

THE WATERS OF KINGSLEY SHORES™

A Word From Sheila- Active Life Manager

This month we celebrated St. Patrick's Day with Shamrock Shakes and live music with Tim Paquin! We enjoyed lunches out at Cracker Barrel, Olive Garden and Perkins along with a visit to the Bachman's Flower Show. Our Social Hours on Fridays have been a lot of fun with some very tasty treats and drinks! We continue to offer the weekly shopping shuttles and medical appointments on Wednesdays. Watch the calendar for the weekly trips and the medical times must be between 11:30-2:30 and within a 10-mile radius from Kingsley Shores. Be sure to schedule the Friday before for medical appointments with the Concierge.

In April, we will be doing some Spring Cleaning! We will be holding our first ever **Spring Swap!** This will be held in the Activity Center where tables will be set out for 3 days, Friday, April 11th thru Sunday, April 13th. Residents are encouraged to bring items that they are no longer using to allow others to take for free! At the end of the time, the remaining items will be donated to the local thrift store. Small furniture items will be allowed, but if still there at the end of time, we ask that you come and collect your items. This will be on an honor system, in order for this to happen again, we want it to be successful this first time!



Join us for lunch
at Davanni's this
Friday, April 4th
at 10:45 A.M.

Sign up at the
Concierge!



PIZZA LUNCH!



Kingsley Shores

Sign-up for Lunch outing
at Davanni's for Pizza.

Friday, April 4th at 10:45
A.M. No cost, except for
your meal cost.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10

11.

12.

Wait List

1.

2.

3.

4:

5.

Wheelchair/

Scooter 1.

2.

For shopping shuttles, we can
only take 1 wheelchair/scooter,
due to grocery space.

Petals Tips with Emma!

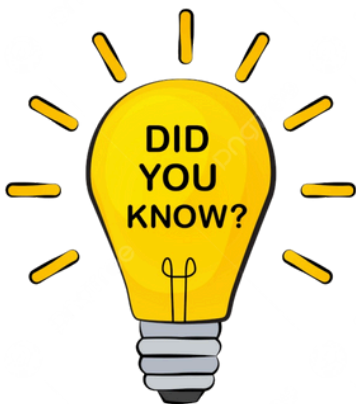
Normal Aging VS Dementia:

How to tell the difference

Please reach out for any support or questions! Ext: 4033



BRAIN FUNCTION	NORMAL AGING	ABNORMAL CHANGES & DEMENTIA
Memory Loss	Temporarily forget names or where you left your keys	Difficulty remembering familiar names, places, or recent/important events
Disorientation	Forget the day of the week or why you entered a room	Get lost on your own street or forget where you are and how to get home
Challenged by Mental Tasks	Make a mistake when balancing a checkbook	Unable to complete tasks that may be familiar to you such as following a recipe
Difficulty Completing Activities of Daily Living	Sometimes needing assistance with an electronic device	Need assistance with brushing teeth, getting dressed or using the phone
Trouble Using Words Appropriately	Occasionally struggling to find the right word	Difficulty completing sentences and following directions/conversations.
Poor Judgment	Make questionable or debatable decisions at times	Unsure how to dress or giving money to solicitors excessively
Changes in Mood and Personality	Fatigued by obligations or irritable when a routine is disrupted	Increased suspicion, withdrawal, and disinterest



- Dementia can affect people of any age but is most common in the senior population.
- Dementia develops in the brain many years before exhibiting recognizable symptoms, maybe as long as 15-20 years prior to onset.
- Dementia affects 1 in 9 seniors ages 65 and up. In seniors over 85, it affects 1 in 3.
- More than 6 million Americans are living with Dementia.

What's Happening in April?

Wednesdays-Rosary 9:45 A.M. (AC)
Thursdays-Pet Therapy- 10 A.M. (BB)
Thursdays-Bible Study 10:00 A.M. (AC)
Fridays-Choir Practice 10:30 A.M. (AC)

**Apr 1st- Live Music with Dave 2 P.M.
(AC)**

April 3rd Get to Know your
Smartphone 11 A.M. (BB)

**Apr. 4th Lunch Bunch/Outing to
Davanni's for Pizza 10:45 A.M.
(Davanni's)**

Apr. 7th-"Thanks for the Memories"
music program with Mike Henry 2:00
P.M. (AC)

Apr. 8th- The Legacy Program meets at
9:30 A.M. (KS Lobby)

Apr. 8th Town Hall Meeting 2:15 P.M.
(AC)

Apr. 9th-Music with Pastor Bryant 1:00
P.M. (AC)

Apr. 11th Spring Swap! 10:00 A.M. (AC)

Apr. 14th-Activity Forum 2 P.M. (AC)

Apr. 15th-Book Club 2:15 P.M. (CR)

**Apr. 15th Singin' in the Rain 3:15 P.M.
(Lakeville South High School)**

Apr. 16th Resident Council 3:30 P.M.
(CR)

Apr. 17th-Worship with Pastor Andy
11:00 A.M. (AC)

Apr. 18th Muffins and Mimosas! 9:00
A.M. (AC)

**Apr. 21 Outing to Little Six Bingo and
Casino 10 A.M.**

Apr. 22nd-Dementia Support & Info
Group with Emma! 2:15 P.M.(CR)

Apr. 23rd-Chat with the Chef 1 P.M.
(AC)

**Apr. 23rd Encore Musical 3:15 P.M.
(Eagan High School)**

Apr. 25th-Birthday Social Hour 3:00
P.M. (AC)

Apr. 29th- The Legacy Program meets
at 9:30 A.M. (KS Lobby)

We will be having Pet Therapy each
Thursday with Last Hope. They will be here
at 10 A.M. in BB. Drop in for some pet
therapy!



WELCOME
Home

Welcome New
Neighbors!

Teresa & David Iverson
(Kingsley Place)
Karen Nolde (Kingsley
Place)

*In Loving
Memory*

In Memory Of..

Kay Fredrickson



If you see a new neighbor out and about in the community, kindly introduce yourself & ask if they have questions!

If you need a current resident directory, contact the Concierge by dialing 8002.

Watch for photos
on Facebook!



Happy Birthday To...



April 2- Gayle C.
April 4- Susan B.
April 6- Vera B.
April 10- Janet O.
April 10- Richard Y.
April 15- William E.

April 16- Judy M.
April 23- Evelyn K.
April 24- Michael M.
April 29- Lois S.
April 29- Bernie L.
April 30- Vickie B

WHO TO CALL?

Rent Questions/ HR

|
Cathy Sheets

Business Office Manager |
csheets@thewaters.com

Ext:4035

Nursing/Medical/ Nurse Charges

|
Ashlynn Chappuis

Director of Health & Wellbeing |
achappuis@thewaters.com Ext:

4025

Maintenace/ Housekeeping
charges

|
Chris Rutherford

Environmental Services Director |
crutherford@thewaters.com Ext:

4027

RA Staffing/ Training

|
Prisma Chavira

Health Services Coordinator |
pchavira@thewaters.com Ext:

4046

Menu planning/ Meal charges

|
Cory Franzmeier

Culinary Services Director |
cfranzmeier@thewaters.com Ext:

4038

Everything else!

|
Steve Smith

Executive Director |
ssmith@thewaters.com Ext:

4018



**Activities/ Suggestions/ Volunteer
Opportunities**

|
Sheila Kronbeck

Active Life Manager|

skronbeck@thewaters.com Ext:

4026

**Inquires/ Outreach
Opportunities/ Tours**

|
Marissa Rudd

Senior Living Consultant|

mrudd@thewaters.com Ext:

4062

**Petals Neighborhood Activities/
Dementia Support**

|
Emma DuBry

Active Life Coordinator & Petals

Dementia Coach|

edubry@thewaters.com Ext: 4033

**Internal Moves/ Tours/ Lease
Signings**

|
Amy Anderson

Sales Coordinator|

aanderson@thewaters.com Ext:

4020

**Fitness center Questions/
Personal Training**

|
Alicia Bridge

Fitness Director|

abridge@thewaters.com Ext:

5010

Work Orders/ General Questions

|
Christian Regina

Lead Concierge|

cregina@thewaters.com Ext: 8002

