

SHORELINER NEWSLETTER

MAY 2024



SCANDIA SHORES
OF SHOREVIEW

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



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The Purpose of Life is a Life of Purpose

生き甲斐

Ikigai

Ikigai is a Japanese word that means you know and practice your unique reason for living. It's what gives you purpose and joy in life for as long as you live. On the Japanese islands of Okinawa, there is no word for retirement. I believe that is because of the emphasis on ikigai. Residents there are always living out their purpose in life.

Consequently, it is one of several contributing factors to the longevity and good health among its many centenarians.

If you've been a teacher, you've been practicing ikigai each time you bring out the best in your students. If you've worked in the medical field and have given hope and healing, you've been practicing Ikigai. If you love to care for your friends and neighbors, you are practicing Ikigai. If you create cards with comforting words for others, you are also practicing Ikigai.

Each of us is uniquely created to be in some form of service to one another. It can be as simple as a word of encouragement or as well-loved as what Mother Theresa did in her Calcutta orphanage. No matter how great or small, each of us can contribute something to the world around us. So, I encourage you to meditate on what you can do to serve others with whatever means you may have. It is sure to always bring you joy, a reason for waking up in the morning and your beautiful sense of purpose in life.

"Each of you should use whatever gift you have received to serve others, faithfully administering God's grace in its various forms." 1 Peter 4:10 (NIV)

+ Campus Pastor
Lane Skoglund-Anderson



In Month, we celebrate birthdays with:

May 13th Lorraine Carlson

May 15th Ruth Gundale

May 19th Audrey LaBonte

May 27th Russell Baustian



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

Special Days

1st May Day

5th Cinco De Mayo

12th Mother's Day

18th Armed Forces Day

27th Memorial Day

Quote of the Month

“April Showers Bring
May Flowers”

IN MEMORIAM

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

Welcome Sarah Holicky New Housing Counselor

Hi everyone!

My name is Sarah Holicky and I am the new Housing Counselor here at Scandia Shores! I will be working with prospective new residents through the touring and moving in process, as well as marketing the building to showcase all that makes Scandia Shores unique and a wonderful place to call home. I grew up in Lino Lakes and currently live in Vadnais Heights, so I am thrilled to be at a community in an area that I love so much.



I graduated from the University of St. Thomas with a degree in Strategic Communication and a minor in Business of Healthcare in 2022, and before starting here I was in a sales and marketing position at another senior living community.

Outside of work I enjoy golfing, baking, and spending time with my family and friends (& my two cats, Smokey and Winston).

I am so happy to be here and have already felt so welcome. I look forward to getting to know you all and growing the community with new residents! Feel free to stop by my office to chat sometime, my door is open!

Shred-it Bin starting May 2nd -July 14th

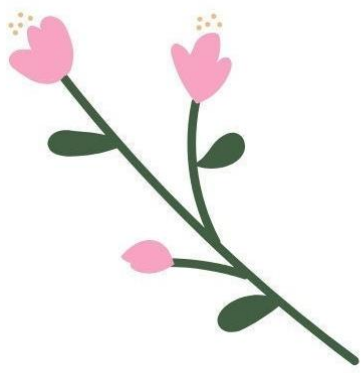
Shred bin will be available when the office is open and until they are full. The purpose of the bin is for documents you would like to have shredded, it is a locked bin that gets shredded immediately at pick-up. Any questions, please ask the office.

Xcel Energy

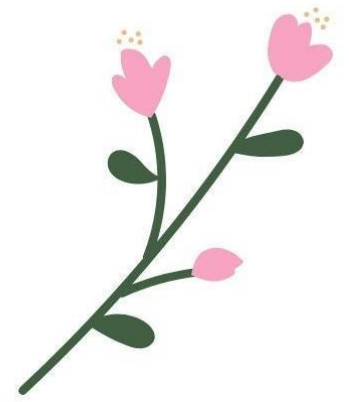
Scandia Shores Staff will help Xcel change out the meters. All meters are located in the garage, they do NOT need to get into your apartment. Any question, ask the office.

Gardens

We will get the gardens planted this month. We are going to get some help with this. But if we have anyone who would like to volunteer to help keep the gardens maintained please let the office know.



Spring Word Search



BLOSSOM

BLOOM

FLOWERS

RAIN

SHOWERS

EASTER

SPRING BREAK

GRASS

HATCH

BIRDS

SUNSHINE

SEASON

MARCH

APRIL

MAY

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