

Program Ponderings

By The Program Department

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The Linkletter

Parkshore
A SilverCrest Community



Happy February, dear friends! We have some super programs lined up!

Get ready for the big game with our 2nd Annual **Super Bowl Pre-Game Challenge!** We have a couple of new features, so come on over to enjoy some game-watching snacks, show off your football skills (or lack thereof), have some fun on February 1, at 2:00-3:00 p.m. in the Community Room.

On Saturday, February 2 from 2:00-4:00 p.m. you are invited to an open rehearsal by **Shir Harmony**, a Jewish women's a cappella chorus, who will be holding this event in the Community Room.

On Monday, February 4, we will have our first **Great Decisions** video with conversation on the topic of *Refugees and Global Migration*. Everyone is welcome to attend at 2:00 p.m. in the Community Room. If you would like a digital or paper copy of the reading material, please sign up in the program office.

Have you ever wondered what a salamander feels like? What a turtle likes to eat? Or how a snake moves without any legs? Some of **Westwood Hill Nature Center's** exhibit animals will be here for a up-close and hands-on visit where you can learn the answers to these questions and more! They'll be in the Community Room on Friday, February 8, at 2:00 p.m.

Sweet Feet tap dancers will be here for a tap dance performance in the Community Room on Saturday, February 9, at 2:00 p.m.

The art of making **Norwegian krumkake** will be on full display when **Bill and Lil** bring down their krumkake iron to share with us how to make this traditional treat. Come have a taste on Wednesday,

February 13 at 2:15 p.m. in the community room!

Join us for our **Winter Gala** on Wednesday, February 13. Dress up for dinner and enjoy **a special event just for you as this event is for residents only, please.**

Seating in Assisted Living begins at 4:30 p.m., and Residents can sit at their usual tables with no reservation required.

In the Apartments, seating begins at 5:00 p.m. Space is limited so sign-up sheets will be available on Monday, January 28. Residents can pick up name tags with seating assignments times after 3:00 p.m. on February 13 in their specific elevator lobby. **No seating requests please, and reservations need to be made no later than 2:00 p.m. on Monday, February 11.**

The meal costs \$15. If you are allergic to a menu item, please use the comments section when you sign up so arrangements can be made. Please see page 7 for the menu. You are invited to enjoy the **Piano Lounge** from 6:00-7:00 p.m. in the Atrium while you wait for the dance featuring the **Bill Koncar Band** at 6:30 p.m. in the Performance Room.

Jewelry repair and watch batter replacement will be on Tuesday, February 19 from 11-12:30 in the Card Room. Please note the cost of watch batteries is going up to \$7. The next visit is not until May 7th, so be sure you get everything you need at this February visit.

On Wednesday, February 20 at 2:00 p.m. in the community room, the **Guys from Brookview** will be coming for a visit. They are a male quartet that sing with the aid of their trusty ukulele player.

Enjoy the month!



David and Sigrid could be considered an unlikely couple. Sigrid grew up on a farm in southern Minnesota. After attending the College of St Benedict she decided to become a nun, a member of the Sisters of St. Benedict in St. Joseph, MN. During her almost 20 happy and challenging years in the convent, she attained several advanced degrees, and was both a chemistry teacher and a college administrator. David is the oldest son of an American Baptist minister who played a prominent role both locally and nationally in his church. David attended Kalamazoo College where he spent a semester studying abroad in Sierra Leone which proved to be a life-changing event for him. He knew he wanted a career that required a great deal of international travel.

David and Sigrid met in graduate school at Syracuse University in New York. After they completed their doctoral degrees, they went their separate ways. Sigrid went back to Minnesota to be an administrator at the College of St. Benedict, and David went off to Iran to teach a masters program in Tehran. Time passed and, through some unexpected

events, Sigrid left her community of sisters and reconnected with David. And, as they say, the rest is history. They married 40 years ago and have lived a varied and rewarding life ever since. David built a career as a professor and Sigrid worked for the New York State Office of Mental Health. After 15 years in Albany, they moved to Washington D.C. where they both worked for consulting companies and learned about the world of government contractors.

After three years in D.C., David accepted a faculty position at the University of Minnesota that allowed him to continue his international research and teaching. Sigrid continued working for her D.C. employer from Minneapolis, leading site visit teams assessing how state substance abuse agencies across the U.S. were spending federal block grant funds.

While they were both doing a great deal of traveling, on one occasion they were in the same city for several days so were staying together in a hotel. David left early one morning being careful not to awaken Sigrid. When Sigrid woke up to get things from her suitcase for the day, she discovered David had taken her suitcase by mistake. Since then they try to always travel with different colored suitcases!

Since David and Sigrid have both retired now, they are delighted at the freedom to travel that living at Parkshore allows. Although they have learned that they have to go at a more moderate pace, and that it takes much longer to recover from jet lag, they are still enjoying traveling to new places.

From the Executive Director

By: Mike Metzler, Executive Director

Greetings Residents,

Welcome to the month of February. The days are getting longer already and soon my commute home will be in daylight. What an odd winter this has been, it seems we go from extremes of above normal temperatures to our “normal Minnesota” lows in the single digits. No snowfall has helped save on some budget dollars but the cold eats that right up with heating costs.

I’ve seen residents out and about, but if you are determined to exercise don’t forget your wellness team Scott, Brigitte and Jane are ready, willing and able to assist you with your exercise program. I believe by the time you read this our resident group of swimmers will be back in their 90-degree pool. When our heater went out and with the estimated time for a new one to arrive we decided to drain the pool and do a thorough clean up. A great big thanks to Scott and Richard for their hard work and dedication to bringing the pool back to brand new. Well, it looks that way to me.

Marketing has asked me to mention we have several one-bedroom apartments available at Parkshore. It seems there is always someone interested in downsizing for one reason or another, but we usually find out after the last one is rented. Now is the time to act; if you’ve been thinking about downsizing contact Barb Burnette, Assistant Director, at 952-848-5842 for more details.

At least once each year, I like to take a paragraph in the newsletter to talk about our SilverAdvantAGE program. It is a customer service-based program and each letter in the word R.E.S.P.E.C.T. is what our core values are based on. As part of our SilverAdvantAGE program we have two bulletin boards on Campus where staff and residents can put a note of thanks for a staff member who has gone above and beyond the call of duty in their job. In turn, the staff receives points and can submit those points in exchange for a gift card to their favorite store. The staff also receive points on their work anniversary for every year worked with SilverCrest.

SilveradvantAGE

By: Kelly DeBiaso

The SilverAdvantage letter of February is “R” for Resident First.

Promoting the six dimensions of wellness is one of the primary goals of Parkshore Senior Community and how we keep residents first.

Environmental

From the beautiful grounds to the new Performance Room, Parkshore provides an environment that is inviting and stimulating, whether a resident wants a secluded area to observe the daily life of the community or is looking for a space to chat with neighbors.

Emotional

Understanding our residents as individuals is the first step toward providing emotional wellness. Our supportive staff is here to listen to and encourage all residents in their unique journeys.

Intellectual

The speakers and activities are developed to expand the resident’s knowledge and skills. Residents are also encouraged to use the library to read and keep abreast of current events.

Physical

Encouraging our residents in physical wellness is a priority. Through regular exercise, our residents can work on areas such as strength, flexibility, and balance. We offer our state-of-the-art Park Club with its warm water pool and a variety of classes to ensure the exercising interests of all our residents are met.

Social

Parkshore encourages our residents to interact and contribute to this community. There are a number of ways to do that, including volunteering, attending groups that spark an interest, working out in the Park Club, and joining neighbors for a wonderful dining experience in our Bistro or dining rooms.

Spiritual

Parkshore encourages residents to live according to their values and beliefs. We understand that recognizing and respecting the unique spiritual journey of those in our community is an important part of overall wellness.

Parkshore Apartments Outings

Date	Time of Departure	Estimated Return Time	Event & Location	Cost	Cancel by Noon
Th 2/7	10:00 a.m.	1:45 p.m.	Orchestra Hall Coffee Concert	Past	Past
F 2/8	1:00 p.m.	3:00 p.m.	Como Winter Flower Show	Donation	2/7
W 2/13	8:30 a.m.	1:30 p.m.	Mystic Lake Casino	None	2/12
Th 2/14	9:00 a.m.	12:30 p.m.	Stewardess at the MN History Theater	Past	Wait List
W 2/20	1:00 p.m.	4:30 p.m.	OMNI Fest at the Science Museum	Past	Wait List
Th 2/21	12:00 p.m.	4:00 p.m.	Buddy Holley at the Ives Auditorium	Past	Wait List
W 2/27	10:45 a.m.	1:00 p.m.	Lunch at the 50's Grill	Menu	2/26
Th 2/28	11:00 a.m.	1:45 p.m.	Schubert Club Courtroom Concert	None	2/27
Th 3/28	9:00 a.m.	1:00 p.m.	Sisters of Peace at the History Theater	\$25	Billed on 2/15

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

Como Winter Flower Show

The spring show will include red and yellow Tulips, yellow Daffodils and yellow Crocus with a small percentage of White Hydrangeas.

Hyacinth, Asiatic lilies, Calla, and Crocus will be the featured flowers giving this show a unique aesthetic.



Schubert Club Courtroom Concert

February 28

Pat O'Keefe leads a program of lively klezmer classics, followed by "The Dreams and Prayers of Isaac the Blind" by Osvaldo Golijov. Featuring Susan Crawford, violin, Holly Ager, violin, Alastair Brown, viola, and Joe Englund, cello.

Lunch at the 50's Grill

At the 50's Grill, you'll enjoy items such as the homemade chicken pot pie, their number-one seller for over 20 years and easily the best chicken pot pie in town. The burgers and chicken sandwiches are hard to beat, and the just-like-Grandma-used-to-make dinners of comfort food like rotisserie chicken and



homemade meatloaf are cooked on-site.

Sisters of Peace at the History Theater

Today, yesterday & beyond.

Wednesday nights on the Lake Street Bridge, you can always find a handful of people marching with colorful signs and protesting for peace. Among them, you'd find the McDonald sisters Brigid, Jane, Rita and Kate: legendary peace activists, who grew up as sisters in a large Irish farm family in Hollywood Township, Minnesota. The four sisters all entered the convent and became Catholic nuns who devoted their lives to teaching and peace activism. That's only part of the story. Their incredible lives come to life in this stirring play that take us on a journey from the security gates of Honeywell Corporation, to the School of the Americas and back to the steps of the Cathedral of St. Paul. Wherever there is injustice, the chances of bumping into the McDonald sisters are high.

Assisted Living out to the Bell Museum

The Bell Museum, formerly known as the "James Ford Bell Museum of Natural History," is located at the University of Minnesota. The new Bell Museum brings together science, art, and the environment with a unique Minnesota per-

spective.

On this assisted living outing, we will explore the wildlife dioramas and view Minnesota's own animals in their unique habitats.



From the Library

Watch for new library books to arrive in February. There are new biographies, exciting mysteries, and award-winning novels. If you are heading out of town for an extended period of time, please return your books before you leave.

BEAUTY SHOP NEWS

The way a woman wears her hair says something about who she is. That is why they say the perfect haircut isn't just a fantasy but something worth striving to attain. The same can be said about guys too!

We are here to help you look and feel your best. We all feel so much better when we get our hair and nails done. Guys and gals, come in and we can spoil you!

If anyone would be willing to donate any beauty shop-worthy magazines, we would greatly appreciate it as we are in need.

Khit for nails on Tuesday

Marilynn for hair on Tuesday and Wednesday

Ginny for hair on Thursday

Julie for hair at Parkwood Wednesday and Saturday

Conversations that Matter

Video and Discussion

If you missed the powerful video, *BEING MORTAL*, you can see it this month. And feel free to invite family and friends to view it with you.

Based on the book by best-selling author, Atul Gawande, MD, it tells the real-life story of Dr. Gawande as he learns how to talk differently with his patients about medicine and what matters in the end: the mistakes he made, who his teachers were, and how he dealt with his own father's terminal condition and death. Following the video, there is time for conversation.

Monday, February 4, 2:00 - 3:30 p.m.

Community Room

Saturday, February 9, 10:00 - 11:30 a.m.

for you and for family and friends

Community Room

Book Talks

You can check out the book, *BEING MORTAL*, in the Park Club. Even if you haven't read the book, join a discussion in the Card Room, led by Joyce Pedersen.

Monday, February 4, 2:00 - 3:30 p.m.

Saturday, February 9, 10:00 - 11:30 a.m. In-

voke family and friends.

Parkshore Assisted Living Outings

Date	Depart	Return	Event & Location	Cost	Reserve by
F 2/15	2:00 p.m.	3:30 p.m.	Winter Drive	None	2/15
F 2/22	12:30 p.m.	4:00 p.m.	Bell Museum	\$11	Billed on 2/22

Prescription for Heart Health: Find Your Purpose

Did you know that happiness and a strong sense of emotional vitality helps lower your risk of heart disease? This statistic from the Cleveland Clinic while fun and interesting points to something our Life Care Managers (nurses) have known for a long time – your ‘spark’ or emotional connection to purpose and passion does directly impact your heart health. While a diet rich in good fats (nuts, avocado, olive oil), fiber or even an increase in magnesium contribute to maintaining a healthier heart, don’t overlook the simplicity of finding purpose in your life. Here’s why:

* Positive feelings (happiness) have been associated with reduced inflammatory and cardiovascular response to stress.’ Researchers at University College London, Princeton University and Stony Brook University discovered this link after studying longevity and wellbeing. (Forbes 11/13/14 – ‘Knowing Your Purpose in Life Could Help You Live Longer’)

* People with a high sense of purpose were less likely to have a stroke, heart attack or coronary artery disease requiring a stent or bypass surgery. That’s according to Dr. Randy Cohen, a cardiologist at Mount Sinai St. Luke’s-Roosevelt Hospital in NYC who revealed this after reviewing data from ten studies involving 136,000 men and women. (Everyday Health – ‘Purpose in Life is Good for Your Health’)

* Participants who had a higher sense of meaning showed a significantly reduced risk of heart attack. This study was conducted by researchers who followed more than 1,500 older adults with coronary heart disease over two years to study the association between heart attack risk and the degree to which participants had a sense of purpose in their lives, which is typically described as a person’s sense of directedness and meaning. (Journal of Behavioral Medicine, May 2012)

* 90% of the factors that shape poor health outcomes are due to reasons other than health and yet few healthcare options address these. Life Care Management (LCM) proactively goes beyond a medical focus using the 7 elements of wellbeing to keep costs down long-term and achieve individual goals.

Want to find ways to increase your purpose? Talk with your Life Care Manager or stop by the Lifesprk office on campus to help you unleash your inner ‘spark.’

Spark On!

Signs that Your Loved One May Need Placement into Assisted Living

More than 15 million Americans devote time and energy to caring for a loved one with Alzheimer’s disease or other dementia, according to the Alzheimer’s Association, but sometimes the cost of caregiving becomes too high. Moving a family member is never an easy decision. There are, however, some telltale signs that caregivers can look for in order to recognize when it’s the right time for assisted living.

Aggression: Physical, sexual or violent aggression frequently happen in those with dementia, and caregivers or other family members may suffer or begin to feel resentful.

Escalating Care Needs: Ask yourself: “Are the person’s care needs beyond my physical abilities?” or “Is the health of the person with dementia or my health as a caregiver at risk?” If you’re answering yes to those questions, it might be time to have that tough family conversation.

Home Safety: Consider your family member’s health and your own abilities to care for them. Is the person with dementia unsafe in their current home?

Wandering: In later stages of dementia, the risk posed by wandering becomes much greater and the probability of falls and injuries increases.

Caregiver Stress: When the brain is always on alert, many things are going to happen — you’re not going to eat well, your nutrition is going to go down and the caregiver physical health suffers. The emotional, mental and physical toll of caregiving can be particularly pronounced for spouses of those who need care. If you are feeling isolated and alone, or if you begin to feel resentful of your loved one, it might be time to examine the source of those feelings.

Injury Recovery

When should I heat or ice?

At some point in life, most of us have probably turned an ankle, stubbed a toe or injured a shoulder. You might be hiking along your favorite path and suddenly you hear a “pop” while taking an awkward step. Should you treat this injury with heat or ice?



To answer the question, you need to understand what ice and heat do to the affected area. Heat increases blood flow to an affected area through the process of vasodilation. Ice decreases blood flow to the effected area with vasoconstriction. When we suffer from a traumatic injury, such as an ankle sprain, histamine and several other chemicals are released which cause a mild form of vasodilation. That means for traumatic injury we should apply ice, compression and elevation. For older injuries or dull aches, heat might be the better option because it brings more nourishment to the area with vasodilation.

The challenging part is knowing if the pain or ache is really attributed to inflammation, muscle spasms or a lack of blood flow. Unless there is obvious trauma and swelling, sometimes the best way to know which method to use is by trial and error. Don't evaluate while icing or heating; rather wait to see how you feel just a few hours after the treatment. In some cases, such as an older injury, switching from heat to cold every 10 minutes is the most effective treatment.

Hot or cold? It really depends on the situation and many times it's best to use both techniques.

The Winter Gala Menu:

Starter course

Wild berry mesclun salad with goat cheese and raspberry vinaigrette

Entrée course

Beef tenderloin medallion, colossal shrimp, Duchess potato, and baby vegetable medley

Dessert course

Nutella cream filled profiterole, chocolate ganache, raspberry purée, and toasted hazelnuts

Check out Ronnie's Bistro Buzz for fun things happening in the bistro.

Need to Knows

by Barb Burnette, Assistant Director

“R,” **Resident First** is the letter of the month. Staff work at greeting everyone by name. That can be a test for our memory! However, we work at that every day.

Also, staff will be proactive rather than reactive in responding to the needs and desires of residents. My part being proactive is to give a folder of information to new residents moving in so they can be informed as early as possible.

If you cannot find the information in your folder or by calling the front desk, contact me at 952-848-5842. I am your “go to” person for information on moving to another apartment, care services, the benefits and cost of assisted living and memory care and more. If you have an issue/concern regarding any part of living at Parkshore, give me a call. I have often said that I am the complaint department. However, that department is not very busy!

Happy Valentine's Day!



**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

Intro to Drawing Class

Mondays, 3:30-5:00 p.m. in the Card Room Instructor: Carolyn

February 11, 18, 25 and March 11, 18, 25

Sign-up by Feb. 4 in the outings book; you will be contacted about supplies.

Learn a new skill! Through guided sequential exercises, this course will help beginners to see and draw accurately and those with experience to get their drawing skills back up to speed. Previous students are invited to get more practice. Drawing techniques include contour, gesture, value, positive/negative space, perspective, and proportions of objects related to nature, landscape and people.

Open Studio for Arts and Crafts

1st Monday of the Month (2/4, 3/4, 4/1), 3:30-5:00 p.m. in the Card Room

Because of popular interest, a monthly Open Studio time has been arranged for the first Monday of February, March, April, and May for anyone interested in making their various art activities in a group setting. No instruction. Come with your project & supplies and try it out. Enjoy a community of sharing, encouraging artisans!

Parkshore Senior Community Phone List

Mike Metzler	Executive Director	952-848-5803
Sue Scully	Administrative Services Manager	952-848-5802
Barb Burnette	Assistant Director	952-848-5842
Mary Richards	Director of Marketing	952-848-5819
Doreen Kleinpaste	Marketing Associate	952-848-5804
Laura Myren	Director of Programs	952-848-5806
	Bus Driver's Cell Phone	612-802-8435
Scott Hermann	Director of Wellness	952-848-5841
Jack Caza	Dining Services Dir. & Catering Requests	952-848-5830
Julie Flanagan	Lifesprk Home Care	952-845-5824
Betty Wuo-Sudue	Reflections Lifesprk Nurse	952-848-5852
Julie Maruska	Director of Reflections	952-848-5889
	Apartments Front Desk	952-925-6231
	Assisted Living Front Desk	952-924-0400
	Dining Changes	952-848-5826
	Mail In and Mail Out	952-848-5888
	Maintenance Requests	952-925-6231
	Park Club	952-848-5840
	Apartments Beauty Shop	952-848-5807
	Assisted Living Beauty Shop	952-848-5829
Julie Ottis, BCTMB	Therapeutic Massage	612-314-0025