

Alzheimer's Association Presentation

Family Information Presentation: Understanding Responding to Dementia-Related Behaviors

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

By the end of the session, attendees will be able to:

- Identify common triggers for behaviors associated with dementia
- Explain the process for assessing and identifying challenging behaviors
- List strategies to address some common dementia-related behaviors

The Alzheimer's Association will be presenting Understanding and Responding to Dementia-Related Behaviors on Thursday, Jan. 10 at 11 a.m.-12 p.m. in the theater.

Photo Corner!



Edina Singing Seniors — what a great performance! (Hi, Glenda!)



Ornament decorating using alcohol-ink!



Glamour shots!



Grandfriend love



Fantastic concert put on by Kennedy High School! We're so glad we got to go.



TOWERLIGHT

on Wooddale Avenue

JANUARY 2019

The TowerLight Beacon

TowerLight on Wooddale
3601 Wooddale Avenue S
St. Louis Park, MN 55416
952-881-6322

STAFF

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Chad Liberty

Outreach & Sales Director
Taylor Reh, MA

Activities Assistant
Angela Truitt

Activities Assistant
Sydney Farmer

Guys from Brookview

Join the Guys from Brookview, Wednesday, Jan. 9, as they serenade us with their joyful voices. They'll be in the club room at 2:15 p.m.!

Laughter Workshop!

Laugh away your stress with Suzie Nemer and the Hee Hee Express on Wednesday, Jan. 16, 2-3 p.m. in the fitness room. She will spread smiles that will give everyone the energy to run for miles. Laughter truly is the best medicine and it gives our immune systems a joyful boost.

This workshop was created in loving memory of her mother who was her hero and source of inspiration. She taught her children that the only way to get through life is to turn your frown upside-down and always look at the glass half-full versus half-empty.

During our time together, we will learn about the benefits of laughter. Hear about people who have used humor to enrich their lives for the better. Humor is a powerful tool that can help diffuse stressful situations. Suzie will teach humorous techniques that people can draw upon in the future.

This class is heartfelt, funny and fun and promises good times for everyone.

So come aboard the Hee Hee Express and let's go on a laughter journey together while creating memories that will last forever.

TaylorMarie's Apparel is Back!

TaylorMarie's has been bringing fine-quality clothing and accessories to women since 2003. Our periodic visits can include fashion shows and luncheons with the chance to shop racks of up-to-date and affordable fashions.

Our commitment to quality, fashion and service has been the hallmark of our business and franchise operation. We are committed to serving the senior community and providing easy-to-wear, stylish and affordable attire to all of our clients.

Join us in the Club Room on Wednesday, Jan. 23, 11 a.m.-2 p.m. to check out their selection!

St. Olaf Orchestra Concert

Sunday, Jan. 27

Depart at 3 p.m. (Concert at 4 p.m.)

Cost: Free-will offering

(Sign up by 1/23.)

We will be going to Bethlehem Lutheran Church (4100 Lyndale Ave. S.) to hear St. Olaf Orchestra perform!

"Known for its excellence in music, the St. Olaf Orchestra is one of the best college orchestras in the nation, winning the American Prize in Orchestral Performance in 2013. The 92-member ensemble has been featured on NPR and PBS and has appeared in some of Europe's finest concert halls."

JANUARY 2019

Welcome


Bob & Kitty (404)

Remembering

Lorraine Lacher
Mae Thompson

Locations

B, Bistro (First Floor)
C, Club Room (First Floor)
C&GV, Club Room & Garden View
CCIR, Child Care
Intergenerational Room
CHR, Charting Room (Second Floor)
CR, Craft Room (Fifth Floor)
CSC, Care Suite Commons (Third Floor)
DINRMS, All Dining Rooms
F, Fitness (First Floor)
FD, Meet by Front Desk
FR, Family Room (Fifth Floor)
FSN, Fox Sports North Channel
GV, Garden View (Second Floor)
IR, Infant Room (Child Care Side)
LIB, Library (Fourth Floor)
MDR, Main Dining Room (First Floor)
MDR&2, Main Dining Room & Second Floor
PAT, Outdoor Patio (Near Main Entrance)
PAT, Patio (By Playground)
PDRL, Private Dining Room (L. of Kitchen)
PDRR, Private Dining Room (R. of Kitchen)
PG, Playground Outside
REF, Reflection Room (Third Floor)
SM CONF., Small Conference Room (First Floor)
Spa, 3rd Floor Spa
TH, Theater (Basement)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Please see the daily calendars for most current schedule.</p> <p>Please sign up for outings in binder on the left side of the cubbies!</p> <p>Also turn your TV to channel 1-1 for calendar updates!</p>	<p>NEW YEAR'S DAY 1</p> <p>1:00 500 Bid, LIB</p>	<p>10:00 Toddler Time w/ Grandfriends: Butterflies!, GV 2</p> <p>10:30 Fun w/Grandfriends (Caterpillars), GV</p> <p>10:45 Catholic Communion Visits, GV</p> <p>1:00 Men's Poker Group, 1-3pm, LIB</p> <p>3:00 Birthday Party for All Residents w/Pete Cappello (2 P.M. on Garden View), C</p> <p>6:30 Evening Card Games, C</p>	<p>10:00 SAIL: Fitness Class — Staying Active & Independent for Life, F 3</p> <p>10:00 Fun w/Grandfriends: Honey Bees, GV</p> <p>11:00 Fun w/Grandfriends: Dragonflies, GV</p> <p>1:30 Bridge, C</p> <p>1:30 Scrabble, C</p> <p>1:30 Cribbage, C</p> <p>2:00 Art w/Crystal, GV</p>	<p>10:00 Fit & Strong Exercise, F 4</p> <p>10:00 Fun w/Grandfriends: Dragonflies, GV</p> <p>10:30 Fun w/Grandfriends (Bumblebees), GV</p> <p>1:00 Movie Matinee (Titles Displayed in Elevators), TH</p> <p>1:00 Mahjong, C</p> <p>2:30 Music w/Jim Christianson, GV</p> <p>4:00 Friday Social Hour: BYOB and Snacks to Share If Desired, C</p>	<p>10:30 Scrabble, C 5</p> <p>1:00 Chair Yoga, F</p> <p>1:00 Poker Group (All Welcome!), LIB</p> <p>6:30 Saturday Cinema (Titles Displayed in Elevators), TH</p> <p>6:30 Evening Card Games, C</p>
<p>1:30 Wooddale Church Service (One Week Old), GV 6</p> <p>3:30 iPad/iPhone Class (Free!), TH</p> <p>6:30 Sunday Cinema (Titles Displayed in Elevators), TH</p>	<p>10:00 Fit & Strong Exercise, F 7</p> <p>11:15 Bible Study w/ Serena, REF</p> <p>1:00 Tower Light Town Hall, C</p> <p>2:00 Cribbage, C</p> <p>2:00 Bridge, C</p> <p>2:00 Scrabble, C</p> <p>3:00 Music w/MacPhail & Grandfriends (Adults 3-3:30pm; Intergen 3:30-4pm), GV</p>	<p>10:00 SAIL: Fitness Class — Staying Active & Independent for Life, F 8</p> <p>10:00 Fun w/MacPhail & Grandfriends (Adults 10-10:30am; Intergen 10:30-11am), GV</p> <p>1:00 500 Bid, LIB</p> <p>1:30 Rockabye Baby Hour, IR</p> <p>2:30 News Discussion, TH</p> <p>3:30 Bingo, C</p>	<p>10:00 Toddler Time w/Grandfriends: Butterflies!, GV 9</p> <p>10:00 Balance First Fitness Class, F</p> <p>10:15 Food Committee, PDRR</p> <p>10:30 Fun w/Grandfriends (Caterpillars), GV</p> <p>10:45 Catholic Communion Visits, GV</p> <p>11:15 Interdenominational Service w/Pastor Alison, REF</p> <p>1:00 Men's Poker Group, 1-3pm, LIB</p> <p>2:15 Guys From Brookview Music, C</p> <p>3:30 Spirituality Group, GV</p> <p>6:30 Evening Card Games, C</p>	<p>9:00 Depart for Target (Knollwood), FD 10</p> <p>9:30 Undecorating Day, FD</p> <p>10:00 SAIL: Fitness Class — Staying Active & Independent for Life, F</p> <p>10:00 Fun w/Grandfriends: Honey Bees, GV</p> <p>11:00 Family Information: Understanding and Responding to Dementia-Related Behaviors, TH</p> <p>11:00 Fun w/Grandfriends: Dragonflies, GV</p> <p>1:30 Bridge, C</p> <p>1:30 Scrabble, C</p> <p>1:30 Cribbage, C</p> <p>2:00 Public Library Book Club Group, REF</p>	<p>9:00 Men's Brunch to Hilltop, FD 11</p> <p>10:00 Fit & Strong Exercise, F</p> <p>10:00 Fun w/Grandfriends: Dragonflies, GV</p> <p>10:30 Fun w/Grandfriends (Bumblebees), GV</p> <p>11:00 Family Information: Understanding Responding to Dementia-Related Behaviors, TH</p> <p>1:00 Movie Matinee (Titles Displayed in Elevators), TH</p> <p>1:00 Mahjong, C</p> <p>1:00 Healing Touch w/Sandra, FR</p> <p>4:00 Friday Social Hour: BYOB and Snacks to Share If Desired, C</p>	<p>10:30 Scrabble, C 12</p> <p>1:00 Chair Yoga, F</p> <p>1:00 Poker Group (All Welcome!), LIB</p> <p>6:30 Saturday Cinema (Titles Displayed in Elevators), TH</p> <p>6:30 Evening Card Games, C</p>
<p>1:30 Wooddale Church Service (One Week Old), GV 13</p> <p>6:30 Sunday Cinema (Titles Displayed in Elevators), TH</p>	<p>10:00 Fit & Strong Exercise, F 14</p> <p>11:15 Bible Study w/ Serena, REF</p> <p>1:30 Cribbage, C</p> <p>3:00 Music w/MacPhail & Grandfriends (Adults 3-3:30pm; Intergen 3:30-4pm), GV</p>	<p>9:00 Social Worker Office Hours, 9-11am, SM CONE. 15</p> <p>10:00 SAIL: Fitness Class — Staying Active & Independent for Life, F</p> <p>10:00 Fun w/MacPhail & Grandfriends (Adults 10-10:30am; Intergen 10:30-11am), GV</p> <p>11:15 Ladies' Lunch to Boulevard, FD</p> <p>1:00 500 Bid, LIB</p> <p>1:30 Rockabye Baby Hour, IR</p> <p>2:30 News Discussion, TH</p> <p>3:30 Bingo, C</p>	<p>8:00 Pancake Breakfast, 8-9am, DINRMS 16</p> <p>10:00 Toddler Time w/Grandfriends: Butterflies!, GV</p> <p>10:00 Balance First Fitness Class, F</p> <p>10:30 Fun w/Grandfriends (Caterpillars), GV</p> <p>10:45 Catholic Communion Visits, GV</p> <p>11:15 Interdenominational Service w/Chaplain George, REF</p> <p>1:00 Men's Poker Group, 1-3pm, LIB</p> <p>2:00 Laughter Workshop, F</p> <p>3:30 Spirituality Group, GV</p> <p>6:30 Evening Card Games, C</p>	<p>10:00 SAIL: Fitness Class — Staying Active & Independent for Life, F 17</p> <p>10:00 Fun w/Grandfriends: Honey Bees, GV</p> <p>11:00 Fun w/Grandfriends: Dragonflies, GV</p> <p>1:30 Bridge, C</p> <p>1:30 Scrabble, C</p> <p>1:30 Cribbage, C</p> <p>2:30 Piano w/Robert Lipscomb, GV</p>	<p>10:00 Fit & Strong Exercise, F 18</p> <p>10:00 Fun w/Grandfriends: Dragonflies, GV</p> <p>10:00 Catholic Mass w/ Father Joseph, REF</p> <p>10:30 Fun w/Grandfriends (Bumblebees), GV</p> <p>11:00 Grocery Outing to Lunds & Byerly's, FD</p> <p>1:00 Movie Matinee (Titles Displayed in Elevators), TH</p> <p>1:00 Mahjong, C</p> <p>4:00 Friday Social Hour: BYOB and Snacks to Share If Desired, C</p>	<p>10:30 Scrabble, C 19</p> <p>1:00 Chair Yoga, F</p> <p>1:00 Poker Group (All Welcome!), LIB</p> <p>2:30 Music by John Bury, GV</p> <p>6:30 Saturday Cinema (Titles Displayed in Elevators), TH</p> <p>6:30 Evening Card Games, C</p>
<p>1:30 Wooddale Church Service (One Week Old), GV 20</p> <p>6:30 Sunday Cinema (Titles Displayed in Elevators), TH</p>	<p>MARTIN LUTHER KING JR. DAY 21</p> <p>9:30 Depart for Como Conservatory, FD</p> <p>9:30 Depart for Como Conservatory, FD</p> <p>10:00 Fit & Strong Exercise, F</p> <p>11:15 Bible Study w/ Serena, REF</p> <p>1:30 Scrabble, C</p> <p>1:30 Cribbage, C</p> <p>1:30 Bridge, C</p>	<p>10:00 SAIL: Fitness Class — Staying Active & Independent for Life, F 22</p> <p>10:00 Fun w/MacPhail & Grandfriends (Adults 10-10:30am; Intergen 10:30-11am), GV</p> <p>1:00 500 Bid, LIB</p> <p>1:30 Rockabye Baby Hour, IR</p> <p>2:30 News Discussion, TH</p> <p>3:30 Bingo, C</p>	<p>10:00 Toddler Time w/Grandfriends: Butterflies!, GV 23</p> <p>10:00 Balance First Fitness Class, F</p> <p>10:30 Fun w/Grandfriends (Caterpillars), GV</p> <p>10:45 Catholic Communion Visits, GV</p> <p>11:00 TaylorMarie Clothing & Accessories Boutique, 11a-2p, C</p> <p>1:00 Men's Poker Group, 1-3pm, LIB</p> <p>3:30 Spirituality Group, GV</p> <p>6:30 Evening Card Games, C</p>	<p>10:00 SAIL: Fitness Class — Staying Active & Independent for Life, F 24</p> <p>10:00 Fun w/Grandfriends: Honey Bees, GV</p> <p>11:00 Fun w/Grandfriends: Dragonflies, GV</p> <p>11:00 Grocery Outing to Cub, FD</p> <p>1:30 Bridge, C</p> <p>1:30 Scrabble, C</p> <p>1:30 Cribbage, C</p>	<p>10:00 Fit & Strong Exercise, F 25</p> <p>10:00 Fun w/Grandfriends: Dragonflies, GV</p> <p>10:30 Fun w/Grandfriends (Bumblebees), GV</p> <p>1:00 Movie Matinee (Titles Displayed in Elevators), TH</p> <p>1:00 Mahjong, C</p> <p>4:00 Friday Social Hour: BYOB and Snacks to Share If Desired, C</p>	<p>10:30 Scrabble, C 26</p> <p>1:00 Chair Yoga, F</p> <p>1:00 Poker Group (All Welcome!), LIB</p> <p>6:30 Saturday Cinema (Titles Displayed in Elevators), TH</p> <p>6:30 Evening Card Games, C</p>
<p>1:30 Wooddale Church Service (One Week Old), GV 27</p> <p>3:00 Depart for St. Olaf Orchestra Concert (Free-Will Offering), FD</p> <p>6:30 Sunday Cinema (Titles Displayed in Elevators), TH</p>	<p>10:00 Fit & Strong Exercise, F 28</p> <p>11:15 Bible Study w/ Serena, REF</p> <p>1:30 Cribbage, C</p> <p>1:30 Scrabble, C</p> <p>1:30 Bridge, C</p> <p>3:00 Music w/MacPhail & Grandfriends (Adults 3-3:30pm; Intergen 3:30-4pm), GV</p>	<p>9:15 News Discussion (Note Time!), TH 29</p> <p>10:00 SAIL: Fitness Class — Staying Active & Independent for Life, F</p> <p>10:00 Fun w/MacPhail & Grandfriends (Adults 10-10:30am; Intergen 10:30-11am), GV</p> <p>11:15 Jack and Jill Lunch Location TBD, FD</p> <p>1:00 500 Bid, LIB</p> <p>1:30 Rockabye Baby Hour, IR</p> <p>2:30 TowerLight Book Club, C</p> <p>3:30 Bingo (Note Location on GV!), GV</p>	<p>10:00 Toddler Time w/Grandfriends: Butterflies!, GV 30</p> <p>10:30 Fun w/Grandfriends (Caterpillars), GV</p> <p>10:45 Catholic Communion Visits, GV</p> <p>1:00 Men's Poker Group, 1-3pm, LIB</p> <p>2:00 St. Louis Park American Gospel Singers, C</p> <p>6:30 Evening Card Games, C</p>	<p>10:00 SAIL: Fitness Class — Staying Active & Independent for Life, F 31</p> <p>10:00 Fun w/Grandfriends: Honey Bees, GV</p> <p>11:00 Fun w/Grandfriends: Dragonflies, GV</p> <p>11:00 Depart for Byerlys, FD</p> <p>11:00 Grocery Outing to Lunds & Byerly's, FD</p> <p>1:30 Bridge, C</p> <p>1:30 Scrabble, C</p> <p>1:30 Cribbage, C</p>	<p style="text-align: center;">Birthdays</p> <p>Mimi Helb, 1st (Employee) Rhesa Shapiro, 20th Immaculate Ombaba, 5th (Employee) Cassandra Freeman, 22nd Piassa Brooks, 10th (Employee) Joyce Arbuckle, 22nd Laura Duff, 15th (Employee) Gloria Werner, 27th Graciella Egusquiza, 18th Sue Foley, 27th Donna Tucker, 18th Gene Norris, 29th Ginger Miller, 19th Jeanne Enockson, 30th Margie McKinney, 31st</p>	