



### Highlights of Parkshore and Parkwood

- Mon. Nov. 4, 2:30pm Harp Performance with Mary K. (COM)
- Tues. Nov. 5, 2:00pm Ping Pong Tournament (PR)
- Wed. Nov. 6, 10:30am PW Resident Meeting (COM)
- Wed. Nov. 6, 1:00pm PS Resident Meeting (PR)
- Thurs. Nov. 7, 10:30am New Resident Social (PR)
- Tues. Nov. 7, 3:00pm Birthday Party (Everyone is welcome) (COM)
- Sat. Nov. 9, 11am-2pm Fall Market (PS)
- Mon. Nov. 11, 2:30pm Civil War Presentation (PR)
- Tues. Nov. 12, 2:30pm PLATO (PR)
- Wed. Nov. 13, 10:30am Lutheran Service (COM)
- Wed. Nov. 13, 1:30pm Parkinson's Support Group (CR)
- Fri. Nov. 14, 2:30pm 11th Floor Party (PR)
- Fri. Nov. 15, 1:00pm Rhythmic Feet Performance (COM)
- Mon. Nov. 18, 2:30pm Off the Beaten Path with Mike (PR)
- Wed. Nov. 20, 10:30am Cardio Drumming (COM)
- Wed. Nov. 20, 2:00pm Floor Rep Meeting (PR)
- Mon. Nov. 25, 2:30pm Wellness Wonderland Kickoff (PR)
- Tues. Nov. 26th 11am-2pm Card Cutters Holiday Card Sale
- Tues. Nov. 26, 2:30pm PLATO (PR)
- Wed. Nov. 27, 2:30pm Minnesota Zoo Presentation: Native Animals (COM)
- Nov. 30, 2pm Piano Recital (PR)



# WELCOME, NEW RESIDENTS

## Welcome, New Residents

We look forward to getting to know you!

Please join us for a coffee social on Thursday, November 7 at 10:30am

See you in the Parkshore Performance Room

1307 Lyla Jo S.

505 Janet I.

316 Marie O.

101 Marsha I.

228 Milicent L.



1 Arlene F.

2 Margaret W.

4 Gary R.

4 Shirley G.

5 David C.

6 Mary K.

6 Sandra W.

7 Dee R.

16 Wayne U.

17 Jeanette H.

17 Julie B.

19 Nila V.

19 Deb F.

21 Stewart L.

22 Marilyn S.

23 Patty S.

24 Tara K.

24 John R.

25 Hugh S.

25 Joan L.

26 Carolyn E.

27 Bob H.

28 Mie N.

28 Margaret Y.

30 Barb W.

30 Nancy H.

### 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 front desk 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 we enter November, it offers us a moment to pause and reflect on the many blessings we've received. Eckhart Tolle, author and spiritualist, reminds us that "Acknowledging the good that you already have in your life is the foundation for all abundance." I hold this sentiment close to heart, making it a habit to never take for granted the goodness within each of you and the joy I've received during my 25 years working with seniors.

From our maintenance and housekeeping teams to dining, wellness, programming, administrative staff, and our nursing team, I am truly blessed to work alongside such caring individuals. Parkshore is fortunate to have staff members who consistently prioritize the care, comfort, and happiness of each resident. The inspiration I draw from all of you each day challenges me to grow and strive to be the best administrator I can be.

With the month of November comes exciting progress as we prepare to see the first signs of new windows being installed in our 13-story building. While this brings new opportunities, it also comes with its share of challenges. Our team is diligently preparing to make this phase of the project as smooth as possible, and we ask for your patience during this time. As soon as we receive a firm schedule from Steven's Construction, we will notify residents in advance about when their windows will be worked on. At this stage, we can share that the residents who have already undergone block and tuckpointing work will be first in line for new windows.

In closing, I leave you with these words from Ralph Marston: "If you truly appreciate life, you'll find that you have more of it." I send my blessings to everyone this Thanksgiving and holiday season. May you experience an abundance of love, health, and joy.

-William



# THE CLUB

SCOTT HERMANN, DIRECTOR OF WELLNESS

Would you consider yourself a risk taker? Is it riskier to hang glide or canoe? How about bungee jumping or base jumping? Is it more dangerous to be next to a cow or shark? Of the previous list, the most dangerous activity is base jumping (by a longshot). For those who don't know what that is, it's when you jump off a building or cliff with a parachute. Your odds of not surviving that brief excitement are about 1 in 60. So, if you have completed 59 successful base jumps, you might want to reconsider making just one more jump.

As dangerous an activity as that is, you are probably taking a greater risk right now. Sitting is one of the riskiest activities for humans. Prolonged sitting has now edged its way to the same health risk as obesity and smoking. Good old-fashioned manual labor jobs have been replaced by desk and stay-at-home jobs creating less physical activity during the day. Recent research has determined that exercising 30-60 minutes a day three days a week isn't enough to overcome the negative side effects of sitting. The suggested remedy is to include standing or walking breaks for about 5-10 minutes every couple of hours. Just getting on your feet does wonders for your heart and lungs.

Set a timer, use your phone, mark it on your calendar, do whatever you need to do to get yourself to stand for several minutes every couple of hours. The hardest part of that challenge is consistency.

To put it into perspective, the odds of dying from cardiovascular disease are about 1 in 7. Suddenly, swimming with sharks doesn't look so bad yet I still fear that more than sitting down. I guess I sit every day and that's why I don't fear it. By the way, sharks are known to kill only about 4 people per year while cows kill hundreds. Sitting is dangerous? Really? It's always the thing you would least expect.

## **Wellness Wonderland Holiday Challenge will Kick off November 25, 2:30 in PR**

Join us! This 6-week community challenge is designed to help keep us focused on the multifaceted aspects of health and wellness during the holidays. Holiday fun mixed in. Stay Tuned!!



# SILVER ADVANTAGE LETTER OF THE MONTH

SCOTT HERMANN

Greetings Parkshore Residents! The SilverAdvantage letter of the month for November 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.

In any business, teamwork is a reflection of management. Nobody is perfect and likewise, no business is perfect. As a consumer, what you can look for while evaluating a business is the amount of teamwork you see. Strong leaders will inspire their staff to be their best. It's never about forcing them to work overtime or by making a policy such as "I work in every department". It's about leading by example. Our staff serves you better when they work as a team, and they see that by watching our leadership volunteer their support to help others succeed. That is a common philosophy that I have witnessed not only in our leadership at Parkshore but in our corporate team as well.

Great teamwork gives us the opportunity to serve more consistently, and it really creates a more enjoyable place to work. But Parkshore isn't just a place for people to work, it's your home and we want it to feel that way every day.



# SCOOTER/ELECTRIC WHEELCHAIR SAFETY

TINA MONSOUR, DIRECTOR OF RESIDENT SERVICES

As we move freely around the campus, it 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, corners are not damaged. Per the St. Louis Park Fire Marshal scooters/wheelchairs are not allowed to be stored in the hallways.

**No charging of any lithium-ion products in any hallways.**

Please reach out to me if you would like an Occupational Therapist resource to work with you, and to ensure you are safely navigating a scooter or electric wheelchair.



## HOLIDAY GIFT FUND

ADMINISTRATIVE SERVICES

November usually kickstarts the upcoming holiday season and we wanted to express our appreciation to all residents for their past and continued generosity in making the Resident-led Parkshore Holiday Gift fund a success.

This is a long-standing annual tradition since SilverCrest policy does not permit employees to accept tips at the time services are rendered, This is our only chance for interested residents to show their appreciation to the employees.

The decked-out boxes will be at each front desk starting November 22nd and continuing through December 13th. Gift cards from your giving will be distributed to the employees at the employee holiday party.

Year after year, we are amazed by your voluntary contributions, which bring joy and festive cheer to our fellow employees during the holiday season and we thank you.

A formal memo with additional details will be circulated separately.

# PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

Date of	Time of	Return	Event & Location	Cost	Sign Up
11/13	11:30am	3:00pm	American-Swedish Institute	\$10 Admission Money for Lunch	11/7
11/19	1:30pm	3:30pm	Arboretum Scenic Drive	Free	11/7
11/22	1pm	3:30pm	Mill City Museum	\$12 Admission	11/7
11/27	9am	12pm	Feed My Starving Children	Free	11/7
11/16	1pm	4pm	History Theater Play <i>I am Betty</i>	\$40 Room Charge	11/7

## PLATO

Parkshore Learning And Teaching Organization

Gail Coffler, organizer/ moderator

**Tuesday, Nov. 12**

Presenter: Carol Rudie: TMORA

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

2:30-4pm Performance Room

### Special Event November 19

Join us for a special viewing of a prize-winning performance from Beethoven's Piano Competition, featuring the Cleveland Orchestra

2:30-4pm Performance Room

**Tuesday, Nov. 26**

Evren Ozel, piano

Presenter: Karen Knowlton

A special live performance by Minneapolis native pianist Evren Ozel, the second prize winner of the Cleveland International Piano Competition. Join us for an afternoon to feature works by Beethoven, Debussy, Bartók, and Schumann.

2:30-4pm Performance Room



Mark your calendars for the annual **holiday card sale** on Tuesday, November 26th, from

11am—2pm in the Apartments Lobby. Cards are 50 cents each while supplies last, so plan to shop early!

All proceeds go towards the library fund.

### Bus Schedule

The shuttle bus will not be available on November 5th– 8th

November 28th

November 29th

Dot will be using PTO. We are looking to hire another part time driver to fill in when Dot is not available.

We are looking for volunteers to help sew simple bags for an upcoming Hygiene Kit fundraiser. If you are interested in contributing your sewing skills to this important cause, please reach out to the Programming team. Your help is greatly appreciated.

# PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

## Cardio Drumming

November 20th at 10:00 AM in the Community Room

We're introducing a new program this November—Cardio Drumming! A fun and energetic class combines cardio exercise, rhythmic drumming, and hand-eye coordination to get you moving. Whether you're looking to try something different or just enjoy a great workout, this session is sure to be a hit – Ha. Ha. We promise not to make jokes like that the entire program.

Depending on how the first session is received, we will be making this a regular program. So, grab a friend and join us to try something new!

## Feed my Starving Children Outing

November 25th 9am-12pm

As the season of giving approaches, it's a wonderful time to come together and make a difference. Join us as we extend our kindness beyond the Parkshore community by volunteering at Feed My Starving Children on November 25th to help pack meals for those in need across the globe. If you'd like to be part of this meaningful experience, please sign up in the Parkshore Library or at the Parkwood Front Desk starting on November 7th.

## Book Forum and Live Entertainment

November 21st 1pm

Join us for an afternoon celebrating the writing talents of our residents! Parkshore's first Book Forum will feature presentations from residents who have published or written books. This is a great opportunity to learn more about your neighbors, hear brief overviews of their works, and engage in a Q&A session. After the forum, enjoy live entertainment from the Licorice Six Clarinet Choir. A special thank you to Marketing for organizing this event.

For our poets: Don't worry, we're planning a special poetry event this spring just for you!

## Election Watch Party

Join us for an Election Watch Party in the Community Room on November 5th at 6:00 PM. This gathering is open to all residents. **A Note on Respect:** Parkshore does not support or endorse any political party. We hope to provide a safe and welcoming environment for all residents. Please remember to be respectful of everyone's opinions and perspectives as we watch the 2024 election.

## Happy Thanksgiving

I am so grateful for the wonderful community we have here at Parkshore. Our programs wouldn't be possible without the incredible willingness of our residents to get involved and participate. Kavina and I truly appreciate resident, family, and staff support. Thank you for always being open to trying our sometimes crazy ideas and for making Parkshore such a special place to live and work.

-Katrina



## RESIDENT SPOTLIGHT BY HOLLY DOWDS



You might already recognize Ruthie and Michael Schneider from the Uzbekistan travel talk or from Friday night sing-along guitar music. They moved here right after the end of COVID, from their home across the street from Jones-Harrison Senior Living. Sadly, Ruthie recently and unexpectedly died.

Michael is from Detroit and got his undergrad education at Ann Arbor, Michigan. His mathematics major included, by necessity, a lot of computer usage. He recalls the old days of using punch cards in the process of computer programming. Meanwhile Ruthie was born in Racine, Wisconsin, and went to the University at Madison to earn her B.A. in education. By then, Michael had moved to Madison for his Ph. D. program. As a teaching assistant, he met Ruthie in one of his classes. He was immediately inter-

ested but was prohibited by rules from dating her.

They got together as soon as the class was done and were together ever after. During their first eight years he was a junior assistant professor at Madison. For the remaining thirty years he was a full professor at Macalester College. There, he "loved my students, knew their families ... and my students loved learning." One of Michael and Ruthie's favorite activities was travel. Their son and daughter gave them an unusual gift: a huge wall map of the world with marks at every place they had visited. It shows 107 different cities! The only areas they have not toured are Russia and Antarctica.

During those years Ruthie designed and needle-pointed six beautiful dining-room chair seats. She won a blue ribbon for Michael's needlepointed yarmulke where every color has a meaningful representation. Later at Parkwood, Ruthie enjoyed balloon volleyball, walks, and chair yoga. Michael praises the staff there as "wonderful: caring and patient." At Parkshore Michael enjoys the men's club, paths, amphitheater, playing guitar and hanging out on the patio. He stays in touch with his Macalester friends by using his Professor Emeritus status at their gym and dining hall.

Michael recalls studying possible senior residences, making a mathematical chart with ratings for every aspect. Before even completing that analysis, he threw open his arms concluding "Forget the numbers. It's obviously Parkshore!"



# SILVERCARE CONNECTIONS

CHERI BOOTH, RN

## Something is Afoot!:

### Understanding Plantar Fasciitis in Seniors and How to Manage It

Plantar fasciitis is a common condition among seniors that causes pain and inflammation in the heel and foot. As we age, the padding under our feet becomes thinner, and the wear and tear on the plantar fascia—a ligament connecting the heel bone to the toes—can lead to chronic discomfort. Seniors with this condition often experience sharp, stabbing pain, especially during their first steps in the morning or after prolonged periods of sitting or standing.

Managing plantar fasciitis in seniors requires a combination of preventative measures and treatment options. Wearing supportive shoes with proper arch support, stretching the calf and foot muscles, and using orthotic inserts can help alleviate the strain on the plantar fascia. Ice therapy and over-the-counter anti-inflammatory medications may also provide relief from pain and swelling. In some cases, physical therapy can assist in strengthening the muscles around the foot to prevent further strain.

For seniors, it's important to address plantar fasciitis early to avoid complications that could limit mobility and independence. Caregivers and healthcare professionals should encourage regular checkups to assess foot health, especially for those with conditions like diabetes, which can exacerbate foot problems. Proper care and attention to foot health can significantly improve the quality of life for seniors dealing with plantar fasciitis.

## TRASH TALK

Almost Thanksgiving time. Not only food time and time for gratitude but CATALOG season. Seems each of us is being remembered by every U.S. business that publishes a catalog. Many of us remove them from our mailbox and deposit them immediately in the large wastebasket near the mailboxes. But some of us love to read through catalogs just to keep up with what's available. REMEMBER to recycle all catalogs and magazines along with your other paper products.

Not all paper products are to be recycled including used Kleenex, paper towels and napkins. For residents who are collecting organics, those items can join your collection. Otherwise, they go into garbage.

The DrawDown Committee is thankful for the Parkshore residents who are recycling responsibly because, even though it seems a small act to offset climate change, and even though it can be confusing at times, every act helps this planet

REDUCE

REUSE

RECYCLE

REMEMBER

RETHINK

# Honoring Veterans Day

Join us as we honor a significant chapter of our history with a lecture on *Minnesotans in the Civil War* on **November 11th at 2:30 pm in the Performance Room.**

## Are You a Veteran?

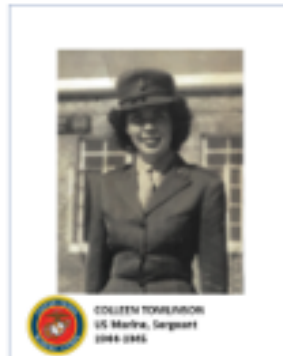
We would like to acknowledge  
you on our  
**WALL OF HONOR!**

All we need you to do is provide us a photo of you  
(or your veteran spouse if they are deceased) with:

Full name  
Branch of Service  
Rank  
Years of Service

**We'll take it from there!**

Drop off at the reception desk for Doreen



# COMMUNITY UPDATES

## Fall Market

November 9th 10AM– 1PM on the ground floor of Parkshore



We are excited to welcome over 30 vendors to our Fall Market this year! The market will feature a wide variety of items, including: baked goods, handmade jewelry, bath products, homemade sauces, woodwork, original paintings, clothing, and much more. It's the perfect opportunity to get a head start on your holiday shopping, all from the comfort of home.

Feel free to invite your family and close friends to join in the fun!

## Save the Date Annual Wassail Party

December 14th, 2024.

Enjoy an afternoon of food, drinks, caroling, and possibly a visit from Santa.

## Quick Reminder

This time of year we often have a lot of freezing and thawing outside. Please be mindful of the sidewalks and driveway being slippery. The Parkshore team will be working together to keep our community clear of ice and safe throughout the winter. If you notice an icy spot please stop at the reception desk to let us know.



# 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