



## Program Ponderings

By The Program Department

Thursday, May 2 marks **National Day of Prayer**. Join us as we join others across the country to pray for our nation, state, military, schools, church, Parkshore and one another. This time of prayer will be led by Wooddale Church. Coffee and refreshments provided in the Community Room at 3:00 p.m..

Guest speaker Doug Ohman presents: **Minnesota From the Road—Heartland Lakes Tour** on May 3, at 2:00 p.m. in the Community Room. Travel with photographer and story teller Doug Ohman as he takes you on a memorable road trip into central and northern Minnesota. We will stop and visit many historical sites found along the highways and byways of the state. Doug will share history, stories and humor as if we were all together on a fun summer vacation!

Join us for a Great Decisions video and discussion on Monday, May 6 at 2:00 p.m. for the topic **The State of the State Department** in the Performance Room.

Barry the Watch Man is back after a long break in sunny Florida. He will be in the Card Room on Tuesday, May 7, from 11:00 a.m.-12:30 p.m. to **replace batteries and fix jewelry**.

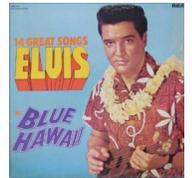
Carol Humphries will be here on Saturday, May 11 to present Conversations About Art. This month's topic is **Rembrandt: The Painter of the Golden Light**. This will be held at 2:00 p.m. in the Card Room.

We are in for a special musical treat on Mothers Day, Sunday, May 12. The **Gnu Woodwind Quintet** will be on the Performance Room stage at 2:00 p.m. Everyone is welcome.

**Attention Volunteers: I want to start by saying thank you to all the volunteers who make this building a great place to live and work. We would not have the variety of exceptional programs without you.**



We are changing the volunteer event this year. You will be received a form to identify yourself as a volunteer. Please be sure to return the form no later than noon on Friday, May 3, as we need to have an accurate count for dining services. Our **"Blue Hawaii"** Elvis-themed appreciation event will take place on Thursday, May 16. Luau-themed appetizers will be served starting at noon in the Apartments Dining Room. Then at 1:00 p.m. Elvis will be on the performance room stage along with the Volunteer of the Year award. Feel free to come in your favorite Hawaiian attire.



### Garden Plots

Each year we have 20 small garden plots available, allocated by lottery. If you're interested in a plot, please sign-up or email your name to the Programs Office after April 30 but no later than Friday, May 17 at noon. We will limit 6 plots specifically for growing only tomatoes in one raised flower bed. Only 1 tomato plant per plot. The other 14 plots will be for any other plants. Plots will be randomly assigned on Monday, May 20. We will have the garden plot map posted in the program office. If you win a plot, you are responsible for watering, weeding, and clean-up in the fall. Plants must stay inside your plot and not block walkways. No perennials please, and no plants taller than 2 feet. Please, no pots on the ground in our flower beds as they are a safety hazard.

Thank you and happy gardening!



## Born to Soar

When Shirley was a little girl, her home was on the flight path of the Des Moines airport. Sitting high in a big tree in the

backyard, she watched planes fly over and knew that someday she would be a pilot. Shirley's father was good at repairing machines and at building. His building skills were useful since Shirley was the oldest of four children. As children came along, he continued to remodel their home to accommodate everyone. Their large backyard produced fruit and vegetables that they ate and canned for winter. Everybody worked in the garden. Picking berries in a thicket of red raspberries was considered a prime task requiring skill and offering the best tasting opportunities.

After high school, money for college was tight. The local Central Life Insurance Company offered a college assistance program. High school graduates could work for the company for a few years and then the company matched their earnings. Shirley worked for two years and earned enough matching funds to attend Drake University for 2 years. After teaching for a year she returned to Drake to finish. All her siblings financed their college using this plan. After teaching for a few years in Des Moines, Shirley took a summer course in aviation education that included a trip to Pensacola Air Force Base. During this course she learned from classmates that Twin Cities teachers were better paid than

she was. She interviewed in Minnetonka and was hired immediately. To pursue her interest in aviation she joined the Civil Air Patrol. She used aviation examples in her classroom teaching, and once impressed her students by getting a helicopter to land at her school.

When Shirley turned 39 she decided that it was now or never so she took flying lessons. After some lessons, one day her teacher told her to taxi to the end of the runway. He got out of the plane and told her this was her first solo flight. She flew to two other cities and then was ready to head home. However the home airport reported strong winds so she couldn't land. She was very anxious because it was late in the day and she could not fly after dark. Finally her teacher called from the home airport saying the most welcome words she ever heard. "Shirley, come on home." The strong winds had subsided and she came home safely.

For about 5 years she flew frequently. She joined a plane club sharing ownership of a plane with many members. This enabled her to fly a great deal around the US. The thrill of flying is a lasting memory. But then she wanted to see the world and do some traveling, including a memorable trip to Lagos, Nigeria. On one of her last international trips she went to Munich where she bought a car that she really loved---an Audi Fox with a sun roof --which she shipped home. A classy car for a very classy lady.

# From the Executive Director

By: Mike Metzler , Executive Director

Greetings Residents,

Welcome to the month of May... April showers should be bringing May flowers, and hopefully that's all because I am seeing a bit of frost this morning, but a warm weekend is predicted, so time to get outside and enjoy.

Springtime on the Parkshore Campus has some physical plant items to be dealt with. We started out by having our HVAC (heating, ventilating, and air conditioning) vendor come out to do the preventative maintenance on our cooling system in March/April. We have a new chiller system that can be started earlier than our previous system.

Mother Nature likes to let us know she is in charge, so she throws 75 degrees at us during the day and then drops down to 40 at night. Thanks for your patience during this time of year.

The next item is window washing. That project will take place in July this year. We tried to do it in the spring but everyone likes to open their windows and enjoy the spring air and because we have to take the screens off, we felt it better to wash the windows in the later part of July.

We anticipate having a garage sale of accumulated furniture in May. These are pieces of furniture gathered over the last two years since our last sale. Notices will be posted when a final date is set.

Happy Mother's Day to all those women who have held that role in one form or another! Although my mother is no longer with us I still write an email to her every Mother's Day. I let her know what is new with the family etc. and then send it to the cloud.... that is why "the cloud" was developed, right??

Your Executive Director, Mike

# SilveradvantAGE

By: Kelly DeBiaso, Environmental Services Supervisor

The SilverAdvantage letter for the month of May is "P" for Professionalism.

- Take pride in your appearance and a job well done
- Maintain boundaries with resident relationships
- Be truthful and always act with good intent



The staff at Parkshore takes pride in the level of professionalism we bring to our positions. However, there is nothing more telling in how successful we are than the words of our valued residents. Joyce P. has lived at Parkshore for nine years and is very impressed with how we professionally conduct ourselves. She says throughout the years the staff has always been friendly by greeting the residents by name and also listening incredibly well to resident needs and concerns. She adds that we are all well equipped to do our jobs and do so with the spirit of professionalism. These are areas that to Joyce speak well of us.

The core values of our R.E.S.P.E.C.T. model are vital to the success of our community. Professionalism plays a role that brings out the extraordinary work ethic and caring attitude from each member of our staff.

# Parkshore Apartments Outings

Date	Time of Departure	Estimated Return Time	Event & Location	Cost	Cancel by Noon
Th 5/9	10:45 a.m.	4:00 p.m.	<i>Red Herring</i> and Lunch at the Ives 	Past	Wait List
W 5/22	12:30 p.m.	3:30 p.m.	Docent Guided Tour at the Museum of Russian Art   	\$8	Billed on 5/9
Th 5/23	10:00 a.m.	2:00 p.m.	Lunch and shopping at Bachman's 	None	5/22
W 5/29	11:00 a.m.	2:30 p.m.	Lunch & 3-Mile Drive at the Arboretum 	None	5/28
Th 6/13	11:00 a.m.	4:00 p.m.	MN Twins vs. Seattle Mariners Limit 14 Residents  	\$40	Billed on 5/6
W 6/19	10:45 a.m.	4:00 p.m.	<i>Mama Mia</i> at Chanhassen Dinner Theater   	\$70	Billed on 5/6

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

## SURREAL PROMENADE – SERGEI ISUPOV AT RUSSIAN MUSEUM

A dog with a human hand for a body, a chameleon with a human profile, and a pensive bear drinking a friendly cup with a soldier: these are some examples of the creatures that inhabit the universe of Sergei Isupov, the Russian born, Massachusetts based sculptor and painter. Exploring painterly figure-ground relationships, Isupov creates surreal porcelain objects that combine two- and three-dimensional narratives, animal/human hybrids, and a dense artistic vocabulary. Organized in conjunction with the National Council on Education for the Ceramic Arts Conference held in The Museum of Russian Art in Minneapolis.



## Bachman's Shopping

On this trip to Bachman's, you will have an opportunity to pick up some plants for your garden plot, have lunch, find some décor in the retail selection, or pick up some fresh cut flowers.

## 3-Mile Drive and Lunch at the Arb.

Enjoy lunch in the Arboretum café. It is served cafeteria style, so please plan accordingly. Then get back on the Parkshore bus and enjoy the 3-Mile Drive.

The Minnesota Landscape Arboretum, a top visitor attraction, is more than 1,200 acres of gardens and tree collections, prairie and woods and miles of trails. As a premier northern garden, the Arboretum was born out of the University of Minnesota Horticultural Research Center and established in 1958, with the Men's Garden Club of Minneapolis, Lake Minnetonka Garden Club, Minnesota State Horticultural Society and other community supporters creating the Arboretum as a gift to the U of M.

## MN Twins Vs Seattle Mariners

Spectacular and intimate ... breathtaking views ... dazzling amenities ... and a staggering array of special features! Those are just a few things you can find in your baseball experience at Target Field. Don't miss this



game against the Mariners. The game is a 12:10 p.m. start, so please plan to have lunch at the ballpark. This will be our only game this season, so you don't want to miss it. We will be seated in sections 124 and 125 for this game.

### **Mamma Mia! at Chanhassen**

One mom. One daughter. Three possible dads. And a trip down the aisle you'll never forget! It's all sequins, spandex and feather boas on a Greek Island paradise! Get ready to have the time of your life with *Mamma Mia!*

A daughter planning her wedding longs to discover the identity of her father. She brings three men from her mother's secret past back to the Greek island they'd all visited 20 years ago. This sunny, funny tale is a guaranteed get-happy hit. The story-telling magic of ABBA's timeless popular songs propel this delightful story of love, laughter and friendship. Don't miss the theatrical sensation that's been enjoyed by over 60 million people across the globe.



### **BEAUTY SHOP NEWS**

Spring is here and we are all ready! You might be wanting a new look with your hair. We are here for all your hair care needs.

**KHIT ON TUESDAYS** — for all manicures and pedicures.

**MARILYNN ON TUES + WED** — for hair.

**GINNY ON THURS** — for hair.

**Fun Fact:** Hair on the face grows faster than on any other part of the body!

Come for our services. You'll be glad you did.



### **Conversations that Matter**

By: Bob Ramsey

Several states have already passed laws that allow **Medical Aid in Dying**. Will Minnesota be next?

Find out all about the proposed **Minnesota End-of-Life Options Act** from **Dr. Rebecca Thoman on Monday, May 20, from 2:00-3:30 p.m.** in the **Community Room**.

Dr. Thoman, who represents the advocacy group Compassion and Choices, will explain the proposed law, discuss the issues involved and answer your questions.

Few topics today are as entangled with misinformation, conflicting views and issues of morality and ethics as the concept of medical aid in dying. This session is a rare opportunity to get accurate information and, perhaps, challenge your own thinking.

Sound interesting? It should. This bill could directly affect your end-of-life experience.

As usual, family members and friends are welcome to attend.

### **From the Library—Book Review**

*Where the Crawdads Sing* is the sleeper best seller (1.5 million copies to date) by Delia Owens, a 70 year old first-time novelist. It is a complete novel— a murder mystery, courtroom drama, coming-of-age story, romance, and ode to the outdoors.

Owens, who has lived much of her life in remote areas, reveals, through Kya, an abandoned child, the effect of isolation and loneliness on a person. The book remains in the reader's thoughts long after finishing, and one absolutely has to share it with others.

## What you eat could be making your arthritis worse...

Exercising more has been proven to help lessen the symptoms of arthritis and improve muscle and bone strength long-term. But did you know that what you eat can also play a role in making it more manageable? According to the Arthritis Foundation, arthritis causes your body to be in an inflammatory state. What you don't want to do is eat foods that can increase inflammatory production in an already overwhelmed body.

### What should you do?

- Stay away from trigger foods - anything with added processed sugar or ingredients ending in 'ose,' saturated fats like pasta or cheese, too much Omega-6 which is found in oils or mayonnaise, refined carbohydrates, MSG, gluten (which includes wheat, barley, or rye), or aspartame. All of these contribute to producing more inflammatory chemicals and can exacerbate your arthritis pain.
- Add in some exercise routines such as a 10-minute walk around campus or attending a yoga class. You'll be surprised at how just a few changes can make a tremendous impact and spark your overall well-being.

For more tips on managing your arthritis, stop by the Lifesprk office on campus to learn more.

# Memory Café



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

Come for:

- ◇ Fellowship
- ◇ Table activities
- ◇ Beverages and dessert
- ◇ Support in a safe, comfortable setting

## What is a Memory Café?

Memory Cafés provide opportunities for those with memory loss and their care partner to engage with peers in a relaxed, unstructured environment. The café atmosphere promotes social engagement and support through interaction with others experiencing similar lifestyle changes.

### ***Parkshore Performance Room***

***2:30-3:30 p.m.***

***Mark your calendar:***

Wednesdays—May 22, June 26, July 24

***Caregivers will receive a gift***

## The importance of oral health

When looking at the world's greatest inventions, the toothbrush will not make many lists, but it should receive an honorable mention. Although the first modern toothbrush wasn't patented until the mid-1800's, there is evidence of them dating back to the ninth century.

People tend to overlook the importance of the toothbrush because we don't think of oral health as a vital component of health. We certainly don't need teeth to live and false teeth have been around for centuries.

Why do we need healthy and clean teeth? Surprisingly, poor oral hygiene can lead to problems in our circulatory system. That's right, there is a link between some forms of heart disease and poor dental hygiene.

Infections stemming from the gums can leak bacteria and other toxins into the blood stream. Over time the process begins to build up areas of plaque in a similar manner to that of cholesterol.

Additionally, we are just starting to discover that some neurological diseases actually start in the digestive tract and then migrate to the nervous system. Researchers are still trying to confirm but there is some evidence suggesting that Alzheimer's and Parkinson's start in the GI tract. So, reach for your toothbrush more often. It does more than clean your teeth.

### Additional News:

Come join us for s'mores on the new Performance Room patio on May 15th at 6:30 p.m. If it rains, we will bake s'mores in the oven.

Friday, May 3, we will be celebrating Cinco De Mayo with a "South of the Border" buffet for your enjoyment at 11:00 a.m. in our Bistro.



Join us on Sunday, May 12, for our Mother's Day Buffet featuring salmon, stuffed chicken (cordon bleu), mimosas, and an Ice carving. After the buffet, enjoy the Gnu Woodwind Quintet on the performance room stage at 2:00 p.m..

On Monday, May 27, we'll prepare a Memorial Day Buffet from 12:00 a.m.—1:30 p.m. with fried chicken and ribs. For residents in the Apartments, there is no evening meal service.

From all of us in Dining Services, we hope you have a wonderful month. As always, check the bistro Buzzzzz for exciting events done by Ronie and the crew!!!!!! "The bistro—a fun place to Beeeeee."

## Need to Knows

by Barb Burnette, Assistant Director

Parkshore recently had a visit from the care coordinator from the St. Louis Park Fire/Rescue. It was a share-of-information meeting regarding our community and 911 responses by their EMTs.

Our discussion included how 911 responders get medical information about residents. At Parkshore, residents are given a "**File of Life**" to put on the front of their refrigerator. **911 responders look for this file** so please have it filled out accurately so they can have important information on your health. If you need a File of Life, please see the front desk.

Everyone living in our assisted living apartments has 24-hour staff who will give emergency responders the medical information for the resident they are attending.

Thanks and have a wonderful Mother'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



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www.parkshorecampus.com

## Socrates Café Demonstration

Fred and Marge Olson will demonstrate a very cozy way to have a discussion, called Socrates Café.

About a dozen participants gather together around a table under the guidance of a moderator and decide together what to discuss at the meeting.

The moderator goes around the table asking each participant what is of greatest interest in that moment, and, in turn, participants offer suggestions.

When all willing have made known their concerns, the moderator calls for a vote on each topic listed. For the topic receiving the most votes, the originator of the topic explains the subject matter and personal interests or others.

The moderator presides and calls on each participant who raises their hand, in turn, as the hour progresses and the subject is thoroughly discussed. The conversation is pleasant throughout, and no one person dominates while the topic is discussed.

Come out and experience Socrates Café on Monday, May 13 at 2:00 p.m. in the Card Room.

### 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