



6501 Woodlake Dr.
Richfield, MN 55423

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Village Shores Website Link:

www.villageshoresseniorcommunity.com



Staff Directory

***All Village Shores Staff members are available by calling reception at 612-861-1186**

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JUNE 2022

SHORELINES

Program Ponderings

Brad Ray – Director of Programs

“Honey moon, keep a’ shining in June! Your silvery beams will bring love’s dreams!” We’ll be smiling by the light of the silvery moon ear to ear after this busy month of fun activities and events! Here at Village Shores, we shine our light brightly as we continue to offer exciting outings, great entertainers, engaging classes, and fun special events! Let’s see what is in store for us this June!

Starting things out with my bandmate and pal “**Accordion to Pete**”, the first Friday afternoon will be a hoot! We have a special “Celebration of Life” for one of our dearly departed residents Roseann Gingrich on the second Friday. I hired country western duo **Darlene and Kenny Nelson** to entertain. As per her wishes, she asked for donations to benefit the Programs Department at Village Shores, so were using some of it to throw a bash in her honor!

Summit Music returns to Village Shores on Saturday June 11 as well as June 25th! We love our weekend concerts! Also, we will be having concerts with the **North Suburban Chorus**, a happy hour honoring dads with “**Age Ain’t Nuthin’ But a Number**”, our June birthday party with the famous guitarist **Bill Cagley**, and an evening concert with **Satin Jazz**. AL and Reflections residents get two bonus concerts with **Tom Paquin** and **Mary Hall**! Those performances will be in our 3rd floor Garden Café.

In addition to all the great music, we are starting bi-monthly line dancing classes to be offered on Thursdays! My friend **Mindy Ohman** is a professional dance instructor and these dances are geared towards seniors. Come shake a leg and have some fun!

Were going places! Sign up to go on an outing in June to **Taylor’s Falls for a boat** tour, the National Eagle Center in **Wabasha**, the **Pavek Communications Museum** in St. Louis Park, or out to eat at the **Olive Garden**, **Red Lobster**, and Brad’s favorite breakfast experience, **Fat Nat’s in New Hope**!

Elsewhere in this newsletter, you will find information about some other events were having in June. See Judy’s section on our “**Voted the Best**” celebration on June 7th! Hala has a feature on “**The Longest Day**” event we are sponsoring on June 21st, and be sure to check our **Summer Smoothie Sale** in support of Alzheimer’s research that we are hosting on June 30th!

As always, Dezso and myself plan on keeping you busy with our Mythology Classes, home grown music concerts, Bingo with Brad, Poker, manicures, WWII lectures, and more! Our very own resident John L. will continue his great jazz history lectures, and our other resident run groups will keep up their runs. We have such great teamwork here at Village Shores!



Resident in the Spotlight

Meet Lavonne

Lavonne was born in Minneapolis at home in the 2900 block of Elliot Avenue, just behind Sears where Lavonne's father worked a freight elevator operator. She was delivered by the Sears Company Doctor. Lavonne was the first born of four children. Early on, her family moved to South Minneapolis on the border of Richfield. At age 9, during WWII, her family moved north to Rush City. Her father had purchased a small farm. She graduated from Rush City High in 1953, then returned to Minneapolis where she started working at Minneapolis Honeywell on Lake Street and 4th Avenue. After three years, she and her new friend Susan Ford went on a 12 week bicycle trip across Europe! She returned to Honeywell. At a neighborhood dive called "Bambie's", she was dancing to accordion and guitar music when a young man asked her to dance. Three years later, Lavonne P. became Mrs. Robert Z! He was a dashing young man from Island Park in St. Paul. After a couple of years living in the Twin Cities, his job took them to far-flung locations such as Los Angeles, Chicago, and Silicon Valley. Lavonne had a son and daughter. After 46 years of living in Silicon Valley, California and raising their children, the Z's found time to go camping in various state and national parks, her husband's motorcycle hobby, and making clothes! She's always enjoyed tailored sewing. (Please see Lavonne if you are interested in a lovely gift for a friend, grandchild, or anyone you love! She loves to sew!) After Bob retired, he had a decline in health. He passed away from cancer at 67. Lavonne continued to travel and sew for enjoyment. In October of 2021, she moved back to Minnesota, as her children had taken up residence outside of California. She moved directly into Village Shores. Here, she enjoys all of the wonderful trips we take to museums, restaurants, and other interesting destinations.



Silver Advantage

LETTER OF THE MONTH FOR JUNE IS "C" FOR COMMUNITY

Savana-
Thank you for the art sculptures for The Club! They are beautiful and are much admired by all!
- Erin—Village Shores Wellness Director

Juan-
Thank you so much for showing me how to wrk my different air conditioners and also for finding my lost remote control!
- Libby

Sherrie P.
How kind of you to help me find the apartment of my friend! Sorry you had to run around so much! SO glad we found her!
- Norma

Birhanie-
Thank you for being a big part of making our Reflections residents day by assisting me with Bingo!
- Brad—Village Shores Programs Director

Dezso-
Thank you so much for the Summit Music Concert on Saturday, April 16! The music was beautiful, and "Ava Maria" is my favorite! Keep up your good work!
-Jean

Marketing Musings

Judy Koznick

Director of Sales and Marketing

Happy June! It's time to celebrate "**Voted The Best**" ...as Village Shores has once again... been "**Voted The Best**" Independent Living, Assisted Living and Memory Care Community in Richfield!

Please mark your calendars...**Tuesday, June 7th at 2 p.m.** will be our celebration in the main dining room with music, food and fun! And, residents will each receive a Village Shores token!

As we continue to meet and greet our new prospects and residents....many of you do such a great job complimenting on your experience of living your life at Village Shores. Your words are priceless...please consider doing a review on our website...or just sending me a note. I can always meet with you to do a review on our website as well!

I look forward to seeing all of you at our "Voted The Best" celebration!

Thank you for making Village Shores "**The BEST**"!

Kindly,
~Judy Koznick



Resident Council News

Do you need help? By this time you should have received a document that has been developed for our Village Shores residents outlining what's available to you and how you should go about seeking help. The council hopes this document will assist you in your needs. Any further clarification, speak to Monica Whitson.

The project on organic recycling (composting) is still being evaluated and before anything can be finalized it must be presented to Silver Crest corporate management. There are quite a few concerns when you take on a project like this in a large building.

Remember, if you have a concern or are pleased with something that is going on at Village Shores, your Resident Council is here to be a spokesman for you. Although our Village Shores management team has a real open door policy, it's sometimes easier to talk through something with a fellow resident.



Rick's Round-Up

Rick Meyer - Executive Director

We survived the inspection by the City of Richfield on May 18 with Jennifer and Dean coming to each and every apartment to ensure that your living environment is safe and conducive to good health. We are appreciative that the City of Richfield invests the effort in caring for their citizens in this manner. Their findings included bathroom vent fans not hooked up or working, garbage disposals not working due to lack of use, some doors that didn't latch when closed, mats in the hallway outside resident apartments, and a need for carbon monoxide detectors in the laundry rooms due to gas dryers being used. Our maintenance staff will begin immediately to remedy each of these situations. Thank you for your cooperation with the inspectors. Our rooftop patio flowers were planted on Friday May 20 so please enjoy the sunshine and beauty of the patio with your friends. I'm sure we could assist you if you have a group of residents who are interested in an event on the patio.

Did you know we have about 15 retired nurses living here at Village Shores. They met for a reception recently and plan to gather again this summer. It was fun to hear them exchange stories of what nursing was like in the 60', 70's and 80's. Getting to work in the blizzard, seeing the doctors at work, and hearing the compliments of family members as their loved ones were able to recover. We appreciate the nurses who care for our residents. Lyndsay Kessler is our Clinical Director, Youa Xiong is our RN, and Maffa Bonah LPN, and Queen Ohaen LPN complete the staff of nurses. Enjoy your summer and spend time with the family.

~Rick Meyer
Executive Director



Silver Care News

Lyndsay Kessler RN, BSN

Director of Nursing

Happy spring everyone! We are well on our way to summertime. In Minnesota, that usually means people will be out and about more so than the cold winter months. Remember, the more people will get together the more risk we have to spread our germs and diseases. Covid is still a real thing in our lives and continues to greatly impact our elderly population. We must continue to stay vigilant and protect ourselves at much as possible. If you are able, try to continue to stay 6 feet away from others, do not forget to wear your mask when around other people including activities, cover your mouth when you cough and sneeze, and above all else WASH YOUR HANDS. We are holding a covid booster clinic on **June 22nd, 2022**. It will be held from **10am-2pm located in the 4th floor activity room**. Flyers will be posted, and information will be sent out on how to register. We encourage all to register ahead of time and try to secure an appointment time. If you are having difficulty registering for this event, please come see one of the directors and we will be happy to help you. This clinic is open to all types of the vaccine, Pfizer, Moderna, and Johnson and Johnson and we will offer all of these brands as well. If you have your covid card, please come prepared to bring it with you. If you are in assisted living it is likely that the nurses have a copy of your information if you lost or cannot find your card to bring with. We are prepared to administer 100 doses of the vaccine so please come and sign up as soon as you are able.

~Lyndsay



Low Notes and High Notes with Dezso

I am very excited to have started my course on the World Wars last month. This is a lecture series on World War I, the interwar period, World War II, and an introduction to the Cold War up to the Korean War. This lecture series was previously presented in a course on twentieth century American History that I taught about a year ago here at Village Shores but has been greatly expanded. I am particularly excited about much new content in this course on Scandinavia during World War II.

My Mythology course has reached the unit on myths of the afterlife and pantheons of many cultures. This will feature my first major expansion on Norse mythology, in which we will detail many gods and stories from medieval Scandinavia, including such well-known deities as Odin and Thor, in addition to some of the more obscure gods from this culture such as Frigg (Odin's wife), Balder (Odin's son), and Freya (goddess of fertility). We will also detail many Egyptian gods such as Ra and Isis, as well as going into more detail concerning some of the Greek deities we have already encountered, such as Zeus, Poseidon, Hermes, and Athena.

While we have presented the first Act of *Macbeth* last month, we will conclude that play in June. Our next feature in my Shakespeare group will be one of Shakespeare's final plays, *The Tempest*. This will feature the great Shakespearean actor Michael Hordern in the role of the wizard Prospero, a role which many believe was also symbolic for Shakespeare himself. As this play was just recently presented at the Guthrie under the direction of Joe Dowling, I am particularly excited to present this work. Michael Hordern's *King Lear* is brilliant and will be a future feature of this group. I am very excited about my June programs and hope to see you there!



Computer/Technology Interest Group

The Computer-Technology Interest group will meet at **3:00 pm, Thursday, June 16 in the RICHFIELD ROOM.**

(Note new location for this session).

We plan to continue the discussion on Technology in support of Aging. Our May speaker hopes to join us.

GUESTS ARE WELCOME!!

Reflections

Hala Randall - Director of Reflections

Happy June!

"The Longest Day" is the day with the most light known as the summer solstice. On June 21st, people from across the world will come together to fight the darkness of Alzheimer's! Village Shores has already started fundraising for Alzheimer's association for the Longest Day event in June. We had a successful year last year and would like to keep that going! There are flyers with more information on the fun ways to get involved and help us raise money for Alzheimer's. Please go online to join our team and share with friends and family that may also like to get involved. You can find our team by going to the Alzheimer's Association- Longest Day page and search "Village Shores". Donate before June 5th to get your T-Shirt before our event on June 24th. We will be wearing our purple shirts on Tuesday June 21st as we walk the Richfield Lake.

Help us bring awareness to Alzheimer's and join the cause in finding a cure!



Words from Wellness

Erin Moynihan - Wellness Director

Happy summer vibes friends,
I am excited to announce our new Wellness Coordinator, Dominique Fowler, who will be starting her position this month. The club will now be open on Saturdays along with new classes, art for wellness, and recreational games! Be sure and look over the wellness calendar for new class times and dates!



Namaste
~Erin

The Club Hours

**Mon - Fri
7:30 to 4:30
Saturday
8 to 2
Sunday
Closed**

Maintenance Updates

Larry Webb— Director of Environmental Services
Happy Spring from your Maintenance Team!

June will be a month of finishing projects and cleaning the exterior grounds in anticipation of the big construction project that will be starting sometime in June. This Richfield City Project will tear up 65th Street in it's entirety. It is yet to be determined how this will affect our accessibility to our parking garage. When more information is available, we will inform the residents. Whatever the case, we hope this project will run smoothly and affect our quality of life as minimally as possible. ~Larry



Work Orders

Please Call Reception Desk
Our Team Will Fix It For You!!

612 - 861-1186



Hair Care for Older Adults

(Hair Tips from Lani)

If you are a woman of a certain age and hear hairstyling rules you should abide by. Rules such as Length (never below the chin!) also Color (begone grays!) Well, I don't really believe in rules. I think there are far too many people in the world to place in a little box. I believe the secret to looking good at any age is to feel comfortable in your own skin and to find styles that flatter you. One of the greatest lessons in life that many women don't learn until they have a few years behind them, is that to be truly happy, you must accept yourself for who you are.

You may notice older women cover their gray with blonde. This is because blonde hair blends better with gray, and roots are not as noticeable. Also dark hair can emphasize lines on your face. Here's the deal about gray hair if you're a woman who has it (studies show the majority of us will have some gray by age 50). Quit listening to others and go with your gut. If you have gray hair and like it, don't bother coloring it every 4 weeks. It's also a myth that after age 50 that you have to lop your hair off. There plenty of women over age 60 who look gorgeous with longer hair.

One of the surprising things about getting older is that hair stops growing in some places (your legs) and starts growing in other places (your chin). One other big surprise women tell me about is thinning hair. Who knew this happens to women? Apparently it does to 40 percent of women post-menopause.

"The Shores" **Hair Salon**

Lani
McConnell -
Owner

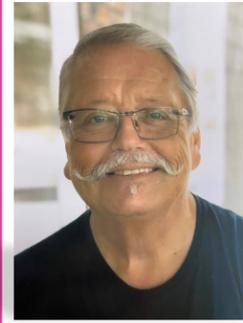
HOURS OF
OPERATION:
Monday - Friday
8:00am - 5:00pm

Walk In or
By
appointment
612-746-4708



Food For Thought

Les Johnson - Director of Dining Services



Happy June to you all! Make sure to sign up for one of our very popular kitchen tours! See where all the magic happens! You can sign-up down at the sign-up table on first floor. We are excited to see Dominique, our Bistro server, move into the position of Club Coordinator under Erin! In her place, Ben, one of our energetic young servers, will be taking her place. Make sure to come down during the week for a hot and affordable lunch whipped up right before your very eyes! We always have daily specials under \$6 that will fill you up and not break the bank. We are starting our new Spring menu! We will be featuring a number of new entrees as well as plenty of fresh entrée salads as well as other menu items. We love to change it up for you and provide many different taste experiences. Dads, (and moms too!) Make sure you sign up for our special Father's Day dinner! On Sunday, June 19th, our famous Baby Back Ribs will be the featured entrée! See below for the entire menu. Thank you for enjoying the wonderful meals here at Village Shores prepared with love by our fastidious dining team! ~Les

PLEASE CALL FOR
MEAL RESERVATIONS:
(612) 746 - 4713



SPECIAL FATHER'S DAY MENU:

SOUP —Steak Vegetable soup

SALAD - Fresh Watermelon

DESSERT- Black Forest Cake
Chocolate chip waffle / syrup

ENTRÉE- BBQ Baby Back Pork Ribs
Baked beans
Biscuits and honey butter
Hashbrown patty
Sausage

June Outings

Vic says "Hop in With Me! We'll Go Places!"

June 2– Orchestra Hall– Coffee Concert

June 9– Taylors Falls River Boat Cruise

June 13– Breakfast Outing to Fat Nat's in New Hope

June 16– Lunch Outing– Red Lobster

June 23– National Eagle Center in Wabasha

June 27—Lunch Outing to Olive Garden

June 30—Pavek Communications Museum

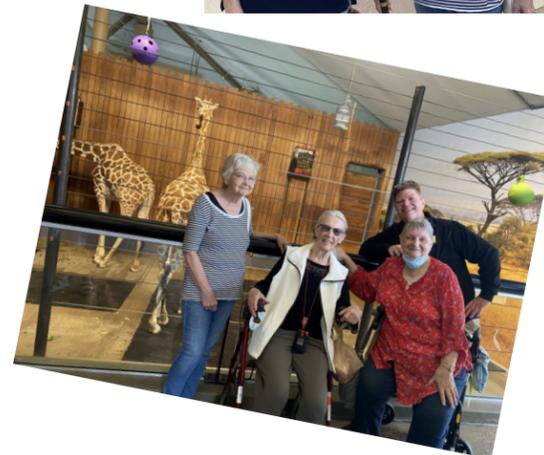
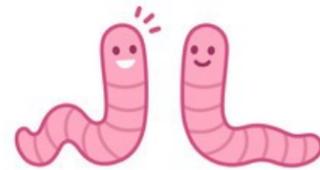


VIC'S CORNER
VS Transportation Hotline
612-803-6718

May Memories...

May was bright, May was gay, May was memorable in many a way.

At Village Shores, we laugh, we play. Each new we chase the blues away!



Things You Should Know

- We have a free shuttle for medical appointments, grocery shopping, banking, restaurants, and casinos. Talk to Brad if you have more ideas.
 - The meal charges that appear on your monthly invoice can be confusing. The date that appears next to your meal charges is the date that the charges were posted, **NOT** the date when you ate the meal. That date of posting includes all meal charges incurred over 30 days.
- If you have any comments please use the comment box on the sign-up table to leave them. We look through them weekly and discuss them in our meetings.

Important Dates:

June 6
D-Day

June 14
Flag Day

June 19
Father's Day

June 21
Summer Begins