

NOVEMBER 2017
**PEBBLES FROM
THE SHORES**

The Shores of Lake Phalen * 1870 E Shore Dr. * Maplewood, MN 55109 * Ph 651-777-7784



Welcoming Ali!



**Celebrating
November
BIRTHDAYS!**

Kay Moore
11/4

Vernon Blomgren
11/13

Anna Fuller
11/15

David Larson
11/23

Gertrude Blomgren
11/23

Caryl Christensen
11/24

Frank Haselmann
11/25

Shirley Parry
11/28

Welcome to the team Ali!

Ali joined our team in September. She was born and raised in St. Paul. She then moved to Alaska with her husband in 2009 and recently moved back to Minnesota. Ali has 3 daughters and enjoys teaching them about their heritage and about Hmong traditions. She says her favorite thing about working at The Shores is the residents and the quality time she gets to spend with them.

Words from ED

Dear Residents, Families and Friends,

Thanksgiving means different things to different people. For some, it's a day off, for others it's spending time with relatives you only see once a year. Some people look forward to football and a full belly, and still others, slaving all day in the kitchen or hours of cleaning so great Aunt Martha will be impressed with your beautiful home.

Stores view it as that holiday between Halloween & Christmas or that day before "black Friday" blockbuster sales. Many stores now even entice us to shop Thanksgiving night!

Fortunately, there are those who cherish Thanksgiving for its' history, as a time to value what they have, to share their time and their wealth with others. Having an "Attitude of Gratitude" is what I am talking about. I found a quote by Melody Beattie that sums up my feelings and I hope it inspires others too:

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

I am grateful for many things in my life; my family and friends, my beloved animals, and the opportunity to help the residents in our community. I wish you a very special Thanksgiving filled with happiness, peace and love.

Warmest Regards,

Denise Olson, Executive Director

Notes from Nursing:

With the flu season upon us please make sure you are washing your hands and drinking plenty of fluids.

If you were unable to attend our flu clinic last month please make sure to get a flu shot at your next doctor visit.

If you are feeling ill please stay in your room, we can deliver a room tray at no extra charge.

Lastly, please remind your friends and family to refrain from visiting if they are ill.

Celebrating Drew!



Employee of the Month for October is Drew! Drew enjoys going to the gym, shooting sports, watching movies and the usual fun of being a handsome 24-year-old man!



Mitch Fall's last day with us at The Shores!



Phyllis and Helen at The Fall Fest!



Evelyn and Marilyn at The Fall Festival!



Casino Run!



Out to lunch!

Maintenance / Housekeeping:

- As the temperatures cool down, please remember for your safety and the safety of all our residents and staff here at The Shores, we do not allow space heaters in the building.

Dining:

Thanksgiving Day Dining Room Hours:

7:30 a.m. - 9:00 a.m. Breakfast

11:30 a.m. - 4:00 p.m. Lunch/Dinner
(last seating at 3:30 p.m.)

Box lunch will be provided to those that require a meal with medications.

We will have all the traditional Thanksgiving fixings plus more!

Those who do not participate in the monthly meal package cost is \$11.00

Guest \$11.50

Children under 10 are \$5.75

Please RSVP at the Front Desk by Friday, November 17th

Looking ahead we will host a Holiday Family Brunch again this year on Sunday, December 10th
8:00 a.m. - 11:00 a.m.

We encourage you to invite your family, please RSVP at the Front Desk by Wednesday, December 6th



Veteran's Day Event

Friday, November 10th

Celebrating our Veterans and their Family:

- 11:30 a.m. – 1:00 p.m.: Lunch will be served in the Dining Room
- 1:00 p.m. Prayer and Pinning Ceremony in the Community Room
- 1:30 p.m. Theatrical Presentation of Teddy Roosevelt in the Community Room.

facebook

Thank you to all of you that have taken the time to 'Like' us on Facebook – if you haven't had a chance, please check out our Facebook page – we are adding updates several times a week!