

Mardi Gras!

This year we celebrated Mardi Gras, with a fun decorated picture booth and a signature drink.

The residents enjoyed gathering and visiting with each other, while laughing with their neighbors dressing up with boas and mask for the Mardi Gras pictures.

Enjoy some of the fun photos!



Resident's March Birthdays

Scott O.	3/6
Phillip G.	3/13
Lu W.	3/18

Staff March Birthdays!

Logan Kubista	3/14
Marie Padmore	3/28

Healing by Color



March is Color Therapy Month, which means that it is a month to recognize that colors have the capacity to heal. The notion that colors have the power to heal dates all the way back to ancient Egypt, where sun-activated solariums constructed with multicolored glass panes were used for therapeutic purposes. Colors evoke different responses in people. Some colors are stimulating, others soothing. Colors can influence decision-making, mood, appetite, emotions, and energy levels. The goal of color therapy is to use color and light in ways that ease stress and promote well-being. While some are skeptical, others point to how light therapy is used to combat seasonal affective disorder. Blue light is also used to treat neonatal jaundice in newborns. Green light may reduce pain.

The Pebbles of Lake Phalen

The Shores of Lake Phalen Assisted Living | 1870 East Shore Drive | 651)777-7784 |



Celebrating March

Irish American Heritage Month

Women's History Month

Optimism Month

Peace Corps Day
March 2

Courageous Follower Day
March 4

International Women's Day
March 8

Mothering Sunday
March 14

St. Patrick's Day
March 17

World Poetry Day
March 21

National Physicians Week
March 25–March 31

Passover
March 27–April 4

International Laundry Folding Day
March 30

March into Spring!

As we approach March, we are opening more of the normal routine of things. Now that we have all had our second vaccine, the CDC has loosened some restrictions in our community. We made it!

Valentines Event!

The Valentine's Event at The Shores was a beautiful success and we now have a new Queen and King for the year 2021! Our new King is Dr. Harold Broman, and the Queen is our lovely Elsie Anderson, Congratulation! Enjoy some of the pictures.



The Shores Indoor Walking Group

Residents, are you tired of being in your apartment and feel the need to stretch your legs?

Well good news! We are starting a "Stretch Your Legs Indoor Walking Group!" Tuesdays @ 2:00pm in the Community Room.

Our Activity Director, Keila, will gather a group in the Community Room, to walk the hallways with your neighbors. Put your mask on and come and stretch your legs with Keila, for an enjoyable walk throughout the community.



Resident Mealtimes!

Residents good news! We are back to our regular scheduled times for our meal. There will be 2 residents per table at one set time for each meal.

Breakfast: 7:30am

Lunch: 11:30am

Dinner: 4:30pm



Drum Ball Exercise

The Shores will be starting a first time, Drum ball exercise class in March. This will be a fun and new experience for us all, including the staff. This exercise is very popular in the senior communities, so let's get on board and join in this new exercise. Join us in the Community Room March 11th at 10:00am and let us learn drum ball together.



Laugh it Up!

Q: What gets wetter as it dries?

A: A towel

Q: How much money does a skunk have?

A: One Scent.

Q: What do you call a sad coffee?

A: Depresso.

Q: Why did the golfer wear two pairs of pants?

A: In case he got a hole in one.



Face Time

Residents, we have now started indoor visiting in the designated area. For some residents and families, they can visit in their loved one's apartment for one hour, after showing proof of having had the COVID-19 vaccine. You need the first and second dose, with a card showing proof. You will be able to schedule a face-to-face visit in the designated area for residents that have not had the vaccine. We will continue to have face time available, Monday through Friday by appointment. Call Keila or Katrina in activities and schedule an appointment 651) 689-1438.



New Residents

Logan has been busy as a bee, filling our community with new residents. So, if you see a few unfamiliar faces please be sure to introduce yourself and welcome them with your friendly smile to our community.



Lake Phalen Brewery

Attention residents we are going to have our first Brewery at The Shores, March 26th @ 2:30pm in the Community Room. Please join us in tasting a variety of light and dark beers. Come enjoy the afternoon with your neighbors, and have a great time tasting the different beers we have to offer at the Lake Phalen Brewery!



That Was Awkward



If you dread embarrassment, then you won't be looking forward to March 18, Awkward Moments Day. The day exists to remind us that no one is perfect and we all suffer embarrassments from time to time. Embarrassment is the result of self-focus. When we do something wrong—call someone by the wrong name or make a mistake in public—we tend to focus only on our transgression. We suffer from what researchers call "empathy neglect." We are so embarrassed that we forget that others are kind and sympathetic to us. Of course, if someone else made a mistake, we would not shame them. So why should we feel awkward or embarrassed? Today, don't feel awkward, but instead, feel empathy.