

February

2025

Volume 37

Issue 2

February



The Linkletter

Highlights of Parkshore and Parkwood

Sat. Feb. 1, 2pm The Art of Music Piano Recital (PR)

Tues. Feb. 4, 3pm Birthday Party (PR)

Wed. Feb. 5, 10:30am PW Resident Meeting (COM)

Wed. Feb. 5, 1:00pm PS Resident Meeting (PR)

Fri. Feb 7, 3:00pm Valentine's Day Happy Hour (PR)

Tues. Feb. 11, 10:30am New Resident Orientation (PR)

Tues. Feb. 11, 2:30pm PLATO (PR)

Wed. Feb. 12, 10:30am Lutheran Service (COM)

Wed. Feb. 12, 1:30pm Parkinson's Support Group (CR)

Fri. Feb. 14, 2:30pm Meet your Neighbor (Atrium)

Thur. Feb 13, 1pm Alive & Kickin Performance (PR)

Tues. Feb. 18, Feed My Starving Children (See Page 6)

Wed. Feb. 19, 2:00pm Floor Rep Meeting (PR)

Wed. Feb. 19, 3pm Story Sharing (PR)

Thur. Feb 20, Museum of Russian Art (See Page 6)

Tues. Feb. 25, 2:30pm PLATO (PR)

Wed. Feb. 26, Cosetta's and St Paul Cathedral Tour (See Page 6)

Thur. Feb. 27, 6:30-8pm Casino Night and Elegant Dinner (PR)

Fri. Feb. 28, 2:30pm 2nd Floor Party (PR)

Fri. Feb. 28, Stevie Ray's Improv (See Page 6)

PARKSHORE
A SILVERCREST COMMUNITY



WELCOME, NEW RESIDENTS

Welcome, New Residents

We look forward to getting to know you!

Please join us for a program orientation on Tuesday February 11th at 10:30am in the Performance Room

907 Wendy P

1012 Collin B

513 Pat J

121 Kris M

413 Jan and Jerry J



2 Julia S

4 Carrie B

4 Barb O

6 Mary L

7 Stephen L

9 Mary C

12 Jim P

14 Eugenia H

15 Neal S

16 Sylvia H

17 Chicky S

19 Jean P

21 Dale K

23 KC B

26 Sandy S

27 Marion P

27 Vivian O

28 Trish He

29 Le 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 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

Welcome to February!

As we embrace the winter season, we have a variety of exciting events and activities planned to keep everyone engaged and warm. We hope you enjoy this month's updates and look forward to seeing you at our upcoming events.

We are thrilled to welcome Amanda Cole as the new Wellness Director at Parkshore Senior Living Community. Amanda has over 15 years of experience in senior wellness and a passion for promoting healthy, active lifestyles. Amanda has headed up fitness programs for Presbyterian Homes and Walker Methodist and even started her own fitness company. She is excited to meet all of you and work together to enhance our wellness programs. Please join us in giving Amanda a warm welcome!

A notification was sent out in January about an important change regarding the call alert system currently in use at Parkshore Independent Living. In summary, after careful consideration and evaluation, we have decided to discontinue the use of our existing call alert system effective Friday, February 28, 2025. This decision was made based on several factors, including call systems not required for independent living senior communities, IT infrastructure revisions, the age of the system and confidence in the system's consistency. Parkshore and SilverCrest properties will be addressing the required changes to the Resident Handbook and the lease attachments in the coming days. We will provide each of you with revised versions upon completion.

We understand the importance of reliable communication, safety for our residents, and we are committed to ensuring a smooth transition. To this end, we continue to research third party systems that residents can purchase to ensure their safety at home. We are continuing to actively pursue as many options as possible to make this a smooth transition. One of the systems that residents have reported having success with is **AccentCare part of the Fairview health alert systems**. Tina Monsour has provided more information in her Linkletter article on page 11 for you to review, or you can reach out directly at 952-885-6185.

During this transition period, we will take all necessary steps to minimize any inconvenience and maximize our ability to provide a reliable service. Our system continues to be monitored 24 hours a day, 7 days a week by our front desk staff. Our team will be available to provide support and address any concerns that may arise by calling 952-925-6231, 24 hours a day, 7 days a week. This part of our commitment to you will not change even with the discontinuation of our in-house system and residents purchasing home safety systems of their own.

We appreciate your understanding and cooperation as we make this important change. Should you have any questions or require further information, please do not hesitate to contact me directly at 952-848-5803 or whuseonica@parkshorecampus.com.

Sincerely,

William Huseonica, Executive Director
Parkshore Senior Living

THE CLUB

JANE PLUMHOFF, WELLNESS TEAM

“Ask the Club Staff”

Residents ask the Questions on their Minds



- ***What is the easiest or the lowest level class for both the pool and the land classes? I want to start at the bottom in both and build up.***

Staff says: Glad you are considering joining a class. **Where to start?**

Pool classes: I would recommend starting with **Stretch and Strengthen on Tuesday and/or Thursday at 1pm.** This class is designed to help people gain fitness benefits over time using a lower intensity level and gentler movements.

If you prefer a morning class, you could try **Water Aerobics for Guppies on Monday at 10am.** The MWF classes get progressively more intense throughout the week (Guppies to Dolphins to Sharks!). Move up / add a class when you feel ready and remember... you can always slow it down if you get into a class that's more challenging than you are comfortable with (i.e. be a sea turtle in the guppy pond or a guppy in the shark tank), and join in when the exercises are accessible to you.

Land classes: The gentlest chair exercise class is **Actively Seated on Tuesday and Thursday at 11am** in the Community Room at Parkwood. The exercises we do there are all seated exercises for stretching, strengthening, and interactive fun.

On the Parkshore side, the lowest intensity class is **Movement Matters on Tuesday and Thursday at 9:30am.** Like all our chair classes, Movement Matters has some standing components to help develop balance. For that part you have the option to stay seated and adapt the exercises, if necessary, for wherever you are in your fitness journey.

TIP: For the strength components, start with no hand weights or low poundage hand weights and build up over time.

In all our classes: Our motto is **“Do what you can do”!** We encourage you to just keep moving, and keep in mind that **“Movement is medicine”** as Emily, one of the physical therapists, likes to say.

If you have any concerns about your ability to participate in a class, please consult your medical professional.

If you have any questions about classes or Club offerings, please speak with one of the Club Fitness Instructors, Jane or Steve or Amanda.

* * * * *

YES, it's true! As William mentioned in his Director's page, in February we will welcome our new **Wellness Director, Amanda Cole**, to the Parkshore team! Steve and I are excited to introduce her to all of you and to work with her to create new wellness experiences for the benefit our residents and Club members ! More to come...



SILVER ADVANTAGE LETTER OF THE MONTH

KATRINA FREESE

The letter of the month is **"S" for "Safety & Security"** at our campuses by responding promptly to safety concerns, keeping buildings clean and safe, and ensuring residents' information is safe and confidential. Everyone on the SilverCrest team plays an important role in "Safety and Security":

- * Our Campus Directors ensure the campus is taken care of and follow up on safety or security concerns.
- * Our Maintenance team responds to work orders and any and all safety concerns in a timely manner.
- * Our Housekeeping team keeps our buildings clean, beautiful, and healthy.
- * Our Receptionist/Administrative staff responds to residents' requests by sharing work orders/ emails with the correct department heads.
- * The Resident Services Coordinators listen to Residents/families, meet requests promptly, and keep all information confidential.
- * Our Marketing department tours our buildings, keeping a close eye on anything that might present a safety concern and reporting it promptly.
- * Our Directors of Memory Care keep a watchful eye on Reflections residents to ensure their safety.
- * Our Nursing team addresses the cares of our residents to make sure their needs are being met in a timely manner.
- * Our Dining department ensures dietary needs are being met and kept confidential while keeping our dining rooms clean, orderly, and pleasant.
- * Our Programs department plans activities with an eye to keeping residents safe, particularly on outings.
- * Our Bus Drivers make sure residents are transported safely from one location to the next, on time.
- * Our Corporate office makes sure that policies and procedures to promote safety and security are put in place for all employees and residents.

In doing this, our SilverCrest Properties staff work as a team on an ongoing basis, making sure our buildings and residents are safe and secure at all times. We encourage all residents to provide us with feedback so that we can continue our efforts in this vital area of Campus life.



PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

Date of Outing	Departure	Return Time	Event & Location	Cost	Sign Up Date
2/18	8:45am	12pm	Feed My Starving Children	Free	2/4
2/20	1pm	4pm	The Museum of Russian Art	\$12	2/4
2/26	12pm	3pm	St. Paul Cathedral Tour	Donations Accepted	2/4
2/28	5pm	10pm	Stevie Ray Improv Show Chanhassen Dinner Theater	\$70	2/4

Stevie Ray's Improv Outing

The Stevie Ray's Comedy Troupe creates hilarious improv comedy based on suggestions you call out from the audience! We will have dinner in a laid-back atmosphere, and get ready to laugh and enjoy the show! Their dinner options include everything from roasted chicken, steak, fish, to vegetarian. The price includes dinner and show. It will be billed to your apartment. Once residents sign up they are responsible for the \$70 charge.

(Next month we will be going to Grease. More information to come!)

PLATO

Parkshore Learning And Teaching

Organization Gail Coffler, organizer/ moderator

Tues, Feb 11

Presenter: Peter Denny

Australia, Part 4

2:30-4pm Performance Room

Tues, Feb. 25

Presenter: Karen Knowlton

Beethoven's Symphony #7; live piano duet performances with Karen Knowlton, Jan Dees and Jane Plumhoff.

2:30-4pm Performance Room

Tues, Mar, 4

Presenter: Mary Frances Price, Attorney

"What Every Senior Needs to Know- about Legal Matters"

2:30-4pm Performance Room

Alive & Kickin

Thurs, Feb. 13th

1pm Performance Room

Alive & Kickin is a senior music group that performs everything from Hank Williams, to Janis Joplin, Michael Jackson, Def Leppard, Amy Winehouse, and our favorite, Queen. They are able to bridge that gap between young and old, black and white, gay and straight.

Alive & Kickin is an indescribably genuine group and they perform with raw honesty and vulnerability that is deeply moving and inspiring to all.

Please join us on Thursday, February 13th in the Performance Room to enjoy their singing.



PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

Feed My Starving Children

Feb. 18th, 8:45am

Feed My Starving Children sends food to over 112 countries. Together, we can make a meaningful impact by joining hands with Feed My Starving Children (FMSC), a remarkable non-profit organization dedicated to combating hunger worldwide.

Why volunteer? Volunteering with FMSC is a fun, hands-on way to make a difference. By spending just a couple of hours packing meals or labeling boxes, you'll help provide critical nutrition to children who need it most. It's a rewarding experience that fosters teamwork and compassion, while giving back to those in need.

St. Paul Cathedral Tour Outing

Wed. Feb. 26th 12pm

The Cathedral is recognized as an historical landmark, one of the most prominent buildings in Minnesota, and as a center of spiritual worship.

Please note there are several steps with railings during the tour. The first 30 minutes of the tour will be seated, followed by 30 minutes of walking. The cost of the tour is free but donations are accepted.

Valentines Day Happy Hour

Feb. 7th, 3pm, Performance Room

Sponsored by Home Instead

Love is in the air! *Home Instead* is hosting a special Valentine's Day Happy Hour, and you won't want to miss it. Enjoy an afternoon filled with live music, dancing, delicious snacks, and a selection of beverages, including both alcoholic and non-alcoholic options.

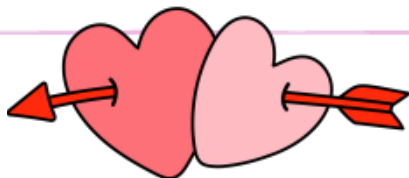
It's the perfect opportunity to celebrate the season of love, connect with friends, and create joyful memories. Residents from both Parkwood and Parkshore are invited to join the fun—bring your dancing shoes and festive spirit!

New Programs

You may have noticed that Sundays are becoming busier with new activities!

We're excited to announce that a group of residents who have been playing ping pong in the community room on Sunday afternoons is now opening it up to everyone! That means everyone is welcome to join them in the community room anytime between 2:00–4:00 PM to watch or play a round. No sign up required.

In addition, we're happy to share that Kyle, a friend of one of our residents, plays piano every other Sunday and has asked to make it known to both buildings that residents are welcome to come and enjoy his music! He will be playing on February 9th (Atrium) and February 23rd (Performance Room). This is an open-house format, so feel free to stop by anytime between 6:00–8:00 PM.



CALLING ALL VOLUNTEERS

Programing is looking for residents interested in volunteering for the following jobs;

1. Writing a column for the Linkletter about new residents.
2. Leading a sing-along in the Community Room.
3. Reading short stories or cards to Memory Care residents
4. Painting nails.
5. Escorting residents in wheelchairs from Parkwood to Parkshore (typically the performance room).
6. Being a "leader" for outings.

If you are interested in learning more about any of these volunteer tasks, please reach out to Katrina: kfreese@parkshoreseniorcampus.com or 952-848-5806.

LOOKING FOR MORE CARD BOARD GAME PLAYERS

Parkshore has new residents eager to get involved in card and board games! Below is a list of weekly games happening in the card room:

- **Monday** nights at 7:00 PM: Blackjack
- **Wednesdays** at 6:30 PM: Hand and Foot
- **Thursdays** at 3:30 PM: Cribbage/Rummy | 6:30 PM: Bridge (sign up in advance)
- **Fridays** at 6:30 PM: Dominoes | 7:30 PM: Farkle

Additionally, a few residents are interested in starting groups for Scrabble and Mahjong. If you'd like to join in, please let Katrina know so we can organize a regular time to play!

REFLECTIONS ON REFLECTIONS BY DESTINEE FLORES

Support your loved one with Dementia on Valentine's Day:

The impact of dementia can make it challenging to do everything exactly as we once did, but there are numerous ways to maintain, restore, or create intimacy, love, and a connection. Some examples of these things could be sharing a meal, watching a familiar movie, enjoying favorite music, looking at old photos, gentle physical touch, dancing, bringing flowers, or just taking a walk together. There are all ways to help stay connected.



MAINTENANCE MATTERS

This month, the Maintenance Team is highlighting **thermostats**. With the cooler weather we've experienced in January, they thought it would be a good time to share a few reminders as winter continues.

To ensure your space stays comfortable: Set the thermostat fan to **Auto** and the system to **Heat**.

Be patient—your space may take a couple of hours to warm up fully. Avoid adjusting the settings frequently, as this can delay the heating process. If your apartment still feels too cold, please visit the front desk to submit a work order. Kindly avoid stopping maintenance staff in the hallways, as they may be dealing with other tasks. For any maintenance-related concerns, always submit a work order at the front desk.



Pictured: Tyler Vespa and Sam McHenry
Maintenance Technicians

TRASH TALK

It's already the second month of 2025, with changes in many parts of our lives. Fortunately, some stability and consistency helps. Lest we get too philosophical here, this month we're talking about recycling **AGAIN**. Repetition helps.

We have been told that staff empties our big trash closet recycle bins (into which we place recycling-not garbage) on Monday, Wednesday and Friday. Not yet decided if morning or afternoon. SOOOO since they use the garbage chute for that activity, we must not put garbage down that chute on Monday, Wednesday or Friday, **BECAUSE** garbage and recycled items cannot mix.

ABSOLUTE Certainty: All garbage items, placed in plastic bags, can be put down the garbage chutes anytime on Tuesday, Thursday, Saturday, Sunday, and after 4pm ANY day. Future changes will be reported in this column.

MORE REPETITION: All cardboard boxes need to be flattened, placed in a paper bag and put into the recycle bin. IF your flattened box cannot fit into a paper bag, do not put it at the side of the bin. It still needs to be flattened, carried to the garage and placed into the large green bins to the left of the garage entrance.

JOIN US FOR THE NEXT DRAWDOWN MEETING: MONDAY, FEBRUARY 10th, 1:15pm, CARD ROOM

REMEMBER REDUCE REUSE RECYCLE AND HAPPY VALENTINES DAY

ELEGANT DINNER FEBRUARY 27TH

Parkshore Senior Living is thrilled to announce an unforgettable evening of glamour, excitement, and camaraderie with our upcoming Casino-Themed Dinner! Residents are invited to join us for this special event where the thrill of Vegas meets the warmth and charm of our community. Due to the demand for the event, we cannot accommodate family or special seating requests. This event is not just a dinner; it's a celebration of the community and connection our Residents and staff share. We look forward to seeing you there for a night of elegance and excitement. More information about when and how to RSVP, the meal cost, and the timeline will follow in a formal invitation. Parkwood residents will not have to RSVP.

A Little More About the Event

Our dining staff has designed the perfect menu, which includes appetizers, a dazzling main course, and, of course, dessert. Beverages, including signature mocktails and wine to complement the meal, will be served.

After dinner, the excitement continues with a variety of classic casino games. Residents can try their luck at craps, blackjack, roulette, and more—all in a friendly, non-monetary setting. Fake money will be provided, and an auction will take place at the end of the night to spend your winnings. You must be present to win in the auction.

To elevate the evening's ambiance, we encourage attendees to dress in their finest attire. Think vintage Vegas glamour: sharp suits, elegant dresses, and sparkling accessories! Dressing up isn't required, but it certainly adds to the fun.

Pictures from last years festivities!



CHOOSING THE RIGHT MEDICAL ALERT SYSTEMS BY TINA MONSOUR

Emergencies are unpredictable, but their consequences don't have to be. When it comes to choosing a medical alert system, it's essential to compare your options and select one that best suits your unique needs. With a wide range of features and pricing plans available, finding the right device can significantly enhance safety, independence, and peace of mind. After researching several companies, I found that AccentCare, in partnership with Medical Guardian, offers one of the best medical alert systems in the Twin Cities area. Their system provides reliable, user-friendly technology, making it a top choice for many. For more information, you can reach **AccentCare** at **952-885-6185**.

The [AccentCare](#) systems offer several advantages, including:

Voice-activated assistance: This allows users to call for help using voice commands, which can be especially useful in emergencies

Wearable devices: These can be worn as pendants or wristbands, providing continuous protection whether you're at home or on the go

Extended range: With a coverage range of up to 1,400 feet, these systems ensure you can get help even if you're far from the base unit

Another great local option is Connect America, formerly known as Lifeline. They have a partnership with North Memorial, ensuring that customers receive personalized, local support. Even if you're not a North Memorial patient, their Home & Community Services division houses the Personal Emergency Response Office, offering easy access to their services. For more information, you can reach Connect America at **800-815-5809**.

If you're interested in learning more, we're excited to announce that AccentCare, partnered with Medical Guardian, will be on-site on **February 5th from 1:30 to 3:30 PM** in our atrium. Representatives will have devices available for you to explore and will be happy to answer any questions you may have.

Please reach out to **Tina Monsour, Director of Resident Services**, at **952-848-5842** if you are interested in additional resources. Your well-being is our priority, and we're here to support you every step of the way.

WHAT DOES IT MEAN TO LIVE INDEPENDENTLY?

Join us for an informative health series led by Home Instead, a company dedicated to helping seniors maintain their independence.

On **February 18th at 2:30pm**, we will focus on strategies to help you maintain your independence by planning ahead, fostering open communication, and exploring trusted care solutions. Topics include home care, home health care, tips for maintaining energy, mobility, and wellness, as well as what independence can look like as we age. On **April 8th at 2:30 PM**, we'll dive into managing the costs of aging, proactive planning, building a reliable support system, and using resources to make aging in place a reality.

This is part of an ongoing series, so don't worry if you miss a session—you're welcome to join at any time!



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
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Heather Moody	Marketing Associate	HMoody@parkshorecampus.com	952-848-5819
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Olivia Eliason	Housekeeping Supervisor	OEliaison@parkshorecampus.com	952-848-5805
	Director of Wellness		952-848-5841
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Katrina Freese	Director of Programs	KFreese@parkshorecampus.com	952-848-5806
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	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