

SHORELINER NEWSLETTER

MAY 2022



SCANDIA SHORES
OF SHOREVIEW

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The Renewed Mind

For those who know me, and have attended chapel services I have held, you know that I value three things in guiding people through their spiritual care and life's journey. First, to love God with all your heart and your neighbor as yourself as recorded in the gospel of Luke:

[Christ] answered, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and 'Love your neighbor as yourself.'" - Luke 10:27

Second, to enjoy and share the gifts of the Holy Spirit as shared by the Apostle Paul in his letter to the early church in Galatia:

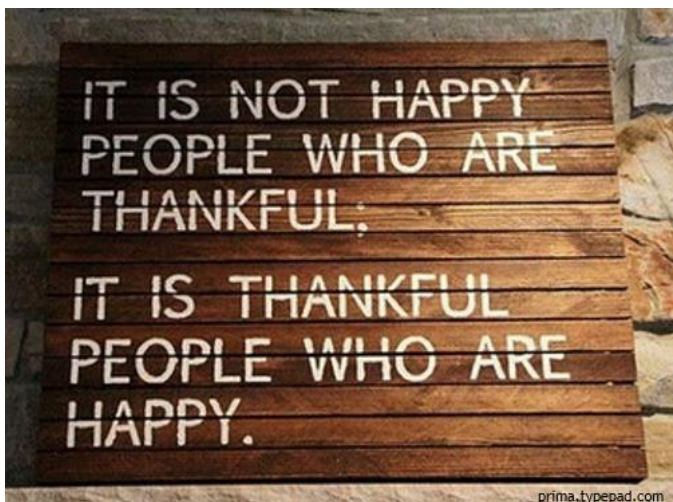
But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law. - Galatians 5:22-23

Third, to live a life of thankfulness and gratitude as enjoyed by the psalmist:

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. - Psalm 100:4

In a recent flight, I sat next to a woman who specialized in the psychology related to thankfulness. She inspired me to continue to compel people to live a life of thankfulness. She explained that living a life of intentional thankfulness changed the patterns in the brain that benefit our health in many ways. As I have shared before, my heart doctor gave me one word of advice after my heart surgery. He said, "When you wake up each day, think of three things you can be grateful for. It is good for your heart." That is exactly what the woman on the plane told me too. She said to even make your health better think of three different things each morning and journal them. I believe this is something the apostle Paul would agree with. He wrote to the early church in Rome:

Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will. - Romans 12:2



In our society, we tend to look for the worst in people and situations and eagerly criticize those who don't look like us, agree with us, live like us... I believe a thankful heart will be eager to look for the good and the beauty and the hand of God throughout each day. A thankful heart will renew your mind!

We are created to be thankful people. A thankful attitude will contribute to a youthful spirit. How can you live each day with gratitude?

*Written by Campus Pastor
Lane Skoglund-Anderson*

In May, we celebrate birthdays with:

- Lori D. 1st Apt. 209
- Les Z. 3rd Apt. 117
- Nancy P. 5th Apt. 305
- Lorraine C. 13th Apt. 114
- Ruth G. 15th Apt. 212
- Ruby B. 19th Apt. 128
- Audrey L. 19th Apt. 105
- Alice B. 22nd Apt. 321
- Lois W. 26th Apt. 233
- 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!



Glenn Ford, Actor, 1st May 1916
Bing Crosby, Singer, 2nd May 1904
Lesley Gore, Singer, 2nd May 1946
Audrey Hepburn, Actress, 4th May 1929
Karl Marx, Philosopher, 5th May 1818
Sigmund Freud, Psychiatrist, 6th May 1856
Orson Welles, Actor, 6th May 1915
Stevie Wonder, Singer, 13th May 1950
Peggy Lee, Singer, 26th May 1920
Clint Eastwood, Actor, 31st May 1930

Quote of the Day

A person who never made a mistake
never tried anything new.
– Albert Einstein

WOW!

Pisces (Apr 20 – May 20)

Taureans are dependable,
logical, and overall peaceful
beings

Gemini (May 21 – Jun 20)

Geminis love to learn, and
they never stop wondering
about the unexplained

May Trivia

The Month of May. May is named for the
Roman goddess Maia, who oversaw the
growth of plants.

Zodiac signs: **Taurus & Gemini**
Birthstone: **Emerald**
Flower: **Lily of the Valley**

Product Birthday Spotlight: Barbie Doll

On May 9, 1958, Mattel's Barbie doll was registered. The Barbie doll was invented in 1959 by Ruth Handler (co-founder of Mattel), whose own daughter was called Barbara.

Upcoming Events

Blood Pressures w/ Julie, behind the fireplace

Monday, May 2nd & 16th 10:15a-11:15a

'Day of Prayer Gathering'

Wednesday, May 4th @ 1:30p-SR

Lunch Outing to 'The Old Log Cabin' - Forest Lake

Friday, May 6th @ 11:00a; Bus loads: 10:45a

Sheila Faricy's Memorial Service

Saturday, May 7th @ 3:00p-SR

Special Mother's Day Dinner

Sunday, May 8th @ 11:45a-SR

Massage/Reflexology **Sign up for an appointment

Monday, May 9th in Rm 125 from 9:00-1:00p

Resident Council Meeting

Monday, May 9th @ 2:00p

Calvary Church Luncheon & Program: Soloist -\$11

Thursday, May 12th @ 11:15a; Bus Loads: 11:00a

Entertainment: 'Bobby & Christine' Acoustic Duet

Friday, May 13th @ 2:00p-SR

Spring Kaleidoscope 'A Night of Singing & Music'

North Heights Church-Free

Friday, May 13th @ 7:00p

Bus Loads: 6:00p, Departs: 6:15p

'First to the Top of the World' Documentary & Speaker Tim Pederson

Sunday, May 15th @ 2:30p-SR (See insert)

Syttende Mai Celebration

Gene H. Trip to Norway/Musical Journey & Treats

Monday, May 16th @ 2:00p-SR

'SERVICE OF REMEMBRANCE'

Tuesday, May 17th @ 7:00p-SR

Bachman's Floral, Gift & Garden and

Lunch at Patrick's Café on Lyndale

Monday, May 23rd @ 10:30a; Bus Loads: 10:15a

Entertainment: 'Pistachio Singers'

Thursday, May 26th @ 7:00p-SR

Memorial Day, Monday, May 30th – Kitchen & Offices Closed

(Pick up box lunch for Monday on Sunday, May 29th by 1:30p)

Special Days

4th Space Day

4th National Day of Prayer

5th Cinco de Mayo

8th Mother's Day

12th Intl. Nurses Day

14th Migratory Bird Day

17th Syttende Mai

21st Armed Forces Day

22nd Biological Diversity Day

23rd World Turtle Day

28th Cannes Film Festival

30th Memorial Day

'FIRST TO THE TOP OF THE WORLD'

**JOIN US ON SUNDAY, MAY 15TH AT 2:30PM
FOR A SHOWING OF A PREMIUM
DOCUMENTARY, WITH SPEAKER TIM
PEDERSON, THE SON OF EXPLORER
WALTER PEDERSON.**

**THE DOCUMENTARY IS FILLED WITH
EXCLUSIVE, NEVER BEFORE SEEN
FOOTAGE, THE FILM CHRONICLES A
TEAM OF "AVERAGE JOES" FROM
MINNESOTA AS THEY ATTEMPT A FIRST
OF ITS KIND SNOWMOBILE EXPEDITION
TO THE NORTH POLE. ALONG THE WAY
THESE UNLIKELY HEROES UNEARTH A
COVER-UP MORE THAN 50 YEARS IN THE
MAKING.**

INVITE YOUR FAMILY MEMBERS!

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Les & Julie Zibell**
- **Robert & Kathleen Caven**

We hope that you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Ms. Miriam 'Mimi' Stormo**
- **Ms. Bette Christopherson**
- **Ms. Sheila Faricy**

The following is a list of **transportation** options:

***Metro Mobility** – Door-through-door accessible bus service for those with disabilities - see Lorrie for an application – 651-602-1111

***Help at Your Door** – Transportation for a set fee or free for qualified seniors/disabled adults – 651-642-1892

***Yellow Taxicab** – Door to door transportation. Also available w/c accessible cabs – 612-644-6569

***Veterans Transportation** – Free rides to VA authorized medical appointments – 612-467-5700

Shred Your Personal Papers

A few things you can shred immediately:

- Credit card or insurance offers.
- Paid billing statements.
- ATM receipts.
- Sales receipts.
- Paid utility bills.
- Expired warranties.

The Shred-it container will remain in the front lobby for your use throughout the month of May.

Humanitarian Relief for Ukraine



Scandia Shores Fundraiser-April 2022

A fundraiser was held to help those in crisis in Ukraine. Monies were donated from individuals and Ukrainian flags were then attached to the wall in the front lobby. A special thank you to all that have contributed to our efforts. In May I will present the donation to Father Peter Siwko at the Saint Katherine Ukrainian Orthodox Church to 'HELP UKRAINE'.

Thank you...Lorrie Bjugan

"If My Doctor Only Knew..."

All residents invited to Discussion Group as we explore the choices and challenges we face surrounding our health.

Be empowered to live fully and make decisions that align with your deepest values.

Meeting Wednesdays in May at 3:00-4:00pm in the Scandia Room.

May 4 Who I Am Outside Their Office

May 11 The Difference My Family, Culture & Faith Make

May 18 How I Want to Live and Die

May 25 Who I Trust Most in This World.

Facilitated by Chaplain Jenny Schroedel and Pastor Sherree Lane

Poem to Share

The Rose Family

Robert Frost

The rose is a rose,
And was always a rose.
But the theory now goes
That the apple's a rose,
And the pear is, and so's
The plum, I suppose.
The dear only knows
What will next prove a rose.
You, of course, are a rose -
But were always a rose.

GROWING OLDER?

You know, when everything hurts and what doesn't hurt doesn't work.

You know, when your children begin to look middle age.

You know, when your favorite part of the newspaper is the obituary column.

You know, when your knees buckle, and your belt won't.

You know, when you have too much room in the house and not enough in the medicine cabinet.

You know, when you look forward to a dull evening.

You know, when your back goes out more than you do.

You know, when the gleam in your eyes is from the sun hitting your bifocals.

You know, when the little old gray-haired lady you help across the street is your wife.

Laughing Matters



The Pearly Gates

A woman died and found herself standing outside the Pearly Gates, being greeted by St. Peter.

She asked him, "Oh, is this place what I really think it is? It's so beautiful. Did I really make it to heaven?"

To which St. Peter replied, "Yes, my dear, these are the Gates to Heaven. But you must do one more thing before you can enter."

The woman was very excited and asked St. Peter what she must do to pass through the gates.

"Spell a word," St. Peter replied.

"What word?" she asked.

"Any word," answered St. Peter. "It's your choice."

The woman promptly replied, "Then the word I will spell is love. L-o-v-e."

St. Peter congratulated her on her good fortune to have made it to Heaven and asked her if she would mind taking his place at the gates for a few minutes while he took a break.

"I'd be honored," she said, "but what should I do if someone comes while you are gone?"

St. Peter reassured her and instructed the woman simply have any newcomers to the Pearly Gates to spell a word as she had done.

So, the woman is left sitting in St. Peter's chair and watching the beautiful angels soaring around her, when low and behold, a man approaches the gates, and she realizes it is her husband.

"What happened?" she cried, "Why are you here?"

Her husband stared at her for a moment, then said, "I was so upset when I left your funeral, I was in an accident. And now I am here? Did I really make it to Heaven?"

To which the woman replied, "Not yet. You must spell a word first."

"What word?" he asked.

The woman responded, "Czechoslovakia"

Word Search

TREES OF THE WORLD



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

Banyan
Mahogany
Maple
Elm
Juniper

Cypress
Wollemi
Rosewood
Pine
Willow

Hawthorn
Sycamore
Sequoia
Banksia
Peepal

Poplar
Magnolia
Eucalyptus
Spruce
Casuarina