

Employee Spotlight



My name is Paula Hindahl and I am the Business Office Manager at The Shores of Lake Phalen.

I grew up in Stacy, MN, and went to North Branch Schools. I was then employed by Chisago County for 26 years as an Investigative Assistant in the Sheriff's Office, and a Financial Assistance Specialist in Health and Human Services. I came to The Shores of Lake Phalen in April of 2018 as the Business Office Manager. My husband Travis and I live in Lindstrom, MN, and we have 3 children, Caitrien (22), Adam (19) and Evelyn (6). We also have 2 dogs and a cat! We love to go camping in our spare time and have a trip planned for this summer to Yellowstone National Park.

I absolutely love working at The Shores and getting to see all the residents every day. I consider it a true honor to be able to spend my days with all of you and to serve you the best way I can.

January Birthdays

In astrology, those born from January 1–19 are Capricorn's Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals. Those born from January 20–31 are the Water Bearers of Aquarius. Just as water gives life to the land, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need.

Happy Birthday to:

- Greg M. 1/8**
- Beverly D. 1/9**
- Beverly B. 1/12**
- Beverly J. 1/14**
- Lawrence F. 1/19**
- Francis M. 1/26**

“Like” The Shores page on Facebook to stay connected to activities, events and recent pictures taken at group activities and outings. Don't miss the fun!



The Shores Press

The Shores of Lake Phalen | 1870 E. Shores Dr. | (651) 777-7784 | theshoresoflakephalen.com



Celebrating January

International Creativity Month

Black Diamond Month

Mentoring Month

New Year's Day

January 1

Bird Day

January 5

Make Your Dream Come True Day

January 13

Use Your Gift Card Day

January 15

Martin Luther King Jr. Day

January 17

World Snow Sculpting Championship

January 18–23

Compliment Day

January 24

Activity Professionals Day

January 28

Resident Spotlight

Learn a little bit about Gwen!



Hello, my name is Gwen LaFond! I was born in Fairmont, Minnesota. I moved to St. Paul when I was 10 years old. My husband and I lived in St. Paul and Maplewood. We adopted two girls. One of my daughters went to business school, where she lives in St. Paul and works for the city of Maplewood. My other daughter graduated from O.R.U and is a cardiac care nurse at St. Francis Hospital in Tulsa, Oklahoma.

I was Valedictorian of my class at Johnson Highschool. I then went to business school for two years. I had a hobby of doing stained glass work which turned into a business. I taught beginning and advanced stained-glass classes in White Bear and Roseville School Districts.

I married my husband Roland, in 1949, he lived to be 84 years old. He was an assistant accountant for Northern Pacific Railroad. I also worked there for 10 years in the accounting department.

My father was a Lutheran Pastor and started a congregation in Fairmont, MN. Then he became an Evangelism for the whole Synod.

The Happening's for the month!

1/3 2:00 Movie & Popcorn w/ Kat and Kayla!

1/4 2:00 Birthday Party w/ Patrick Allen!

1/10 2:00 Craft Corner – “Stuffed Snowmen”

1/11 1:00 Walmart (4 residents per trip)

1/17 1:00 Manicure Monday

1/18 1:00 Dollar Tree (4 residents per trip)

1/24 1:00 Dollar Tree (4 residents per trip)

1/25 1:00 Walmart (4 residents per trip)

1/26 10:00 Coffee w/ Chef Scotty!

1:00 Town Hall

1/31 1:00 Armchair Travel - Norway!
Learn & share facts, and a snack

Outings: Highlighted

BINGO is every Wednesday at 2:30.

Rosary/Mass every Thursday at 2.

Worship Service every Thursday at 3.

Our favorite day: HAPPY HOUR is every Friday at 2:30.

Mass with Father Shane is every Sunday at 10AM.

New Monthly Activity Announcement!

“Armchair Travel”

Each month we will pick a different country to watch a short video on, share facts, learn facts, and eat a snack from that country! We will have passports to check off each country we visit! The first country we will be traveling to is Norway!



Note from Nursing



Vitals Clinic

When: January 4th from 10-11

Where: Fitness Room

Please come down to the fitness room for the nurses to record your vitals! 😊

Thank you to our nurses for all you do!

Random fact of a day in January...

On January 24, at 1:24 p.m., be sure to let out a great big laugh, for it is Global Belly Laugh Day. Laughter truly is the best medicine. Research shows that laughter is a proven stress-reducer. It stimulates circulation and promotes muscle relaxation. It also acts as a short, full-body workout. The quick influx of oxygen stimulates your lungs, heart, and muscles, and increases endorphins released by the brain. Laughter even prompts the release of body chemicals that relieve pain and boost our immune systems. The only question that remains is, “How do I make myself laugh at exactly 1:24 p.m.?”

Most of us know what makes us laugh. Put on a favorite funny movie or television show. Share a funny story from your past with friends. Dress up in a funny costume and entertain your buddies. And if you still don't crack a smile, don't worry. Even fake laughter provides health benefits! Our bodies do not know the difference between fake laughter and spontaneous laughter. Perhaps this is why laughing clubs, where groups get together and force belly laughs out loud, are so popular in India?

Tell someone a joke when you see them, try to get your neighbor to laugh, or someone you sit with in the Dining Room! 😊 Happy thoughts, Happy life!



Caught in the Act..ivity!

