

June
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The Linkletter

Parkshore
A SilverCrest Community



Program Ponderings

By The Program Department

On Saturday, June 1, 15, and 29, come have a good time at our **Men's Group led with Kenny Holley**. We will get together over coffee and donuts in the Card Room at 9:00 a.m.

The **Jewelry Repair** and watch battery replacement person will be here in the Card Room on Tuesday, June 4 from 11 a.m.-12:30 p.m.. Bring all your watches and jewelry that are in need of some tweaking!

Come, listen, and sing your heart out during our **Community Sing-along**



with Rob Graham of VocalEssence on Wednesday, June 5 at 2:00 p.m. in the Performance Room.

Back by popular demand: **Connie and Friends**. On Thursday, June 6 at 10:30 a.m. Connie, Mary and friends will present a concert on the Performance Room stage.

Come appreciate the music of **Licorice Stix Clarinet Ensemble**. Close your eyes, sit back, and listen on June 7 at 2:00 p.m. in the Performance Room.

Carole Humphries is back on Saturday, June 8 at 2:00 p.m. in the Card Room to share her education program on art entitled: **Van Gogh, The Man Who Loved Color**.

On June 10 at 1:30 p.m., come to the Community Room for the **PLATO society lecture**. Guest speaker Peter Marshall will speak on the important topic: **Threats Facing the Boundary Water Canoe Area**. He is the Communications Director for Friends of the Boundary Waters Wilderness and,

veteran canoeist, paddling 8,000 miles in wilderness. Literature will be available. It's been over 40 years since the creation of the BWCA Wilderness. While many know about the current fight over copper mining, many don't realize the BWCA has been the scene of conservation battles over the last century. Peter Marshall will recount battles over dams, logging, flights, mining, and motors. Join us for an afternoon of updates on Saving The Boundary Waters.

Attention Apartment Birthday Party Goers:

We will be changing the party, yet again. Enjoy your cake and coffee in the dining room on Tuesday, June 11 from 12:45-1:15 p.m. Service will stop at 1:15 p.m. so you can move into the performance room by 1:30 p.m. for music by the Nuance Duo.

In addition to the food offered on **Father's Day Sunday**, June 16, we will also have a music concert. Cindi Scheffler will be here at 2:00 p.m. in the performance room for you to entertain your guests. See you there.

From the Library—Book Review

The library has many new non-fiction books including television history, political commentaries, biographies, memoirs, and social-psychological analyses. One very thought-provoking book on the state of justice in the United States is *Doing Justice*, by Preet Bharara, the former United States attorney for the Southern District of New York. He has stories of terrorists, mob hit men, billion dollar fraudsters, corrupt politicians and cops. He emphasizes truth, dignity, fairness, compassion, and fair and morally correct judgments. Check it out. **Missing from our new book section is *Peril and Prayer*, by Olivia Matthews.**



If you are looking for Cora on Monday, Wednesday or Friday morning at 8:00 a.m., you will find her lifting weights in the Park Club. It is part of her rigorous exercise routine, which has evolved over the past 40 years.

Cora was born in Glencoe, MN, but the family moved to Silver Lake when she was in the 4th grade. After she and her 28 classmates graduated from high school, she packed her bags and went to the University of Minnesota, where she met her husband Max and received a B. A. degree in Sociology.

While Max finished his Ph.D. in Industrial Relations, Cora worked as a Consumer Research interviewer at General Mills. The position consisted of interviewing homemakers about new products.

Cora was always supportive of Max, who had started his teaching career in the College of Business at the University of Iowa. Six years and two children later, they moved to Amherst, MA, where Max taught at the University of Massachusetts. Meanwhile, Cora fell in love with the hiking trails in the area, and annual visits to Cape Cod. The following sabbatical year was spent in Monterey, CA. While enjoying her time there, Cora became even more engaged in the personal and societal aspects of her life by reading and having conversations with other women. Over time she embraced a new awareness of the meaning of the Women's Movement which made her think

about what more she could do with her life. After returning to Amherst and processing her recent epiphany, she found the confidence to pursue a degree in the field of science.

Inconveniently, she didn't have time to finish course work for a degree because that big moving truck was already at their door and on to Blacksburg, VA. There at Virginia Tech she earned a Master's degree in Wood Science and Technology. She found research lab work quite challenging, but very rewarding. They went through yet another move, this time to the University of Tennessee in Knoxville, where Max taught in the College of Business. Cora was able to fulfill her dream of working professionally in a scientific research lab. Other bonuses of Knoxville were the beautiful month-long springs, with blooming trees, shrubs and flowers, and the close proximity of the Great Smoky Mountains.

In 1988, Max accepted a Chaired Professorship in the Department of Management at his undergraduate alma mater, Iowa State University. Cora worked as a lab specialist at Pioneer Hybrid in Des Moines.

After her husband died, she chose to return to Minnesota, where her two brothers and two sisters lived. She lived in Brooklyn Park for 10 years before moving to Parkshore two years ago. She feels she has found a welcoming, warm and comfortable home. Besides her exercise, her life-joys are visiting her children and grandchildren in Virginia and Connecticut, botanical drawing, several book groups and a science discussion group. What a world she has seen since she left Glencoe!

From the Executive Director

By: Mike Metzler , Executive Director

Greetings Residents,

Welcome to the month of June and hopefully summertime is right around the corner. As I write this I am looking out my living room window and watching it snow, yes, May 20 and it was snowing at my home. I am hoping the landscapers can complete their work around our performance room and repair the walking path soon. We should be wrapping up the audio/video enhancements in the performance room as well.

Our summer this year doesn't include any other exterior projects except for window washing in July and some brick repair. We anticipate some new carpeting on the second floor at Parkwood, the hallway by the Parkshore card room and entrance to the garage. We are in the process of scheduling for the parking garage to be swept. We should have a date by resident meeting time.

At this time, I would like to say farewell to Mary Richards, our Marketing Director for the past 10 years. Mary has been that bright light in our Marketing Department, setting a standard for Parkshore as well as the SilverCrest company. Of course, like the light of a lighthouse, she has helped navigate most of the SilverCrest properties with their marketing needs. Her attention to detail and customer service also gave rise to her leading the training in SilverCrest customer service. Thank you, Mary, for your gifts and talents and standards which will continue to be part of SilverCrest. Happy wishes and best of health in your retirement years.

Happy Father's Day to all the fathers, grandfathers, and great grandfathers in our community. Whatever role you played, it helped to shape the future.

To my own father, thanks for your love, support and guidance.

Sincerely, Your Director, Mike

SilveradvantAGE

By: Kelly DeBiaso, Environmental Services Supervisor

The letter of the month for June is "E" for Energy and Enthusiasm!

- **Smile**
- **Show your positive attitude**
- **Let everyone know you are glad to be here**

Springtime at Parkshore is full of energy and enthusiasm. It's been a long winter, so as nature buds and everything turns green, the activity level and general atmosphere is brimming with energy. Programming is full of plans to enjoy the great outdoors.

Spring planting has begun, both in the garden beds and the garden plots located on the Parkwood patio. This year, we at Parkshore can now boast of our beautiful new patio off the Atrium. The lovely view and walk around the lake adds to the glorious Minnesota summer. Take advantage of this wonderful gift that Parkshore has to offer. It will put a smile on your face!



Parkshore Apartments Outings

Date	Time of Departure	Estimated Return Time	Event & Location	Cost	Cancel by Noon
Th 6/6	10:00 a.m.	2:00 p.m.	Orchestra Hall Coffee Concert	Past	Wait List
W 6/12	4:00 p.m.	7:30 p.m.	Parktacular Kick-Off Dinner	\$18	Billed on 5/31
Th 6/13	11:00 a.m.	4:00 p.m.	MN Twins vs. Seattle Mariners	\$40	Past
W 6/19	10:45 a.m.	4:00 p.m.	<i>Mama Mia</i> at Chanhassen Dinner Theater	\$70	Past
Th 6/20	12:00 p.m.	1:00 p.m.	Caponi Art Park Limit 10	\$6	Billed on 6/10
Th 6/27	9:30 a.m.	1:30 p.m.	Como Park Summer Flower Show	Menu	6/26
W 7/10	10:00 a.m.	3:30 p.m.	St. Croix Packet Boat Trip	\$25	Billed 6/19

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

Parktacular Senior Dinner

Ride the Rails to Parktacular with this kick-off event - Parktacular Festival 2019 on Wednesday, June 12 at the Marriott Minneapolis West Hotel. Enjoy a festive night of dinner, with your choice of **Hobo Pot Roast or Pullman Pasta**, and enjoy music and dancing with the Yanni Trio. Celebrate our Parktacular Ambassadors and crown the 2019-2020 Senior Ambassadors, and walk away with a gift bag.

Caponi Art Park

Caponi Art Park was conceived as an outdoor laboratory to teach and demonstrate how creativity is an essential part of daily living. From 1949 to 2013, Anthony Caponi, park founder, sculptor and Macalester College art professor, devoted himself to organically integrating art, life and nature into a 60-acre sculpture and a center for all the arts.

For this tour, we are limited to 10 people. Our tour will be very different than past tours because we will be on golf carts.



This will greatly increase the accessibility of the Park to us, and allow us to see art we couldn't access on foot.

Como Park Summer Flower Show

The flowers and plants chosen for the Summer Flower Show feature the artists' favored roles in their paintings and personal gardens. Visitors will see the sunflowers that inspired Van Gogh, the lavender Cezanne loved, and the nasturtiums that Monet made famous in his paintings of Giverny. After the art show we are off to lunch at Café Latte. Food is served cafeteria style, so please plan accordingly.

St. Croix Packet Boat Trip

Welcome aboard! Create lasting memories and experience the beauty of this National Parkway, the scenic 2-hour St. Croix River. Enjoy our deli buffet of sliced meats and cheeses served with fresh bakery rolls, sandwich fixings, fresh fruit, seasonal salad, a warm entrée selection, and a gourmet cookie assortment.



BEAUTY SHOP NEWS

Enjoy summer; it seems it's really here! Most folks say it was a crazy winter and spring. Well, let's move on to a new look for summer.

Call us or stop in to make an appointment. You can also leave a message on the recorder and we will get back to you as soon as possible. Getting your hair done feels so wonderful and it gives you a bit of a break. So don't worry, we're here to help! Just a reminder: we CAN take payment in the form of cash OR check. Gift certificates can also be purchased at the front desk. We cannot charge to Parkshore, and no credit cards. Thank you!

Fun Hair Facts... Hair contains information about everything that has ever been in your bloodstream, including drugs, and is one of the items most commonly used in forensic evidence. The only thing about you that can't be identified by your hair is your gender. Men and women have hair that is identical in structure.

Conversations that Matter By: Bob Ramsey

"Just do it!"

You've thought about your Advance Care Directive. You've heard presentations about it. You've asked questions about it. If it's still unfinished, now is the time to get it done. And hands-on help is on the way.

Dawne Starkey, Director of Park Nicollet Advance Care Planning, will lead an active workshop on **"Completing Your Health Care Directive"** from 2:00–3:30 p.m. on Monday, June 17 in the Community Room.

This is a no-more-excuses opportunity to review and/or finalize your personal directive on the form suggested by the Minnesota Medical Association. Blank forms will be available if you need one. Sue Scully, Notary Public, will be available to make your plan official.

Bring your draft or notes and finish it up on the spot. Think how good it will feel to finally scratch this off your end-of-life "to-do" list.

SOCRATES CAFÉ COMING UP

After demonstrating this cozy way of discussing matters through friendly participation, Fred and Marge Olson are happy to announce "wait until July!"

Socrates Café participants will choose their favorite topic to discuss after all topics are suggested by others. Conversation is pleasant, and no one person dominates while the topic is being discussed.

Full Details will be announced in the July Linkletter. Two sessions, one week apart, limited to 20 participants, will be held in the Card Room. Stay Tuned!

Parkshore Assisted Living Outings

Date	Depart	Return	Event & Location	Cost	Reserve by
W 6/5	1:30 p.m.	4:00 p.m.	Carlson Llama Farm	\$7	Billed on 6/5
Fri 6/21	2:00 p.m.	4:00 p.m.	Arboretum Drive	None	6/21

3 Quick Tips You Can Do Now to Increase Brain Health

Research suggests that combining good nutrition with



mental, social, and physical activities may have a greater benefit in maintaining or improving brain health than any single activity, according to the Alzheimer's Association.

While there are many things you could be doing, we are suggesting you try even a few of these ideas to get you started. Being proactive now will help you maintain your brain health:

- **Physical activity** – Increase your exercise by walking an extra 15 minutes (even if it's indoors).
- **Modify your diet** – Consume fish at least once a week, and increase fruits and vegetables, nuts and whole grains. The key with your diet is to decrease your intake of red meats and sweets.
- **Social/mental activity** – Increase your weekly activity by attending at least one new group on campus, meeting new people, challenging your mind and sharing your experiences with others. All of these help increase your social and mental brain activity.

For more suggestions or resources on increasing or maintaining brain health, talk with your Lifesprk Life Care Manager or stop by the Lifesprk Office.

Caring For your Family Member with Memory Loss

Thursday, June 20, 5:30 p.m.—7:00 p.m.

Parkshore Performance Room

Presenter: Julie Maruska, Director of Reflections

What is dementia? Why is my family member doing the things he or she is? How do I know whether it's regular aging or Alzheimer's? Why is Dad seeing things that aren't there? When do I get involved? How do I help mom or my spouse and prepare for this journey in the best ways possible?

Please come to this informative seminar to learn the differences between regular aging and dementia, the common types of dementia, how to communicate and understand the behaviors associated with dementia, enriching their days, and the many care options available, at home and in communities.

Please invite family and friends to this important seminar.

Memory Café



Parkshore Senior Community is excited to host a monthly Memory Café for individuals with dementia and their care partners.

Parkshore Performance Room

2:30-3:30 p.m.

Mark your calendar:

Wednesdays—June 26, July 31 (Note new date)

August 28

Caregivers will receive a gift

Soak in the Vitamin D

Summer is just getting started and with our cool and cloudy spring, it is well deserved. To me there's nothing better than soaking in the vitamin D for several hours of the day. Unfortunately, this situation produces quite the conundrum. Vitamin D is good for us, and the cold short days of Minnesota winters predispose us to a vitamin D deficiency.

At the same time, over-exposure to the sun increases our risk of cancer. In order to combat the negative effects of radiation from the sun, we use sunblock or avoid exposure to the sun. The act of applying sunblock is the beginning of the conundrum, because applying sunblock decreases the amount of vitamin D processed from the sun exposure. It appears that we are right back at square one.

The good news is that we only need 15-20 minutes of daily sun exposure to produce adequate amounts of vitamin D. Sunblock typically takes 10-20 minutes to become effective. In other words, SPF 50 isn't giving you SPF 50 protection until 15-20 minutes. My advice is to allow yourself about 5-10 minutes of sun exposure before applying sunblock. That should give you the protection you need without inhibiting vitamin D absorption.



Congratulations to everyone who participated in the Australian Outback Walk. It got us moving and enjoying spring. Everyone's contribution to our goal mattered!

We did it!!

Have a happy and healthy summer!

The first week in June is "National Barbecue Week." We'll celebrate it with a Bistro BBQ on the patio on Tuesday, June 11, from 11:00 a.m. to 2:00 p.m. (grilled burgers, brats & hotdogs).

Celebrate Father's Day, Sunday, June 16, with a special buffet featuring prime rib and Grain Belt beer from noon to 1:30 p.m. in the Apartments Dining Room. Live music will be provided by pianist and vocalist Cindy Scheffler at 2:00 p.m. in the performance room.

Join us for a Bistro Picnic Buffet (summer picnic favorites) to celebrate the longest day on Friday, June 21st's Summer solstice, from 11:00 a.m. to 2:00 p.m..

From all of us in dining services, we hope your June brings lots of pretty flowers, great memories, and every moment filled with happiness.

Need to Knows

by Barb Burnette, Assistant Director

We all will be enjoying the nice weather outside. We will have opportunities to sit on the patio and walk around the lake. Before venturing outdoors, remember to keep keys with you. For your safety and security, all exterior doors are kept locked including the garage. Please do not pull the emergency pull cord by the garage entrance if you have forgotten your key. This is for emergencies only.

Occasionally, keys are left in the mailbox. Please bring these keys to the front desk but remember which box it belongs to. That helps us get the keys to the resident as soon as possible.

Remember to bring your fob when you dine in the dining room or bistro to more accurately record your meal purchases.

Thanks and have a great time around our wonderful community, and a happy Father's Day to the dads!

**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

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
Doreen Kleinpaste	Director of Marketing	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
Kelly DeBiaso	Environmental Services Supervisor	952-925-6231
Betsy Gasior	Lifesprk Home Office	952-873-7367
	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