

SHORELINER NEWSLETTER

MAY 2023



SCANDIA SHORES
OF SHOREVIEW

Scandia Shores Senior Residence, 418 Highway 96 W.
Shoreview, MN 55126 651-415-9793

EURO♡VISION

SONG CONTEST

IN THIS ISSUE

Spiritual Thought.....	2
May Birthdays & Anniversaries.....	3
Mental Health Awareness: Depression.....	4
Noticeboard.....	5
Poem to Share.....	6
Laughing Matters.....	7
Word Search.....	8

MAY 13TH

The Promise of a **Rainbow**

**“This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the cloud, and it shall be a sign of the covenant between me and the earth.”
...from Genesis 9**

**“I am with you always even to the end of the age.”
...from Matthew 28**

This past Winter seemed like it would never end. Would Spring ever arrive? Well, Spring is here, and I know our gardens will begin to grow and bloom. I hope we get to soon see one of our favorite signs of the warm seasons – the rainbow.

The rainbow is a sign of hope and a reminder that God is always with us and will see us through the storms in life. One of the residents I serve recalled observing a brilliant rainbow one morning from her apartment. This inspired her to write a devotional for her church which I am pleased to share with you:

I remembered a time when I went to bed one evening a little depressed and anxious about the state of the world. So, I prayed.

I woke up at 5:30 A.M. (not the time I usually wake up). I looked out the window and saw a line of dark rain clouds toward the southwest. In front of the clouds was the most beautiful rainbow I have ever seen. Brilliant! Gorgeous! A symbol of God’s promises to His people. (I understand the science of how a rainbow is formed and I believe that to be one of God’s miracles.) I wanted to go out to the balcony and shout. “People! He is with us! Wake up! Behold!” In the midst of illness, of turmoil, of hatred, of division, God calls to be vigilant, to be faithful. And it is happening... Witness the dedicated health care workers. Witness those working to restore our streets. Witness those donating food and supplies. Witness those who are working toward action, not just words. Witness those who work humbly with their God to do justice and love kindness. (Micah 6:8)

**God IS with us!
Look to the rainbow!
Go in peace. Thanks be to God.**

- Lane Skoglund-Anderson, campus pastor

In May, we celebrate birthdays with:

- Lori D. 1st Apt. 209
- Les Z. 3rd Apt. 117
- Nancy D. 11th Apt. 113
- Lorraine C. 13th Apt. 114
- Ruth G. 15th Apt. 212
- Marilyn R. 15th Apt. 129
- Jerry W. 16th Apt. 201
- Ruby B. 19th Apt. 128
- Audrey L. 19th Apt. 105
- Russell B. 27th Apt. 107



May Anniversaries: Arvid & Carol B. ~ 5th ~ Apt. 211

Please join us in the Scandia Room on the last Tuesday in May to celebrate!



King Charles III's coronation will take place on Saturday 6 May 2023 at Westminster Abbey in London.

During the ceremony, the King will be crowned alongside Camilla, the Queen Consort.

CNN & Fox News will report from Westminster Abbey in London



First Telephone Phone Call

In May of 1876, Alexander Graham Bell made the first successful telephone call, famously saying "Mr. Watson, come here, I want to see you."

Quote of the Day

*You are never too old
to set another goal or
to dream a new
dream.*

- C.S. Lewis

MAY – MENTAL HEALTH AWARENESS MONTH

Depression (Easy Reading Version)



1919 University Avenue West, Suite 400, St. Paul, MN 55104 Tel. 651-645-2948 or 888-NAMIHELPS www.namihelps.org

Symptoms

Common symptoms of depression are:

- Sleeping too much or too little
- Changes in how much you eat
- Trouble focusing, loss of energy, not wanting to do things you used to enjoy
- Not feeling good about yourself, feeling like there is no hope
- Feeling aches and pains in your body
 - Depression is more than just feeling sad. It is a mental illness. It's somewhat common.
- Being sad or numb most of the time

Causes

Depression isn't caused by just one thing. Scientists believe many things can lead to depression:

- **Trauma.** Trauma at a young age can change a person's brain. These changes can lead to depression.
- **Genetics.** Depression often runs in families.
- **Life circumstances.** This can mean stress: feeling unsafe where you live, not having enough money, relationship conflict, work stress, etc.
- **Brain structure.** Some parts of the brain act differently in people with depression.
- **Other medical conditions.** People with certain illnesses or other conditions are more likely to get depression. These illnesses can be diabetes, MS, or heart conditions. Different illnesses, conditions, and injuries can lead to life-style changes. These changes can be short-term or long-term. These changes can make it hard to cope with daily tasks.
- **Drug and alcohol abuse.** About a third of people with drug problems also have depression.

Treatments

There are lots of treatments for depression. Treatment can include one or more of these:

- **Medications:** A professional might recommend medication to help with your mood.
- **Psychotherapy:** This can be talking with a therapist by yourself or with your family.
- **Brain stimulation therapies** Doctors can stimulate your brain to help it feel more regular.
- **Light therapy** This uses a special light that feels like the sun. This can help you feel better. Our bodies absorb things from the sun that help brighten our moods. This treatment uses a special light that works like the sun to do the same thing.
- **Exercise:** Moving your body releases our natural "happy" chemicals. Even short walks can help.
- **Alternative therapies** including acupuncture, meditation, and eating right.
- **Mind/body/spirit approaches** such as meditation, faith, and prayer.

See more at: <http://www.nami.org/Learn-More/Mental-Health-Conditions/Depression>

Noticeboard



IN MEMORIAM

To the families and friends—may you be comforted by the knowledge that your loved one is at peace.

- Quentin Zimmerman
- Charles Rehman

MOVIE NIGHT & POPCORN

“A Walk To Remember”

A story by Nicolas Sparks

Sunday, May 28th
6:00pm – Scandia Room
1hr45m Romance/Drama

Set in North Carolina, “A Walk To Remember” follows the rite of passage of a jaded, aimless high school senior who falls in love with a guileless young woman he and his friends once scorned. The two develop a powerful and inspirational relationship in which they discover truths that take most people a lifetime to learn.

The film, as with the book, is dedicated to Sparks’ sister Danielle, whose cancer-afflicted life inspired the story.

**SCANDIA SHORES OPEN HOUSES
(MORE DETAILS TO COME)**

MEMORIAL DAY

MONDAY, MAY 29TH

SS KITCHEN & OFFICES CLOSED

**SUNDAY MAY 28TH, PICK UP A LUNCH IN
THE DINING ROOM FOR
MONDAY MAY 29TH BY 1:30PM.**

SHRED-IT ~ April 24th-June19th

A Shredder container is available for use Monday-Friday during business hours. It will be locked up after hours.

‘SERVICE OF REMEMBRANCE’

Tuesday, May 16th @ 7:00 pm

Join us for our annual time of remembrance as the Scandia Shores Community gathers to remember and celebrate the lives of our residents who have passed on to their heavenly home since May of 2022.

EUROVISION ~ MAY 13TH

(Watch on YouTube)

This international song competition has been delighting audiences since 1956! It is known for its unique blend of music, culture, and spectacle, and has launched the careers of many famous musicians over the years.

There have been many famous Eurovision winners over the years, but one of the most famous and successful is ABBA, who won the competition in 1974 with their song "Waterloo" representing Sweden. The group went on to become one of the most successful pop acts in history, selling hundreds of millions of records worldwide and producing hit songs such as "Dancing Queen", "Mamma Mia", and "Take a Chance on Me."

Other famous Eurovision winners include Celine Dion (who represented Switzerland in 1988), and Julio Iglesias (who represented Spain in 1970).

Poem to Share

Life doesn't frighten me

Maya Angelou

Life doesn't frighten me,
Not at all.
I've known too many terrors,
Seen too many falls.

Climbed too many mountains,
Crossed too many seas,
Felt the pain of heartbreak,
And the sting of disease.

I've watched the earth shake,
And the sky turn red.
I've seen the mighty fall,
And the brave lie dead.

But life doesn't frighten me,
Not at all.
I've learned to be courageous,
And to rise when I fall.

For though life can be harsh,
And the road can be rough,
I know I have the strength,
And the will to be tough.

So bring on the challenges,
And the struggles that come.
For life doesn't frighten me,
Not at all, not one.

Laughing Matters



Breakfast

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen.

'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!'

The wife stared at him:

'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?'

To which her husband calmly replied:

'I just wanted to show you what it feels like when I'm driving.'

The English Professor

An English professor asked his students to add punctuate the following words: "woman without her man is nothing"

The males in the class wrote "Woman, without her man, is nothing."

The Females wrote "Woman! Without her, man is nothing."

A tomato family is walking down the road, baby tomato falls behind, daddy tomato goes back smacks him on the head and says "Ketchup!"

Word Search



THANK YOU FOR THE MUSIC!

J F L X A Y W R O F J O D U
H B J O R N L F G E A G L E
Q U Y P P W A T E R L O O D
U A B B A A V A G N E T H A
E E E W L R U Q W A U P R N
E A N D E R S S O N R G A C
N T N J C I J O M D O F N I
Z C Y X I V G S T O V O N N
T L Y E G A D Y C M I A I G
A A W O F L R Q X N S O F M
F H E P S T A R S C I F R A
C H I Q U I T I T A O U I M
L L Y C Y S W E D E N U D M
L A D P P R I N G V M V C A

Fernando
Annifrid
Eurovision
Mamma
Arrival

Sos
Benny
Hepstars
Mia
Abba

Agnetha
Andersson
Waterloo
Dancing
Eagle

Bjorn
Sweden
Chiquitita
Queen
Ring