



Highlights of Parkshore and Parkwood

- Fri. Jan. 3, 2:30pm 13th Floor Party (PR)
- Mon. Jan. 6, 2:30pm Rescheduled PLATO (PR)
- Tues. Jan. 7, 10:30am PW Resident Meeting (COM)
- Tues. Jan. 7, 2:30 Live Harp Performance By Jim Buxton (PR)
- Wed. Jan. 8, 10:30am Lutheran Service (COM)
- Wed. Jan. 8, 1:00pm PS Resident Meeting (PR)
- Wed. Jan 8, 1:30pm Parkinson's Support Group (CR)
- Thur. Jan 9, Court Room Concert (See Pg 6)
- Mon. Jan. 13, 2pm Improv Club (PR)
- Tues. Jan. 14, 10:30am New Resident Orientation (PR)
- Tues. Jan. 14, 2:30pm PLATO (PR)
- Wed. Jan. 15, 2:00pm Floor Rep Meeting (PR)
- Wed. Jan 15, 3pm Story Sharing (PR)
- Thur. Jan. 16, 2:30pm Archaeology of Egypt (PR)
- Fri. Jan 17, Lunch Outing to Quang (See Pg 6)
- Mon. Jan 20, 3:30pm Off the Beaten Path (PR)
- Tues. Jan 21, 1:30pm-3:30pm Resident Art Show (PR)
- Thur. Jan. 23, MN History Museum Outing (See Pg 6)
- Fri. Jan. 24, 2:30pm Meet your Neighbor (Atrium)
- Wed. Jan. 29, 2:30pm Making Sense of Our Life (PR)



WELCOME, NEW RESIDENTS

New Resident Social Update

Each month programming staff meet with new residents to explain programs and little details about our campus. This year we are going to try something new! Once a month we will have a new residents social in the atrium in the afternoon. It will be a chance to grab popcorn and meet your new neighbors.

This month new resident social is on January 24th at 2:30pm.

New resident orientation will still take place on January 14th at 10:30am in the performance room.

Welcome, New Residents

We look forward to getting to know you! Please join us for a program orientation on Tuesday January, 14th at 10:30am

1206 Maragret S.

110 Jerry & Arlene N.

413 Jan & Jerry J.

316 David & Narissa B.



4 Joan N.

7 Rosemary P.

9 Al T.

11 Arlene F.

13 Katherine C.

15 Don N.

17 Joanne G.

16 Mona K.

17 Dennis L.

18 Stephanie B.

26 Beth R.

26 Jane L.

27 Jerome D.

27 Kate L.

27 Muriel V.

27 Bob M.

28 Sharon 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

Greeting Residents,

Welcome to 2025! I truly hope everyone had a blessed holiday season. The staff did an amazing job in the month of December with all the extra fun and activities. Fun things that happened were our wonderful concerts, authors event and books signings, vendor market and many light tours. Unfortunately, we did have to limit some of our activities due to illness, but the extra happy hour with our own Scott and Jane leading the holiday cheer was truly special.

Once again, the generosity of residents giving to the Holiday Fund has been overwhelming. Your generosity made a huge difference in the lives of our staff. We raised over \$25,000 that was distributed to our Full Time, Part Time and On Call staff. Your generosity and giving is beyond compare. Thank you so much on behalf of all of our staff.

Quoting an unknown author I'd like to say, "May your friendships bloom, both old and new, with love and kindness guiding you. May laughter echo in the halls, and fond memories brighten your walls." Blessings on a wonder 2025!!

-William



THE CLUB

SCOTT HERMANN, DIRECTOR OF WELLNESS

Greetings to all Parkshore Residents.

This will be my final Linkletter entry, and I want to use it as a thank you letter. I must say, one of the most attractive qualities of working at Parkshore has always been the people. The homelike atmosphere has always been what I have enjoyed the most. Sometimes I wonder why I'm leaving, but it's comparable to moving out of my parents' house after graduation. I'm not unhappy, it's just time to move forward in life to another adventure filled with different people, unique challenges and a chance to follow my dream of entrepreneurship.

Before coming to Parkshore, I was in a really bad place. I had a terrible experience with my former employer. I felt trapped, unwelcomed, unrecognized, unsupported, and just out of place. I loved working with seniors but found myself contemplating if I should just abandon my career and move onto something else.

I interviewed for the Wellness Director position at Maple Grove but didn't get it. They suggested that I interview with Mike Metzler at Parkshore, so I looked at the map and thought, "OMG, it's way down there!?". I reluctantly did the interview and left during rush hour. To my surprise, the traffic wasn't that bad. I got home in roughly 35 minutes. What a relief that was! However, the 35 minute drive turned out to not be entirely true.

In my first few months of work, I realized I had been interviewed on a day when the traffic was surprisingly smooth. Had the traffic been normal the day of my interview I probably wouldn't have taken the job.

I didn't like the drive, but I told myself, I'll stay here until I have a real reason to leave. I ended up staying here for over seven years. In the end, I never found a reason to leave Parkshore. The only bad thing about working at Parkshore has been the traffic.

To our residents, family members, and staff of Parkshore, thanks for all your support. If not for your kindness and consideration, I wouldn't have felt so welcomed and who knows where I might have gone or what I would have done for my career. When I think back about how I felt then versus how I feel today, it's clear to me that working at Parkshore not only gave me a sense of purpose, but it restored my faith in my career choice. Words cannot express the gratitude that I have for all of you. Every one of you played an important role in my life.

From your former Wellness Director, thank you.

Scott Hermann

Devoted Health and Fitness (My new company name)

SERVICES FOR SENIORS WITH VISION LOSS

TINA MONSOUR

Many of the people we work with have age-related macular degeneration, diabetic retinopathy, glaucoma, or other vision-related conditions that are often a part of aging. Frequently, in addition to vision loss, our residents also face other health issues. Our goal is to help residents meet the challenges of vision loss based on their own particular needs and circumstances.

Losing some or most of your vision later in life can be frightening and overwhelming. Yet many seniors tell us they're pleasantly surprised to realize how a little bit of training, some creative solutions, and perhaps some additional technology can give them both confidence and independence.

These free services are provided directly or through referral to community agencies. Services include:

- Providing low vision aids and other adaptive devices
- Travel skill training
- Training in daily living skills
- Training in assistive technology
- Access to the Radio Talking Book, a closed-circuit broadcast network for listening to human-read local newspapers, magazines, and the latest bestselling books
- Access to books and other print material in audio and other alternative formats through our Communication Center

For more information on how to utilize these free services please contact or email Lisa Rogers at 651-539-2381 or email at lisa.rogers@state.mn.us
Or contact Tina Monsour Director of Resident Services at 952-848-5842.

SILVER ADVANTAGE LETTER OF THE MONTH

KATRINA FREESE

Greetings Parkshore residents! The R.E.S.P.E.C.T. letter of the month is "E" for Equity. Equity focuses on making the best use of our resources. It's an efficient way of supporting diversity and it helps ensure that everyone gets to the same finish line.

It's easy to think of SilverAdvantage as a means to satisfy our customer's needs but the RESPECT model isn't limited to customer service. It can be applied to all divisions of a business. Using an equitable approach to manage our staff is quite effective. How can we possibly have great employees without applying equity? Should everyone have a vacuum cleaner or just our housekeeping staff? Let's make sure everyone has a spatula. Would that make sense for wellness staff? Obviously not, but beyond the obvious we need to make good equitable decisions to ensure that our staff have the tools that they need to perform their duties. It's difficult to provide good customer service without the correct tools for the job.

Equity isn't about keeping things equal or making things easy. It's about creating a productive living environment that supports diversity which, in turn, enriches our lives with alternatives to our normal way of life. That's how we grow and advance our communities. Without options, we don't have diversity and we don't have growth.

PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

Date of Outing	Departure	Return Time	Event & Location	Cost	Sign Up Date
1/9	11:15am	1:30pm	Court Room Concert Copper Street Brass	Free	1/2
1/17	11:45am	2pm	Quang Vietnamese Restaurant	Bring Money for Lunch	1/2
1/23	1pm	4pm	Minnesota History Center	\$12 Admission	1/2

PLATO

Parkshore Learning And Teaching Organization

Gail Coffler, organizer/ moderator

Mon, Jan 6

Presenter: Karen Knowlton

Rescheduled Event

"Amahl and the Night Visitors"

2:30-4pm Performance Room

January 6th is Three Kings Day, the Twelfth Day of Amahl and the Magi/ Night Visitors. The film that will be shown is a charming one act opera about a Christmas miracle.

Tues, Jan 14

Presenter: Carol Rudie of The Museum of Russian Art.

2:30-4pm Performance Room

Tues, Jan 28

"History of Jazz, continued"

Presenter: Karen Knowlton

2:30-4pm Performance Room

Parkshore Improv Club

Monday the 13th, 20th, 27th January 2025 2pm

Do you want to boost your quick-thinking skills, creativity, and self-confidence in a fun and interactive atmosphere? Join the new 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.



PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

New Resident Social Update

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Making Sense of Our Life

January 29th 2:30pm

Performance room

Parkshore has many interesting and talented residents. We learn from their experiences — Have I felt like that person? What joys and gratitude have we known? How do I make sense of my life?

Judie Mattison is a resident who began to write ideas when she was a child. She has published 15 books and many articles, plus speaking to many audiences. She was one of the first women to be ordained as a pastor in our area.

Does someone in the building have a story which helped them make sense of their life? We would like to highlight a person each group. It is an informal session to share a part of your life. If you are interested please join us on Jan 29th at 2:30pm.

Come and hear some of Judie's stories : from childhood, to danger, to pain, to wisdom and hope.

Archaeology of Ancient Egypt

Performance Room Dec. 16th 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 16th to learn more about his time in Egypt.

Rescheduled: Resident Art Show

January 21st 1:30pm

We have rescheduled the art show to Tuesday the 21st from 1:30pm-3:30pm. Please re-sign up in the library starting on Jan. 2nd. Please bring your art down on the 21st to the PR any time after 11:45am. Please make sure you bring your art back to your apartment before January 22nd.

If you need help bringing your art down please let Katrina or Kavina know.

MN History Center Outing

January 23rd 1pm

Featured Exhibit: Explore the ever-evolving experience of girlhood in the US with over 100 objects from the Smithsonian collection, interactive displays, archive photographs, and more. And don't forget to check out the section on girls' basketball in Minnesota, developed by the Minnesota Historical Society, digging deeper into the importance of participation, encouragement, and support for women both on and off the court.

Sign up in PS Library on Jan. 2nd 12pm.

REFLECTIONS ON REFLECTIONS BY DESTINEE FLORES

5 New Years Resolutions to help reduce your risk of Dementia

Making healthier choices can help reduce your risk of dementia. While some things that affect your risk of dementia can't be changed, such as your age or genes, there are many things you can change. Here are just five of the things you can do to help lower your risk of dementia. They relevant to everyone.

1. **GET MOVING!** One of the best ways to reduce your risk of dementia is being physically active several times each week.
2. **EAT WELL!** A healthy, balanced diet is likely to reduce your risk of dementia, as well as several other health conditions including cancer, diabetes, stroke, and heart disease.
3. **QUIT SMOKING AND CUT DOWN ON ALCOHOL!** If you smoke, you're putting yourself at much higher risk of developing dementia later in life, as well as other conditions such as cancer, heart disease and stroke.
4. **KEEP YOUR MIND ACTIVE!** Engaging in mental or social activities may help to build up your brain's ability to cope with disease, relieve stress and improve your mood. Find an activity you enjoy, as you're more likely to keep it up.
5. **LOOK AFTER YOUR HEALTH!** Get support from your Dr. if you are having trouble with hearing loss, if you aren't getting enough sleep, or if you think you may be depressed.

PAPER BAGS

This is a friendly reminder that we collect paper bags for STEP. They are collected in the library, in a bin labeled "**Paper Bags**" next to the computer desk. STEP (St. Louis Park Emergency Program) uses these bags for food shelf distribution. If you, your family, or friends have extra bags, please drop them off in the library.



GARAGE ETIQUETTE

Please **do not leave items in the garage** to be "given" to another resident. Electronics should never be disposed of in the trash or recycling bins; they must be properly recycled at a recycling center.

We have noticed various items left near the garage entrance by the building. If you have something you think another resident could use, please inform Katrina or the front desk so we can assist you in posting signs.

SILVERCARE CONNECTIONS

CHERI BOOTH, RN

Staying Healthy & Happy During in 2025

1. **Stay Active** Even a short walk around the block or some light stretching can make a big difference in keeping your body moving. Many communities offer activities, so consider joining a group walk or chair yoga session to stay engaged and active.
2. **Eat Mindfully** Meals are full of delicious treats, but balance is key. Enjoy your favorite dishes, but try to include plenty of fruits, vegetables, and lean proteins. Keep portion sizes in check, and don't forget to stay hydrated!
3. **Prioritize Rest** The hustle and bustle of life can disrupt your routine. Make sure to set aside time for rest and relaxation. A good night's sleep will keep you feeling refreshed and ready to enjoy the next day.
4. **Stay Connected** Loneliness can be more noticeable during the Winter months. Reach out to family, friends, or neighbors. If in-person visits aren't possible, try phone calls or video chats to stay connected.
5. **Manage Stress** Take a few moments each day to breathe deeply, meditate, or enjoy a favorite hobby. Remember, it's okay to say no to activities that feel too demanding.
6. **Stay Safe** Winter weather can pose risks. Wear appropriate footwear and dress warmly when heading outdoors. If you have travel plans, give yourself plenty of time to arrive safely.
7. **Mind Your Medications** With the change in routine, it's easy to miss a dose of medication. Set reminders or keep a schedule to stay on track. If you're traveling, pack your medications in a safe, easily accessible place.

By keeping these tips in mind, you can make this year safe and healthy. Wishing you and your loved ones a year filled with warmth, love, and laughter!

TRASH TALK

Trash Talk starts another year with you. You probably have had lots of Holiday wrapping paper (not recyclable), boxes (breakdown and recycle) and possibly gifts you don't need or can't use. Sound familiar??

About those gifts: please donate to your favorite charity.

The MN legislature gifted Minnesotans with the 2024 bill making producers responsible for creating packaging that must be refillable, reuseable, recyclable or compostable. We won't see the results for several years but it's a great start.

IN THE MEANTIME-----Save and reuse all wrapping tissue and shiny wrapping paper for your next gifting OR toss them into the garbage. Break down cardboard so it fits in a paper (not plastic) grocery bag and put it in the large bin in the garbage closet on your floor. If your cardboard won't fit in a grocery bag, break it down as best you can and carry it to the garage and throw it into the big green dumpsters.

NEW rules for plastic. Waste Management, our vendor, now accepts any plastic with the tiny numbers (1-5) in the triangle. NOW 1, 2, 3, 4, and 5 can be recycled including black plastic, if it has one of those numbers in its triangle.

HAPPY NEW YEAR AND REUSE REDUCE RECYCLE REMEMBER

RESIDENT MEETINGS AND FAMILY COUNCIL

FAMILY COUNCIL

What is the Assisted Living Resident Meeting for?

As of August 1, 2021, individuals living in assisted living facilities have the right to organize and participate in a Resident Council. This council serves as a platform for addressing shared concerns, proposing new ideas, and communicating with facility administrators and staff.

Currently, our Resident Council does not have representatives. If an Assisted Living resident would like to volunteer to help lead or organize a Resident Council— independent of staff leadership—please contact Katrina at **952-848-5806**.

What is the Independent Living Resident Meeting for?

The monthly resident meeting in Independent Living is organized by our Executive Director as a courtesy. It provides an opportunity for leadership to share updates, news, and important information with residents.

What is a Family Council? (Assisted Living and Memory Care Family Only)

A Family Council meets regularly to discuss and address concerns related to resident rights, quality of care, and quality of life. Families have the right to organize and participate in a Family Council, which may include family members, friends, or representatives of residents.

Parkwood does not currently have a functioning Family Council. To support this initiative, we would like to offer a formal meeting time for family members to meet and lead a discussion.

Our introductory meeting will be held on **January 21st at 6 PM** in the Community Room. During this meeting, we will cover the basics of forming a council and decide if families would like to continue meeting monthly, bi-monthly, or quarterly.

Please note that only Assisted Living family members may attend. If you have any questions please reach out to the Program Director Katrina, Kfreese@parkshorecampus.com



MAINTENANCE TIP OF THE MONTH

Garbage disposals are among the handiest tools in your kitchen. When washing dishes, it's so convenient to scrape leftovers straight into the disposal, flick the switch, and watch those scraps disappear. However, most people abuse their disposal by forcing foods down it that it wasn't designed to manage. Abusing your garbage disposal can cause it to break down, jam, or even clog drains. To avoid these disturbances and keep your disposal running smoothly, here are some Dos and Don'ts for maintaining your garbage disposal.

Don't pour warm grease, oil, or fat down your garbage disposal or drain. As it cools, it will solidify and leave deposits that reduce the effectiveness of your disposal's blades and clog your pipes if allowed to build up over time. Dispose of grease by scraping into the trash can instead.

Don't grind extremely fibrous items such as corn husks, celery stalks, banana peels, or onion skins. The fiber in these items can tangle around the blades and jam your disposal's motor.

Don't put egg shells down the disposal. There's a (sub)urban myth that egg shells sharpen the blades of garbage disposals when in fact the shell will be ground to a sand-like consistency that can easily cause clogs.

Don't dump leftover pasta, rice, potatoes, or beans into the disposal. These food items will continue to expand when exposed to water inside the pipes even after being shredded to bits, creating clumps that will clog your pipes.

Don't attempt to grind nuts inside your garbage disposal unless the concept of garbage disposal nut butter sounds appealing to you.

Don't put large amounts of food down the disposal at once. Slowly feed waste into the disposal a little bit at a time.

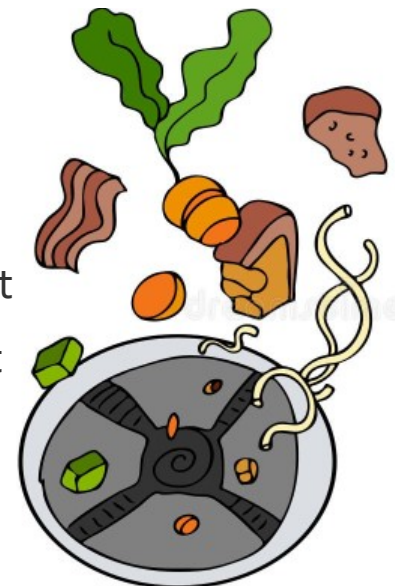
Don't allow any non-food items such as glass, plastic, or metal products to slip down into the disposal. The disposal will not be strong enough to break down these items and attempting to do so will damage it.

Do keep your disposal clean by squirting some dish soap inside and running cold water for a minute after every use.

Do let cold water run while the disposal is in use. Cold water causes any grease or oil residues that get into the disposal to stay solid, allowing them to be pulverized by the disposal blades and thus preventing them from causing clogs. Never run hot water during or after using your disposal.

Do use your disposal frequently. Frequent use helps to prevent rust and corrosion and keep the motor running smoothly.

Do continue to run the disposal with the water running after it seems everything is done grinding. This will help flush out any particles that may have gotten trapped from accumulating and becoming an obstruction.



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	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