

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2020

The Pillars of Shorewood Landing Programming Calendar

| | | | | | | | |
|---|--|--|--|-------------------|---|--|--|
| | | | | | | 9:30 – Get Fit Hallway Worship/Donuts 3 rd Floor 10:30 – 10:45 2 nd Floor 10:55 – 11:10 1 st Floor 11:15 – 11:30 Happy Hour Cart 2:00 - 4:00 <small>May Day</small> | 1 Ty on duty. 2 |
| Ty on duty. | 3 9:30 – Get Fit | 4 9:30 – Get Fit | 5 9:30 – Get Fit | 6 9:30 – Get Fit | 7 9:30 – Get Fit | 8 9:30 – Get Fit Hallway Worship/Donuts 3 rd Floor 10:30 – 10:45 2 nd Floor 10:55 – 11:10 1 st Floor 11:15 – 11:30 Happy Hour Cart 2:00 – 4:00 | 9 Natalie on duty. |
| Livestream Church | Virtual Reality Wellness Call Julie to reserve your spot. 2:00 – 4:00 | Happy Hour Cart 2:00 – 4:00 Margaritas, Chips & Salsa & Guac <small>Cinco de Mayo</small> | Hallway Bingo 3 rd Floor – 2:00 - 2:30 2 nd Floor – 2:45 – 3:15 1 st Floor – 3:30 – 4:00 | | Ice Cream Truck 2:00 – 4:00 | | |
| Natalie on duty. | 10 9:30 – Get Fit | 11 9:30 – Get Fit | 12 9:30 – Get Fit | 13 9:30 – Get Fit | 14 9:30 – Get Fit | 15 9:30 – Get Fit Hallway Worship/Donuts 3 rd Floor 10:30 – 10:45 2 nd Floor 10:55 – 11:10 1 st Floor 11:15 – 11:30 Happy Hour Cart 2:00 – 4:00 | 16 Ty on duty. |
| Livestream Church Muffins & Mimosas for the Mothers <small>Mother's Day</small> | Rolling Activities Cart 2:00 – 4:00 | Happy Hour Cart 2:00 – 4:00 | Hallway Bingo 3 rd Floor – 2:00 - 2:30 2 nd Floor – 2:45 – 3:15 1 st Floor – 3:30 – 4:00 | | Ice Cream Truck 2:00 – 4:00 | | <small>Armed Forces Day</small> |
| Ty on duty. | 17 9:30 – Get Fit | 18 9:30 – Get Fit | 19 9:30 – Get Fit | 20 9:30 – Get Fit | 21 9:30 – Get Fit | 22 9:30 – Get Fit Hallway Worship/Donuts 3 rd Floor 10:30 – 10:45 2 nd Floor 10:55 – 11:10 1 st Floor 11:15 – 11:30 Happy Hour Cart 2:00 – 4:00 | 23 Natalie on duty. Julie is Manager on duty. |
| Livestream Church | Virtual Reality Wellness Call Julie to reserve your spot. 2:00 – 4:00 <small>Victoria Day (Canada)</small> | Happy Hour Cart 2:00 – 4:00 | Hallway Bingo 3 rd Floor – 2:00 - 2:30 2 nd Floor – 2:45 – 3:15 1 st Floor – 3:30 – 4:00 | | Ice Cream Truck 2:00 – 4:00 | | |
| Natalie on duty. | 24 | 25 9:30 – Get Fit | 26 9:30 – Get Fit | 27 9:30 – Get Fit | 28 9:30 – Get Fit | 29 9:30 – Get Fit Hallway Worship/Donuts 3 rd Floor 10:30 – 10:45 2 nd Floor 10:55 – 11:10 1 st Floor 11:15 – 11:30 Happy Hour Cart 2:00 – 4:00 | 30 Ty on duty. |
| Livestream Church | | Happy Hour Cart 2:00 – 4:00 <small>Memorial Day</small> | Hallway Bingo 3 rd Floor – 2:00 - 2:30 2 nd Floor – 2:45 – 3:15 1 st Floor – 3:30 – 4:00 | | Ice Cream Truck 2:00 – 4:00 <small>Shavuot Begins</small> | | |
| Ty on duty. | 31 | Watch channel 1-1 every morning Monday thru Friday at 9:30 to follow along with Julie as she leads Get Fit! Virtual Reality Wellness: Take a virtual vacation! Walk along the beach at Costa Rica and more! Call 952-401-7436 to reserve a spot. Coming soon! Recorded programming on channel 1-2. An announcement will be made via a Shorewood Update delivered to your door when this becomes available. | | | | | |
| Livestream Church | | For bingo, worship and other hallway activities we will place chairs 6 feet apart in the hallways of your floor. Please wear your masks. For 2 nd floor meet on the 221 – 245 side. For 3 rd floor meet on the 303 – 318 side. To receive treats (happy hour, ice cream, etc.) you must be in your own apartment. | | | | | |

The Pillars Press

The Pillars of Shorewood Landing * 6000 Chaska Road, Shorewood, MN 55331 * 952-401-7444

Update from the Dimensions Neighborhood

Hello, I hope this note finds you well. We are thankful for the sunshine and warm weather. It has given us the opportunity to get outside. This week we enjoyed our fresh baked bread on the patio in the sunshine. We are also thankful for our Resident Assistants and all the support they give our friends her in the Dimensions neighborhood, every day. Lastly, are thankful for the support we feel from all of you who can't be with us physically during this time. Thank you!

Earlier in the month we got our hands dirty and did some planting. We put together a succulent garden and an herb garden. The fresh herbs are very fragrant and it is refreshing to smell them.

For Easter we worked to make the weekend special. Our receptionist, Tami, put together treat bags and we delivered them while playing some Easter favorites, *Here Comes Peter Cottontail and Easter Parade*. There were lots of smiles and giggles.

Easter Sunday, we gathered and sang some of our favorite Hymns, prayed and took communion. One of our Ebenezer chaplains was able to prepare communion for us ahead of time. We celebrated with Sparkling cider and warm cinnamon rolls. I know it was not the same as spending time with family, but it was a special day.

We are still hosting group activities, but we are working within smaller groups, encouraging distance, and doing more 1:1 connections.



Chef's News by Alex Buko

Crème Brulee

INGREDIENTS

1/2 Gallon Cream 1 Tbsp vanilla
3 cups of sugar, ½ tsp salt, 48 egg yolks

METHOD

Whip eggs and sugar until it forms ribbons
Heat cream and salt until scalded, remove from heat, temper
Eggs into cream slowly add vanilla
For standard oven, bake at 275 F with low fan until set 10-15 minutes. 50 serving.

We are also very excited to welcome our new activity assistant, Ty Bricker. She will be helping with activities in the Dimensions neighborhood as well as the AL/IL side. I can't wait for you all to meet her.

If you would like to email notes, pictures or video messages, I am happy to pass them along.

If you would like to set up a Zoom or facetime visit with your loved one please email me at nat78361@fairview.org

Natalie Mendez

Dimensions Manager



News from Our Executive Director

Dear Residents and Family Members of The Pillars of Shorewood Landing,

In the month of May, we celebrate Mothers! My mother has been the most influential person in my life. As a young Dad, I have come to understand and value the role of a mother in a deeper way. We want to recognize our residents, employees, and family members that fulfill this arguably most important role in our world. Mothers have the ability to sense upcoming danger, to guide their children, to comfort during times of need, and to provide the love, support, encouragement and resources needed to grow and stay safe. I find it appropriate that we celebrate mothers during spring, the time of new life.

During this unique and unprecedented time, we look to have similar 'maternal' support as an organization. We are very fortunate to be a part of the Ebenezer Family, intimately connected to resources that are keeping us safe and prepared. Our community, with the guidance of Ebenezer has implemented all necessary precautions. In addition to Ebenezer, we are also very privileged to be a part of the Oppidan ownership group, who additionally ensures we are receiving the support we need.

We will continue keep you and your family updated within a 24-hour time frame of any major changes. Major changes include but are not limited to new COVID-19 confirmed cases connected to our community. People connected to our community include residents, staff and contracted staff. To date, we have had one employee test positive for COVID-19. This case is considered low risk given the nature of the employee's role. They did not provide direct patient care. Should no additional cases arise by Monday May 4th we will be out of the 14-day incubation period!

Our staff continue to provide the quality care many of you depend on during this time, while quickly acclimating to the changes we are implementing to ensure safety. We have been successfully providing daily meal deliveries since March 16th, creating safe social distanced activities, communicating any changes (which at times has meant multiple updates in one day) and so much more. I am proud to be a part of this strong community and hope you feel a similar sense of pride. (Continued on the next page.)

Leadership Team

Executive Director
Griffin Myslivecek

Director of Health Services
Melisa Mewes

Resident Services Coordinator
Emily Grinnell

Sales & Marketing
Therese Larson

Culinary Director
Alex Buko

Environmental Services Director
Gordon Klema

Director of Active Living
Julie Appel Duncan

Dimensions Manager
Natalie Mendez



News from Griffin continued:

The common goal we all share is to keep our residents safe and healthy. **Thank you** very much for being able to adapt and adjust your normal routine for the safety of others. And a very special thank you to all Mothers.

Sincerely,

Griffin Myslivecek, MBA, LNHA
Executive Director

This month's newsletter and calendars were prepared in late April. The time-sensitive information they contain reflects the best of our knowledge at that time.

Environmental News

To all staff & residents,

Since our dining habits have changed from the COVID shelter in place we have experienced a 50% increase in trash. Please make every effort to bag and tie all your trash before placing it into the trash shoot. A lot of loose trash coming down the shoot lands outside the receiving container on the ground. Your efforts to bag and tie will be truly appreciated.

Thank you,

Gordon Klema, ESD

Health Services News By Melissa Mewes

I want to share an article with you written by Emma Sutton, MSW, LICSW, Mental Health Professional.

As we reflect on the state of the world, many have been impacted by the Coronavirus (COVID-19.) There has been a large emphasis on one's physical health, but it's important to consider one's emotional health as well. According to the American Medical Association, STRESS, is the basic cause of more than 60 percent of all human illness and disease. During these uncertain times, many are experiencing insurmountable amounts of stress, anxiety, fear, worry, depression, loneliness, anger, boredom, frustration, and confusion. But there is good news. You don't have to live this way! Here are proven strategies to better manage stress and enhance your emotional health:

Take breaks from watching the news.

Slowly inhale through the nose and exhale through the mouth at a comfortable pace. Relax the face, jaw, hands and muscles with each breath. Continue until you feel calm.

Take care of your mind, engage in spiritual practices, meditate, listen to music, eat healthy and exercise. Get fresh air and sunshine.

Focus on gratitude. Continue to do the activities you enjoy. Connect with others and talk about your concerns and feelings. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Shorewood Landing has a mental health professional available to residents through the Associated Clinic of Psychology. Contact Emma Sutton, MSW, LICSW at 612-925-6033 x8916 for support.



May Birthdays

- 5/02 Eugene Henke
- 5/03 Michael James
- 5/06 Gordon Baillargeon
- 5/12 Dorothy Thompson
- 5/17 Keith Marriott
- 5/21 Janet Lundgren
- 5/25 Gloria Ivey
- 5/26 Laurie Jacobson
- 5/28 Molly Whitman

April Birthdays

- 4/02 Marlene Kenny
- 4/16 Jean Ohland
- 4/17 Lorraine Southwick
- 4/22 Ralph Livingston
- 4/23 Per Jacobson
- 4/28 Marge Haasken
- 4/28 Loren Jilek

*My apologies to the residents who had April birthdays for being left out of the newsletter last month. People were individually recognized on their special day.



**2-Day
Lead
Time.**

The Box!

Order a fresh produce box to take home and enjoy!

**Only \$26.
You
Choose!**

- Order one for a friend, neighbor or family member!
- Limit your exposure to stores and get fresh produce.

BIX Box Veggie

Item #42646

- 3 ct Romaine
- 1 ct Broccoli
- 1 ct Cauliflower
- 1 ct Head Lettuce
- 2 ct Yellow Onion
- 1 ct Red Onion
- 4 ct Potatoes
- 2 ct Avocados
- 1 ct Red Pepper
- 1 ct Green Pepper
- 1 ct Yellow Squash
- 1 ct Zucchini Squash
- 1 pt Grape Tomatoes
- 5 lb Carrot Slims

BIX Box Fruit & Veggie 80/20

Item #42644

- 1 lb Strawberries
- 6 oz Raspberries
- 6 oz Blueberries
- 8 ct Apple
- 1 ct Pineapple
- 2 lb Grapes
- 1 ct Cucumber
- 2 ct Romaine
- 1 ct Lemon
- 1 pt Grape Tomatoes

*Items subject to change.

BIX Box School Lunch

Item #42648

- 12 ct Apple
- 2 lb Grapes
- 5 lb Carrot Slims
- 1 ct Celery Stalks
- 1 ct Broccoli
- (2) 1 lb Strawberries*
- 6 oz Raspberries*

*Temporary substitution for Clementines.

If you would like to order a Bix Box, call Alex Buko for details at 952-401-7439.

