

April  
2019  
Volume 30  
Issue 4

# The Linkletter

Parkshore  
A SilverCrest Community



## Program Ponderings

By The Program Department

**Great Decisions** needs you to moderate a session. If you are interested please contact the Program Department. For the April 1 session, **Nuclear Negotiations: Back to the Future?**, we will be in the Performance Room at 2:00 p.m.

Join us in the Community Room on Wednesday, April 3 at 2:15 p.m. for the popular singing quartet **The Guys from Brookview**. This program has been re-scheduled from January, so don't miss their return.

Discover the unique animals and habitats of the Land Down Under. On Friday, April 5 at 2:00 p.m. in the Community Room, LeeAnn Landstrom will present **Animals of Australia**.

What's a wallaby? Who lives on Kangaroo Island? Come find out!



PLATO society will host guest speaker Carol Rudie on Monday, April 8 at 1:30 p.m. in the Community Room. Carol will be presenting **The Era of Peter the Great: The Coming of Western Art to Russia**.

The **Apartments Birthday Party** is undergoing a transformation. On Tuesday, April 9, birthday cake will be the featured dessert at dinner. Then, at 7:00 p.m. apartment residents can come to the Performance Room for entertainment and a drawing for a free dinner.

Please join Sybil in welcoming **Annette Sandler, director of Aging Services at Jewish Family and Children's Services**, to discuss services available to residents of all backgrounds, such as their curb-to-curb transportation program. Feel free to invite your family members to join you on Wednesday, April 10 at 10:30

a.m. in the Performance Room to learn about the many ways JFCS can provide assistance to seniors.

Calling all poets and poetry-lovers. As April is National Poetry Month, we will hold a **Poetry Open Mic Night** on Wednesday, April 10 at 6:15 p.m. in the Community Room.

Everyone is welcome to join us for the always-entertaining **Storytelling with Betsy**. The topic this month is *Heartbreak Hotel: Bad Dates and Break-ups*, Wednesday, April 17 at 2:15 p.m. in the Community Room.

We will have Easter Sunday entertainment on the performance room piano with Larry David at 2:00 p.m. Everyone is welcome.

### CONVERSATIONS THAT MATTER

Life (and Death) go better when you have a plan. That's why more people are ensuring their wishes for end-of-life are on the record and will be honored.

If that's what you want, learn about **YOUR HEALTH CARE DIRECTIVE** on **Monday, April 15** from **2:00 – 3:30 p.m.** in the **Community Room**.

Dawne Starkey, Director of Park Nicollet Advance Care Planning, will lead a step-by-step walk-through of the Minnesota Medical Association recommended form for advance care planning. A panel of our residents will also share their personal experience with a health care directive.

If you think of a good reason not to plan ahead, don't attend this session. If you are like all the rest of us who want to have a plan in place to make decisions about our end-of-life care easier for family and professionals, you won't want to miss this program.

You'll be glad you attended.



My arrival into the world precipitated great joy in my father's family, since I was the first female born in two generations.

However, my fame was short-lived when my two younger sisters arrived several years later.

I was raised and schooled in Winnipeg, Manitoba, Canada where I earned my B.A. from the University of Manitoba. Shortly after graduation, I married my husband, who was a student at the Royal College of Physicians and Surgeons in Ireland. I joined him in Dublin, where I was accepted into Trinity College, sister College to Oxford and Cambridge, all three having been established by Queen Elizabeth I.

Over the ensuing two years, I earned my M.A. degree as well as the Higher Diploma in Education, which qualified me to teach High School. Upon our return to Canada, we began our family, while my husband was a rural doctor in Southern Saskatchewan. We produced a son and two daughters before moving to Minneapolis, where my husband pursued a residency program in dermatology, while I stayed home to raise our young family.

Since education and community involvement have always been important to me, I became a Community Resource Volunteer as part of an enrichment program for the Minneapolis Public School System. Later I became involved in Girl Scouts, first as a troop leader, and eventually Vice-President of the Greater Minneapolis Council. I also served on the Appropriations Committee of the United Way, which determined how the funds would be distributed to the affiliated

agencies.

During these busy years, I tutored new American immigrants in English language and acculturation. And having always been an avid reader I became a book reviewer and discussion leader along the way.

My husband and I both enjoyed international travel, as we journeyed far afield to Israel, Norway, China, Japan, Australia and New Zealand, Europe, South America, Alaska and Russia, Bermuda and Hawaii. After my husband's demise, I still had a bucket list of places to visit, so I took my adult children, spouses and grandchildren to the Galapagos Islands, the Serengeti in Tanzania, Africa, Eastern Europe and Hudson Bay to see the polar bears in their natural environment.

My greatest joy throughout the years has always been my family, who have continued to be supportive and responsive to my needs.

I finally ran out of stamina, so I sold my home in Golden Valley, and moved to Parkshore. After an adjustment period, I once again became involved in the community in which I live. Offering a program on Hanukah, I was gratified when 75 residents attended.

Throughout all the years, I have continued to be actively involved in my synagogue.

I feel happy that I can continue to participate in the exercise program, as well as the interesting and varied presentations offered at ParkShore. Continuing attendance at Orchestra Hall and the Guthrie Theater fill out my cultural quest. I welcome new friendships and ongoing relationships at Parkshore!

Greetings Residents,

A huge thanks to all the residents, families and staff for making this year's Pancake Breakfast a great success. As advertised all proceeds will be going to the Children First. Since 1992 Children First has spread community-wide focusing on the healthy development of all St. Louis Park young people. This year we had approximately 375 people in attendance and raised \$2116. We will present the proceeds to the Director of Children First at the next resident meeting. Thank-you again for your generosity.

As I write this article we are in the mode of spring, please continue to be careful on the sidewalks for refreezing and in some areas, the sidewalk has raised up and not settled back down so there are some tripping hazards out there.

Along with the spring weather come days that the temperature takes us on a roller coaster ride. We have cold, low temps one day and we get calls for heat or the weather shoots up to 75/80 degrees and Amber starts getting calls for air conditioning. We cannot start our chiller system up until we are sure the night time temperature stays above 50 degrees. Have a wonderful April!

Your Executive Director, Mike

### Pilgrim Dry Cleaning

If you are a **first time user** with Pilgrim and are wondering what to do, here is the process:

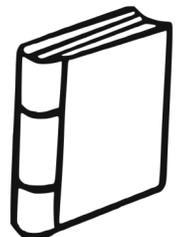
First stop at the front desk to ask for a Pilgrim account form. Pick up a garment bag from the coat closet and put your completed form and items into the garment bag. Place the garment bag into the coat closet for pick up. For your second pick up and thereafter, you will leave your garment bag at your front door for pick up and drop off.

**Current customers:** Please leave your garment bag at your front door for pick up. Pilgrim will bring your garment back to your front door.

Pilgrim comes in **every Tuesday and Thursday morning (by 10 a.m.) for pick up and drop off.** If you have pick up on Tuesday, items will be returned on Thursday. If you have a pickup on Thursday, items will be returned the following Monday.

### From the Library

One of this year's goals for the library is to upgrade our large-print book section. We have bought large-print editions of *Becoming* by Michelle Obama, *Every Breath* by Nicholas Sparks, *Long Road to Mercy* by David Baldacci, *Deep Freeze* by John Sanford, and *Finders Keepers* by Stephen King. We would welcome recommendations of books or authors to add to the collection. Send to Sharon.



# Parkshore Apartments Outings

Date	Time of Departure	Estimated Return Time	Event & Location	Cost	Cancel by Noon
Th 4/4	10:00 a.m.	12:00 p.m.	Bachmann's Flower Show at Galleria	None	4/4
W 4/10	8:30 a.m.	1:30 p.m.	Mystic Lake Casino	None	4/9
Th 4/11	11:00 a.m.	1:45 p.m.	Schubert Club Courtroom Concert	None	4/9
W 4/17	10:30 p.m.	1:00 p.m.	American Swedish Institute	\$8	Pay at the Door
Th 4/18	11:00 a.m.	1:45 p.m.	Schubert Club Courtroom Concert	None	4/17
W 4/24	10:45 a.m.	1:45 p.m.	St. Paul Hotel Grill	Menu	4/23
Th 4/25	10:00 a.m.	2:00 p.m.	Orchestra Hall Coffee Concert	Past	Past
Th 5/9	10:45 a.m.	4:00 p.m.	Red Herring and Lunch at the Ives	\$45	Billed on 4/19

Sign-up sheets are located on the table in the upper atrium. Please see above for billing dates for specific outings.

## Bachmann's Flower Show

The Galleria Garden Party is an uncommon indoor opportunity to meander through dozens of colorful and fragrant floral vignettes. More than 100 types of trees, plants, and flowers, including thousands of spring bulbs, will transform the floors, walls, and ceilings of Galleria's public spaces.

## Schubert Club Courtroom

**April 11**

Emily Cole, violin, Roy Meyer, violin, Valerie Little, viola, Ruth Marshall, cello, and Garret Ross, piano perform the Piano Quintet in F minor by Brahms.

**April 18**

Composer Abbie Betinis writes music called "inventive, richly melodic" (The New York Times), "superb, whirling, soaring" (Tacoma News Tribune), and "the highlight" of the program (Boston Globe).

## American Swedish Institute

Take the time to enjoy the museum, store, or lunch at Fika.

You may want to see their featured exhibition:

*Imagine: Surreal Photography by Erik Johansson.*

Imagine a place where fish are islands, landscapes become waterfalls, and the moon is hung from a ladder. Find these impossible worlds in the work of Erik Johansson, a Swedish photographer/visual artist now based in Prague, who creates dream-like realities through clever and complex montages of nature using his own photographs knit together digitally. The ASI exhibition includes 27 of his works, including seven new pieces that will be exhibited here for the first time.

## Red Herring at the Ives Auditorium

Three love stories, a murder mystery, and a nuclear espionage plot converge in this comedy about marriage and other explosive devices. It's 1952: America's on the verge of the H-bomb, Eisenhower's on the campaign trail, and Senator Joe McCarthy's daughter just got engaged to a Soviet spy. A sharp-eyed look at love and tying (and untying, and retying) the knot.

Lunch for this show is served cafeteria-style so please plan accordingly. It will consist of: chicken breast in herb and wine cream sauce, parsley potatoes, vegetable du Jour, dinner rolls, coffee, tea and assorted desserts.

# SilveradvantAGE

By: Kelly DeBiaso

The SilverAdvantage letter for the month of April is “S” for Safety and Security:

- Respond promptly and positively to residents
- Help keep building clean and safe
- Keep information about residents private



There is no one department that is more responsible than another when it comes to safety and security. It is definitely a team effort. Keeping the building clean and safe from the



perspective of all the departments is necessary to ensure hazards are cleared as quickly as possible. All residents can be assured that any information gleaned in the process

of our service will be handled carefully and kept confidential. Our goal is to put the safety of our residents at the forefront of daily living here at Parkshore.

Residents also play an important role in the safety and security of the community. If you see an unsafe condition, please report it to the front desk so a work order can be submitted to correct the problem. Regarding your privacy and the privacy of others, please understand when a staff member won't give you information about a dear neighbor who hasn't been home for a while, that this is part of our ethics. If you



have a concern about another resident, you can report it to the front desk, but staff are unable to share information. We can certainly take note, however, and appreciate your sharing your concerns. Watching out for each other is one of the many benefits of being part of this wonderful community.

## BEAUTY SHOP NEWS

Easter is on the way, arriving on April 21 this year. Take time to check out our hair and nail services for both guys and gals. You'll want to look your best for family-and-friend get togethers. It's been quite a winter and we are ready for spring. A great way to celebrate is with a special treat like a manicure, pedicure and/or getting your hair done by one of us.

What are our hours? We are usually at the Salon by 9:00 and close with the last client. We work by appointment and that can cause our hours to vary by demand. Thank you for your understanding.

Marilynn will be out April 9 –10 and 16--17. Ginny will be here on Thursdays for all haircare. Make appointments early as the schedule can fill quickly. Come see us. You'll be glad you did.

We would like to thank everyone who helped with new magazines for the Salon. We do appreciate it!!

**FUN FACT:** A lock of Elvis' hair was purchased at an auction in 2009 for \$15,000!



## Parkshore Assisted Living Outings

Date	Depart	Return	Event & Location	Cost	Reserve by
Fri 4/12	1:30 p.m.	4:00 p.m.	Como Conservatory	Donation	4/12
Fri 4/19	1:30 p.m.	4:00 p.m.	Arboretum Café	Menu	4/19
F 4/26	2:00 p.m.	4:00 p.m.	Scenic Drive	None	4/26

Parkinson's disease (PD), as defined by the National Parkinson Foundation, is a neurodegenerative brain disorder that progresses slowly in most people. Symptoms often take years to develop and can vary in severity. The importance of managing symptoms and knowing what to look for is why having an interdisciplinary team involved in your care can have a tremendous impact and help you achieve better outcomes including lower risk of complications, better quality of life, and even longer life.

*Here are a few other tips to help you or your loved one:*

Speak to a Life Care Manager (RN) about expanding your care team right on campus. Lifesprk Home Health, for example, can help with occupational therapy, physical therapy, social services and nursing to offer many solutions right on campus to help you manage Parkinson's while also living a sparked life.

Work with physical therapy to develop exercises to alleviate joint or muscle pain and increase strength to prevent falls.

Ask about how you can make your room safer, things like adding a handrail in the bathroom, using nightlights, and making sure all mats in your space have a rubber backing to avoid slips.

Our Life Care Managers have helped many seniors with Parkinson's disease. Stop by the Lifesprk office on campus to learn more and for tips and suggestions.

## How to Respond to Hygiene and Grooming Issues in Dementia

Sometimes, it may seem there is just no winning when the battle develops about taking a bath or changing clothes. But these tips may help reduce the feeling of being on opposing teams.

1. **Physician Order:** Use the "Doctor said" strategy. Ask the physician to write an order for a bath or shower every Tuesday and Saturday. The days you choose should be close to what the person may have done prior to developing dementia, if possible. Sometimes, that written order can become the "bad guy" that makes your loved one take a bath instead of you taking on that role.
2. **Podiatrist and Hair Salons:** Consider enlisting the help of a podiatrist or hair salon. Toe nail cutting can become difficult as people age, and a podiatrist may be able to provide the needed assistance. Hair salons can provide manicures, pedicures and hair washes.
3. **Electric Razor:** Switch earlier rather than later to an electric razor, which is easier to use and poses less of a safety concern.
4. **Routines:** Setting up simple routines that are easy to maintain is a key to facilitating hygiene and grooming. For example, you can help your loved one by making a card with three things to do: Eat Breakfast, Brush Teeth, Comb Hair.

If that's the routine every day, it might be maintained longer than if there was no rhythm to the day. Clearly, this strategy is more helpful if the person is forgetful but compliant, as opposed to a loved one who is completely resistive to attempts to help with these issues.

5. **Be Flexible and Use Humor:** Remember, reasoning doesn't always work with someone with dementia. Be silly together or laugh about an old joke. While you never would want to laugh at your loved one, humor can be used to lighten the mood and distract from the fight.

# The Club

By Scott Herman, Director of Wellness

## Finding Humor

What kind of exercises do lazy people do?

Diddly-squats

What did the 0 say to the 8?

Nice belt!

Laughter is renowned as the world's best medicine, but is there any truth behind that claim? Many studies on the subject have revealed some benefits from laughter. Though there are some discrepancies in what we gain from laughter, there is one common theme that studies continue to verify. Laughing seems to decrease our stress hormones.

Stress can worsen a person's health ailments, or it can manifest as the primary reason for health issues. It can cause an array of symptoms such as dizziness, confusion, weight gain, hypersensitivity to allergies and so much more than I can list. Since our bodies don't handle stress as easily with age, make sure to get your daily dose of vitamin laughter. It's probably the easiest and most enjoyable way to promote your health.

## Destination: Australia

\*Get your walking shoes ready, mate!

Last year we had so much fun walking the Appalachian Trail we decided to take the adventure across the pond. Join us for the kick-off for the **Australian Outback Walk**, Perth to Great Barrier Reef, on **April 17 at 1:00 p.m. in the Performance Room.**

## Other Club News:

\*Effective April 1<sup>st</sup> **all 9 a.m. classes M-F** will be held in the Performance Room.

\***Tai chi with Scott** will begin April 5<sup>th</sup>. Please review The Club's calendar for more details on all upcoming events and activities.

# What's Cookin'?

By Jack Caza, Director of Dining Services

**Hello, April!** We in Dining Services hope spring brings you all that is good about this wonderful season.

Sunday, April 21, is Easter and a special buffet will be served in the Apartments Dining Room starting at noon. Enjoy carved ham, roasted turkey, trimmings, mimosas, a bunny ice sculpture, and live music from Larry David at 2:00 p.m. in the performance room. Family and friends are always invited.



In Assisted Living (awesome living), we will have breakfast and lunch as usual. Boxed meals will be delivered for supper on Easter Night.

Look for fun events happening in the bistro in Ronie's Bistro Buzz, THE BISTRO, A FUN PLACE TO BEE. BUZZZZZ ON IN.

## Need to Knows

by Barb Burnette, Assistant Director

Our shuttle service is a great service to have when we want to go shopping or to an appointment. The different shopping areas, days and times are posted on the shuttle schedule which you can pick up at the front desk.

To keep it running smoothly and keep the bus on schedule, we want to remind everyone of the bus procedures.

- Meet in the lobby at least 15 minutes prior to departure time.
- Scooters and wheelchairs are loaded first.
- Always wear your seatbelt.
- The bus leaves at the assigned time by the driver's watch and does not wait for late comers.
- If you miss the bus coming back, you must arrange for your own transportation (cab, friend, family). Please call the Parkshore front desk to let us know you are safe.

We are working diligently to find a bus driver so we can get back to a full schedule. We thank you for your patience.

**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

**WATERCOLOR BASICS**

Mondays, April 8, 15, (22 optional) 29, and May 13, 20, 27  
3:30-5:00 p.m. in the Card Room

Join a class for beginners to learn the basics through guided sequential exercises, building on skills learned in the previous session. This course includes an introduction to water color materials, color, washes, wet-on-wet, wet-on-dry, values, glazing and creative uses of your work. Intermediate students are invited to get more practice using different examples.

To enroll: **sign up by April 3** in the outings book. You will be contacted about supplies (about \$25).

Instructor: Carolyn

**OPEN STUDIO for ARTS & CRAFTS**

1st Mondays, April 1, May 6  
3:30-5:00 p.m. in the Card Room

For anyone interested in making their various art activities in a group setting.



No instruction. Come with your project and supplies and enjoy a community of sharing, encouraging artisans!

**Parkshore Senior Community Phone List**

Mike Metzler	<b>Executive Director</b>	952-848-5803
Sue Scully	<b>Administrative Services Manager</b>	952-848-5802
Barb Burnette	<b>Assistant Director</b>	952-848-5842
Mary Richards	<b>Director of Marketing</b>	952-848-5819
Doreen Kleinpaste	<b>Marketing Associate</b>	952-848-5804
Laura Myren	<b>Director of Programs</b>	952-848-5806
	<b>Bus Driver's Cell Phone</b>	612-802-8435
Scott Hermann	<b>Director of Wellness</b>	952-848-5841
Jack Caza	<b>Dining Services Dir. &amp; Catering Requests</b>	952-848-5830
Andrew Barrett	<b>Regional Director of Environmental Services</b>	952-925-6231
Julie Flanagan	<b>Lifesprk Home Office</b>	952-737-4360
Betty Wuo-Sudue	<b>Reflections Lifesprk Nurse</b>	952-848-5852
Julie Maruska	<b>Director of Reflections</b>	952-848-5889
	<b>Apartments Front Desk</b>	952-925-6231
	<b>Assisted Living Front Desk</b>	952-924-0400
	<b>Dining Changes</b>	952-848-5826
	<b>Mail In and Mail Out</b>	952-848-5888
	<b>Maintenance Requests</b>	952-925-6231
	<b>Park Club</b>	952-848-5840
	<b>Apartments Beauty Shop</b>	952-848-5807
	<b>Assisted Living Beauty Shop</b>	952-848-5829
Julie Ottis, BCTMB	<b>Therapeutic Massage</b>	612-314-0025