

Employee Spotlight



Hello, my name is Alfonso Luis Sanchez III. Some of my coworkers call me Fonzy or Alfredo. I've had the distinct pleasure and honor to work at The Shores for 11 months. I was originally hired as a PCA, and I loved every minute of it. Most recently I transitioned into a new role as The Staffing Coordinator. I've been a Registered Nursing Assistant "NAR" since 2006 and a Trained Medication Aide "TMA" since 2007.

I was born in Saint Paul, MN and moved to Chicago, IL when I was just 6 months old. I didn't return to Minnesota until I was 13 years old, and I've been here ever since. I enjoy playing soccer on the weekends, fishing, and spending quality time with my wife and kids.

I'm the youngest of 6. I have 3 sisters and 2 brothers. My wife's name is Kari, and we have 5 amazing children. Lydia Christina (15), Amaiya Rae (12), Alfonso Jr. (10), Giovanni Leon (6), and Sofia Grace (1).

I love coming to work every morning and seeing the smiles on everyone's faces. We have a very fun and positive environment here at The Shores and it helps me thrive.

One of the smartest choices I have made other than becoming a Patient Care Assistant "PCA" is choosing to work here at the Shores. I am thankful and appreciative to be working at The Shores, and I hope that I continue to work here for years to come.

August Birthdays

In astrology, those born August 1–22 are Leo's Lions. These "kings of the jungle" are natural-born leaders, full of creativity, confidence, and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause. Those born August 23–31 are Virgo's Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity and love of others makes them defenders of justice, goodness, and purity.

Happy Birthday to:

- Franny P. 8/3**
- Nancy M. 8/4**
- Mary Jo L. 8/11**
- Duke P. 8/14**
- AnnaMae 8/20**
- Pat M. 8/21**
- Clarence S. 8/21**

"Like" The Shores page on Facebook to stay connected to activities, events and recent pictures of our wonderful residents!



The Shores Press

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Celebrating August

International Pirate Month
American Adventures Month

Read a Romance Novel Month

International Clown Week
August 1–7

Braham Pie Day
August 6

Sturgis Motorcycle Rally
August 6–15

Sandcastle Day
August 7

Elvis Week
August 11–17

Bowling Day
August 14

Chef's Appreciation Day
August 21

International Dog Day
August 26

Pony Express Day
August 29

Resident Spotlight

Meet Lorraine!



Lorraine was born on January 6th, 1922, in St. Paul where she was then raised. Lorraine's family ran a movie theater where she worked.

Lorraine met her husband, Don, while she was selling tickets. Don wanted to speak with the manager about getting a job at the theater. Don ended up working there and they became friends. Lorraine was in a riding club and Don later on wanted to join. She became Princess of the riding club and needed an escort. She looked around the riding club male participants and picked the tallest one, whom was Don.

Later on he asked her to go out. She was unsure. He said, "come on it won't hurt anything to go for a drink." She said, "I'm 20 years old, I can't have a drink!" He asked, "do you dance?" She said, "oh yeah!" and they went to Tony's that used to be on Rice and Larpenteur. She said she was very worried that he wasn't going to be a good dancer, but he surprised her and he was the best dancer she had ever seen and they danced all night! They got engaged on a sailboat on White Bear Lake and then married August 27th, 1941. They had 4 kids together. She was a special ed teacher for 19 years. Don was in the service and was a pilot in the air force. After the service, Don went to theater school and became a lighting director.

Lorraine will be 100 on January 6th. We are very lucky to have Lorraine at The Shores. Please make her feel welcome and say hi when you see her!

Fun Events for the hot, summer month of August!!

In house:

- August Birthday Party: 8/3 at 2:00
- North Suburban Choir: 8/10 at 2:00
- Manicure Monday: 8/23 at 12:45
- “Boost your Brain” w/ Interim: 8/23 at 2:00
- Coffee with the Chef: 8/25 at 10:00
- Town Hall: 8/25 at 1:00
- Craft Corner w/ Ms. Jill: 8/30 at 2:00

Outings:

- Dollar Tree: 8/11 at 12:30
- Jimmy’s Lunch: 8/13 at 11:00
- Walmart: 8/16 at 1:00
- Sustainable Safari: 8/17 at 1:00
- Picnic in the Park: 8/24 at 11:00
- Como Park Conservatory & Scenic Drive: 8/31 at 1:00



It has been a very hot and humid summer. There is ice water located right next to the front door when you’re outside visiting with family or friends. Please remember to stay hydrated!



Enjoy the patio on the second floor in the community room!

Grab a friend and sit under the umbrellas. We planted flowers and tomatoes out there and they sure are growing!



Daily Exercise

Join us every morning Monday through Friday at 9:30 in the community room for our 30-minute exercise routine and stretching! It is very important to keep momentum. As they say, “if you don’t use it, you lose it!”

Also, keep a look out for “afternoon stretch” that will be held at 1 PM in the community room! As soon as the steamy, hot temperatures subside, we will get back outside and do our walking club!

“As soon as you feel too old to do something, do it!”



Town Hall

Town Hall is back! Make sure to look at your activity calendars or the daily activities that are posted in the elevators each day for when town hall will be held. Please come and address any concerns that you might have. You can also give props to departments as well! Feedback is very important. Everyone that works at The Shores wants everyone to have the best care and experience we can give. We have a great team here and want the best for everyone!



Caught in the act...ivity!

Here are some pictures from our Hawaiian Happy Hour! We sure know how to have fun!

