



Highlights of Parkshore and Parkwood

- Tues. April 1, 12:00pm Outing Sign Up (See Page 6)
- Wed. April 2, 10:30am PW Resident Meeting (COM)
- Wed. April 2, 1:00pm PS Resident Meeting (PR)
- Thur. April 3, 3:00pm Quilt Tying (COM)
- Mon. April 11, 2:30pm Damascus Steel Presentation (PR)
- Tues. April 8, 2:30pm Home Instead Presentation (PR)
- Wed. April 9, Collide Theater Outing (See Page 6)
- Wed. April 9, 1:30pm Parkinson's Support Group (CR)
- Mon. April 14, 2:30pm Stevie Ray Improv Class (PR)
- Tues. April 15, 10:30am New Resident Orientation (PR)
- Wed. April 16, 2:00pm Floor Rep Meeting (PR)
- Thurs. April 17, 3pm Birthday Party (PR)
- Thurs. Apr. 17, 3-4pm Parkinson's Fundraiser Finale (Atrium)
- Fri. April 18, Seafood Lunch Outing (See Page 6)
- Tues. April 22, 2:30pm PLATO (PR)
- Wed. April 23, 2:30pm Volunteer Appreciation Event (Invite Only)
- Thur. April 24, 2:30pm SLP Historical Presentation (PR)
- Fri. April 25, 1:30pm Goat Visit (COM)
- Mon. April 28, 2:00pm Helping Hands (COM)
- Tues. April 29, 2:30pm PLATO (PR)
- Wed. April 30, Arboretum Outing (See Page 6)
- Thur. May 1, 1:45pm Gershwin Movie (PR)



WELCOME, NEW RESIDENTS

Welcome, New Residents

We look forward to getting to know you!

Please join us for a program orientation on Tuesday April 15 at 10:30am in the Performance Room

407 Barbara F

207 Angie S

506 Kay J

411 Stephanie V

611 Tom & Barb B

103 Deborah R

218 Dave K

324 Inge B



1 Chuck M

4 Holly D

4 Barb F

7 Jim M

7 Vince B

8 Connie O

12 Judy G

13 Lucy H

16 Anne S

17 Jan G

19 Joanne Z

20 Helen W

22 Karen K

25 Betty C

25 Sharon P

26 Margaret R

27 Shelby A

27 Karen B

28 Donna T

29 LaDonna R

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

We have all heard the saying, "April showers bring May flowers," but if you are a Minnesotan, you know that April showers bring Severe Weather Awareness Week. This year Minnesota Severe Weather Awareness Week is April 7-11, 2025. There will be a statewide Tornado Drill Day on Thursday, April 10th. Here are some blustery facts heading into our stormy season:

Did you know that Minnesota averages 28 tornadoes a year?

Did you know that 77% of tornadoes in Minnesota occur during May, June and July, with an average of 9.5 tornadoes occurring in the month of June alone?

Parkshore has practices in place that in the event of severe weather, not just tornadoes, all staff will assist in notifying, protecting, and providing safety to our residents and guests.

Here are steps you can take when we have a severe weather flareup:

During a Severe Weather/Tornado Watch, in which conditions are right for severe weather, you should be aware of weather conditions when skies are dark, wind is blowing, etc. Tornadoes may develop. To be prepared you should adhere to the following:

Account for where you are, and those outside, come indoors.

Staff will provide an updated explanation of the situation to all residents.

Turn TV to a local channel for status updates.

Close all windows and blinds in your common areas and bedrooms.

Get out flashlights. Make sure they are in workable condition.

Have a flashlight with you at all times as well as a portable phone.

During a Severe Weather/Tornado Warning, when the sirens are going off and there is a tornado forming in our area, we will:

Take cover in bathrooms, storerooms, or in a corner of the room away from windows. If possible, residents should bring a pillow and blanket to cover their head and sit with backs to the wall. They should not be in a room with windows, when possible.

Staff will be reassuring residents and keeping them up to date on what is going on.

Residents not wanting to return to their apartment will follow staff instructions on where there is a safe and monitored location for residents to congregate.

Staff will not leave the building but will continue to monitor the situation and update residents, providing the 'All Clear' once the threat has passed.

We will be practicing drills in April and if you have any questions please do not hesitate to reach too me or any leadership team member.

Thank you and keep safe!!
William

THE CLUB

AMANDA COLE, WELLNESS TEAM

The Club has some fun Special Events coming up in April

#1 - It's Parkinson's Awareness Month!

To raise money for the Parkinson's Foundation as well as awareness about Parkinson's Disease, we will host a



Sit-To-Stand Challenge and Fundraiser, Wednesday, April 16-Thursdays, April 17.

Three ways to participate (choose any or all):

- Make a direct donation to the Parkinson's Foundation via cash or check.
- Purchase raffle tickets for some fun prizes and a good cause at \$1 each, anytime on Wednesday and Thursday at the Club.
- Sit-to-Stand your way to earning raffle tickets.

How? Earn a raffle ticket for each set of 10 Sit-to-Stands that you do these two days. Pick up a tracking sheet in The Club and keep track of the sit-to-stands you do over these two days. The ones you do in class, at home or anywhere all count toward the total.

You can buy or earn as many raffle tickets as you want!

The FUNDRAISER FINALE will be held Thursday, April 17, 3-4pm in the Atrium!

- At the **Finale** you can Sit-to-Stand to music, purchase more raffle tickets, drop off your donations and tracking sheets, pick up tickets you've earned in the challenge, enjoy some popcorn, and pick up Parkinson's resource information.
- The finale event and final drawings will be held Friday, April 18 at noon!
- If you can't do a Sit-to-Stand safely, you can do a Chair Sit-Up. Or talk to club staff or other exercise substitutions. **Do what you can do** for Parkinson's!
- Prizes include: Bistro Bucks, gift cards, and Personal Training Sessions.

#2 It's time for our community to take an Adventure Walk!

In the past we've walked the Appalachian Trail, across Australia and even across the moon! This year our community will trek through the Amazon Rainforest on the

Amazon Jungle Walk: April 21-May 31

Together, over 6 weeks, the Parkshore/Parkwood Community will combine our walking mileage to cross the length of the Amazon River, hopefully the full 4000+ miles! Join us as we traverse the rainforest, do some virtual traveling, and get some great exercise. We can do it!

Kick-off Event is Monday, April 21 at 2:30pm in the Performance Room.

Join us to get motivated, pickup your tracking sheets, enjoy some refreshments and get any questions answered. If the weather allows, we will begin our walk with a stroll around the pond.



SILVER ADVANTAGE LETTER OF THE MONTH

KATRINA FREESE

The R.E.S.P.E.C.T. letter of the month for April is the letter “E” for energy and enthusiasm. Our team at Parkshore strives to have a positive influence on the health and wellbeing of all residents, family members, staff, and guests.

When I think back to every move that I have made, what was my primary reason for choosing one house over another? In most cases it was the square feet and the layout of the house. In other words, I evaluated each house on its ability to meet my needs. But what happens when you lose the house of your dreams to another buyer? Is that the end? Do you just go without? No, you find another house because in the end, a house is just a house. Construction workers may have created the house but everyone who lives there creates the home. Our home at Parkshore is made by people from all walks of life and Parkshore’s philosophy that it is incumbent on everyone (staff or resident) to make Parkshore their home. We might have specific job descriptions, but we always have opportunities to work (if you can call it that :) to bring the “E” of RESPECT into our home and community.

NAVIGATING LEVELS OF CARE AT PARKSHORE

TINA MONSOUR, DIRECTOR OF RESIDENT SERVICES

One of the most difficult decisions families face is choosing the right care for a loved one. With so many options — home care, assisted living, skilled nursing—it can be overwhelming. The key is to avoid waiting for a crisis; being proactive can make all the difference.

Simplifying the Process: Choosing the right care starts with understanding your loved one’s unique needs. Factors such as health conditions, budget, and lifestyle preferences all play a role in finding the best fit. Every family’s situation is different, so it’s important to explore all available options to find the one that supports your loved one’s well-being and happiness.

Considering Veterans’ Benefits: Many residents and families don’t realize that veterans’ benefits can provide significant assistance—not only for veterans but also for their surviving spouses. If your loved one is a veteran, these benefits can be applied to cover long-term care services, such as those provided in our assisted living facility. This could make a big difference in how you approach care.

Long-Term Care Policies: I also work directly with long-term care insurance policies, which may be utilized in our assisted living facility. If your loved one has a long-term care policy, I can help you understand how to apply it to cover care costs and ensure you get the most from your benefits.

Let’s Talk: Navigating senior care options can be overwhelming, but I’m here to help. I’d love to meet with you one-on-one to discuss how we can simplify this process for you and your loved one. Together, we can find the right solutions that provide the care, support, and comfort your family deserves.

Please reach out to schedule a time to talk through the options that might be best for your family

Tina Monsour

Director of Resident Services 952-848-5842

PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

Date of Outing	Departure	Return Time	Event & Location	Cost	Sign Up Date
4/9	12:15pm	4:30pm	Collide Theatrical Dance: Broadway Dancin'	\$42	4/1
4/14	10am	2:30pm	AAUW Outing	See Page 7	4/1
4/18	11:15am	2pm	Smack Shack (Seafood) Lunch Outing	Money for Lunch	4/1
4/30	12:30pm	3:30pm	Arboretum Outing	Free	4/1

PLATO

Parkshore Learning And Teaching Organization

Gail Coffler, organizer/ moderator

Tues., April 22

Presenter: Mary Frances Prince, Attorney

"Part Two: What Every Senior Needs to Know—about Legal Matters"

2:30-4pm Performance Room

Tues., April 29

Presenter: Karen Knowlton

Resident Musicologist

George Gershwin Festival Begins

Broadway Dancin'

April 9th at 12:15pm

Collide theater is a dance storytelling company, telling narrative stories through a variety of dance styles and live music.

Broadway Dancin' is a high-energy tribute featuring brand new pieces from some of Broadway's biggest hits, including *Pippin*, *Chicago*, *Carousel*, *West Side Story*, *Moulin Rouge*...and more!

Story Telling

Friday, April 4th

1pm in Community Room

Jim and Jessica—a dynamic couple with extensive experience as performers, educators, musicians, and theater experts—will be hosting an interactive hour all about the art of storytelling. Join us for a fun and engaging afternoon as we explore something brand new here at Parkshore!

Group Crosswords

Tuesdays at 11am PR

We have all missed our regular crossword activities. We are going to try a new format to see if we like it better. Residents will take turns reading out the clues, while everyone has a copy of the grid. One resident will be in charge of passing out clues to participants, while the group works together to solve the puzzle.



PROGRAM NEWS

KATRINA FREESE , DIRECTOR OF PROGRAMS

Have you heard the rich and beautiful sound of the new dark wood piano in the Atrium?

MANY THANKS

To David and Narisa Bach



for their generous donation of this splendid grand piano to our community. There is an interesting history to this family piano. We hope to share it in a future LinkLetter.

Bake Sale

**Sunday, April 13th
11:30 am | Atrium**

Indulge in delicious treats while supporting the St. Louis Park High School Newspaper. Cash only.

AAUW Outing April 14th 10am Departure

On Monday, April 14, you can enjoy two lectures at AAUW and lunch at the Gale mansion. You will hear about the significant discoveries by the Hubble Space Telescope that revolutionized our understanding of the universe from Dr. Christy Tremonti, Astronomy professor, U of Wisconsin, and learn how a woman overcame obstacles to leadership in male dominated sports from Wendy Blackshaw, CEO of Minnesota Sports and Events. The Parkshore bus will leave here at 10 a.m. and return at 2:30. Lunch checks made out to AAUW for \$20 should be given to Ellen Hughes, apt. 311, AAUW representative, before Monday, April 7, to reserve your space.

Volunteer Appreciation Week April 20th-26th

At Parkshore Senior Living, we are lucky to have a community of volunteers whose compassion and dedication enrich the lives of everyone around them. National Volunteer Week is the perfect opportunity to take a moment to express our gratitude for the countless ways residents and community members make a difference.

From leading engaging activities to reading to our memory care residents, painting nails, proofreading the Linkletter, welcoming new residents, leading educational talks and much more, our volunteers embody the true spirit of community. You bring joy, connection, and energy to Parkshore, your efforts do not go unnoticed. It is what makes our community different from others.

To our volunteers, you remind us daily that small acts of kindness can have a profound impact on our community. Your hard work, creativity, and passion help us build a stronger, more vibrant community, and we are endlessly grateful for you.

This week—and every week—we celebrate YOU, our incredible volunteers. On behalf of the entire Parkshore team, thank you for everything you do to make Parkshore a vibrant and active community. As a thank you the programming team is hosting a volunteer appreciation event on **April 23rd at 2:30pm in the Performance Room**. This event is **for our volunteers only**. We will send out invitations on April 11th; please RSVP by April 17th. Due to the size of the event we might not be able to accommodate late RSVP's.



Calling All Gardeners



Each year, we have 20 small garden plots available, allocated by lottery. If you're interested in a plot, please sign-up in the Parkshore Library or Parkwood Front Desk. **The sign up will be available on April 28th through 10am on Friday, May 9th.** We will have two sign up sheets, one for tomato plots and one for flowers/other vegetables that are under 2 feet tall. **Do not plant any perennials or any kind of grass.** If your plot overruns other plots during the season, we will have to cut down your plants. The plots will be assigned by the end of day May 9th and will be posted at PW front desk, PS library, and on the programming office door. **Please remember, signing up does not mean that you have secured a plot.**

We will limit 6 plots specifically for growing only tomatoes in one of the raised flower beds. Only 1 tomato plant per plot. The other 14 plots will be for any other plants that will not grow above 2 feet. If you receive a plot, you are responsible for watering, weeding, and clean-up in the fall. Plants must stay inside your plot and not block walkways. If the Director of Programs determines that a plot is not being attended or cared for, the plot may be reassigned.

This year, we will be upgrading to rain barrels at the back of Parkshore and Parkwood to conserve water thanks to the money raised from last years' garage sale. We will have them in place by May 9th.

Thank you and happy gardening!!

What is Silver Advantage?

Have you noticed the colorful bulletin boards outside the Parkshore Library and in the Parkwood Dining Room? We also have one in our Memory Care! If you haven't, stop by and take a look after reading this article.

These boards are for residents, family members, or staff to recognize a specific staff member who went above and beyond their traditional job duties.

This is a program Silvercrest offers because staff members cannot accept tips or gifts of any kind. Sometimes, it would be nice to give a staff member a little extra something for doing something amazing—that's what the board is for! Each note is worth points, and when an employee reaches enough points, they receive a \$25 digital gift card that can be redeemed at over 50 stores in our area. Next time you feel that a staff member goes above and beyond feel free to fill out a note explaining what happened and stick it on the board.

Thank you,



SILVERCREST
PROMOTING WELLNESS FOR A VIBRANT LIFE

SODIUM AWARENESS: WHY IT MATTERS FOR YOUR HEALTH

BY: CHERI BOOTH

Sodium is an essential mineral that helps regulate fluid balance and nerve function in the body. However, consuming too much sodium—often from processed and restaurant foods—can lead to high blood pressure, heart disease, and kidney problems. The recommended daily intake for most adults is less than 2,300 mg, yet many people consume far more without realizing it. Understanding where sodium hides in your diet is the first step toward making healthier choices.

Cutting back on sodium doesn't mean sacrificing flavor. Simple swaps, like using herbs and spices instead of salt, choosing fresh or frozen vegetables over canned ones, and reading nutrition labels to find lower-sodium options, can make a big difference. Cooking at home also allows for better control over sodium intake, as restaurant meals tend to be high in salt. Staying hydrated and incorporating more potassium-rich foods, such as bananas and spinach, can help counteract the effects of excess sodium.

Being mindful of sodium intake is especially important for those with high blood pressure or heart disease, but everyone can benefit from healthier eating habits. Start by tracking your sodium intake for a few days to see where you can cut back. Small changes, like rinsing canned beans or choosing unsalted snacks, add up over time and contribute to long-term well-being. By making informed choices, you can reduce your sodium intake and support a healthier heart.

Gershwin Festival

A SALUTE TO GEORGE GERSHWIN!

Celebrating America's Great Composer and Songwriter

Tuesday April 29, 2:30 - PR Gershwin's life and the great Rhapsody in Blue, Karen Knowlton and Jan Dees, a PLATO presentation, Gail Coffler, moderator.

Thursday May 1, 1:45 - PR – movie day! Popcorn and Gershwin tunes on piano in the atrium, then viewing the movie of Gershwin's only opera, "Porgy and Bess" in the PR. Popcorn will be available in the Atrium from 1pm-1:45pm; then the movie will begin in the Performance Room at 1:45pm.

Monday, May 5, 2:30 – PR - Live performance of Gershwin songs by residents Mary Keithahn, David Bach, Sandra Haines, Dan Eikenberry, Karen Knowlton, Jan Dees, plus guest Sarah Knowlton and special guests.



Damascus Steel Presentation by resident John Verhoeven

Monday April 7th 2:30pm, Performance Room

John will lead a short discussion on Damascus steel, then show a 50-minute documentary that he was a part of making. The documentary is about the legendary Al Pendray, together with two swordsmiths from Jordan, and their quest to produce authentic wootz Damascus steel with ores mined from a historic mine in Jordan - a mine that is known to have produced weapons for Saladin himself.

Maintenance Weather Update

With warmer weather arriving throughout March and April, we want to let everyone know when the patio cushions and umbrellas will be set out and what to do about fluctuating apartment temperatures.

Once temperatures consistently stay above 50 degrees, we will bring out the patio furniture and cushions that were previously stored away.

With regard to apartment temperatures the heat will stay on until we reach a stable warm temperature through overnight. If your apartment is too hot, please set your thermostat fan to auto and open your windows, or turn on a fan.

Housekeeping Update from Olivia

Now is that time of the year to sign up for some spring cleaning by Parkshore Housekeeping. We have many openings for a one time cleaning, or to be on a permanent housekeeping rotation. Residents can decide how often housekeepers come in, (some residents have us weekly, biweekly, or monthly); it is up to you. We clean ovens, refrigerators, inside windows, wash and fold laundry etc. We can accommodate almost any kind of cleaning request you may have.

Call Olivia at 952-848-5805 to set up housekeeping. Rates start at \$40.00 and would be adjusted as residents decide what services they need. Cleaning request forms are located at the Parkshore front desk.

TRASH TALK

Greetings all, did you miss us in March?? We will make it up in this article filled with clarity.

The Drawdown Committee met with the PS maintenance supervisor, Jivan Biswant, and learned a lot about how he and his crew get our recycling from our Trash Room to be hauled away by Waste Management. They aim to get our recycling down the garbage chute on Monday, Wednesday and Friday, generally after lunch but no set time YET. The crew usually finishes that task in about an hour.

We can help by putting all our recycling in grocery bags, but NOT overloading them. If items fall out of our bags, it takes longer for staff to retrieve and dispose.

For our cardboard boxes, we must FLATTEN them all. When they do not fit into a garbage bag we are to carry them down to the garage and place them into the large green tub. If we do not flatten the larger boxes, staff will have to do that which takes time away from their other maintenance tasks.

Your floor Recycling Helpers can clarify rules and communicate with PS staff when needed.

Basically, most of you are doing well. THANKS

REMEMBER

REUSE

RECYCLE

REDUCE

Home Instead Presentation April 8th 2:30pm Performance Room

Tips on managing the Costs of Aging: A Guide for Tomorrows Care. We will be discussing why proactive planning is essential, legal and financial steps to take, practical tips to identify your support systems, resources and make aging in place a reality.

Pool Update

To keep the Parkshore pool at its best, from time to time it needs some maintenance. At this time, it needs the sand in the filters replaced. To do so, we will need to close the pool for a the week of March 31-April 4.

Residents and Community Members can go to Summit Place to use the pool at no additional cost. This is the closest Silvercrest community at 8505 Flying Cloud Drive, Eden Prairie.

Summit Club pool hours are:

- 7am-6pm Monday-Thursday
- 7am-5pm Friday
- 8am-1pm Saturday



Residents are encouraged to use the bus service for transportation to and from Summit Place to enjoy the pool. The bus runs Tuesday through Friday from 9:30 AM to 4:00 PM and is available on Mondays from 10:00 AM to 1:30 PM. The sign-up sheets can be found in both the Parkshore Lobby and the Parkwood Lobby. Please remember to sign up in the book as usual at least 24 hours in advance.

RELIEF KIT DRIVE

Parkshore is hosting its first ever relief kit drives some of you may have heard of a food drive which is similar, but instead of collecting food we are collecting hygiene items. We are donating the finished hygiene kits to Mennonite Central Committee (MCC), the same organization that our Helping Hands and Quilting group donates our quilts to.

Last year, MCC shipped over 80,060 hygiene kits all over the world! Their goal is to promote health and well-being for people who have been displaced, a hygiene kit is a great place to start. Below is a list of items to include in a hygiene kit.

What to donate (NEW items only)

- 1 adult-sized toothbrush (in manufacturer's packaging)
- 1 large bar bath soap (in original wrapper)
- 1 nail clipper (good quality)
- 1 hand towel (medium weight, dark or bright colors preferred); approx. 40 cm x 65 cm (16 in x 26 in)
- 1 wide-toothed comb; 15-20 cm (6-8 in)

Thank you for limiting your generosity to the items listed. Any brand will do.

The Drive will start on March 31st and go until April 14th at both front desks! On April 28th we will sort through what is donated and put the kits together. Everyone is welcome to join us on April 28th at 2pm in the community room. If you have specific questions about what can be donated, please contact Katrina at Kfreese@parkshorecampus.com.

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 150+ 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 and apartment number
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
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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 Coordinators - 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