

OCTOBER 2017
**PEBBLES FROM
THE SHORES**

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



Welcoming John Schelen!



**Celebrating
October
BIRTHDAYS!**

Curtis Meister
10/8

Phyllis Sullivan
10/9

Fern Gross
10/23

Sally Slaughter
10/23

Anna Gambino
10/27

Joan Bergan
10/30

John joined The Shores family in September. John was born and raised in St. Paul and most recently moved from his townhome in Oakdale to The Shores.

John married his wife Marlene when he was 67, so he has no children of his own, but is blessed with 6 Stepchildren, 18 Step Grandchildren, 34 Step-Great-Grandchildren, and 3 Step-Great-Great-Grandchildren. John enjoys singing in the church choir and used to enjoy scuba diving, flying lessons, hunting and fishing. He was an avid shooter and at one time owned over 20 guns! John has had 4 dogs over his lifetime – Sandy, Ralph, Harvey and Blondey!

John has been visiting The Shores for some time as he joins his aunt, Audrey, who lives next door to him!

Words from ED

Dear Residents, Families and Friends,

Happy October! I am so excited to have cooler temperatures approaching us. Welcome to the season of Pumpkin Pie, Pumpkin Spice Lattes, and of course Hot Apple Cider!

We had a busy and productive September – we hope everyone enjoyed National Assisted Living Week. In October, we have many fall festivities in store! Please check your calendars and daily reminders for information on what will be happening in our community. If you have any suggestions for activities or outings please see Keila Ross, Activity Director or Dani Brown, Resident Relations Director.

Since we are approaching one of my favorite holidays I thought I would share a few Halloween facts:

The largest pumpkin measured was grown by Norm Craven who broke the world record in 1993, weighing in at 836 pounds.

The first Jack O' Lanterns were actually made from turnips. The modern practiced mutated from the Irish tradition of carving faces of the dead onto the gourds and putting candles inside to make them glow.

Trick or Treating has a short history. In 19th century Scotland and Ireland, there is some record of children travelling door-to-door praying for souls or performing for money or cakes on All Hallows Eve. However, the tradition is a short step from the medieval practice of souling, in which beggars went door to door on October 31 to pray for souls in return for food.

Please encourage family and friends to like our Facebook page so they look at the fun events we have during the week. We will be offering a gift basket to the 800th person who likes our page!

Enjoy Every day!
Warmest Regards,
Denise Olson

Notes from Nursing:

There will be a Flu Clinic here at The Shores on October 10th from 9:00 - 11:00 AM in the Club Room. Consent forms are available at the front desk. Please complete all areas on the form and attach a copy of your insurance cards.

All forms must be filled out and signed prior to the clinic.

Celebrating Jackie!



Employee of the Month for September is Jackie Cook! Jackie has been a nursing assistant for 23 years. When Jackie isn't working, she spends time with her fiancé of 22 years, her 2 children and grandchild. She has a 25 year old son, a 24 year old daughter and a beautiful 2 ½ year old granddaughter that keeps her on her toes! Jackie loves to go camping, fishing, four wheeling and pretty much anything to do with the outdoors. Jackie has been with The Shores since it opened and loves working with the residents!



Sue and her grandchildren!



Dorothy and her son, Dan at the Grandparent's Day Brunch!



Tom, Sue, Keila, Shirley & Phyllis enjoying the MN State Fair!



Dressed to Impress – Shirley, Marion & Chef Kristy show off their best!



Elsie, Brenda, Lynn & Anna enjoying the employee appreciation luncheon!

Maintenance / Housekeeping:

- If you are receiving housekeeping & laundry services, please make sure to have a minimum of 2 sets of sheets available for your bed. Bedding will only be washed during your scheduled cleaning time – if you request a different time or need additional changes, there will be a charge.
- With the weather cooling down, please remember that The Shores does not allow space heaters in the apartments.

Business Office:

- If you are having packages delivered to the building, please do not have them sent to The Shores of Lake Phalen – please have them sent to your name and note the apartment number on the mailing address also – we have lots of deliveries happening here every day and want to ensure that packages are routed correctly.
- The notary will be available on the 1st Tuesday of the month at 2:30 p.m. in the Community Room.

Kitchen:

- Please remember to return all dishes to the kitchen when finished with them.
- The Fall Menu is being finalized and we are excited to launch the new menu in Mid-October!

Resident Council:

- The Resident Council Committee will be conducting a Holiday Fund Drive in November. The Shores has a no tip/no gift policy for staff members from residents. Thus, this is an opportunity for residents to show appreciation to the staff at The Shores. Please consider this when a Committee Member contacts you.

Fall Festival

Saturday, October 21st

1:00 – 3:00 P.M.

A fun event for residents, family & friends!

- Pumpkin Decorating Contest
- Door Decorating Contest
- Pet Costume Contest
- Fall Themed Snacks – pie, caramel apples, cider
- Pumpkin Bowling
- Pick a Duck
- Bean Bags
- Apple Peeling Contest
- Musical Entertainment

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

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!