



### Highlights of Parkshore and Parkwood

- Tues. Oct. 1, 10:30am New Resident Social (PR)
- Tues. Oct. 1, 11:00am Taylor Marie Fashion (Atrium)
- Wed. Oct. 2, 10:30am PW Resident Meeting (COM)
- Wed. Oct. 2, 1:00pm PS Resident Meeting (PR)
- Thur. Oct. 3, 4:00pm Octoberfest (PS Patio)
- Tues. Oct. 8, 2:30pm PLATO (PR)
- Wed. Oct. 9, 10:30am Lutheran Service (COM)
- Fri. Oct. 10, 2:30pm 10th Floor Party (PR)
- Thur. Oct. 10, History Theater Outing (See page 6)
- Mon. Oct. 14, 10:00am Barry the Jeweler (CR)
- Tues. Oct. 15, 3:00pm Birthday Party (Everyone is welcome) (COM)
- Wed. Oct. 16, 10:00am Medicare Discussion (PR)
- Wed. Oct. 16, 2:00pm Floor Rep Meeting (PR)
- Thur. Oct. 17 Russian Art Museum (See page 6)
- Mon. Oct. 21, 10:30am Pet Visit (COM)
- Tues. Oct. 22, 2:30pm PLATO (PR)
- Thur. Oct. 24, 3:00pm Wine and Cheese Happy Hour (PR)
- Fri. Oct. 25, New Ulm Day Trip (See page 6)
- Tues. Oct. 29, Samarkand Lunch Outing (See page 6)
- Wed. Oct. 30, 1:00pm Parkshore Classics Mozart Concert (PR)
- Wed. Oct. 30, 2:00pm Mount Olivet Service (COM)
- Thurs. Oct. 31, 2:30pm Halloween Happy Hour (COM)



# WELCOME, NEW RESIDENTS

## Welcome, New Residents

We look forward to getting to know you!

Please join us for a coffee social on Tuesday, October 1st at 10:30am

See you in the Parkshore Performance Room

803 Daniel & Susan E.

807 Jim H.

508 Irene L.

101 Marsha I.



5 Elaine E.

5 Rita L.

11 Gail C.

11 Carol T.

11 Jerry B.

11 Jean M.

11 Paul N.

13 Shirley D.

13 Joyce Y.

16 Mary I.

16 Arnie E.

17 Marge M.

18 Marsha S.

18 Michael A.

19 Bob S.

19 Sunny Z.

20 Martha J.

23 Sigrid H.

28 Tom W.

31 Bonnie S.

### 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

Congratulations to SilverCrest Star Award Winner Scott Hermann!

The **SilverAdvantage Star Award** recognizes employees who have demonstrated excellence by consistently portraying the Core Values of SilverAdvantage through **R.E.S.P.E.C.T.** Each SilverCrest property, from Maple Grove to Rochester, submits nominations of employees who represent these core values to our residents, families, and fellow staff members. Each nomination is reviewed by SilverCrest's Silver Advantage Committee, and annual winners are chosen.

**Scott Hermann**, Parkshore's Wellness Director, was nominated by his fellow staff members. Scott exemplifies **R.E.S.P.E.C.T.** Beyond mentoring his staff to use their talents to provide exceptional health and wellness services to our residents, he is attuned to the needs of the larger team across the entire spectrum of our services. That's **TEAMWORK!** His motto: *Be part of the solution to any problem, not part of the problem.*

How does he do that? When there is a need, he consistently sets aside his tasks or adds to his duties to address it. For example, he stepped in as the Assistant Director of Operations at a critical time when the maintenance department was overwhelmed with work and short on staff. He also supported housekeeping to ensure the Club always sparkles, and he even studied for and attained certification in pool maintenance. Scott partnered with marketing to design the Wall of Honor, a display that pays tribute to the veterans in our community. With military precision, he arranged and installed the photos of our residents and their spouses as young servicemen and women.

Did we mention his enthusiasm and energy for music? Scott enriches lives as the lead guitarist in community sing-alongs, performing in a combo with wellness staff on instrumentals and our Executive Director, a former stage actor, on vocals. He also brings his songwriting and video-making talents to honor departing staff members who have made a lasting impact on our community. To date, Scott has written at least five original songs and created three videos/photo galleries, much to the delight of the retirees, giving them memorable and well-deserved send-offs.

Because of his many contributions—these being just a few examples—we proudly nominated Scott Hermann for the **SilverAdvantage Star Award**.

**Congratulations, Scott!** Well deserved!

William Huseonica, ED



# THE CLUB

SCOTT HERMANN, DIRECTOR OF WELLNESS

It's a common notion to think that falls only happen to older or frail adults but falls happen to everyone at any age. Interestingly, fall prevention is the same for everyone. Do things that decrease your risk of falling. Simple things like decluttering your home, using night lights, regular eye check-ups and regular exercise will decrease your risk of falling. Sometimes you may not want to get rid of them but throw rugs are one of the most common culprits for causing trips or falls.

It may take more of a commitment but maintaining your physical abilities is, perhaps, the single most effective way to decrease your fall risk. I said that it takes commitment, but that doesn't necessarily mean that it will take hours of your time. In fact, in as little as three minutes, you can decrease your fall risk by about 20%. Weak quadriceps muscles are responsible for about 20% of falls for seniors and it only takes about three minutes 3-4 times a week to sufficiently exercise our legs.

The best exercise for the quadriceps is the **sit-to-stand exercise**. Like the title suggests, all you do is stand up from a chair and then sit back down. Do about ten of them, rest for a few minutes and then repeat another ten repetitions. It can easily be completed during a commercial break while watching your favorite program. If ten is too many, start with five with the goal of reaching ten reps. But exercising your entire body will give you more bang for your buck. Try our exercise classes, come to the Club or if you need more guidance, try our personal training program. We will strengthen more than just your legs and improve your overall fitness.

## SILVER ADVANTAGE LETTER OF THE MONTH

SCOTT HERMANN

Greetings Parkshore Residents! The SilverAdvantage 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 most common phrases that I hear at Parkshore is that "The community is so great!" It's not just a phrase, Parkshore is a great community. I've worked at many senior living communities and Parkshore still stands out as the best place to live or work.

One of the things that makes Parkshore stand out is the dedicated staff and resident volunteers. We have so many volunteers that we struggle to get them into the performance room for Volunteer Appreciation Day. Our volunteers, residents, and staff care about our community. With so many people who care, it's not hard to see why Parkshore excels with a thriving community. Continue to care for one another in your community. That's what creates a home-like atmosphere.



# WELCOME NEW RESIDENTS

TINA MONSOUR, DIRECTOR OF RESIDENT SERVICES



## Driver improvement courses for seniors.

AAA's **RoadWise** driver course for seniors can help you keep your skills fresh, get the most out of your vehicle and receive an insurance discount.

Call (952) 927-2602 to register!

AAA Minneapolis – 5400 Auto Club Way, St. Louis Park

Monday, September 23<sup>rd</sup> 5:00-9:00pm  
Tuesday, September 24<sup>th</sup> 12:00-4:00pm  
Friday, September 27<sup>th</sup> 9:00am-1:00pm  
Tuesday, October 1<sup>st</sup> 12:00-4:00pm  
Thursday, October 3<sup>rd</sup> 9:00am-1:00pm  
Tuesday, October 8<sup>th</sup> 9:00am-1:00pm  
Monday, October 14<sup>th</sup> 12:00-4:00pm  
Thursday, October 17<sup>th</sup> 9:00am-1:00pm  
Tuesday, October 22<sup>nd</sup> 12:00-4:00pm

Additional 4-hour refresher classes available.  
Class dates and times may be subject to change.



AAA.com/SeniorDriving | (952) 927-2602

We are glad you made the choice to move to our community! You will have many opportunities to become familiar with Parkshore or Parkwood and all we have to offer.

First, and most importantly, I would like to meet with you and show you the safety features in your apartment, explain how to operate your appliances and give you some basic information on the community.

A floor host will also contact you to invite you to dinner and show you some tips and tricks. Programming also offers a new resident social each month. Check the program calendar for exact days and times.

Please call me at your earliest convenience to set up a day and time for us to meet in your apartment. You may not be completely settled in, but it is important you have some information early on.

I look forward to meeting you!

-Tina

## Medicare Informational Discussion

**October 6th at 10am in the Performance room**

Attend this free seminar, hosted by Jasmina Galijasevic to learn about the upcoming changes to Medicare and how those changes will affect residents.

# PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

Date of	Time of	Return	Event & Location	Cost	Sign Up
Thur. 10/10	4pm	10pm	History Theater "Behind the Sun" And Dinner at Cosetta's	\$30 Please bring money for dinner	10/3
Thur. 10/17	12:30pm	3:30pm	Russian Art Museum	\$14 at the door	10/3
Fri. 10/11	1:30pm	3:30pm	Arboretum Scenic Drive	Free	10/3
Fri. 10/25	10:30am	5:30pm	New Ulm Day Trip Schell's Brewery Tour and Lunch at Kaiserhoff	Please bring \$10 for the tour and money for lunch	10/3
Tues. 10/29	11:30am	2pm	Samarkand Restaurant Russian and Uzbekistan Foods	\$\$	10/3

## New Ulm Day Trip

Schell's Brewery and Lunch Friday,  
October 25th

Join us for lunch in a historic building originally built in 1837 as Arbeiter Hall, later renamed Union Hall. After World War I, it was used as a service station. Between the 1940s and 1980s, the building served various purposes but eventually opened as a German bar known for its great food and drinks.

After lunch, we will head to Schell's Brewery for a behind-the-scenes tour. We'll walk through the brew houses, production areas, bottling, canning, and kegging sections, explore the historic beer caves, and visit the original taproom.

## Mount Olivet Lutheran Church Service

Oct. 30th 2pm in the Community Room.

## History Theater "Behind the Sun" and dinner at Cosetta's

*Behind the Sun-*

By Stanley Kipper and Laura Drake

Before heading to the history theater we will have dinner at Cosetta's an Italian eatery. Based on the lives of playwright Stan Kipper's family, experience a story of community, family, and the lengths some went to in pursuit of the American Dream.

## Octoberfest

October 3rd at 4pm  
Parkshore Patio

Put on your best lederhosen and dirndls. It's time to celebrate Octoberfest at Parkshore. We'll have delicious German treats, a variety of beverages, live polka music.



# PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

## PLATO

### Parkshore Learning And Teaching Organization

Gail Coffler, organizer/ moderator

**Tuesday, Oct. 8**

2:30-4pm Performance Room

Presenter: Carol Rudie: TMORA

"The Museum of Russian (and Ukrainian) Art, The History of Russian Art"

**Tuesday, Oct. 22**

2:30-4pm Performance Room

Presenter: Karen Knowlton

Topic Mozart's "Requiem"

## Talk Cinema

Friday, October 4:30pm COM

Mom and Dad's Nipple Factory

After his wife, Randi, survives breast cancer and a mastectomy, serial entrepreneur and tinkerer Brian Johnson embarks on a mission to build the perfect prosthetic nipple and help her feel complete. From a bedroom in Eau Claire, Wis., the couple launches a nipple prosthetic business that has the power to change thousands of lives.

## AAUW

Monday, Oct. 21st

Can one neighborhood beat out the city of Minneapolis? Find out...

The City of Minneapolis plans to demolish the Roof Depot Warehouse in the East Phillips neighborhood. The neighborhood had hoped to redevelop it into an urban farm. After battling for 16 years and securing a \$6 million grant, the community has built an energy-free, hydroponic indoor garden. You are invited to hear the executive director of this architecturally significant, energy-free "miracle" discuss how it was achieved and why it is significant.

## Art Connections

A one-session art/craft activity guided by Carolyn Papke - or - Bring your own project to work on. Enjoy camaraderie among beginner-to-skilled art-makers. All are welcome. We hope you'll give it a try. Oct. 14th & 28th, 3:30pm CR.

## Advanced Funeral Planning

October 18th 10:30am

Performance room stage side

Pre-planning is determining the details of your funeral and cemetery services in advance.

To some, this may sound like a difficult conversation. But putting a plan in place is actually a smart and caring thing to do. With a plan, you'll reduce stress for grieving loved ones - and simply let them honor and celebrate your life, knowing things are happening just as you wanted. All your wishes. All with ease.

## Halloween Celebrations

Wine and Cheese Happy Hour-  
Thursday, October 24th at 3pm in the  
Performance Room

Piano Recital- Saturday, October 26th  
2pm in the Community Room

Halloween Happy Hour with Special  
Guest- Thursday, October 31st in the  
Community Room

# PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

## Hygiene Kit Drive

We are partnering with Mennonite Central Committee, a global non-profit, to build hygiene kits for people in need around the world. This is the non-profit that receives the quilts our quilt tying group make. They also distribute hygiene kits to areas in need to families that have fled their home because of disasters or war, they also go to schools or orphanages to encourage healthy habits for children.

How to get involved throughout this project.....

- 1) Sew simple bags:** We need residents to help sew bags. If you are a sewer and have a sewing machine please join us on **October 21st at 2pm in the Card Room.**
- 2) Donating:** In November we will host a donation drive within our community and surrounding businesses. We are collecting tooth brushes, bars of soap, nail clippers, hand towels, wide-toothed combs. All donations must be unused.
- 3) Put it together:** At the end of November, we will have a helping hands group take what has been donated and put the hygiene kits together.

# Mozart Festival

Join us for a series of events celebrating the life and music of the great composer, Wolfgang Amadeus Mozart!



## **Tuesday, October 22nd at 2:30 PM | Performance Room**

Lecture on Mozart's Requiem  
Presented by Karen Knowlton

## **Monday, October 28th at 1:30 PM | Community Room**

Film Screening: *"Amadeus"*  
Enjoy the Academy Award-winning film about Mozart's life

## **Wednesday, October 30th at 1:00 PM | Performance Room**

A beautiful performance of Mozart duets and trios for clarinet, piano & cello.  
Performers: Jan Dees, Mary Keithahn, Karen Knowlton, Jane Plumhoff,  
and guest Libby Aurand



# WELCOME DESTINEE FLORES

## OUR NEW REFLECTIONS DIRECTOR

Hello Everyone,  
I am 27 years old and from Iowa. I have 4 kids—3 boys and 1 girl. My boys are 7, 6, and 3, and my daughter is 2 months old. I have 2 dogs, Jazzy and Rocky. I have previously worked as an Executive Director and Assistant Executive Director, and before that, as a Resident Assistant, Home Health Aide, and Certified Nursing Assistant for about 6 years. In my free time, I enjoy spending time with my family, going to the park, eating out, and having family game nights. My favorite foods are candy, chicken wings, and Mexican food. I look forward to meeting the Parkshore



## SILVERCARE CONNECTIONS

CHERI BOOTH, RN

### **Polypharmacy- Too much of a good thing?**

As the nation's first home care company, Interim HealthCare® is committed to helping individuals live safely and independently at home. Our Personal Care and Support Services (PCSS) provide an extra layer of support to seniors at home, so they can enjoy life without the concern of getting hurt. Our home-care aides can assist with all sorts of activities, including: bathing, dressing, grooming, meal preparation, light housekeeping, transportation and companionship.

Polypharmacy means that someone is using too many multiple prescriptions or over the counter drugs to treat a symptom. One of the major concerns associated with polypharmacy in seniors is the increased risk of adverse health outcomes, including falls, cognitive impairment, and hospitalizations. Older adults are more susceptible to the side effects of medications due to reduced kidney and liver function, which can affect how drugs are processed in the body. Medications that affect the central nervous system, such as sedatives or anticholinergics, are especially risky for older adults as they can contribute to confusion, dizziness, and increased fall risk. Moreover, drug-drug interactions can result in unexpected side effects or diminished effectiveness of treatment, complicating disease management.

Addressing polypharmacy requires careful medication review and management by healthcare professionals. Strategies such as "deprescribing," where unnecessary or harmful medications are discontinued, can help reduce the risk of adverse outcomes. Regular medication reconciliation and consultations with healthcare providers are essential to ensure that seniors are on the safest and most effective treatment plan possible. Collaboration between healthcare teams, patients, and caregivers is crucial to optimizing medication use and enhancing the quality of life for older adults. Talk with your nurse or your doctor about your prescriptions each time you see them to stay on top of this possible problem!

# COMMUNITY UPDATES

## Heating and Cooling Update

We're happy to inform you that the boilers for both buildings are up and running, and residents can now turn on their heat. Maintenance has set the warm weather shut-off to 65°F, meaning the heat will activate whenever the outside temperature drops below this level.

As we enter this transitional time of year, managing heating and cooling in your apartment may require some adjustment. You may find it helpful to switch to air conditioning during the day and heating at night. Please make sure your fan is set to auto on your thermostat. If you have any questions or concerns about your apartment's temperature, please stop by the front desk to submit a work order, and our team will be happy to assist you.



## Get Ready for End-of-Year Festivities Without the Stress of Cleaning!

Skip the hassle of cleaning your apartment and let **Parkshore Housekeepers** lend a hand! Whether you need regular cleaning or a one-time spruce-up before company arrives, our housekeeping team is here to help. Contact Olivia to schedule a cleaning and discuss your needs. She will explain the services offered and work with you to focus on your primary cleaning goals.

From light touch-ups to deep cleaning—like scrubbing your stove, washing your sheets, vacuuming, and more—there's a service for everyone!

For a detailed list of services and pricing, stop by the front desk.  
Contact Olivia: 952-848-5805.

Everyone has thoroughly enjoyed the beauty and bounty from the garden beds. We appreciate all of the time and tender care that you put into your flourishing plants. As the temperatures are getting colder it will be time to say farewell until next spring. Please, it is important that you **clear out your garden plot by Sunday, October 13th** Thank you!



# TRASH TALK

PARKSHORE DRAWDOWN COMMITTEE



## RECYCLE RESPONSIBLY

Fall is here. When seasons change in Minnesota, the mood to start another year emerges. Time to purge. Though we really thought we'd downsized well prior to our move and while our rummage sale helped, some of us still have more than we need. There are many places to donate clothing and household items. For the non-drivers, maybe there is a driver on your floor who could help tote your items.

We preach REDUCE, REUSE, RECYCLE and REMEMBER. I'm adding REMIND: REMIND yourself of those hard-to-read numbers on plastic containers. Each number is in a triangle and Waste Management, our trash vendor, accepts the numbers: 1 2 5. Please REMIND yourself those are the ONLY acceptable numbers for recycling.

Another REMINDER: put used light bulbs and batteries in the blue tubs in our garage entrance.

Hope the thought of recycling ORGANICS is still brewing. Those who were trained in September are beginning their journey. We'll train more as the interest grows.

REDUCE          REUSE          RECYCLE          REMEMBER          AND          REMIND

# TWO TRUTHS AND A LIE

TYLER VESPA

Maintenance tech, Tyler says:

1. I am newly engaged
2. I am from Minnesota
3. I have an art degree

One of the statements above is a lie. Can you guess which it is? Circle which statement is a lie and turn it into the front desk to be entered into a drawing for 10 Bistro Bucks at next month's resident meeting.



# 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](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 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
Destinee Flores	Director of Reflections	DFlores@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
Joseph Crawford	Dining Services Dir. & Catering	JCrawford@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	Beauty Shop		952-848-5807