



**Kingsley Shores  
Senior Community  
16880 Klamath Trail**

**Kingsley Place  
Senior Community  
16890 Klamath Trail  
Lakeville, MN 55044  
952-435-8002**



## January Birthdays

### Residents

Larry B.—Monday 8th  
Ellie M.—Wednesday 10th  
Lynne K.—Saturday 13th  
Elaine B.—Saturday 20th  
Dori R.—Monday 22nd  
David O.—Thursday 25th  
Don M.—Saturday 27th



### Staff

Fardus A.—Wednesday 3rd  
Donte W.—Wednesday 3rd  
Mohamed M.—Friday 5th  
Sue T.—Friday 12th  
Devin L.—Sunday 14th  
Ashley M.—Wednesday 17th  
Rachel G.—Saturday 27th  
Leoner G.—Monday 29th  
Dave J.—Monday 29th  
Lucy S.—Wednesday 31st



**Future newsletters:** If you have any suggestions or would like to provide content for our next month's newsletter, please contact our Activities Department. We would like to provide you and our community with communication you value and would appreciate your suggestions.

You can find us at <https://www.facebook.com/KingsleyShores>

*Silver Advantage – R.E.S.P.E.C.T Giving you the respect that you deserve!*

### Contact our team for any of your needs

<b>Susan Tabor</b>	Executive Director	<b>952-435-4018</b>	<a href="mailto:stabor@kingsleyshoresseniorliving.com">stabor@kingsleyshoresseniorliving.com</a>
<b>Amy Anderson</b>	Director of Marketing	<b>952-435-4020</b>	<a href="mailto:aanderson@kingsleyshoresseniorliving.com">aanderson@kingsleyshoresseniorliving.com</a>
<b>Front Desk</b>	Receptionist	<b>952-435-8002</b>	<a href="mailto:reception@kingsleyshoresseniorliving.com">reception@kingsleyshoresseniorliving.com</a>
<b>Amy Koch</b>	Clinical Director	<b>952-435-4025</b>	<a href="mailto:akoch@kingsleyshoresseniorliving.com">akoch@kingsleyshoresseniorliving.com</a>
<b>Dave Johnson</b>	Environmental Services Director	<b>952-435-8002</b>	<a href="mailto:djohnson@kingsleyshoresseniorliving.com">djohnson@kingsleyshoresseniorliving.com</a>
<b>Jermaine Rayford</b>	Director of Dining	<b>952-435-4038</b>	<a href="mailto:jrayford@kingsleyshoresseniorliving.com">jrayford@kingsleyshoresseniorliving.com</a>
<b>Violet Schroeder</b>	Director of Programming and Reflections	<b>952-435-4026</b>	<a href="mailto:vschroeder@kingsleyshoresseniorliving.com">vschroeder@kingsleyshoresseniorliving.com</a>
<b>Alicia Bridge</b>	Director of Wellness	<b>952-234-5185</b>	<a href="mailto:abridge@kingsleyshoresseniorliving.com">abridge@kingsleyshoresseniorliving.com</a>
<b>Cathy Sheets</b>	Administrative Services Director	<b>952-435-4035</b>	<a href="mailto:csheets@kingsleyshoresseniorliving.com">csheets@kingsleyshoresseniorliving.com</a>

**SilverCrest Properties** is committed to developing senior communities of excellence by establishing a continuum of care that promotes the physical and mental wellness of its residents, by maintaining a staff dedicated to providing exceptional service, and by offering health care that enhances each person's independence and dignity.

**January  
2024**

## Kingsley Chronicle A SilverCrest Senior Community



## Program Ponderings

Happy New Year!!!

Wow, what an incredible year we have had! So many new memories with one another to celebrate, and I am sure looking forward to all the new ones we will make in 2024!

Thank you to everyone for masking up in December when we had COVID in the building. Everyone's compliance with the masks helped us stop it from spreading and we were able to get rid of the masks pretty quick this time! With all the holiday gatherings we could see COVID rear its ugly head again, so if you aren't feeling well please be extra cautious!



We will be celebrating the New Year in the Activity Center starting with New Year Bingo at 1:30, and then a New Years Party at 3:30PM. Bring your quarters, your resolutions, and a party ready mood!

This month we will be having Tom Paquin back to serenade us with his guitar and songs. So join us in the Activity Center on January 3rd at 3:30!

We will be having our first ever Kingsley Memorial Service this month on the 29th. Please see page 6 for more information on this. It will be a program to remember all of the friends we have lost in 2023.

This month our lunch outing will be at Perkins! We are picking some nearby restaurants during the winter months just in case we get any snow! Please let Violet know if there's any outings you are interested in seeing on the calendar in 2024!

Making a Charcuterie Board has been rescheduled to this month due to it being cancelled because of COVID in December. We will also be making some beaded snowmen decorations, making some lotion to help with the dry winter air, and more! Get to Know Your Smart Phone is on the calendar this month. Please feel free to come if you have any questions about your cell phones, tablets, iPads, or laptops.

We are in the process of planning for the Elegant Dinner, which will happen in February. We are looking for some grand children, or great grands, age 12 or older, to volunteer the night of the dinner. They would be responsible for the Walker Valet! The dinner will be on the 23rd of February from about 4pm to 7pm. If you have someone who would like to volunteer their time please let Violet know, or if you have questions please call Violet for more details.



**Director of Programs & Reflections – Violet Schroeder**



Hello Kingsley Community,

Depression is often mistaken for “holiday blues” and is more common in older adults who have other chronic conditions. The holiday season can trigger anxiety and loneliness, but how can we differentiate severe depression from these emotions and provide the support necessary to combat depression?

Here are some tips to help patients, residents and families recognize and support depression.

**Depression:**

Depression is a medical condition that lasts beyond the holidays and can affect daily functioning. Older adults with chronic illnesses or limited functions are at an increased risk of experiencing depression.

**Recognizing the signs and symptoms of depression:**

- Persistent sadness, anxiety and loss of interest in once-enjoyed activities.
- Isolation.
- Irritability, fatigue and difficulty concentrating or making decisions.
- Sleeplessness, loss of appetite and persistent aches and pains.
- Giving away personal belongings.
- Suicidal thoughts or attempts.

**Supporting someone with depression:**

- Encourage medical treatment and support plan.
- Attend appointments and hobbies.
- Promote active living and healthy eating.
- Ask them to join you for a meal or a walk outdoors, weather permitting.
- Invite them to an activity in the building.

**What can we do to help ourselves with the “winter blues”?**

- Get enough sleep, 7-9 hours each night.
- Exercise! Even a walk from one end of our community to the other inside helps our endorphins start firing and improves our mood!
- Eat healthy, limit alcohol, and get extra sunlight when you can.

**Reserving a Gathering Space?**

We have multiple spaces in Kingsley Shores that are reservable and one in Kingsley Place. If you are having a gathering and want to use one of our reservable spaces please see the front desk to see what’s available. The spaces that you can utilize are the Activity Center, Birchwood Bay, Card Room, Library, and the KP Club Room. The only catch with these is if there is an activity occurring, or the room is already reserved then you cannot use that room. There is no charge unless the space is left in a messy condition.

**KS Resident Council**

**1/31/24  
1:00 PM  
Located in  
Card Room**

**Family Council**

**2/28/24  
5:30 PM  
Located in  
Activity Center**

**Update From Kim:**

Kim is doing well. She is able to be at home, and she misses all of you!



**Silver Advantage Letter of the Month is “P” for “Professionalism”**

**P—Here at Kingsley Professionalism comes in many forms. From the way our staff present themselves to keeping things like Protected Health Information private! We strive for our residents to feel proud of where they live, and staff to be proud of where they work.**

If you see a staff member exhibiting “P” and want to recognize them, please have the front desk fill out a “shout-out” for the employee.



## Upcoming Events

- 1/1 New Years Bingo 1PM AC  
1/1 New Years Day Party 3PM AC  
1/2 KS Hospitality Club 4PM CR  
1/3 Activity Forum 1PM AC  
1/3 Tom Paquin Music! 3:30PM AC  
1/4 Get to Know Your Smart Phone 11AM AC  
1/8 Make a Charcuterie Board 3PM AC  
1/9 Donut Social 9:30AM BB  
1/9 Book Club 2:15PM AC  
1/10 Lakeville Library 1-2PM BB  
1/10 Music w/ Pastor Bryant 1PM AC  
**1/12 Perkins Lunch Outing 11:30AM**  
1/15 Make Lotion 3PM AC  
1/16 Town Hall 2:15PM AC  
1/16 Dementia Support Group 5:30PM AC  
1/17 New Resident Orientation 1:15PM BB  
1/18 Worship w/ Pastor Andy 11AM AC  
1/22 Wooden Bead Snowmen 3PM AC  
1/23 KS Hospitality Club 2:15PM CR  
**1/24 Cooking w/ Chef J 12PM AC**  
1/26 Birthday Happy Hour 3:30PM AC  
1/29 Kingsley Memorial Service 6PM AC  
1/31 KS Resident Council 1PM CR

### Alternative Transportation:

Metro Mobility—651-602-1100  
DARTS—651-455-1560  
Edwards Safe Passage—651-728-4487

### Activity Center Rental Hours

Monday-Thursday 3:30-6:30PM  
Fridays 4:30-6:30PM  
Saturdays-Sunday 10:00-11:30 AM

## Reflections

### Happy New Year!

Here are some photos celebrating all the fun we had in our Reflection's Community in 2023!



We had such a great year. Lots of fun events, and fun activities! Thank you to all who make it possible!

## Dining



Hello everyone!

Hope you all had a great holiday and Happy New Year!

We are going to be having new menus in our 5 week rotation in the dining room, and a new "All Day" Dining Menu as well!

Please continue to bring me ideas and feedback on your dining experience.


As I said in Town Hall we are going to be limiting people to 2 drinks during meals as there has been a lot of waste when it comes to beverages.

I will be holding a "Cooking with J" class for the first time on January 24th in the Activity Center at 12PM. You must sign up for this as there is limited seating. Please join me to learn and try a new recipe, and talk about what you would like to see on the menu!

January 31st is our staff Holiday Party. To ensure that staff are able to attend we will be closing the Dining Room after lunch and will deliver Boxed Dinners.

Thank you,  
Chef J—Dining Director





**Baby It's Cold (or maybe the flu?): When to ask for antibiotics.**


Antibiotics can indeed save lives and are vital tools for treating many common and serious infections, such as those that can result in sepsis. But at least 28% of antibiotics prescribed in outpatient settings in this country are unnecessary; each year, enough prescriptions are written to proved 5 out of every 6 people one antibiotic prescription. Any time you use antibiotics, they can cause side effects and contribute to antibiotic resistance, which happens to be one the most urgent threats to public health.

Seniors have to watch out for overuse and side effects, as these can result in even more dire complications in the elderly population. Common infections such as urinary tract infections, skin and soft tissue infections, and lower respiratory tract infections frequently occur in the elderly; but the diagnosis of infection isn't always obvious. Oftentimes, symptoms mimic normal signs of aging. Seniors may also have a fever without any apparent infection, which further complicates the decision to administer antibiotics.

Physicians may prescribe antibiotics for upper respiratory infections, even though most of these types of infections are viral in nature and won't respond to antibiotics. Doctors concern for patients satisfaction, and severe illness may lead to prescribing antibiotics when they aren't beneficial. Alternative solutions for antibiotics should include suggesting over-the-counter remedies or delaying a prescription if symptoms don't improve.

Happy New Year!

Amy Koch—Clinical Director



**Step into 2024!**

The New Year is always a great time to try something new.

**Here are just a few ideas to help keep you active:**

- Try a new class: Is there a class you would like to see offered? Please let me or Jasmine know.
- Try a new machine in the Wellness Center. We are here to help you learn any equipment new to you.
- Try our warm water pool if you have not experienced it yet.
- Start a walking program. Find a neighbor to walk with you. Even if it is only 5-10 minutes, that is a great place to start!

**There are many benefits to exercise for older adults such as:**

- Prevents bone loss.
- Relieves Osteoarthritis pain.
- Helps prevent chronic disease.
- Boosts immunity.
- Improves mood.

**Holiday Hours:**  
Closed New Year's Day, Monday 1/1

**Townhall Notes**

All Directors except marketing were present to report at Town Hall.

Maintenance: Dave gave an update on the carpeting progress. Explained that a problem was found under the carpeting on 3rd floor with the flooring. It'll will take a little extra time to get the carpeting done on 3rd floor due to this.

Nursing: Talked about the COVID in the building.


Billing: Talked about the new bills coming out with increases and new meal plans for 2024. Please see page 8 for more information.

Dining: Spoke on new 2024 menus and limiting the number of drinks per person to 2 at meals.

Programming: Spoke on upcoming programs in 2024. Make sure to read through the newsletter and calendar thoroughly for changes.

Wellness: Gave a reminder on what dates the wellness center is closed. Please see calendar for those dates as well.

Thank you all for coming and see you next time!



If you see your new neighbors out and about in the community, introduce yourself and say "hello."

If you need a current resident directory, please contact the front desk by dialing **8002**.

**In Memory Of...**

Lois H.


Ervin F.

Jim B.

Lawrene L.

Gabe P.

Dawn B.



2024 Meal Changes—01/01/2024

- If you had a one meal plan in 2023, you have been moved to an ala carte plan unless you notified me otherwise by turning in your meal addendum. This is only for Assisted Living (AL) and Independent Living (IL) residents in Kingsley Shores.
- If you had three meals in 2023, you have been moved to a two-meal plan unless you notified me by turning in your meal addendum. This is only for Assisted Living (AL) and Independent Living (IL) residents in Kingsley Shores.
- You can always come to the dining room to enjoy a meal. If you are on a two-meal plan and would like a third meal, it will be charged to your account ala carte.
- All residents that are in AL & IL in KS and KP will need to sign up for dinner. We need this number to prepare the proper amount of food. If you sign up late or decide to come last minute, please check in with the Chef to see if we have enough of the main course. If not, you may always order a meal from the all day menu.
- We will continue signing up for Sunday brunch by Saturday at 6PM.
- If you want a box lunch on Sundays, there will be a sign-up sheet in the book by Saturday at 6PM.
- Billing will look a little different as well. If you have any questions please feel free to reach out to me. I have samples of how the statements will look in 2024.

Thank you,  
Cathy Sheets — Director of Administrative Services

If you are experiencing any of these symptoms please alert the front desk and isolate yourself from others.

- Fever/Chills
- Cough/Shortness of Breath
- Fatigue/Muscle or Body Aches
- Headache
- Loss of Smell/Taste
- Congestion/Runny Nose
- Nausea/Vomiting/Diarrhea

Environmental Services



Happy New Year!  
Carpet is still underway so please be considerate/careful when walking the halls. If there is caution tape across your doorway, please stay in your apartment until the tape is removed. If there is an emergency please know you can leave.

Work Orders! Please do not tell work orders in passing to Maintenance/ Housekeeping Staff. Please call the Front desk for all work orders.

Filters: Are being replaced in furnaces, we have started in KP and will continue through KS over the next 2 weeks.

Thanks!



A Little Kindness Goes a Long Way

How well do you know your neighbor?  
Have you invited them to join you for a meal in the dining room? Have you asked a neighbor if they'd like to join you for an activity?

Remember how it can feel to move to a new community? We want you and your neighbors to feel included, accepted, and have a sense of belonging.

A little kindness can go a long way! So, let's take the opportunity to reach out to a couple of new residents who you may not have met yet. Who knows - a great new friend could be just a knock away!

Amy Anderson—Director of Marketing



### Newspaper Update!

A reminder that the team members at Kingsley are not responsible for the arrival of your newspaper. If you are having issues with deliveries not happening, or issues in general with your paper please call the company you are buying it from. The front desk cannot be responsible for when the papers arrive or the delivery of them.

**Please only take a paper if you have subscribed.**

Star Tribune: 612-673-4000

Sun: 952-894-1111

### Menu Sneak Peak

#### Perkins!

Pancakes, French toast, waffles, bacon, eggs, and more!

Come along to enjoy some yummy breakfast food. They also have lunch items like burgers, steak or fried shrimp, if breakfast isn't your thing.



### Kingsley Remembrance Service

On Monday, January 29th, we will be having our first Kingsley Remembrance Service. This is going to be a service led by Violet and Pastor Andy to honor, and remember, all those we have lost here at Kingsley Shores and Place in 2023. At the Activity Office, where the sign up book is on 2nd floor, you will find a Remembrance Binder. In this binder there will be a list of all those who have passed in 2023, and spaces for you to write stories/memories you would like shared at the service about those who have passed. Please add the stories you would like shared by Monday, January 18th. The service will be held in the Activity Center. Please see the Calendar for the Date and time as well. If you have any questions please reach out to Violet at 952-435-4026.

