



**Kingsley Shores  
Senior Community  
16880 Klamath Trail**

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



## August Birthdays

Joan V—1st	Marcia B—3rd
David F—5th	Sharyn B—7th
Jeanne O—11th	Sandi G—12th
Doneta E—13th	Barbara A—15th
Linda L—19th	Joann D—23rd
Phyllis D—23rd	Kay F—24th
Margarita H—25th	Margory B—25th
Dolly H—27th	Don A—27th
Marilyn B—28th	Ed S—30th



**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>Karen LaFee</b>	Interim Executive Director	<b>952-435-4018</b>	
<b>Amy Anderson</b>	Resident Service Director	<b>952-435-4062</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>Joyce Mugaki</b>	Director of Nursing	<b>952-435-4025</b>	<a href="mailto:jmugaki@kingsleyshoresseniorliving.com">jmugaki@kingsleyshoresseniorliving.com</a>
<b>Cory Franzmeier</b>	Director of Dining	<b>952-435-4038</b>	<a href="mailto:cfranzmeer@kingsleyshoresseniorliving.com">cfranzmeer@kingsleyshoresseniorliving.com</a>
<b>Sheila Kronbeck</b>	Director of Programming	<b>952-435-4026</b>	<a href="mailto:skronbeck@kingsleyshoresseniorliving.com">skronbeck@kingsleyshoresseniorliving.com</a>
<b>Jim Majerus</b>	Environmental Services Director	<b>952-435-4027</b>	<a href="mailto:jmajerus@kingsleyshoresseniorliving.com">jmajerus@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>Ext. 5010</b>	
<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.

**August  
2024**

**Kingsley Chronicle**  
A SilverCrest Senior Community



## Program Ponderings

Happy August!

We have so many fun things happening this month and we cannot wait to share them with you!

This month we will be having a Kingsley County Fair Week from August 5th-9th! Each morning we will have fun trivia questions on My Channel (Channel 1\_2), turn in the answers on the answer form to the front desk each day. At the end of the day we will draw a winner from those who turn in the correct answers and post it on My Channel the following day. Winners will get a prize!



Also, on August 7th we will be hosting some fun Kingsley County Fair Games in the AC from 2-4PM, this includes face painting by Anika! On Thursday we will be having an outing to the Dakota County Fair! And wrapping up our week on Friday, August 9th we will be having a Kingsley County Fair themed Happy Hour at 3:30PM in the AC!

Starting Wednesday, August 7th we will be restarting our Medical Shuttle! If you have an appointment our buss will shuttle you to and from between 11:30am-2:30pm! Sign up at the Front Desk!

We will be having our Activity Forum & Resident Council Meeting on August 27th at 2:15pm to discuss future events and activities.

**Director of Programming - Sheila Kronbeck**

# Hello,

I would like to take a minute to introduce myself. I am Karen LaFee and currently the Executive Director at Shorewood Senior Campus in Rochester MN which is a part of SilverCrest . I have been in my position for over 6 years but have been in a leadership role for many years. I look forward every day to supporting our residents and leading the team at Shorewood and now am looking forward to being the Interim Executive Director here at Kingsley Shores for a period of time and being a support to you and the team here.



I am an Iowa girl and a preacher’s daughter, so I found home in every community we lived in as we moved around. Those moves taught me that home is not about the structure you live in, but the people you surround yourself with and the connections you make. I learned the value of hard work walking beans and detasseling corn. I grew up in a home where service to others was important and demonstrated, and that inspired me to work with people and has led me to a long history of working to support people.

I have 3 grown children (2 that are married) and 5 grandchildren. I love traveling, history, crafting, reading, church, and in the summers, I camp which allows me to get away with family and friends.

I look forward to my time here and I am glad you have made Kingsley Shores your home.

Kindest Regards,  
Karen LaFee

## What’s Happening at Kingsley



Congratulate Bethany, one of our receptionists, on making the ski team for the Winter Olympics in Italy in 2025.

**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

**8/27/24  
2:15 PM  
Located in  
Activity  
Center**



**Please tune into MyChannel (1-2) for all updates and communications!**

**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 “P” for “Professionalism”

**We here at Kingsley focus on Professionalism. Whether in communications, services, or interactions, we strive to be professional in all we do.**

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



## Who to Call!

### Nursing/Medical/Nurse Charges

Joyce Mugaki Clinical Director RN 4025

### Billing/ Administration/ Housekeeping

Cathy Sheets—Director of Admin 4035

### Culinary/Dining/ Catering

Cory Franzmeier—Director of Dining 4038

\* *Reservations for dining or ordering for delivery- 4039*

### Work Orders/General

Front Desk 8002

### Everything Else!

Karen –Interim Executive Director 4018

### Nurse Staffing & Training

Prisma Chavira—  
Resident Cares Coordinator 4046

### Programming/ Dementia Support

Sheila Kronbeck— Activities Director 4026

Anika Morris—Reflections Coordinator 4033

### Maintenance

Jim Majerus— Maintenance Director 4027

Dell Coultas—4027

### Resident Services/ Marketing

Amy Anderson— Resident Services Director 4062

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

## Reflections



This last month we had a BLAST! We got a new neighborhood pet, Spirit, who will be used for hands on therapy and comfort. We also enjoyed taking a stroll out to our Kingsley Farmers Market, it was beautiful and we even picked up some popcorn for a snack. Another fun trip we took was to the Lawshe History Museum. There we learned about Minnesota's history and got to see all of the amazing items they had from decades past! It really helped us reminisce.

## Dining

Happy August to you all. First, I want to thank you for making me and Theresa feel so welcomed in your community. We are both very excited to be here and serve you all. As I had previously stated in town hall, we will be continuing to make changes and do trainings with our staff to better serve you. To better serve you and make you a part of this process I will be starting a Chat with the Chef on the last Wednesday of each month starting in August. Here we will discuss menu ideas for the coming quarter and months and make changes as needed. We will also listen to any concerns or compliments you may have with the culinary department. This will be attended by both Theresa and I.

Finally, I just want to remind you all that if you're planning on having a meal in the dining room and you do not want the main entrée that is being offered and would like a substitute meal please let us know on the sign up sheet ahead of time so we can properly plan ahead and have the correct meals ready for you. This will help the kitchen staff cut down on time preparing your meals and having them ready for you in a timely manner.

Thank you,  
Cory

**Fall Prevention Tips**

1. Keep moving

Physical activity can go a long way toward fall prevention. With your health care provider's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. These activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

2. Wear sensible shoes

Consider changing your footwear as part of your fall prevention plan. Wear properly fitting, sturdy, flat shoes with nonskid soles. Sensible shoes may also reduce joint pain.

3. Remove home hazards

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing — or remove loose rugs from your home.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.

4. Light up your living space

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed in case you need to get up in the middle of the night.
- Make clear paths to light switches that aren't near room entrances.
- Store flashlights in easy-to-find places in case of power outages.



In all, 32 sports are on the Olympic program for the Paris 2024 Olympic Games. They are: Aquatics (Swimming, Marathon Swimming, Diving, Water Polo, Artistic Swimming), Archery, Athletics, Badminton, Basketball (3x3, Basketball), Boxing, Breaking, Canoe (Canoe Sprint, Canoe Slalom), Cycling (BMX Freestyle, BMX Racing, Road Cycling, Track Cycling), Equestrian (Equestrian Eventing, Equestrian Dressage, Equestrian Jumping), Fencing, Football, Golf, Gymnastics (Artistic Gymnastics, Rhythmic Gymnastics, Trampoline Gymnastics), Handball, Hockey, Judo, Modern Pentathlon, Rowing, Rugby (Rugby Sevens), Sailing, Shooting, Skateboarding, Sport Climbing, Surfing, Table Tennis, Taekwondo, Tennis, Triathlon, Volleyball (Beach Volleyball, Volleyball), Weightlifting, and Wrestling (Greco-Roman Wrestling, Freestyle Wrestling).

During the Paris 2024 Olympics we will be incorporating these sports in our classes as well as learning about them. What are they? What are the rules? What is the history of it in the Olympics? We look forward to learning more about the Olympics with all of you!



We want to give a warm welcome to all the new friendly faces joining our Kingsley Community! We are so happy you decided to join us and we look forward to learning more about you!

Welcome Home:

- Jackie & Maynard S.**
- Carolee W.**
- Larry P.**
- James & Lynn J.**
- Diane D.**



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...*





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

1. **The Neighbor Lady**—[theneighborlady.com](http://theneighborlady.com)
    - a. 612-839-2286
    - b. Non-medical Senior Home Care.
    - c. Light housekeeping, errands, companionship, technology support.
  2. **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.
  3. **DART**—The Loop Lakeville—Bus Rides
    - a. \$3 per day
    - b. To set up a ride call 651-455-1560
  4. **Hands of Compassion Mobility**—[handsofcompassionmobility.com](http://handsofcompassionmobility.com)
    - a. Provides non-emergent rides for seniors.
    - b. 612-471-7738
- NEW**
5. **GAPP Services**— Transportation service “Bridging the GAPP ” for Dakota County Residents to medical appointments and other needs.
    - A. Donation based
    - B. To set up a ride call 952-953-9299

### Maintenance

#### Update:

Please make sure that you are taking out your garbage and recycling frequently and not saving it for the housekeepers. They will remove garbage on the days they clean, but there should not be a large pile left for them. Also, please return any dining room dishes, drinkware, or utensils to the dining room by bringing them down, or calling the dining room to pick them up.

If you are needing to dispose of any large items (Furniture, tv's, etc.) please do **NOT** leave them down in the garage. We can dispose of items if you notify us, as there is a fee incurred for removal.

Please be sure to fill out a work order for anything that needs the attention of our maintenance department.

The front desk, can assist with this.

Work orders regarding Air Conditioning, Fire, Water or Heat are urgent matters that take precedence.

### Tips for Moving:

1. **Sort**— Go through all your belongings. Ask yourself if you currently use the item and if your new space can accommodate it. Ask yourself if it has sentimental value, if it does you can keep it in the family by handing it down to a child or grandchild. If not you can donate it.
2. **Take Pictures Inside Current Home**— When moving it helps to keep the layout of the rooms as similar as you can to make it feel like home.
3. **Start Small**— Work on one thing at a time. If you start packing early you can do one room at a time, or even one drawer/cabinet at a time.
4. **Give Yourself Patience**— Moving and packing can be very stressful. Give yourself some grace and be patient. Allow yourself time to adjust.
5. **Hire Outside Help**— If the thought of moving is too much for you, there are many companies who specialize in moving seniors. Below are just a few.
  - \* AAA Moving
  - \* Good Stuff Moving
  - \* College Hunks





I grew up in Bloomington Minnesota and have two older sisters.

I began my college studies at Normandale Community College where I received my Associate of Arts degree and then

transferred to Iowa State University (go Clones!) to complete my education. I worked at Ecolab for 23 years, splitting time in both downtown St. Paul and Eagan. I loved my time there but knew it was time for a change and I wanted something with purpose.

Both my parents have passed, and it was when I lost my dad that I felt that enormous void in my heart and my life. I came to Kingsley Shores & Place in February of 2021 and haven't looked back!

I currently reside with my husband in Farmington, MN. My oldest daughter has one semester left at Winona State University and will graduate with a degree in Cellular & Molecular Biology with a minor in statistics and my youngest daughter will be a freshman at the University of Nebraska-Lincoln this fall studying Forensic Science. And here begins my empty nest!

Thankful for my two rescue pups, Toby and Benny. They are my everything and I love them to the moon!



Happy to have all of you in my life to keep me going and fulfilled!

**Amy Anderson**

**Resident Services Director**

### Lois Crunstedt

Lois was born in Iowa but has spent most of her life in Minneapolis and the metro area. She graduated from Edison High School in Minneapolis. She attended the Minnesota School of Business, and it was there she met her husband, John. They had been married for only 21 years before he passed away. They had two children, Claudia and Bob. She now has four grandchildren and 5 great grandchildren.

Lois's first job was at Anchor Hocking Glass for 3 years. The office was in the Foshay Tower, and she watched the IDS building being built. She worked at North Memorial Hospital for 15 years, Osseo School District for 15 years, Arthur Anderson & Co for 3 years, and finally at Park Nicollet Medical Center for 15 years. She retired the day she turned 65. After retirement she realized that she missed being around people and she started volunteering at Abbot Northwestern Hospital.

Lois joined Kingsley Shores in July of 2022 celebrating 2 years with us. She loves living here and is a huge advocate for us when we have tours in the building, and we thank her for that. When asked what she likes most about living here at Kingsley Senior Community she said the fitness classes, all the other many activities (especially card games) that are available, and the wonderful staff.

Lois said she has truly been blessed for all the many people who have touched her life over the years, and is now making new friends here at Kingsley.

### 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

### Safety Reminder!

Best safety practice is to always lock your doors! Whether you are out of your apartment or over night it is always safest to lock your doors. Staff have keys in case we need to get in, but to help with unwanted visitors please keep your doors locked and your keys with you.



HAPPY GRILLING! We have purchased a community grill that will be located on the BB patio! The grill is for resident use and can be reserved by contacting the front desk. We will provide utensils and a cleaning brush for your use. After grilling, it is your responsibility to clean the grill and utensils, the surrounding area, and turn off the propane. The grill is not to be moved.

\*Hourly housekeeping rate applied if not completed

\*30-person capacity

\*Doors lock at 7pm

These are some of the notable events happening in August:

**Mondays**—Popcorn on the Patio 2PM (BB)

**Aug 7th**—Kingsley County Fair 2-4PM (AC)

**Aug 8th**—Dakota County Fair Outing 10-1PM

**Aug 9th**—Kingsley County Fair Happy Hour 3:30PM (AC)

**Aug 13th**—Donut Social 9:30AM (BB) & Town Hall 2:15PM (AC)

**Aug 14th**—Music with Pastor Bryant 1PM (AC)

**Aug 15th**—Devotions with Pastor Andy 11AM (AC)

**Aug 20th**—Live Music w/Dave 2PM (RC)

**Aug 21st**—Fall Prevention Presentation 1PM (AC)

**Aug 22nd**—Get to Know your Smart Phone 11AM (AC)

**Aug 23rd**—Lunch Outing to Las Enchiladas 11AM

**Aug 27th**—Activity Forum/Resident Council 2:15PM (AC) & Dementia Support Group 5:30PM (AC)

**Aug 28th**—Podiatry\* (CR) & Chat with the Chef 1PM (AC)

\*You must sign up for a time to be seen by the podiatrist. Please connect with the front desk on signing up and they will connect you with the right forms.\*