



April Birthdays

Residents

Jeannine K.—Tuesday 2nd
 Gayle C.—Tuesday 2nd
 Stan Q.—Wednesday 3rd
 Kay P.—Tuesday 9th
 Dick Y.—Wednesday 10th
 Janet O.—Wednesday 10th
 Susan B.—Sunday 14th
 Bill E.—Monday 15th
 Judy M.—Tuesday 16th
 Charlie H.—Thursday 18th
 Diane O.—Thursday 18th

Evelyn K.—Tuesday 23rd
 Helen R.—Wednesday 25th
 Mary W.—Friday 26th
 Lois S.—Monday 29th
 Bernice L.—Monday 29th
 Vickie B.—Tuesday 30th



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	cshheets@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.

April 2024

Program Ponderings

Hello April!

March was so much fun with everything from Rockin' Woody to making a cheesecake to hunting for Easter eggs. Thank you all for such great month of fun!

This month we have Alison Young, The Blissful Hiker, coming in for a presentation. Alison is a professional backpacker and has walked over 12,000 miles on six continents. During her presentation she will show you her travels and speak on life's journey. Join us April 8th at 3pm in the Activity Center for Alison's presentation.

On April 1st we will have one last recipe to make with Violet to add to our Kingsley Cookbook, which can be found in the Library on 3rd Floor. We will be making a refreshing Dill Dip. This dip is so easy and so good! Great for dipping fresh spring veggies in at home, or at any party you may go to.



Anika will be leading a few Monday Crafts at 3PM in the AC. Check your calendar for fun programs like Making Floral Fridge Magnets, or Clay Jewelry Making!

The bus shuttle will still run on Wednesdays for shopping and medical rides. Please note that you must call, or go to, the front desk to sign up for these.

For issues with your personal electronics, that you would typically go to Violet for, please reach out to your loved ones if you are able to for them to help fix any issues. The front desk is limited on what they are able to assist with.

If you would like a movie schedule for the Weekly Movie Night, please go to the front desk for a copy. Movies are played Monday through Friday at 6:30PM. Please feel free to utilize the theater as Netflix is available to you there.

Big thank you to the Lakeville Police for coming here with their K9 unit, and this month they will have a Scam Prevention Presentation on the 17th in the Activity Center!



Director of Programs & Reflections – Violet Schroeder

Kingsley Chronicle
 A SilverCrest Senior Community





SCAM-O-RAMA

We are planning a series of lectures focusing on recognizing and avoiding scams. In the meantime, below are some tips to keep you and your accounts safe.

COMMON RED FLAGS: Unexpected Contact, Urgency to Act, Unusual Payments, Phone Numbers you don't Recognize.

TYPES OF SCAMS: Tech Support, Impersonation, Online Shopping, Promise of Paying YOU Money, Romance, Employment asking for Confidential Information.

Remember, if it sounds to good to be true, it probably is...

HOW TO REPORT: BBB Scam Tracker or FTC ReportFraud website. You may report scams to the FBI as well.

NEVER DIVULGE PERSONAL INFORMATION and WATCH OUT FOR PHONY APPS.

Susan Tabor—Executive Director

What's Happening at Kingsley



Big thanks to Buddy the Dog for coming to visit. If you have any loved ones with furry friends that want to come visit, especially to visit our residents in memory care, let us know!

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

**4/24/24
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 "T" for "Teamwork"

T—We all utilize teamwork here at Kingsley. From our staff to our residents. Our staff rely on one another to make sure our residents receive the best care. Resident use teamwork when they watch out for one another and let our staff know if they notice something off with a neighbor!

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

Upcoming Events

- 4/1 Make Dill Dip 3PM AC
- 4/3 Activity Forum 1PM AC
- 4/4 Goodbye Violet Afternoon Tea 2:15PM AC
- 4/8 Christian Communion 10AM AC
- 4/8 Blissful Hiker Presentation 3PM AC
- 4/9 Donut Social 9:30AM BB
- 4/9 Book Club 2:15PM AC
- 4/10 Lakeville Library 1-2PM BB
- 4/10 Music w/ Pastor Bryant 1PM AC
- 4/11 Dementia Presentation by Susan 11AM AC
- 4/15 Make Floral Fridge Magnets 3PM AC
- 4/17 Scam Prevention Presentation 1PM AC
- 4/18 Worship w/ Pastor Andy 11AM AC
- 4/22 Canvas Tote Stamping 3PM AC
- 4/24 KS Resident Council 1PM CR
- 4/26 Birthday Happy Hour 3:30PM AC
- 4/29 Clay Jewelry Making 3PM 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



Hello Everyone,
I am writing to you this month to say goodbye. As many of you already know my last day with Kingsley is the 4th of April. This decision was not an easy one to make. I was offered a very exciting opportunity with Presbyterian Homes, and decided it was the right next step for me. I have enjoyed my time with all of you immensely. You have shown me so much kindness and love over the last 3 years. I am so grateful for everything I have learned at Kingsley that helped me become the person I needed to be for this new opportunity.

I will always remember the people of Kingsley with great fondness.

Sincerely,
Violet Schroeder

PS... Roland and I will still come and say hello.

Dining



Hello!
Friendly reminder on the Daily Specials for lunch and dinner. The Daily Special for lunch is not served until 11:30, and the Daily Special for Dinner is not until 4:30PM.

We cannot serve it if you come early as we are still preparing the meal in that time before scheduled service begins. You are able to order from the all day menu at any time, but the Daily Specials will not begin being served until their scheduled times.

Thank you,
Chef J—Director of Dining



Spring Cleaning... Your medicine closet!

We all have them—those bottles that get pushed to the back, forgotten, or not often used. While some expired medications may retain their efficacy, it's crucial to exercise caution and adhere to best practices.

Some medicines—like liquids, inhalers, creams or lotions have much shorter expiration dates. Others, when stored properly, could remain good for months even years beyond their expiration date. Here are a few tips to help keep you safe.

1. Check for signs of degradation. Inspect medication for any changes in color, texture, or odor.
2. Follow storage guidelines. Store medications in a cool, dry place away from direct sunlight.
3. Dispose of expired medications properly. Many pharmacies and community centers offer medication disposal programs to safely discard expired or unused drugs.
4. Consult healthcare professionals. When in doubt about the safety or efficacy of expired medications, consult a pharmacist or healthcare provider.

When it comes to your health, knowledge is power. Stay informed, stay safe, and don't let misconceptions cloud your judgment when it comes to managing your medications.



Functional Fitness

You may have heard of the term "Functional Fitness." What does it mean? Functional fitness exercises are designed to strengthen muscles so that daily tasks like carrying groceries,

climbing stairs, stepping up on curb or getting up from your chair become easier and safer. There are 5 basic movements that encompass virtually all ADLs (Activities of Daily Living).

1. Bend and Lift: Squats or sit to stand.
2. Single Leg: Balance exercises.
3. Push: Chest press or wall push-ups.
4. Pull: Row with weight or resistance band.
5. Rotation: Seated twist.

We incorporate all these types of exercises in classes and personal training to keep you moving and helping you in your daily activities. If you are interested in learning more about any of these movements or exercises please let us know.

Alicia Bridge—Director of Wellness

Your strongest muscle and your worst enemy is your mind. Train it well!



Rockin' Woody Juggling during his show!

Arranging spring flowers.

Lemon Blueberry Cheesecake!



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...



Local Resources

Here are some resources that residents can utilize in the Lakeville area:

1. **The Neighbor Lady**—theneighborlady.com
 - a. 612-839-2286
 - b. Non-medical Senior Home Care.
 - c. Light housekeeping, errands, companionship, technology support.
2. **MyCarOnCall**—mycaroncall.com
 - a. 952-563-9810
 - b. Providing independence for older adults through personal rides.
 - c. All drivers are trained, background checked, and verified.
3. **Metro Mobility**—You need to fill out an application and have it signed by your physician. Copies of the application can be found at the front desk.
4. **DART**—The Loop Lakeville—Bus Rides
 - a. \$3 per day
 - b. To set up a ride call 651-455-1560
5. **Hands of Compassion Mobility**—handsofcompassionmobility.com
 - a. Provides non-emergent rides for seniors.
 - b. 612-471-7738

Symptoms of COVID19

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!

Most of you already know that codes are no longer available to get in to the building. This is to increase security and safety for our community. Too many people were given the codes and it posed as a threat to the community. Most of you have already reached out to the front desk to put in a work order for FOBs if you need them. If you want your cellphone to be programmed into the front door directory so your visitors can ring you to be let in please put a work order in with the front desk, and give them the number you want attached to the front door.

I wanted to take the time to say goodbye to all of you here at Kingsley. As most of you know I put my notice in and my last day is April 18th. I have enjoyed working with all of you immensely and will miss you! Thank you for the opportunity to get to know you all and I wish you the very best.

Thanks,
Dave Johnson

Marketing Department



Hello! My name is Melody, and I am the new Director of Sales and Marketing here at Kingsley. I have lived in Minnesota for most of my life, and enjoy summers here the most. I love to camp, hike, kayak and to travel somewhere

warm when Minnesota winters come around. I started my career in graphic design, working in publishing while living in Georgia, and then transitioned to a marketing company here in Minnesota. From there, between raising four children, and going to school for nursing, I ended up working as a CAN and really enjoyed my time helping in an assisted living community. I decided nursing was not the direction I wanted to go, and I eventually moved on to market rate apartment leasing a few years later. I am grateful I was given the opportunity to combine my love of working with seniors and my marketing experience. This has allowed me to take on the position of Director of Marketing at prior communities and now here at Kingsley. I look forward to getting to know all of you! Please feel free to stop and introduce yourself if you see me.

Thank you,
Melody LaClaire—Director of Sales and 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

March Statements

Last month we did our first run of statements via email. There was a glitch in the system and only one statement sent. We are working on the problem. Please stop by reception for a hard copy. Thank you for your patience as we work through this new process.

Thank you,
Cathy Sheets

Pet Policy Reminder

Please remember that if you have a pet living with you at Kingsley Shores or Place, you are responsible for cleaning up after your furry friend. Keeping litter boxes clean reduces odors and pests. Residents are required to always pick up, bag, and throw away the deposits our pets produce.

If you are observed allowing your pet to potty without picking it up, potty in the floor drains in the garage, or any other unsanitary practices, we will issue one warning. With the second warning, we will have a conversation about rehoming your pet.

Pets are not allowed on any common space furniture, and must always be on a leash outside of your apartment.

Thank you for keeping Kingsley clean!



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

Anika Morris—Reflections Coordinator—4033

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!