



## March Birthdays

### Residents

Carolyn L.—Wednesday 6th  
Sharron B.—Thursday 7th  
Vernal K.—Thursday 14th  
Elroy O.—Saturday 16th  
Gladys W.—Saturday 23rd  
Donna K.—Monday 25th  
Lois H.—Tuesday 26th  
Marge S.—Tuesday 26th

### Staff

Cathy S.—Sunday 3rd  
Amy A.—Monday 4th  
Taira I.—Tuesday 12th  
Ayan B.—Friday 15th  
Monique M.—Wednesday 20th  
Heather S.—Wednesday 20th  
Tshibola N.—Wednesday 27th



Kingsley Shores  
Senior Community  
16880 Klamath Trail

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



**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

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

**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.

March

March  
2024

Kingsley Chronicle  
A SilverCrest Senior Community



## Program Ponderings

Happy March All!

We have a new entertainer coming to Kingsley on March 4th. Help us welcome Rockin' Woody in the AC at 3pm. Join us for some musical fun!

The Lakeville K9 unit will be returning. We loved having the officers and police dogs here last year and are so excited to have them back in the AC at 10:30AM on March 15th.

Do you have questions about memory loss? This month we will be hosting a Dementia Q&A with Violet and Susan. Please see page 3 for more information.

We've a lot to celebrate this March! On March 15th we will have a St. Patrick's Day Happy Hour with Shamrock Shakes. Easter is on March 31st. We will be having our 3rd Annual Easter Egg Hunt on the 31st. Eggs will be hidden all over Kingsley Shores and Place. Both buildings are encouraged to participate and hunt for eggs. Eggs will be in common areas and hallways, and each will have a prize inside. Please do not start looking for eggs until 9am on Sunday the 31st!

All sign ups, shopping-medical-activities, can now be found at the front desk. This is due to problems with the sign-up rules being followed. So please go to, or call, the front desk to sign up for shuttle rides and activities.



In March we will be starting a Kingsley Writing Club. Please go to page 6 for more information.

Our monthly lunch outing will be to Baldy's BBQ this month. See page 6 for a menu sneak peak!

Our very own Amy A. will be hosting another Aging in Place Presentation on Thursday March 28th at 6PM in the AC. If you have questions regarding services and how you can stay in your home at Kingsley as things change this is the presentation for you!

We are continuing to show movies in the Theater every night Monday through Friday. The front desk has copies of the monthly schedule so if you would like one please go ask the receptionist. If you have any suggestions or requests please let Violet know.

We will be making a cheesecake, creating our own amethyst crystals, painting tulips and more for programs this month! See your Activity Calendar for details on everything happening this month.

We invite those of you who have a loved one with memory loss, Dementia, or Alzheimer's to join us at our monthly Dementia Support Group. This March it is on the 19th at 5:30PM in the AC. Please do not bring your loved one that has dementia. Reach out to Violet with any questions.

Director of Programs & Reflections – Violet Schroeder

[www.kingsleyshoresseniorliving.com](http://www.kingsleyshoresseniorliving.com)

March



Hello everyone! I was going to start by saying “Happy Spring”, but as I write this, we are expecting 2-4” of snow today. Finally, some season appropriate weather!

You have likely noticed we spruced up the Kingsley Shores lobby a bit. Next is the dining room, with painting the book shelves surrounding the fireplace.



Thinking ahead to warmer weather, we are looking for your ideas to maximize use of the outdoor area surrounding Kingsley, so let us know what you’re thinking. BBQ? Picnics? Lawn bowling? Bocce Ball? Maybe Dave can create a putting green on the lawn for our golfing residents?



We also want to share that we are looking for a part-time coach driver: Sunday morning from 8:30-Noon and Saturday afternoons from 1:00PM to 5:00PM starting April 1st. A commercial drivers license is required as well as a satisfactory medical examination and clean driving record. If you know someone who may be interested, please have them contact me.

Although we’re likely to have some snowy days coming up in March and April, I’m ready for warmer weather. Until then, keep coming to us with your creative ideas.

Susan Tabor—Executive Director



Huge thank you to Jerry for the wonderful educational session over the month of February. Residents enjoyed learning about Indigenous Americans every Monday in February from our very own resident Jerry. Jerry is a retired college professor. He put together a four session class for our residents to enjoy and learn from. Thank you to Jerry, and his wife Andra, for all the hard work you put into the class for our residents here at Kingsley!

**NOTICE:** Please do not remove any signs from the elevators. If you need a copy of the calendar, menus, or any sign in the elevator, please go to the front desk for a copy. Thank you.

**KS Resident Council**

**3/27/24  
1:00 PM  
Located in  
Card Room**

**Family Council**

**5/29/24  
5:30 PM  
Located in  
Activity Center**

**Please do not leave any items in the halls or common areas for free. If you have something to give away you can post an ad on the board by the mailboxes in either building.**

**Silver Advantage Letter of the Month is “C” for “Community”**

**C—Understanding a sense of Community is the basis to good care and a happy living space. We want our staff and residents to feel a part of the Kingsley Community so they can lead happy fulfilled lives!**

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

## Upcoming Events

3/4 Rockin' Woody Musical Entertainer 3PM AC

3/6 Make Spring Centerpieces 3PM AC

3/7 Dementia Q&A 6PM AC

### 3/7 Baldy's BBQ Lunch Outing 11:45AM

3/11 Make Rueben Dip 3PM AC

3/12 Donut Social 9:30AM BB

3/12 Book Club 2:15PM AC

3/13 Music w/ Pastor Bryant 1PM AC

3/13 Lakeville Library 1-2PM BB

3/14 Get to Know Your Smart Phone 11AM AC

3/15 St. Patrick's Day Happy Hour 3:30PM AC

3/18 Make Amethyst Crystals 3PM AC

3/19 Town Hall 2:15PM AC

3/19 Dementia Support Group 5:30PM AC

3/20 Cooking w/ Chef J 1PM AC

3/20 Making Candles 3PM AC

3/21 Worship w/ Pastor Andy 11AM AC

### 3/22 HomeGoods Outing 10AM

3/25 Tulip Painting 3PM AC

3/27 KS Resident Council 1PM CR

3/29 Birthday Happy Hour 3:30PM AC

### 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

Saturday-Sunday 10:00-11:30 AM

## Reflections



### Dementia Q&A

On March 7th we will be hosting a Dementia Q&A in the Activity Center at 6pm. It will be hosted by Violet Schroeder and Susan Tabor. Both Violet and Susan are Certified Dementia Practitioners. Violet is the Director of Reflections here at Kingsley, which is our Memory Care Community. Susan is the Executive Director of our community.

During this Q&A we will answer any questions you may have about Dementia, Alzheimer's, and memory loss in general. Maybe you have a friend that has dementia and you want to understand what they are going through, or if you have a loved one and want to learn how to continue having meaningful interactions with them. This is an opportunity to learn about a disease that affects 1 in 7 Americans over the age of 71.

The program is open to all residents of Kingsley Shores and Place and family members.

Light refreshments will be served.

Please contact Violet with any questions. 952-435-4026.

Violet S.—Director of Reflections

## Dining



Hello all,

This March on Wednesday the 13th from 7am-9:30am we are inviting the Lakeville First Responders to have breakfast with us. This will include the Police

Department, Fire Department, and EMTs of Lakeville. We invite our residents to join them for breakfast. For residents of Kingsley Shores and Place it will be the same cost as a regular breakfast. **Please reserve your spot. Sign up will be at the front desk.**

Breakfast will be served buffet style with bacon, sausage, hashbrowns, Danish, and made to order omelets.

Please join us to show our gratitude to the wonderful men and women that help keep our community safe!

Thank you,

Chef J—Director of Dining





Diet and High Blood Pressure—  
Part 1

How can you naturally lower your blood pressure? Lifestyle factors such as diet can have a big impact on managing hypertension.

A diet rich in fruits, vegetables, whole grains, and low-fat dairy products can help you get your blood pressure under control.

Here are 10 foods that can promote normal blood pressure levels and support your overall health:

1. Unsweetened yogurt. A recent study showed that yogurt may produce positive blood pressure outcomes for those with hypertension.
2. Berries. Strawberries and blueberries are rich in antioxidant compounds called anthocyanins. Research has linked these compounds to a reduction in blood pressure in people with hypertension.
3. Beets. This root vegetable is high in nitrates, which the body converts to a molecule shown to lower blood pressure.
4. Sweet potatoes. Loaded with magnesium, potassium, and fiber. A delicious way to lower blood pressure.
5. Leafy greens. Cabbage, spinach, kale, and other greens are high in nitrates.
6. Fatty fish. Salmon is packed with heart healthy omega-3 fatty acids and vitamin D. These nutrients can help lower and regulate blood pressure.
7. Whole grains (especially oatmeal). Oats and other whole grains contain beta-glucan. This may lower blood pressure.
8. Pistachios. May lower blood pressure and cholesterol.
9. Bananas. Potassium in bananas helps the body get rid of sodium, relaxes blood vessels, and lowers blood pressure.
10. Kiwi! Kiwi is a fruit that can help lower blood pressure, and it's a delicious treat!

Thank you,  
Amy K.—Clinical Director



Have you seen this machine in the wellness center and wondered how to use it? It is called the Technogym Kinesis, similar to a cable cross over machine. This machine can work any body part, seated or standing. It has multiple attachments you can use to target different muscles. It is a great way to add variety to your work outs. So, please ask myself or Jasmine if you would like to learn to use it!

Wellness Staffing Update:  
Starting in March, Jasmine will be here very limited hours as she finishes up her clinicals for school. Once she is done she will then move on to her career as a Physical Therapist Assistant, with the plan of staying on here as a substitute as needed. We are currently looking for someone to fill her position.

Alicia Bridge—Director of Wellness

Elegant Dinner



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...





You can help yourself and loved ones stay healthy by washing your hands often, especially during these key time when you are likely to get and spread germs:

- Before, during, and after preparing food.
- Before and after eating food.
- Before and after caring for someone at home who is sick with vomiting or diarrhea.
- Before and after treating a cut or wound.
- After using the toilet.
- After changing diapers or cleaning up a child who has used a toilet.
- After blowing your nose, coughing, or sneezing.
- After touch an animal, animal feed, or animal waste.
- After handling pet food or pet treats.

- After touch garbage.

If soap and water are not readily available, use hand sanitizer with at least 60% alcohol to clean your hands.

Follow the below 5 steps when washing your hands:

1. Wet your hands with clean, running water, turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with soap. Lather the back of yours hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. About the amount of time it takes to sing "Happy Birthday."
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or an air dryer.



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



Hello,  
All the filter changes have been completed for KS and KP. Next scheduled filter changes will be sometime during July. All filters are scheduled to be changed every 6 months. Maintenance has scheduled the front entrance/patio and back patio to be cleaned on a monthly basis.  
We plan to keep our white marquis lights up year round.  
We are hoping the baseboard project will be completed by the end of March! Thank you for your patience.

Thanks,  
Dave Johnson—Director of Maintenance



Hello!  
About ten months ago I shared information with you all regarding our Kingsley Shores & Place referral program.

Big news, our referral bonus amount has increased for 2024!  
Now when you refer friends and family to Kingsley, and they reserve an apartment, the rent credit referral bonus has increased from \$1,500 to \$2,000. This is a great way for you to help your friends find a community to call home.

The future resident must inform the Marketing Team at the time of their tour who referred them to be eligible to receive the referral bonus and it cannot be communicated after the fact. The rent credit is applied 90-days after move in.

Tell your friends and send them my way, I would love to meet them, and while they are here maybe they can even join you for a meal to catch up!

Thank you,  
Amy A.—Director of Marketing

## Residents Corner

### 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

### Kingsley Writing Club

Starting Monday March 4th we will be hosting a Writing Club in the KP Club Room every Monday at 10AM. A prompt for each week will be provided to the residents attending, and we hope to turn what you all write into a Kingsley Book. If you want to participate, but don't want your writing in the book, that is fine too. One example of a topic might be "my favorite winter memory."

If you are interested in participating please come to the KP Club room on March 4th at 10am for our first session.

-Violet

### Menu Sneak Peak

#### Baldy's BBQ!

Appetizers like Pickle Spears, Wings, Loaded Tator Tots, Rib Tips, and more. Baldy's has an assortment of awesome BBQ from pulled pork, smoked brisket, ribs, smoked chicken and much more!

If you want to join us sign up in the Activity Binder!



### Valentine's Fun

Last month we enjoyed making Raspberry Tarts with Whipped Cream and Chocolate for Valentine's Day!



## Who Ya Gonna Call?

### Nursing/Medical/Nurse Charges

Amy Koch—Clinical Director RN—4025

Jackie Johnson—RN—4059

### Billing/Administration

Cathy S.—Director of Admin—4035

### Culinary/Dining Charges

Chef Jermaine—Director of Dining—4038

### Work Orders/General Questions

Front Desk—8002

### Nurse Staffing/ Care Plan

Prisma C.—Resident Services Coordinator—4046

### Programming/ Dementia Support

Violet S.—Director of Programming and Reflections—4026

### Maintenance and Housekeeping/ Charges

Dave J.—Director of Maintenance—4027

### Major Concerns

Susan T.—Executive Director—4018

If your question does not fall under any of the above please call the front desk and they will direct your call!