

March 2018

# PEBBLES FROM THE SHORES

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



Norman and Bernice Sessing



## Celebrating March BIRTHDAYS!

**Carolyn Gustafson**  
3/2

**Scott Olson**  
3/6

**Marian Pellerin**  
3/7

**Philip Girgen**  
3/13

**James LaBore**  
3/13

**Phyllis Heffernan**  
3/18

**Lu Warn**  
3/18

**Ray Petschel**  
3/19

**Greg Bultman**  
3/21

Norm was born in Black Duck, Minnesota and Bernice was born in Montana. They both grew up on a farm. Bernice still remembers that time and era when there was no electricity and well water had to be pumped from the well and heated for the tub baths and shared amongst the sibling from the smallest child to the oldest using the same water.

They both moved to the Twin Cities in 1949 and met while Bernice was a nurse at Gillette Hospital and Norm was a registered architect for a private practice. Norm met Bernice while she was taking care of Norm's sister. They both smiled at each other and said end of story they were married and had 5 children - 2 boys and 3 girls. Throughout the years 1980-2000 Bernice and Norm traveled to their beautiful ancestor land of Norway several times - with it's beautiful countryside, waterfalls and family farms with birth places to their grandparents. Bernice and Norm are very important to us at the Shores. Norm is the president of our Resident Council and Bernice by his side as the secretary. They will be celebrating their 68<sup>th</sup> wedding anniversary on March 18<sup>th</sup>.

## Words from the Executive Director

Good Day Everyone,

We are getting closer to spring every day and we set our clocks ahead on the 11th. Spring starts in 20 days, ahhh fishing season. Not being from Minnesota, you may not follow the normal season requirements, just saying.

Well I have been very busy as Director and Maintenance man, which I love doing, it is my background.

I would like to announce that the new Executive Director will be our very own Katie Bailey. She is very knowledgeable with the staff and residents. I will be training her for the next few months.

Please congratulate her on her new position. And remember, my door is always open so drop by with any concerns or compliments.

Be Blessed,

Mitch

## Notes from Nursing:

If The Shores of Lake Phalen is managing your medications, please alert the nurse prior to any doctor appointments so the appropriate documentation can be sent with you.

If anyone has side rails on their bed, please alert the nurse to ensure they are compliant with the Minnesota State Regulations.

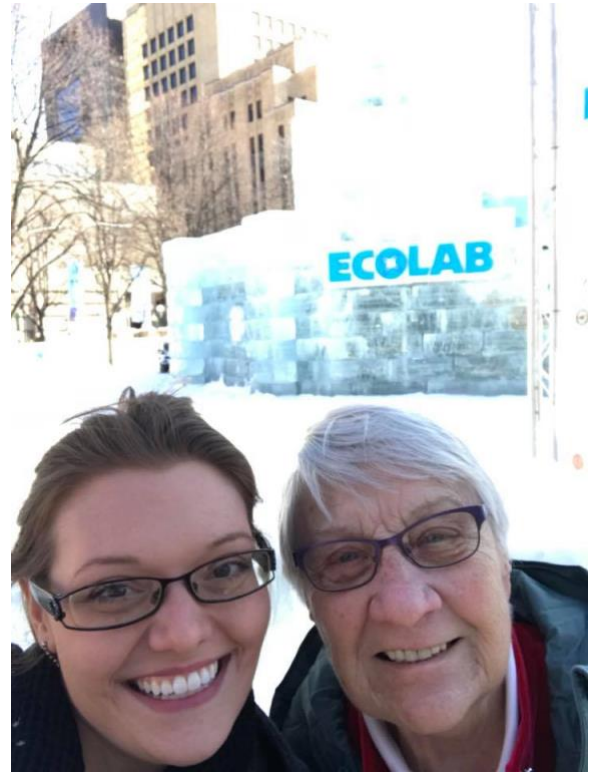
## Celebrating Sade!



Congratulations to our January employee of the month! Sade is a resident assistant and has been with us for 3 months. Thank You Sade for all you do for our residents!



Shirley & Marian enjoying Crafts with Kristy!



Brittany & Ginger out and about!



Keila & Phyllis out to lunch!



Valentine's Day Tea Party!

## Maintenance / Housekeeping:

- Please continue to place your work order requests through the front desk.

## Dining:

- Please return all dishes, trays, etc. to the dining room.

## Business Office:

- We are now accepting automatic payments for monthly rent – please contact the business office with any questions or to request a form.

## Memory Care:

- Some of you may have noticed the boards by the door with photos of the residents. We love sharing the activities that we are working on and invite you to take the picture of your loved on with you when you visit!



Thank you for your patience while we work through the process of repainting the first floor – it really is looking great! We have started work on the second floor – please remove any personal items that you have in the hallway during this time. Please let us know if you have any questions or concerns along the way!



## St. Patrick's Day Celebration



Please join us in the Dining Room on  
Tuesday, March 13<sup>th</sup>  
6:00 – 7:00 p.m.

Enjoy a performance by the Rince Na Chroi  
Irish Dance Troop and Irish themed treats!