

April

2024

Volume 36

Issue 4

# Parkshore Community 2024



## The Linkletter

### Highlights of Parkshore and Parkwood

- Mon. April 1, 1:15pm Drawdown Committee (CR)
- Tues. April 2, 6pm Caregiver's Support Group (PR)
- Wed. April 3, 10:30am Parkwood Resident Meeting (COM)
- Wed. April 3, 1pm Parkshore Resident Meeting (PR)
- Fri. April 5, Bachman's Flower Show at the Galleria (See Page 6)
- Mon. April 8, 10am Understanding Depression in Older Adults (PR)
- Tues. April 9, 11:00am New Resident Social (CR)
- Tues. April 9, 3pm Birthday Party (COM)
- Fri. April 12, 12:30pm Meditation Class with Carrie (PR)
- Fri. April 12, 2:30pm Popcorn Cart (Atrium)
- Fri. April 12, 6:30pm North Star Irish Dance (COM)
- Mon. April 15, 10:30am Therapy Dog Visit (COM)
- Tues. April 16, 2pm JFK 60 Years Later (PR)
- Wed. April 17, 1:30pm Parkinson's Support Group (PR)
- Wed. April 17, Raptor Center Outing (See Page 6)
- Wed. April 17, 2pm Floor Rep Meeting (PR)
- Fri. April 19, 2pm Talk Cinema (CR)
- Mon. April 22, 10:30am Parkshore Clean Up Crew (PW Garden)
- Tues. April 23, 2:30pm PLATO Sibelius Fifth Symphony (PR)
- Thur. April 25, 10:30am Birthday Brunch (CR)
- Fri. April 26, Mallard's Lunch Outing (See Page 6)

PARKSHORE  
A SILVERCREST COMMUNITY



# WELCOME NEW RESIDENTS

## *Welcome, New Residents*

*We are looking forward to getting to know you! Please join us for a coffee social **Tuesday, April 9th at 11am** in the Parkshore Performance Room*

209 Larry J.

505 Rosemary M.

311 Ellen H.

916 Wes & Judy K.

224 Geraldine G.



## April BIRTHDAYS



1 Chuck M.  
4 Holly D.  
4 Barb F.  
7 Jim M.  
7 Vince B.  
8 Connie O.  
12 Judy G.  
13 Lucy H.  
16 Anne S.  
19 Joanne Z.

20 Helen W.  
22 Karen K.  
25 Betty C.  
25 Sharron P.  
26 Margaret R.  
27 Shelby A.  
27 Karen B.  
28 Donna T.  
29 Bud R.  
29 LaDonna R.

### **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.

April Birthday Party  
Tuesday, April 9th  
3pm in Community RM  
Everyone is welcome!

## MESSAGE FROM WILLIAM WILLIAM HUSEONICA, EXECUTIVE DIRECTOR

Greetings Parkshore Campus,

Happy spring, everyone! By the time the newsletter comes out, we will hopefully have had our last significant snowfall of the year, and Easter will have already passed us by! Here at Parkshore we are so proud and honored to have residents from varying backgrounds and religious identifications. I hope that each and everyone of you feels supported and valued whether you are Jewish, Christian, Muslim, Hindu, Buddhist, or atheist. All are welcome here! You all make us a better community. A global community!

We have some pretty big events coming up, supported by our marketing department in conjunction with Wellness, Dining, and Programming. See the April calendar for events like Living and Loving with Parkinsons, a John F Kennedy - 60 Years Later lecture, and our upcoming annual Pancakes in the Park.

Our Parkshore floor representative meetings have been very productive and positive. The dialogue at these meetings is honest and robust, and we have been making great progress and strides with listening to opportunities for Parkshore to continue to serve our residents at the highest level. Topics have included everything from lighting to water conservation. I really look forward to these meetings each and every month. Please make sure you know who your floor representative is and reach out to them so that your voice can be heard at these meetings.

Finally a big thank you to the Parkshore staff for hosting a fabulous elegant dinner. It was our first elegant dinner since Covid and it was sure one to remember. I also want to thank our residents for participating on such a memorable night.

Blessings to all, happy spring, and be safe!



Greetings all, Parkshore Residents! **April is Parkinson's Awareness Month**, and we are fortunate enough to have a **guest speaker from the Struther's Center** to provide education, awareness, and to answer questions on the basics of Parkinson's Disease. Our speaker, Joan Hlas, is the supervisor of the CREATE Program, which encompasses the support and wellness programs at Struthers, she will be here:

**Tuesday, April 2<sup>nd</sup> at 1 pm in the Performance Room.**

Parkinson's Disease may not be categorized as "normal" aging, but what I have noticed is that it's like having an accelerated aging process.

Most of us will go through things associated with normal aging such as arthritis, mild forms of memory loss and loss of mobility. Those who have Parkinson's are not somehow immune from normal aging. They have normal aging plus Parkinson's. If you have some memory loss, Parkinson's will make it even harder to recall. If you have some mobility issues, Parkinson's will make it even harder to move. If you have some balance concerns, Parkinson's will challenge you there too.

My point is that most people can benefit from learning about this disease because most people can relate to these processes. The average aging adult may only have to deal with some of these challenges, but knowing how to cope with an impairment is a learned process. I have seen that much of what people must do with Parkinson's isn't a choice. They must exercise. They must watch their diet. They need to be on top of their medications.

These are all things that we should be doing, but the stakes are much higher for them. One little mishap can send them into a tailspin, and it can take weeks or months to recover from it. Learning about another's challenges gives each of us the opportunity to apply that knowledge to personal challenges.

We hope you will join us and look forward to seeing you there.

## SILVERADVANTAGE LETTER OF THE MONTH IS : T FOR TEAMWORK BY SCOTT HERMAN

Greetings Parkshore Residents! The SilverAdvantage letter of the month for April is "T" for Teamwork. Team members commit to their teammates by understanding how all departments work together. They support and appreciate their co-workers and strive to make their community better every single day.

When I think back to when I first started at Parkshore, almost seven years ago, I remember how good we were at providing support to each other. Our SilverAdvantage board next to the Library of Parkshore was filled with Shout Outs by the end of the month. However, at Parkwood, we only had a handful of Shout Outs on the board. A "Shout Out" is a little note that staff or residents can write about an employee for providing excellent service. Anytime someone goes that extra mile or goes out of his or her way to assist someone, we are encouraged to recognize that person by writing a Shout Out and posting it to the SilverAdvantage board.

Since joining the SilverAdvantage committee, my goal was to increase awareness of this program in Parkwood. The teamwork was there, but people were not acknowledging their efforts. It took about two years, and with the support of other staff and management, we significantly increased the number of Shout Outs. Today, there are 20-30 of them and we change the board out every two weeks. Kudos to all the staff and residents who write "Shout Outs." You are creating a RESPECT-ful living and working environment.

## DINING SERVICES

BY ALESSANDRO NALDI DINING SERVICES

Happy Spring,

Did you know that Parkshore has a convenience store?

The Bistro store and deli case is open from 8:30am-2pm Monday– Friday. The products we carry are determined by the time of year. We typically have dry goods such as cereal or soup, toilet paper, laundry supplies, and much more. Come down and check out the store to see if we have anything you need to save you a trip to the store. If you have an idea of what we should stock in the store please let Trevor or Ronie know.



Watch for Ronie’s Bistro Buzz to see the April Bistro Specials.

### Dining Committee Meeting

Please join us for a Dining Committee meeting held on the first Monday of the month **April 8th at 10:30am** in the Parkshore Dining Room. Share your ideas and hear what’s new. Everyone is welcome.

## MEET YOUR NEIGHBOR

BY HOLLY DOWDS

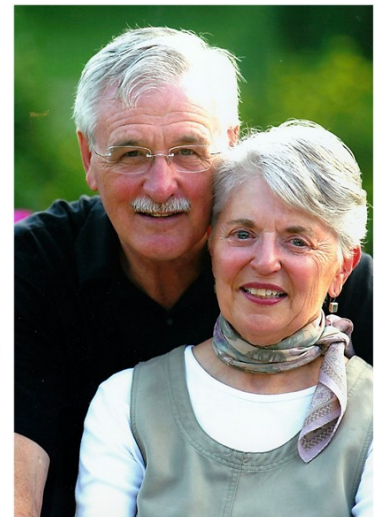
Do you know anyone who has hiked across Tasmania Island off of Australia? How about anyone who has trekked across England from shore to shore? If you have met Peg and Bob Schwob, the answer is yes. By the way, Schwob rhymes with strobe.

They are both Minnesota natives. Peg comes from Duluth, Bob from LeSueur. He was born shortly before the famous Armistice Day storm and was taken home during the blizzard. He grew up to attend St. John’s University in Collegeville. Peg attended St. Benedict’s in St. Joseph. Although they were there during the same years, they did not meet until two years later. At that time, Peg taught fourth grade and Bob taught seventh and eighth grade science at Incarnation School in Bloomington. They married in 1964 and have three sons.

They started family camping trips during summer school breaks. Living out of two tents, they travelled through the southwest and Canada. Bob also started a business involving commercial rice processing. He invented a weight measuring system that took wet just-harvested rice and accurately predicted the final dried rice weight after removing the shaft, hull, water and even pebbles.

In 1991 they both retired and moved to Minneapolis for its cultural life. In 1999 they began the strenuous hobby of trekking. They took the famous England Wainwright Trail for 22 days covering 220 miles. They describe the scenery as like the Public Television Masterpiece Theater’s show called “All Creatures Great and Small.” As they walked, staff moved luggage and supplies. Their subsequent treks took them through Spain, France, Tahiti, Australia, and New Zealand. Of course, they have also completed part of Minnesota’s Superior Hiking Trail.

Ten years ago, they sold their West Lake Harriet Parkway home and moved to Kenwood Isles Condominium. In 2023, they decided to move to Parkshore because of our amenities. Please welcome Peg and Bob Schwob to our community.



# PROGRAM NEWS

BY KATRINA FREESE , DIRECTOR OF PROGRAMS

Date	Time of Departure	Return Time	Event & Location	Cost	Sign Up
Friday 4/5	1:30pm	3:30pm	Galleria Floral Experience	Free	3/29
Wed. 4/17	9am	12pm	U of M Raptor Center Bird Show	Free	4/4
Fri. 4/26	11:30am	2pm	Mallards Seafood Restaurant	\$\$	4/4

## PLATO

### Participatory Learning And Teaching Organization

Gail Coffler, organizer/ moderator

Presenter: Karen Knowlton

Resident Music Lecturer

Sibelius: The Fifth Symphony  
Tuesday, April 23rd

2:30-4pm Performance Room

## Comfort Keepers 101

Thursday, April 25th at 1pm

Performance Room

We are an in-home, non-medical care for seniors and other adults in need of assistance with daily activities. We will share:

- \* What our services all entail, including the different levels of care we provide.
- \* Veterans' Program: how to call to get a Home Care referral to the VA , if a person already has a MD established at VA.
- \* How to start the process of getting a doctor at the VA.

## Program Spotlight!

Tuesday - 11am Group Crosswords (PR)

Thursday – 2:30pm Group Trivia (CR)

A 2011 study published in the *Journal of the International Neuropsychological Society* found that among more than 1,000 older adults followed for five years, those who were the most socially active had 70% less cognitive decline compared with their less-social peers. But keep in mind that not all social experiences are beneficial. Negative or stressful relationships have been found to harm cognition. Stay social while challenging your brain and join us for a couple of group brain games.

## National Volunteer Week

April 21st-27th

We will be celebrating our volunteers on April 24th in the Performance room at 3pm. Thank you volunteers.

This event is for volunteers only, but if you have an idea for a new group you would like to lead or if you have an idea of how you could volunteer reach out to Katrina/ Kavina.

## JFK 60 Years Later

Tuesday, April 16th at 2pm

Performance Room

A University of Minnesota professor will lead a discussion on the unresolved tension surrounding John F. Kennedy's death. Exploring the impact his death had on our country and the citizens, the discussion will lead into his advocacy for world peace and how that may have played a role in his assassination.

Before we discuss, we will watch a CBS news clip/ documentary about JFK. We will base our discussion around facts that have been uncovered and see what residents' opinions are on the topic.

We understand this is a difficult topic for people to discuss. If you are uncomfortable discussing the topic this group may not be for you. However, if you would like to come learn while listening to all sides and opinions, we would love for you to join us.

## Calling All Gardeners

Each year, we have 20 small garden plots available, allocated by lottery. If you're interested in a plot, please sign-up in the Parkshore Library or Parkwood Desk. The sign up will be available on April 26th through noon on Monday, May 13th. We will have two sign up sheets, one for tomato plots and one for flowers/ other vegetables that are under 2 feet tall. Please do not plant any perennials. The plots will be assigned by the end of day on the 13th and will be posted at PW front desk, PS library, and on the programming office door. Please remember, signing up does not mean that you have secured a plot.

We will limit 6 plots specifically for growing only tomatoes in one of the raised flower beds. Only 1 tomato plant per plot.

The other 14 plots will be for any other plants. If you receive a plot, you are responsible for watering, weeding, and clean-up in the fall. Plants must stay inside your plot and not block walkways. If the Director of Programs determines that a plot is not being attended or cared for, the plot may be re-assigned.

Thank you and happy gardening!!



## COMMUNITY ANNOUNCEMENTS

### Do you have something that needs shredding?

A secure Shredding Bin is available for your use on the first Wednesday of every month. This month the bin will be placed in the Parkshore Atrium on Wednesday, April 3rd from 8:00am-4:00pm

Please feel free to use this for any sensitive documents or papers with personal identifying information that you would not want to throw in the general trash.



### Practice Safe Driving ... Everywhere

The parking garage, roundabout, and surface level parking are often busy spaces, especially as the weather gets nice and residents, families, and staff come out of hiding after a long winter. 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!!



Join the Parkshore Picker-Uppers on a walk around our campus to pick up litter and enjoy a springtime stroll. We begin at the Parkwood outdoor garden boxes on April 22nd at 10:30am and work our way around. Bring your own litter bag if you have one, or we'll provide one for you!

Let's keep our Earth beautiful!

### Housekeeping Update from Olivia

Hi Folks,  
Now is that time of the year to sign up for some spring cleaning by Parkshore Housekeeping.

We have many openings for a one time cleaning, or to be on a permanent housekeeping rotation. Residents can decide how often housekeepers come in, (some residents have us weekly, biweekly, or monthly); it is up to you. We clean ovens, refrigerators, inside windows, wash/ fold laundry etc. We can accommodate almost any kind of cleaning request you may have.

Call Olivia at 952-848-5805 to set up housekeeping. Rates start at \$40.00 and would be adjusted as residents decide what services they need. Cleaning request forms are located at the Parkshore front desk.  
- Olivia



## TRASH TALK BY PARKSHORE DRAWDOWN COMMITTEE

**Reduce:** Buy products with packaging that can be recycled rather than filling a landfill as in plastic gallon containers.

**Reuse:** Rather than recycling a small plastic container, with a number 1, use it to contain small post-its or paper clips on a desk. Then, when no longer useful, recycle.

**Rethink:** Practice reading the number on the bottom of plastic containers to see if they are 1,2,4,5, and recyclable. It may be hard to read those small numbers but it's worth it.

**Remember:** Batteries and light bulbs go in the blue bins under the table next to the garage entrance door.

**Read:** The Strib opinion section, 3/19/24 "Minnesota Has A Trash Problem". Clear talk about HF3577/SF3561 The Packaging Waste and Cost Reduction Act being considered by MN Legislature. Many of us wrote cards to senators and representatives regarding this issue.

Be aware and curious. Tell your stories of caring for our planet to friends and family. This topic can be confusing, but when we learn more about what we can do, what others are doing and how we might change some of our trash habits, we will be helping Mother Earth heal for future generations. Thanks.

## SILVERCARE CONNECTIONS

We all have them - those bottles that get pushed to the back, forgotten, or not used. While some expired medications may retain their efficacy, it's crucial to exercise caution and adhere to best practices. Some medicines- like liquids, inhalers, creams or lotions have much shorter expiration dates. Others, when stored properly, could remain good for months even years beyond their expiration date. Here are a few tips to help keep you safe:

**Check for Signs of Degradation:** Inspect medications for any changes in color, texture, or odor. If a drug appears altered in any way, it should be discarded immediately.

**Follow Storage Guidelines:** Store medications in a cool, dry place away from direct sunlight. Avoid storing them in the bathroom or kitchen, where humidity levels fluctuate.

**Dispose of Expired Medications Properly:** Many pharmacies and community centers offer medication disposal programs to safely discard expired or unused drugs. Flushing medications down the toilet or throwing them in the trash can have adverse environmental consequences.

**Consult Healthcare Professionals:** When in doubt about the safety or efficacy of expired medications, consult with a pharmacist or healthcare provider. They can offer guidance tailored to your specific situation and medical history.

Remember, while expiration dates serve as important guidelines for medication use, they should not be viewed as absolute indicators of efficacy or safety. Understanding the factors that influence medication stability and practicing proper storage and disposal methods are key to maximizing the lifespan of medications and ensuring their safe and effective use. When it comes to your health, knowledge is power. Stay informed, stay safe, and don't let misconceptions about expiration dates cloud your judgment when it comes to managing your medications.

# ELEGANT DINNER 2024 - PHOTO GALLERY



# ELEGANT DINNER 2024—PHOTO GALLERY



# 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	OELiason@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