



Highlights of Parkshore and Parkwood

- Tues. Dec. 3, 11am Taylor Marie Fashion Show (PR)
- Wed. Dec. 4, 10:30am PW Resident Meeting (COM)
- Wed. Dec. 4, 1:00pm PS Resident Meeting (PR)
- Thur. Dec. 5, 6:30pm Violin Duet (PR)
- Fri. Dec. 6, 2:30pm 12th Floor Party (PR)
- Tues. Dec. 10, 10:30am New Resident Social (PR)
- Tues. Dec. 10, 2:30pm PLATO (PR)
- Wed. Dec. 11, 10:30am Lutheran Service (COM)
- Wed. Dec. 11, 1:30pm-3:30pm Resident Art Show (PR)
- Wed. Dec. 11, 1:30pm Tree-Oh Sing Along (COM)
- Thur. Dec. 12, 2:30pm 13th Floor Party (PR)
- Fri. Dec. 13, 2:00pm Healthy Holiday Sampler (PR)
- Sat. Dec. 14, 2-4pm Wassail Party (PS Ground Floor)
- Mon. Dec. 16, 1:00pm Edina Choral Carolers (PR)
- Tues. Dec. 17, 2:30pm Archaeology of Egypt (PR)
- Wed. Dec. 18, 3:00pm Birthday Party (Everyone is welcome) (COM)
- Wed. Dec. 18, 1:30pm Parkinson's Support Group (CR)
- Wed. Dec. 18, 2:00pm Floor Rep Meeting (PR)
- Mon. Dec. 23, Flower Arranging (COM)
- Tues. Dec. 31, 3pm New Years Eve Happy Hour (PR)



WELCOME, NEW RESIDENTS

Welcome, New Residents

We look forward to getting to know you!

Please join us for a coffee social on Tuesday December 10 at 10:30am
See you in the Parkshore Performance Room

701 Gary & Kathleen M.

901 Paula & Terry M.

614 John & Elizabeth V.

211 Rachael F.

1 Demos H.

1 Francis S.

1 Sharon K.

5 Tom T.

5 Joni B.

8 Neil P.

9 Susan S.

9 Judie M.

9 Pam B.

11 Susan E.

11 Mary K.

14 Harding H.

14 Joyce T.

15 Lecia V.

16 John H.

16 Robyn A.

18 Muriel J.

19 Fay C.

20 Mel B.

22 Bruce H.

22 Laura F.

24 Joan V.

24 Ann O.

27 Bruce B.

29 Robert D.



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

Happy holidays to everyone! Our building is home to a wonderfully diverse mix of religions and cultures, and I am thrilled that we can all come together to celebrate during this special time of year.

As we approach December, we are preparing for some new we will call them learning opportunities, with the continuation of the window replacement project on the high rise. Starting on December 2nd, the construction will move into our building. To keep everyone informed, residents will receive a two-week notice before their windows are replaced. This timeframe accounts for the potential flexibility required due to weather conditions or unforeseen construction delays.

The replacement process for apartment windows is expected to be completed within one day as the crew become familiar with the replacement process. However, if you live in a corner apartment, your window replacement may take longer due to the increased number of windows in those units.

In preparation for this work, a Parkshore staff member will visit your apartment before the replacement date to move heavier items away from your windows and any pictures or decorations. We ask for your assistance with preemptively moving smaller more manageable items. Prior to your scheduled window replacement, the Parkshore team will assist in moving large items at least six feet away from the windows. Rest assured, any shelves or items securely bolted to the wall can remain in place.

During the replacement process, residents will be assigned a guest suite to stay in temporarily. Residents can not access to their apartments during window replacement for any reason. Once the work is completed, you will be notified when it is safe to return to your home. In the following days another Parkshore team will reposition your belongings as closely as possible to their original placement based on the photos taken earlier. Please note that this step may not occur on the same day as the window replacement.

We appreciate your patience and understanding as we navigate this exciting transition. Your feedback is invaluable, and we would like this process to be as smooth and seamless as possible for everyone involved.

-William



THE CLUB

SCOTT HERMANN, DIRECTOR OF WELLNESS

Greetings Parkshore residents! I hope that you had a wonderful Thanksgiving and now it's time to prepare for the upcoming holiday season. Yay! Or maybe not yay? It depends on how you view that process.

At the club, we are helping you prepare by presenting you with some better options to combat the negative effects of holiday fun. I'm specifically talking about the super extra happy fun weight that we accumulate over the next four weeks.

Our goal for our Wellness Wonderland Challenge is to limit the weight we gained during the holidays (Thanksgiving through New Year's) to only 2 pounds or less. During the six weeks of this challenge, participants will receive healthy eating and physical activity tips that should keep you from needing a new pair of pants for Christmas. Rather than just eliminating your favorite treats, the key is to think about making better food choices while increasing your physical activity.

If you missed our kickoff event and still wish to join in the fun, please contact one of us at the club. It's never too late to improve one's health.

Also, don't miss the Wellness Wonderland Tree-Oh play on Wednesday, December 11th at 1:30 pm in the Parkwood Community room. Scott, Jane and Steve (and perhaps a special guest) will lead you through a singalong of several popular Christmas songs.

Additional news:

We greatly appreciate serving you and this is the time of year for giving. I just want to remind you that our staff cannot accept gifts or money for our services. Instead, please donate to our employee fund, see below. Check with the front desk to donate. Those donations are greatly appreciated and really add to the enjoyment of working here.

HOLIDAY GIFT FUND

ADMINISTRATIVE SERVICES

We are wrapping up collections for contributions to the gift fund on December 13th and again we want 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.

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.

HOLIDAY DECORATING

TINA MONSOUR, DIRECTOR OF RESIDENT SERVICES

Greetings,

Decorations for the community will be going up soon. Our goal is to have it looking festive before our family and friends gather for the Wassail party on December 14th.

You may also be decorating your apartment home. Please remember per the St. Louis Park Fire Marshal, no live Christmas trees or wreaths are allowed within your apartment. Artificial wreaths or other decorations may be hung on your door at any time provided you are able to do so without using nails or tape. The use of 3M hooks or things similar like Velcro strips are permitted. Be sure your decorations do not block your "peep hole." All decorations must be tasteful and are subject to the discretion of the Executive Director. Only UL-approved surge-protected power strips should be used. Do not use extension cords with multiple outlets. If you are celebrating Hanukkah please use battery operated candles.

My wish is that you will have a wonderful holiday season with good food, family and friends around you!



"SO, DID YOU FIX THAT LITTLE PROBLEM WITH THE CHRISTMAS LIGHTS?"

SILVER ADVANTAGE LETTER OF THE MONTH

SCOTT HERMANN

Greetings Parkshore Residents! "R" is the letter of the month for December, and it stands for Residents first. Residents are our priority; they are treated as individuals and referred to by name. Team members are proactive rather than reactive in responding to the needs and desires of residents.

It's true that the primary reason why I came to Parkshore was because I felt that my previous employer was not very good at putting the needs of their residents first, but the great thing about our RESPECT philosophy is that it actually is for everyone who enters this community. Residents, guests, entertainers, outside vendors and staff all deserve RESPECT.

There are many things that contribute to an employee's job satisfaction and to put our residents first, at times, we need to consider things like work/life balance for our staff. I feel that Parkshore has a management team that understands the importance of family and the positive effects it can have on our community. When employees are happiest, their productivity is the highest.

PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

Date of	Departure	Return	Event & Location	Cost	Sign Up
12/12	5pm	8pm	Creekside Supper Club	Bring money for dinner	12/5
12/15	12pm	4pm	The Nutcracker Presented by Ashley Ballet Arts Academy	\$55 Room Charge	12/5
12/21	12pm	4pm	European Christmas Market at Union Depot	Bring spending money	12/5
12/16 +12/23	6pm	8pm	Holiday Light Drive	Free	12/5

PLATO

Parkshore Learning And Teaching Organization

Gail Coffler, organizer/ moderator

Tuesday, Dec. 10

Presenter: Karen Knowlton

"Amahl and the Night Visitors"

2:30-4pm Performance Room

A charming one act opera about a Christmas miracle.

Holiday Light Outings

December 16th and 23rd

The bus will leave at 6 PM. Please dress warm in case of an emergency, but keep in mind that you'll be on the heated bus for the entire trip. It might be helpful to wear layers that you can easily remove.

Please sign up for **one trip only** to ensure everyone has a chance to attend. If there are extra spots available and you'd like to go, you can add your name to the waitlist. Sign-ups will be available in the Parkshore Library or at the Parkwood Front Desk starting December 5th.

We'll be heading to St. Paul to enjoy their dazzling Christmas lights. A big thank you to our bus driver, Dot, for working extra hours to make these evening and weekend outings possible!

Creekside Supper Club

December 12th 5pm

Located just off Minnehaha Parkway at the corner of 48th Street and Chicago Avenue in South Minneapolis, Creekside offers a unique take on classic Midwest supper clubs with a festive Christmas twist. The entire restaurant is beautifully decorated to create a fun and festive atmosphere, perfect for the holiday season!

Creekside serves a variety of comforting dishes to suit all tastes. Lighter options include soups and sandwiches, while more sophisticated choices feature prime rib, grilled salmon, and crab-stuffed walleye.

European Christmas Market

December 21st 12pm

Experience the enticing aromas of Glühwein, roasted nuts, sizzling sausages, and other mouthwatering treats. Browse a selection of Christmas ornaments, jewelry, wool mittens, scarves, and more, or simply come to enjoy the work of local artists and the vibrant holiday culture. Please note, this is an outdoor market, so dress warmly and prepare for the weather.

PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

Parkshore Improv Club

Coming in January 2025

Do you want to boost your quick-thinking skills, creativity, and self-confidence in a fun and interactive atmosphere? Join the Parkshore Improv Club!

Improvisation—or *improv*—uses hands-on games to teach skills that help older adults remain young at heart. Stevie Ray, Co-Founder and Executive Director of Stevie Ray’s Improv Company, will be leading three improv workshops on Monday afternoons in January. No experience necessary. Just be willing to try something new and have some laughs with your fellow Parkshore residents.

Stevie Ray’s Improv Company is a non-profit arts and training organization that has been serving the Twin Cities for over 35 years.



Group Trivia

New time, new place!

Every Thursday at 2:30 in the Parkshore Private Dining Room

Give your brain a workout by joining Group Trivia on Thursday afternoons! It’s a great way to boost cognitive function, improve memory recall, sharpen your mind, and enjoy some

Archaeology of Ancient Egypt

Performance Room Dec. 17h 2:30pm

Paul Buck is a retired anthropologist and educator. His Ph.D. is from the University of Washington. His first taste of anthropology and archaeology happened in high school Anthropology class, when Mrs. Saxe took the class on a dig to a supposed Early Man site near Barstow, CA. Since then he has conducted research on a wide variety of archaeological and anthropological topics in western North America and Egypt for almost 35 years. Join us on the 17th to learn more about his time in Egypt.

Bus Schedule

The shuttle bus will not be available on December 5th, December 10th, December 24th, December 25th, December 31st, January 1st

American Association-University Women

On Monday, Dec. 9, the morning lecture will be “Exploring the History of White Nationalism” at AAUW. Presented by Brandon Schorsch focusing, Combating Hate Manager and Jewish Community Action. After lunch, the topic will be the resurgence of crafts by Greg White, the director of the North House Folk School in Grand Marais. He will tell about the many crafts from baking to blacksmithing being taught at this retreat.

To enjoy this day, please place a \$20 lunch check made out to AAUW Minneapolis and put in cubby #311 for Ellen Hughes before Monday, Dec. 2. 9:45am departure

RESIDENT SPOTLIGHT



Sue and Dan Eikenberry are both from Chariton, Iowa, a town of 5,000. Dan's sister was Sue's best friend all through school. Dan is older than Sue, so back then, dating wasn't in the picture. After high school, Dan attended the University of Texas in Austin, while Sue went to Drake University in Des Moines. They became reacquainted during the summers.

Sue grew up showing horses that were stabled in her family's barn. She twice won state championships and went on to show horses nationally. Her horses were highly decorated, right down to their sparkling hooves. Sue's outfit was designed by the same person who created costumes for Roy Rogers. If you don't remember Rogers, think of Elvis Presley's white leather and beads. While attending Drake University, Sue studied English and Spanish and earned her teaching certificate. She enjoys reading, knitting, and cooking.

Dan attended the University of Texas in Austin, earning a degree in International Business, and studied music. He has been part of vocal groups since the age of eight, including the elite Madrigal Singers. Dan's hobbies include photography and research. His current study focuses on human migration. Dan was drafted into the Army during the Vietnam War shortly after graduating from Texas. He was sent to Germany in the Signal Corps but tried out for the 7th Army Soldiers' Chorus stationed in Heidelberg and was accepted. Sue visited him in Heidelberg and returned home with an engagement ring.

Later, Dan and Sue bought and managed Hoot Owl Resort, west of Itasca State Park, until their children were born. Sue has taught English and Spanish for over 30 years and substituted for another 20. Dan earned a second degree in Social Studies and Coaching at Bemidji State University while teaching social studies courses and coaching basketball and volleyball teams.

Please welcome the Eikenberrys to our community!



SILVERCARE CONNECTIONS

CHERI BOOTH, RN

Splash those blues away!

Swimming is a wonderful exercise for people of all ages, especially in the cold months. The low-impact nature of swimming makes it an ideal option for older adults, as it places minimal strain on the joints. This is particularly beneficial for those with arthritis or joint pain, as the buoyancy of the water supports the body, reducing pressure on the knees, hips, and spine. In addition to being gentle on the body, swimming offers a full-body workout that can improve cardiovascular health, strength, and flexibility. Regular swimming helps seniors maintain muscle tone, improve balance, and boost endurance—all of which can reduce the risk of falls and other injuries. Studies have shown that the rhythmic movement of swimming can also improve heart health, lowering blood pressure and reducing the risk of cardiovascular disease.

Swimming can also enhance mental well-being. The calming effect of being in the water helps to reduce stress while the release of endorphins during exercise can improve mood and increase energy levels. Many seniors find the social aspect of swimming classes to be rewarding as well, helping to foster a sense of community and combat feelings of isolation. Overall, swimming offers a holistic approach to physical and mental health for older adults making it a highly beneficial exercise choice.

BUS GUIDELINES AND WEATHER POLICY

1. The shuttle bus goes anywhere within a 10-mile radius. Our driver will work with everyone to make the trips as fast as possible.
2. You must be signed up a day in advance even if you go every week. This is scheduled transportation and not a taxi service. If a request is made at short notice, the request will be determined by the driver's schedule.
3. Please **DO NOT** call the bus phone or Dot's cell phone outside of business hours. Dot typically works Monday through Friday, from 9 AM to 4 PM. She has chosen to use her personal cell phone instead of the company bus phone, so we kindly ask that everyone respect her time off and refrain from calling her on weekends. If you have any questions or need assistance outside of business hours, please contact the front desk or the program office at **952-848-5806**.

Trips may be canceled or rescheduled as necessary to ensure safety. Below are the weather-related guidelines we follow:

1. **Assessment of Road and Weather Conditions:**
 - Road conditions are evaluated for hazards such as fog, snow, and ice.
 - Weather reports, including temperature and wind chill, are reviewed for safety.
2. **Key Factors Considered:**
 - Road safety (e.g., slippery conditions).
 - Whether school buses are running.
 - Temperatures and wind chill levels.
 - Suitability of the destination given the weather conditions.

Notifications of Cancellations or Changes:

If a trip must be canceled or changed, you will be notified via a posting and/or a phone call.

The Program Director and Executive Director will make the final decision regarding any cancellations or changes.



REFLECTIONS NEIGHBORHOOD LOOKING FOR VOLUNTEERS

Do you have a passion for volunteering? Our Memory Care floor is looking for volunteers to spend time in our Reflections neighborhood.

Here are a few ways you can help:

- Read someone their mail or a book
 - Paint nails
- Play music or lead a sing-along
 - Share your hobbies
- Take someone on a walk
 - Engage in 1:1 visits
- Card games or puzzles
 - Reminiscing
 - Scrapbooking

If you're interested, please contact our Reflections Director to discuss how you'd like to contribute. You can reach her by email at Dflores@parkshorecampus.com or by phone at **952-848-5889**.

Thank you for considering this meaningful opportunity!

Trash Talk

Well, we've made it through almost another year—just one month to go! As we start clearing out "stuff" around our windows, let's remember an important rule for using our big green recycling bins: **NO PLASTIC BAGS**. We also shouldn't just toss loose items into the bins. Who's going to lean over the edge to pick them up? Instead, place all recyclables in paper bags. This makes it easier for the PS staff to quickly and cleanly grab a bag and toss it down the chute. If any items fall, those with long arms or grabbers can help re-bag them. THANK YOU VERY MUCH! Join the fun at the next Drawdown group meeting on **Monday, December 9, at 1:15 PM in the card room**. And don't forget: batteries and old bulbs go in the containers next to the garage entrance.



COMMUNITY UPDATES

Lunds and Byerlys or Target Carts

We have agreements with the stores in our area to keep 4–5 carts in the garage and 1–2 in the lobby. Residents and staff use these carts to transport groceries and other materials.

If you bring a cart from the stores, please return it to the store. We recommend that residents take a cart with you if they are walking to the store and will need one to carry items back. We appreciate your assistance to continue this partnership with Byerlys and Target.

December 13th Sing Along

6:30pm

Join us for a sing-along and holiday party on December 13th! Feel free to bring something to share with everyone—treats, snacks, or a drink. Merry Christmas and Happy Hanukkah!



Annual Wassail Party

December 14th, 2024

Happy Holidays! Come and enjoy an afternoon filled with treats, music, socializing, and fun. The party will take place from 2:00 p.m. to 4:00 p.m. across the Atrium, Parkshore Dining Room, and Performance Room.

Last Chance to claim Lost and Found

Wed. December 4th– Fri Dec. 6th 3pm

We will have a table set up to display all items from our lost and found starting on December 4th until 2 p.m. on December 6th. Any items not collected by Friday at 2 p.m. will be donated. This is not a shopping event. Please only collect items that belong to you.

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
Destinee Flores	Director of Reflections	DFlores@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
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