

SHORELINER NEWSLETTER

MARCH 2023



SCANDIA SHORES
OF SHOREVIEW

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

Happy Women's Day

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March 8th


Be at Peace

It seems that times of worrying are like waves that hit the shore. None of us can say to the ocean waves to turn the other way and they obey your voice. To stop from worrying seems as relentless as those waves. Yet I have found that when I begin to worry, it's my cue to tell the waves of worry to turn the other way. It can be done in some very practical ways. Here are a few steps I take that turn the tide of worry around:

Grateful Meditation: Find a quiet place where you can be with your thoughts away from the distractions of life. First, believe that God is good and that God wants to help you and see that you are at peace. Then pray about your concerns and worries. The next step is key. Begin to think about what you can be grateful to God for. It's also good to write them down in a notebook. Keep listing things to be grateful for until the symptoms of worry begin to fade away. None of us like the symptoms of worry such as: insomnia, racing heart, sweaty palms, feeling of dread, and so on and so on. But when you begin to list things to be thankful for your mind begins to focus on things above. The apostle Paul lived this way, and he reminded people in his day to do this also. Consider his thoughts in his letter to the early church in Philippi, Greece:

...from Philippians 4: 4-9

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



Turn to God in
prayer. Tell
him what's on
your mind.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me or seen in me—put it into practice. And the God of peace will be with you.

*By Campus Pastor
Lane Skoglund-Anderson*

In March, we celebrate birthdays with:

- Marlene T. 4th Apt. 220
- Caryl Z. 5th Apt. 131
- Evangelos P. 15th Apt. 207
- Carol P. 16th Apt. 205
- Beverley K. 20th Apt. 208
- Dee J. 21st Apt. 216
- Jean P. 22nd Apt. 127
- Arlene H. 27th Apt. 130

February Anniversaries: None

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



MARCH BIRTHDAYS:

- Catherine O'Hara, Actress, 4th March 1954
Shaquille O'Neal, Basketball Player, 6th March 1972
Liza Minelli, Actress & Singer, 12th March 1946
Albert Einstein, Physicist, 14th March 1879
Michael Caine, Actor, 14th March 1933
Bruce Willis, Actor, 19th March 1955
Steven McQueen, Actor, 24th March 1930
Elton John, Singer, 25th March 1947
Vincent van Gogh, Painter, 30th March 1853
Celine Dion, Singer, 30th March 1968

Quote of the Day

*Age is an issue of
mind over
matter. If you
don't mind, it
doesn't matter.*

– Mark Twain

WOW!

Historical Events in March: **The Concorde**

In March 1969, the Concorde roared into the skies on its maiden flight. Built as part of a joint venture between the UK and France, it was a supersonic passenger airplane that travelled at twice the speed of sound. Only 14 Concorde aircraft went into service before it was retired in 2003.

Upcoming Events

AARP Tax Aide Transportation to Shoreview Community Center on Wednesdays in March from 9:00a-1:00p.

Scandia Room Reserved for Private Party
Saturday, March 4th from 3:00p-7:00p

Entertainment: St. Paul Postal Band
Monday, March 6th at 7:00pm - SR

Calvary Senior Adult Luncheon & Program
Thursday, March 9th; Pay \$11 at the door

Entertainment: Don Irwin at the Piano
Friday, March 10th at 7:00pm – SR

Sunday, March 12th @ 2:00 a.m. Daylight Savings Time

Massage/Reflexology
Monday, March 13th in Room 125
**Sign up in the Program Book for an appt.

Resident Council – All Invited!!
Monday, March 13th @ 2:00p in SR

Girl Scout Cookie Sale - \$5/box
Monday, March 13th from 3:15-4:30pm – 1st fl. library

Presentation: Hospice 101 by AccentCare (see page 5)
Tuesday, March 14th @ 2:00pm - SR

Chapel w/ The Preachers' Daughters in Concert
Tuesday, March 14th @ 7:00pm

Optage Foot and Hand Care Clinic (see page 5)
Friday, March 17th from 8:30a-4:00p – Rm 125
Sign up in the Program Book

St. Patrick's Day Party
Friday, March 17th @ 2:00pm – SR

Presentation: Home Instead
Monday, March 20th @ 2:00pm - SR

Belated Holiday Lunch Outing to Jax Café-Mpls
Friday, March 24th @ 12noon

Movie Night: 'The Storied Life of A.J. Fikry'
Saturday, March 25th @ 6:00pm (see page 5)

Presentation: 'My Story-Green Bay Packers' By Sandy Sullivan
Monday, March 27th @ 2:00p- Scandia Room (see page 5)

Podiatrist Visit Friday, March 31st room 125.
Must be enrolled to be seen. See Lorrie for application.

Special Days

- 1st Chopin's Birthday
- 3rd World Day of Prayer
- 3rd World Wildlife Day
- 8th Intl. Women's Day
- 12th Daylights Savings Begins
- 15th The Ides of March
- 17th St. Patrick's Day
- 20th 1st Day of Spring (N.Hem)
- 21st Harmony Day
- 21st Intl. Day of Forests
- 21st World Poetry Day
- 22nd World Water Day
- 23rd World Meteorological Day

A special Thank You to KitCo for donating 120 sugar cookies for our residents to paint for our Valentine's Party.

A special Thank You for the Valentines that were made by children ages 3-12 from the Shoreview /Arden Hills Lions Club that went out to our residents.

A special Thank You goes out to the Girl Scouts that made Valentines for our residents at Scandia Shores.



Dress Warm and Be Safe!!
Spring is just around the corner

Noticeboard



IN MEMORIAM

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

- **Ramona Harrington**
- **Patricia Holmes**

The Optage® Foot & Hand Care Clinic is coming to Scandia Shores! This clinic can benefit you to remain mobile and independent. Our Licensed Nurse will meet you for a 20-minute appointment to provide soothing care to your hands and feet. They will be at Scandia Shores the 3rd Friday every month in room 125. To schedule an appointment, sign up in the Program Book on the sign-up table in the front lobby.

NEW RESIDENT

A very warm welcome to:

- **Jerry W. – Apt. 201**

We hope that you enjoy your time here!

“Discover the Word” to begin on Thursday, March 2 at 10:30am in the Rec. Room. You are invited to this informal time of reading and discussion of the Gospel of John. Bibles provided if needed. -Sponsored by Spiritual Care Team of Scandia Shores

Thank you,

Sherree Lane, Campus Pastor

ACCENTCARE – HOSPICE 101 Fairview Health Services

Join us on **Tuesday, March 14th at 2:00p** to learn about hospice care and to ask questions.

Hospice is a specific type of care that focuses on pain and symptom management instead of curing an illness. They provide emotional and spiritual support to patients and families.

Who is eligible?
Who pays for hospice care?
What are the different levels of care?

Who are the people who provide care?
Your AccentCare Team

‘MY STORY- Green Bay Packers’

Author & Motivational Speaker: Sandy Sullivan will deliver a rousing account of her experiences while working with Vince Lombardi and the Green Bay Packers.

Author of at least 4 books. Her books will be for sale for \$20.00. They make wonderful gifts.

MONDAY, MARCH 27TH @ 2:00PM IN THE SCANDIA ROOM.

Guests are Welcome!!

MOVIE NIGHT & POPCORN

“THE STORIED LIFE OF A. J. FIKRY”

Pg-13 1.45 hrs.

**SATURDAY, MARCH 25TH
6:00-8:00PM – SR**

A.J. Fikry’s Life is not turning out as he expected and hits emotional and financial rock bottom. He lives alone, his bookstore is in a sales slump, and his most valuable possession, a book of poems, has been stolen. But when a mysterious package appears, he soon discovers he has a second chance at life, and love.

If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough. -Oprah Winfrey

Poem to Share

My Shadow

by Robert Lewis Stevenson
(The Golden Book of Poetry – 1947)

I have a little shadow that goes in and out with me,
And what can be the use of him is more than I can see.
He is very, very like me from the heels up to the head;
And I see him jump before me when I jump into my bed.

The funniest things about him is the way he likes to grow—
Not at all like proper children, which is always very slow;
For he sometimes shoots up taller like an India rubber ball,
And he sometimes gets so little that there's none of him at all.

He hasn't got a notion of how children ought to play,
And can only make a fool of me in every sort of way.
He stays so close beside me, he's a coward you can see;
I'd think shame to stick to nursie as that shadow sticks to me!

One morning, very early, before the sun was up,
I rose and found the shining dew on every buttercup;
But my lazy little shadow, like an arrant sleepy-head,
Had stayed at home behind me and was fast asleep in bed.

Laughing Matters



My Resume...

My first job was working in an orange juice factory, but I got canned ...couldn't concentrate.

Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the ax.

After that I tried to be a tailor, but I just wasn't suited for it ... mainly because it was a so-so job.

Next, I tried working in a muffler factory but that was too exhausting.

Then I tried to be a chef -- figured it would add a little spice too my life, but I just didn't have the thyme.

I attempted to be a deli worker, but any way I sliced it, I couldn't cut the mustard.

My best job was being a musician, but eventually I found I wasn't noteworthy.

I studied a long time to become a doctor, but I didn't have any patience.

Next was a job in a shoe factory; I tried but I just didn't fit in.

I became a professional fisherman but discovered that I couldn't live on my net income.

I managed to get a good job working for a pool maintenance company, but the work was just too draining.

So, then I got a job in a workout center, but they said I wasn't fit for the job.

After many years of trying to find steady work, I finally got a job as a historian until I realized there was no future in it.

My last job was working at Starbucks, but I had to quit because it was always the same old grind.

SO, I RETIRED AND I FOUND I AM PERFECT FOR THE JOB!

Funny Aging Jokes

Always find a reason to laugh - it may not add years to your life but it will add life to your years.

I've reached an age where my train of thought often leaves the station without me.

Don't let aging get you down. It's too hard to get back up.

Word Search

INTERNATIONAL WOMEN'S DAY



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

Feminism
Advocate
Reform
Positive
Gender

Influence
Suffrage
Liberation
Social
Valued

Activist
Equality
Support
Rights
Reflect

Brave
Celebrate
Society
Courage
Action