

SEPTEMBER 2017  
**PEBBLES FROM  
THE SHORES**

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



**Celebrating**  
**September**  
**BIRTHDAYS!**

**Patricia Sperling**  
*9/5*

**Eunice Mahmood**  
*9/10*

**Barbara Radefelt**  
*9/19*

**Brigitte Deeg**  
*9/23*



**Welcoming Gene & Delores Carroll!**

Gene and Delores joined The Shores family in July. They have been married for 49 years and spent most of their lives in St. Paul raising their 2 daughters who both live near-by. Gene grew up in St. Paul and Delores is from Cold Spring. They have 7 grandchildren and had a dog named Buttercup for many years. They brought their 2 'cats' – Brandy and Alexander - with them to The Shores (Gene does not care for cats, so his sister-in-law gifted him 2 white ceramic cats who became part of their family)!

The Carroll's moved from their home of 44 years in St. Paul and their cabin in Cold Spring to a townhome and now were ready to move to a place where they could be more social and have help when they need it.

Gene likes to take drives and used to golf – he also enjoys poker. Delores likes to read and do puzzles. They love to watch sports and especially enjoy baseball, college football and the Lynx.

## Words from ED

Dear Residents, Families and Friends,

I hope you have enjoyed your summer and are looking forward to the beautiful fall season that is approaching us. I wanted to take this time to thank everyone for their continued support for our community. The Shores wouldn't be the fun, beautiful community we are without all of you! I've been receiving some very nice compliments and suggestions in our suggestion box and I appreciate it very much! Our teams work very hard to bring you a warm and enjoyable experience and we all appreciate your acknowledgement.

I wanted to provide you with a few updates:

- The garage will be cleaned in September. We will notify all the residents that park in the garage to coordinate moving your vehicle to the outside parking lot.
- Name plates for each apartment have been ordered. It is your option to have your last name on the name plate that will be placed directly under your apartment number. You do not have to display your name on the name plate – if you choose not to, the plate will simply be blank.
- A flag pole will be installed during the month of September – it will be located by the entrance of our driveway.

I also ask everyone to continue to provide feedback on your dining experience. We have new menu's that we are very excited about! Our team continues to strive on delivering delicious meals each day!

Our Activity staff members are working hard at adding new activities to the monthly calendar. I would love to know what you have enjoyed and what you'd like to see more of! Thank you to those of you who have provided ideas and feedback!

I have been so lucky to be part of such an amazing group here at The Shores. You are all amazing Residents, and I thoroughly enjoy my time spent with you. I look forward to all the exciting things to come and experiencing it all with you!

Looking forward to a wonderful fall season!  
Warmest Regards,

Densie M. Olson, Executive Director

## Notes from Nursing:

CVS pharmacy will be providing flu shots on October 10<sup>th</sup> from 9:00 – 11:00 A.M. Forms will be mailed to resident families in memory care and to the residents in assisted living. Extra forms will be available at the front desk. Copy of insurance cards will be required.



## Celebrating Lori Vogel!



Thank You!! For the recognition and nomination as The Employee of the Month for August... It's hard to believe I've spent nearly four years here at The Front Desk assisting residents, their families, friends and care providers in a myriad of Human to Human customer support -- it has truly been an honor to be working here with all of you at The Shores of Lake Phalen... you are all wonderful people and have a most lovely place here to call "Your Home". I also reside in Maplewood and have one Daughter (Brittany, who also works here at the front desk on weekends and holidays). I've enjoyed being a part of your lives here at The Shores of Lake Phalen--you are all great neighbors!! Blessings to all of you!



Annette, Keila & Betsey out to dinner



8-Month-Old Chinchilla from the MN Zoo



Pete, Denise & Arnie enjoying the Jazz Band at Music Under the Stars



Shirley fishing on the St. Croix River!



Ed caught one!



## Assisted Living Week Events

National Assisted Living Week is September 10<sup>th</sup> – 16<sup>th</sup> – we are planning so many fun activities!

*Sunday, September 10th*

To kick off AL Week and to celebrate Grandparent's Day, we will be hosting a Brunch in the Dining Room from 8:00 – 11:00 A.M. – please RSVP to the front desk if you and your family are able to join us.

*Monday, September 11*

Proud to be an American – Wear red, white or blue in honor of the anniversary of 9/11.

*Tuesday, September 12*

Back to the 50's – we will be playing 50's music and have an old-fashioned malt shop theme set up in the bistro area – all staff and residents are encouraged to dress up.

*Wednesday, September 13*

Formal Dress Up Day – Be Dressed to Impress – staff and residents are encouraged to wear formal or semi-formal clothing and accessories. The walkways entering the dining room will be our 'Red Carpet Runway'.

*Thursday, September 14*

Sports Team Day – wear clothing and hats to show your spirit for your favorite sports team.

*Friday, September 15*

Dress in the color that represents the decade in which you were born:

1910 – 1919 WHITE

1920 – 1929 BLUE

1930 – 1939 RED

1940 – 1949 GREEN

1950 – 1959 YELLOW

1960 – 1969 ORANGE

1970 – 1979 BLACK

1980 – 1989 NAVY

1990 – 1999 PINK

## From the Kitchen:

- Please remember to return all dishes to the kitchen when finished. There is also a box of dishes in the kitchen that have been sent there that do not belong to us – if you are missing any of your personal dishes, please let the kitchen staff know.
- Room tray delivery times are now:  
Breakfast: 7:30 or 8:45  
Lunch: 11:30 or 12:45  
Dinner: 4:30 or 5:45  
Please allow a 15-minute window for deliveries.

\*If you need a special delivery time for medications, please talk to the nursing staff

## Business Office:

- Stamps are now available for purchase at the front desk. If you are needing a book of stamps we encourage you to order them through the postal system. The order forms for these are at the front desk.
- We are now accepting cash payments for stamps and meals at the front desk.
- We are working on finalizing plans for a notary.
- We are now processing rental check payments electronically – please make sure that you write out the dollar amount fully and completely – see example below:



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!