle BROKEN DOWN CARDBOARD BOXES, GLASS, PAPER, CANS.

As we continue together on this 'save the planet' journey, we will all learn more and share with each other. We want to do this for the next generations.

**REDUCE, REUSE, RECYCLE AND MOST IMPORTANTLY, RETHINK!**

## TALK CINEMA

BY CARRIE PUTERBAUGH

**Friday, March 8th from 1 pm – 4 pm in the Card Room**

Join us for a lively discussion with a special SURPRISE guest who was on the film set and had a non-speaking part. Our special guest will lead a discussion about the meaning behind many scenes and her experience on the set with the crew. We'll share as a group our impressions of the film. She may be back to join us in April for a large scale presentation!

HINTS: Several scenes were filmed in St. Louis Park, movie takes place in 1967, Oscar nominated for Best Motion Picture and Best Writing/Screenplay.

Come learn what this movie is REALLY about.

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



## *Hmm, What Classes Should I Take?*

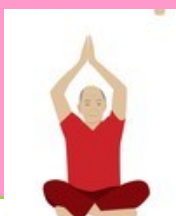
<b><i>Class</i></b>	<b><i>Description</i></b>	<b><i>Great for:</i></b>
<b><u>Movement Matters</u></b> <ul style="list-style-type: none"> <li>♦ Tuesdays &amp; Thursdays</li> <li>♦ 9:30–10:00am</li> </ul> Performance Room / Zoom	This class consists of basic cardio, strength, flexibility, and range of motion exercises. Special focus on balance in standing portion of class.	.General fitness .Bone health .Balance
<b><u>Balance Class</u></b> <ul style="list-style-type: none"> <li>♦ Wednesdays</li> <li>♦ 9:00-9:30am</li> </ul> Performance Room / Zoom	Classes consist of basic balance training techniques to help reprogram and strengthen the body-mind connection.	.General fitness .Balance
<b><u>Strength &amp; Balance</u></b> <i>(intermediate level class)</i> <ul style="list-style-type: none"> <li>• Mondays &amp; Fridays</li> <li>♦ 9:00-9:30am</li> </ul> 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
<b><i>Pool Classes</i></b>	<b><i>Description</i></b>	<b><i>Great for:</i></b>
<b><u>Stretch &amp; Strengthen</u></b> <ul style="list-style-type: none"> <li>♦ Tuesdays &amp; Thursdays</li> <li>♦ 1:00—1:45pm</li> </ul>	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
<b><u>Water Aerobics</u></b> <ul style="list-style-type: none"> <li>♦ Mondays, Wednesdays &amp; Fridays</li> <li>♦ 10:00-10:45am</li> </ul>	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:
<b><u>Mindfulness Meditation</u></b> <ul style="list-style-type: none"> <li>• Mondays</li> <li>• 12:30-12:55pm</li> <li>• Card Room + Zoom</li> </ul>	Calming, meditative practices, and mindfulness techniques to quiet the mind and nurture body and soul.	<ul style="list-style-type: none"> <li>. Managing Stress</li> <li>. Blood pressure control</li> </ul>
<b><u>Chair Yoga</u></b> <ul style="list-style-type: none"> <li>• Mondays &amp; Fridays</li> <li>• 1:00-1:40pm</li> <li>• Performance Room +</li> </ul>	Gentle stretching, strengthening, and balance postures adapted from traditional yoga. Relaxation techniques begin and end the class.	<ul style="list-style-type: none"> <li>. Pain / arthritis management</li> <li>. Increased flexibility</li> <li>. Balance</li> </ul>
<b><u>Mat Yoga*</u></b> <i>(intermediate level class)</i> <ul style="list-style-type: none"> <li>• Tuesdays</li> <li>• 1:30-2:20pm</li> <li>• Card Room only</li> </ul>	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"> <li>. Pain / arthritis management</li> <li>. Increased flexibility</li> <li>. Balance</li> <li>. Spatial/body awareness</li> </ul>



## Exercise at Parkwood

**\*Check out the new BE FIT program, Mon. & Wed. at 1:00pm at the Club! Stop in at the Club desk to learn more.**

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

## 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 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](mailto:stuwbb066@gmail.com)**

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

### Parkshore Senior Community Phone List

William Huseonica	Executive Director	WHuseonica@parkshorecampus.com	952-848-5803
Carrie Puterbaugh	Assistant Director	CPuterbaugh@parkshorecampus.com	(952) 848-5823
Tina Monsour	Director of Resident Services	TMonsour@parkshorecampus.com	952-848-5842
Doreen Kleinpaste	Director of Marketing	DKleinpaste@parkshorecampus.com	952-848-5804
Heather Moody	Marketing Associate	HMoody@parkshorecampus.com	952-848-5819
Julie Dailey	Director of Reflections	JDailey@parkshorecampus.com	952-848-5889
Olivia Eliason	Housekeeping Supervisor	OEliaison@parkshorecampus.com	952-848-5805
Scott Hermann	Director of Wellness	SHermann@parkshorecampus.com	952-848-5841
Alessandro Naldi	Dining Services Dir. & Catering	ANaldi@parkshorecampus.com	952-848-5830
Katrina Freese	Director of Programs	KFreese@parkshorecampus.com	952-848-5806
GuGu Matherne	Director of Administrative Services	NMatherne@parkshorecampus.com	952-848-5802
	Resident Care Coordinator		952-848-5833
Danielle Amdahl	Silvercare Clinical Director	damdahl@silvercrestproperties.com	952-848-5832
	Silvercare RA Assisted Living Parkwood		952-769-4105
	Silvercare RA 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		1-855-307-4896
Julie Ottis	Certified Massage Therapist		612-314-0025
Julie Smith	Apartments Beauty Shop		952-848-5807