



Highlights of Parkshore and Parkwood

- Tues. July 2, 3pm Sip and Paint (COM)
- Wed. July 3, 10:30am PW Resident Meeting
- Wed. July 3, 1:00pm PS Resident Meeting
- Fri. July 5, 12pm Outing Sign Up (See Page 6)
- Tues. July 9, 11am New Resident Social (PR)
- Thur. July 11, 3pm July Birthday Party (Everyone is welcome) (COM)
- Fri. July 12, 7th Floor Party (PR)
- Mon. July 15, 10:30am Dog Visit (COM)
- Tues. July 16, 2:30pm The History of Minnesota Caves (PR)
- Wed. July 17, 10am Fishing with Tina (PWG)
- Wed. July 17, 2pm Floor Rep Meeting (PR)
- Fri. July 19, 2:15pm Olympic Kick Off (PR)
- Mon. July 22, 10:30-2:30pm Vote in the Primary Election (PR)
- Tues. July 23, 2:30pm Quilt Tying (COM)
- Thur. July 25, 2:30pm Live Music and Dancing (PR)
- Mon. July 29, 2:30pm Table Tennis Tournament (PR)
- Tues. July 30, 2:30pm What is Hospice at Home (PR)
- Wed. July 31, 2-4pm Art Show (PR) More Info on Page 8



WELCOME NEW RESIDENTS

Welcome, New Residents

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

707 Susan D.

1312 Guillian W.

212 JoAnn G.

805 Philip & Rosemary M.

405 Mike & Lois M.

913 Sharon P.

116 Mary J.

1103 Dennis L.

301 Fran & Mary S.

028 Janet R.



1 Len F.
2 Kathy B.
2 Carol A.
4 Marnie D.
6 Jerry K.
7 Joanne R.
9 Rita R.
11 Lois M.
11 Ann B.
11 Nancy S.

12 Shirley S.
14 Robert M.
15 Sharon A.
16 Nan G.
17 Bob E.
18 Carolyn P.
19 Jan K.
23 John H.
23 Joyce N.
23 Margaret K.

24 Jill J.
25 Joan L.
25 Ron G.
26 Don P.
26 Nancy A.
27 Agnes A.
28 Kate B.
29 Ann N.
29 Charles M.
30 Liz G.

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

Happy July, everyone, and may your Independence Day celebrations be joyful and safe.

June certainly was an action-packed month. We saw summer officially saunter in, participated in the St Louis Park parade and celebrated the summer solstice with our annual "longest day" fundraiser for the Alzheimer's Association". Thank you to Julie Daily and the entire team for organizing such an amazing event. Through events like our walks around the Wolfe Park, our Nu-Step competition, raffles, bingo, T-shirt sales, and lunch provided by our Bistro staff, we were able to raise close to \$2,000 which will be donated directly to our area chapter of the Alzheimer's Association. Once again, Parkshore residents are so generous with their time and money. It's humbling to see how amazingly this community comes together to support local organizations and national causes. Thank you all.

The landscaping around the 3633 entrance is shaping up nicely and the gardens in back are just as beautiful and amazing. Many loving hands of residents and staff have gone to make our patio area flower and bloom throughout the season. I see many of you enjoying time out there, when the weather permits. Thank you to all the wonderful gardeners we have here in our midst.

The Parkshore window construction projects continue to progress. Crews have been measuring windows, finishing up roof anchors and running power to essential areas. We are all anxious to see the sample windows and to have the earnest work start in each apartment. I will keep you posted once I have more to report on these two subjects.

Once again, Happy Fourth of July, everyone! Party like it's 1776, but with better Wi-Fi reception. Please no launching of bottle rockets from the roof or your balconies.

-Executive Director, William Huseonica



Vivian, Mona, and Nickie enjoying the longest day fundraiser.

THE CLUB

SCOTT HERMANN, DIRECTOR OF WELLNESS

Greetings, Parkshore Residents! Welcome to summer and what better way to celebrate summer than with a nice cool drink or treat? For the last three months, I have been watching my diet a little more closely. Why? In case any of you haven't noticed, as you age it gets easier to add weight and circumference around the midsection. I know this may sound astonishing to some of you but it's true: our metabolism slows down with age.

Getting back to the diet story... for years I have noticed that when I'm on a weight loss diet and if I eat ice cream, the next day I notice that I have lost weight. At first, I just laughed at that thinking that it was a fluke but, when the trend continued for 15-20 years, I thought there must be something more to it. I then stumbled across the concept of "calorie cycling".

Calorie cycling is a diet that purposefully rotates higher calorie consumption days with lower calorie consumption days. If I eat ice cream every day, I will gain weight but if I eat it every 2-3 days, it will benefit my metabolism. The advantage of this diet is that your body doesn't try to hold onto your fat reserve.

An illustration: Imagine there was a gas shortage and you had to pay twice as much for gas plus you had to wait hours to fill up your car. To conserve fuel, you would make fewer trips with your car. When your body starts a diet, after a few days it begins to adapt to conserve "fuel." Unfortunately, this effort causes your metabolism to slow down. Eating more calories, roughly 250 more, kickstarts your metabolism. Of course, to lose weight, you only do that once or twice a week.

Calorie cycling is a wonderful way to get past the "fat that just won't let go", but it is not for everyone. All diets can produce unpredictable side effects, so it is best to always consult your doctor before attempting to lose weight.

SILVER ADVANTAGE LETTER OF THE MONTH

SCOTT HERMANN

Greetings Parkshore Residents! "S" is the letter of month for July. It stands for **Safety and Security** within our community. If we were to take a poll of Parkshore campus, we would probably find that the largest safety concern by far would be related to falls. Fall prevention is an issue that we can all work on to help maintain the well-being of everyone who lives or works on our campus.

There are two considerations for every fall: intrinsic and extrinsic factors. Intrinsic factors are changes in one's body due to age. Loss of vision or hearing, decrease of leg strength, weight gain or loss of awareness of the body all increase fall risk. Extrinsic factors are related to one's environment. This includes things like our living environment, pathways, available resources, lighting, etc. The good news is that much can be done about both! Regular exercise will help most internal factors while good housekeeping and maintenance provide solutions for extrinsic factors. Exercise isn't something that can be passed from one person to another. All you can do to help is encourage a person to do their exercise routine. On the other hand, maintenance and housekeeping can do wonders for protecting you and your guests from harm. Simple things like noting that there is a lower level of lighting in an area can be beneficial to many residents, especially those who have a vision impairment. Slipping or tripping hazards are other items to let us know about ASAP. **If you notice any potential hazards at Parkshore, please contact our front desk and place a work order to correct the issue. Safety and Security** are always done better with a team of individuals working together to resolve an issue. Please have a wonderful and **safe** summer.

PARKSHORE OLYMPICS



Parkshore is bringing a touch of Paris to our community this summer! We will be hosting our own **Parkshore Olympic Events** during the Paris 2024 Olympics and we invite you to be one of the hopefuls!

Dates: July 19 – August 12, 2024

For further details, to find your team, and to get energized, join us at

Opening Ceremonies: Friday, July 19, 2:15pm,
Performance Room

Our Events:

>3-week Triathlon Challenge: Teams of 3, one walker, one biker (Nu-Step options as well), and one swimmer (or pool classes).

Go for Team Gold!

- >Table Tennis >Olympic Trivia
- >Javelin Throwing >Giant Golf

Catch the Olympic Wave!!



WELCOME NEW EMPLOYEE

STEVE YAP



Hello, everyone! My name is Steve Yap, and I am the new Wellness Coordinator at the Parkshore Club. I was born and raised in Rochester, MN. After graduating high school, I attended Winona State where I earned my bachelor's degree in Therapeutic Recreation in the spring of 2022. Upon earning my bachelor's degree, I worked several different jobs including being a Therapeutic Recreation Specialist Intern at an assisted living facility, ABA Therapist for children with Autism, and group fitness instructor for kids. When I'm not at Parkshore, I'm usually working my other job as a fitness coach for kids, working out in the gym, fishing at a lake, or working on my sports cards collection. I chose to work as Wellness Coordinator at Parkshore, because I have passion for fitness and helping others reach their goals along with wanting to make a positive impact in the community. I'm looking forward to meeting and working with every resident at Parkshore/Parkwood. Hope to see you around at the Club!

PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

Date of Outing	Time of Departure	Return Time	Event & Location	Cost	Sign Up Date
Wed. 7/24	10:45am	4pm	Rescheduled Twins Game Space is available.	\$40	7/5
Wed. 7/17	9am	1pm	Let's Go Fishing Pontoon on Lake Minnetonka See Page 7	Free	7/5
Fri. 7/19	10am	1:30pm	The Queen's Song Book Westminster Hall	\$34 Billed to your apt.	7/5
Mon. 7/22	5:30pm	8:30pm	Power of 10 Jazz Concert in the Brookview Park	Bagged Dinners \$10	7/5
Mon 7/29	11:30am	2pm	Lunch at Moscow On The Hill	Cash /Check/Card	7/5

PLATO

Parkshore Learning And Teaching Organization

Gail Coffler, organizer/ moderator
We are taking a break for the summer but will pick back up in September!

Friday 6:30pm Sing Along

Chuck and KC have upgraded from playing once a month to every Friday in the Performance Room or outside if it's nice. They have a song book that residents can pick songs from to sing and they also take requests but they may need time to practice before they can play them on Friday.

Poetry

Poetry meets every Wednesday morning at 11am in the Performance Room. Do not be intimidated by poetry, it is not as scary as it sounds. You're not required to read a poem out loud. Residents are welcome to come to enjoy listening to other residents read. This is not a writing class and the work we discuss does not have to be original poetry; it could be from a famous poet or from a book of poetry.



PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

Save the Date!

First Annual Bake and Garage Sale on August 15th

IF SHOPPING IS YOUR PASSION See you at... Parkshore's First Annual Garage Sale! We have not decided where the proceeds will be donated but will update you in August. Donations will be accepted from August 1st-14th. If you have a large item that needs help being moved, please let Katrina know so we can plan ahead. We wanted to give our residents a notice before the sale so everyone has a chance to go through their belongings to see if they have anything they are willing to part with. We will have a sign-up sheet available in August for residents who would like to help with the sorting and pricing.



Items that we cannot accept:

- >Mattresses/ Box springs
- >Large appliances
- >Guns and other weapons
- >Car seats
- >Out of date textbooks
- >Old computer equipment
- >Equipment that is not working
- >Cribs

Let's Go Fishing on Lake Minnetonka and Wolfe Lake

We are partnering with a local non-profit that takes older adults, disabled adults or children, and veterans on pontoon fishing outings. We were only able to get one ride on the pontoon this summer because they like to offer it to as many communities as possible. We have very limited space on the boat which, means the waitlist will be long and some residents may not be able to make it this year.

Since we want to make sure everyone has a fair chance to attend this outing, we will have a raffle drawing to see who gets to go on the boat.

Sign-up will be available in the PS Library and PW front desk on July 5th. We will pull the sign-ups and **draw names on July 12th.** This gives residents a week to sign up. The people whose names are drawn will be called to let them know they have been picked and the list will be posted on the program office door.



Additional fishing and fun: Tina, our Resident Services Director, will be here on July 17th to bring the residents who did not get to attend the boat outing to fish on Wolfe Lake behind our building. It is not the same as fishing on a boat but it will be just as much fun because we will have Tina with us! Please feel free to walk over to the dock and meet us in the Parkwood Garden to get a ride on the golf cart.

COMMUNITY UPDATES

Parkshore Salon Hours

Julie will be taking some much deserved time off during July. Hours as follows: She will be open Wednesday, July 3rd and 5th, but closed on July 6th. She'll be open on Wednesday July 10th and 11th, closed on July 12th and 13th. The rest of July will be her normal Wednesday, Friday, and Saturday hours for hair.

Our nail tech, Tanya, will continue to be available on Mondays.

If you have any questions, feel free to reach out to Julie at 952-848-5807 or Katrina, the Program Director.



Voting Made Easier for Our Community

We are thrilled to announce that we are hosting our first voting pop-up in collaboration with St. Louis Park. Thanks to our fantastic voter turnout, St. Louis Park wants to make voting even more accessible for our community.

They will be here on July 22nd from 10:30am-2:30pm in the Performance Room with election judges to walk you through the processes. The event for July is for the primary election, no need to worry about mailing in your ballot—it will still be considered absentee voting which is **why it is earlier than the election day.**

Save the date: General Election Voting on October 7th in the Performance Room. The time is still TBD. Again, this is early voting. St. Louis Park schedules these pop-up voting in advance because they need to be at city hall on election day.

Calling all Artists

Our community is full of artists of all kinds, and we would love to highlight them at our art show on July 31st in the Performance Room from 2-4pm. Please invite family members! To show off your art sign up on July 17 sign up will be available at the PW front desk or PS Library.

Any medium of art is welcome.

TRASH TALK

PARKSHORE DRAWDOWN COMMITTEE

WOW, second half of the year is with us. Summer often includes picnics and pop, or as the rest of the world says, soda. For you non-native Minnesotans, we say pop. All cans, be they aluminum or steel, are recyclable.

How to recycle pop cans? Rinse them out and do NOT crush them. Keep the tabs on. We used to be told to crush them but that is no longer needed.

Canned goods cans: completely remove the lid and reinsert it into the can after rinsing out any remaining food, no need to crush. And remember Hennepin County accepts plastics with a 1, 2, or 5 on the bottom of the container. This is a rule that changes frequently so we will try to keep you up to date.

When you readers have ideas for this column, please address to

anneseltz@aol.com and thanks.

RETHINK REDUCE REUSE RECYCLE REMEMBER

SILVERCARE CONNECTIONS

CHERI BOOTH, RN

Summer Shoe Safety: Steps to Keep Your Feet Happy and Healthy

As summer approaches, it's important to choose the right footwear to keep your feet comfortable and safe. With rising temperatures, it's tempting to opt for flip-flops and sandals, but these choices might not provide the support and protection your feet need. Look for shoes with good arch support, cushioned soles, and a snug fit to prevent slips and falls. Closed-toe shoes can also offer better protection against outdoor hazards like sharp objects and uneven surfaces.

When selecting summer footwear, consider the activities you'll be engaging in. For leisurely walks or casual outings, breathable sneakers with non-slip soles are a great option. If you'll be spending time at the beach or pool, choose water shoes that offer both comfort and safety. Avoid walking barefoot on hot surfaces, as this can lead to burns or other injuries. Additionally, make sure your shoes are the correct size, as ill-fitting shoes can cause blisters, calluses and other foot problems.

Finally, don't forget to care for your feet and footwear. Keep your feet clean and dry to prevent fungal infections, and regularly check your shoes for signs of wear and tear. Replace worn-out shoes promptly to ensure they continue to provide adequate support. By taking these precautions, you can enjoy a safe and comfortable summer, keeping your feet healthy and happy throughout the season.

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> ♦ 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> ♦ 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> • 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> ♦ 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> ♦ 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:
<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> <ul style="list-style-type: none"> • Mondays & Fridays • 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> <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. * <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



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>	<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



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.

Send your email address to the Listmaster, Stuart Webb, at 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 Executive 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 and Steve	Wellness Coordinator - 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