



6501 Woodlake Dr.  
Richfield, MN 55423

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### Staff Directory

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

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<u>Lead Receptionist</u> - Nola Roberts 612.861.1186	reception@villageshores.com

VILLAGE SHORES  
A SILVERCREST COMMUNITY



### Program Ponderings

#### *Brad Ray – Director of Programs*

*“In the good old summertime.. Strolling down the shady lane, with your baby mine..”* If the sun is shining, then **THAT’S** a very good sign that fun and exciting things are happening at Village Shores! Let’s take a look at **what’s a’ happenin’** in August. Here’s the buzz!

Kicking off the month, we will be celebrating our community’s **National Night Out** within the community of Richfield with our own event called **“National Coffee Break Out!”** This event will take place in the morning and feature breakfast treats, fresh coffee, and some steaming hot tunes by **“Big Bob” Scoggin!** We will be inviting community service members such as the Fire Department and Police Department, as well as some of our nearby neighbors! Talk about brewing up some fun!

**Disc Jockey Mike Henry** returns to take us back in time with a presentation of the history of musicals! **Taylor Marie Fashions** returns for a delightful clothing sale and fashion show! Heidi is **ALWAYS** looking for models to showcase the newest fashions of the season. Please sign up with me (Brad) if you would like to help out. We have two **Travelling Naturalists** coming in August! **Melonie Shipman** returns with a wonderful presentation on her experience photographing otters, and **Leanne Landstrom** will present on her travels to Cuba! The naturalists that present here are such a wonderful treasure. And as always, **MUSIC** is at the forefront of so many of our wonderful happenings! In addition to Big Bob early on, we welcome the return of **The Roe Family Singers!** We just LOVED their last performance here! Also, straight from the Minnesota Orchestra, we welcome back **Rachel Brandwein** entertaining us with lovely harp music for our August Birthday Parties! And of course, you can count on myself, Dezso, Mary Livingston, and the entertainers playing our AL and Reflections floors to keep all the toes tapping and the hands clapping! All our performers remark how Village Shores one of the liveliest communities they perform at. There is no doubt that is the case. We have so many music lovers here!

Lastly, let’s see where Victor will be taking us in August! How about a couple of lunch outings? **El Loro** fell through last month due to bus issue, so we are doing it again. **Cowboy Jacks** has an amazing menu as well. Let’s check that place out! We’re headed to the **Minnesota Landscape Arboretum** again, and were taking a trip to Wood Lake Nature Center for a presentation by their nature staff. Also, we’re teaming up with two of our other Silvercrest communities and taking a lunch cruise on Lake Minnetonka! This venerable experience is provided by **Al and Alma’s**, a Mound, MN iconic dining destination for generations.

Here at Village Shores, we don’t care if you just dip your toes in, or dive headfirst into the sea of fun. As long as you stay cool, have fun, and don’t bring sand into the Dining Room, we’ll be just fine. After all, life’s a beach, so let’s have a ball!



~Brad

## Resident in the Spotlight Barbara Lewis (607)

Barbara was born in Sacramento, CA. Her father was a Civil Engineer. She was the older of two children. Barbara enjoyed learning the flute in 4th grade, a skill that followed her through college. One highlight was playing in a group that opened up the 1960 Winter Olympics in Squaw Valley. All of the compositions they played were composed by none other than Walt Disney for this particular ceremony. Some of these selections from are still used today in Olympic Events! Barbara gets excited when she hears them every four years! She attended CALIF University majoring in Education. Upon graduation, she taught 2nd grade in California. Through a neighbor, she met Ken Lewis who had just gotten out the Air Force. They were married and had one son (her favorite son) Tim. They later moved to the Bay area where she taught and he finished school. After twenty years, Barbara relocated to Dallas, Oregon where she got another degree in Social Work, which was her career until retirement. She enjoyed these years working with seniors, being a case manager. In 2007, Barbara moved to Minneapolis to be close to family, and in 2009, she bought a condo in Anoka, which she sold in 2021. She soon moved to Village Shores where she continues her lifelong love of quilting. This passion, which began in the early 1960's, eventually led to her teaching others the skill of quilt making. Barbara explains her love of quilting: "As a young girl, my mother made my clothes. Eventually, I picked up this skill. In college, I was interested in Civil Engineering. This area of study, which leans on geometry and mathematics, was perfectly suitable to transfer over into quilt making. In the 1960's and 1970's, the love of quilt making exploded, due in part to the popularity of quilt contests at county fairs. The American Bicentennial really aided this explosion! The art of quilt making is very personal, and the final artistic piece can be utilitarian, or artistic! Ideally, it's a little of both!" Here at Village Shores, Barbara enjoys the feeling of comfort she feels which she felt from her first tour. The residents in the hallways during the tour greeted her with friendly faces and eyes. She loves the amenities, such as the activity programs and the different range of fitness and exercise classes. The professionalism of the staff is excellent. The location is also very suitable to her lifestyle, which includes her demanding roommate Lucy, a domestic tortoise shell short haired feline. Lucy is very friendly and will surely give any visitor a leg rub! If you see Barbara around, feel free to give her a nice hello and you will get a hello back! She fits here like a perfect piece of quilting fabric!



## August Birthdays

- 2 Norma Leary (818)
- 2 Nola Roberts – Staff – VS
- 4 Eve Morgan – Staff – VS
- 7 John Moberg (820)
- 7 Joan Steinert (901B)
- 8 Lee Ausen (712)
- 8 Norma Cudd (605)
- 11 Constance (Connie) Neuvile (308B)
- 12 Elaine Taylor (611)
- 16 Cheryl Keynes (224)
- 16 Amy Menke (407)
- 18 Marilee Rice (816B)
- 19 Ron Wilson (206A)
- 20 Pat Wilson (206A)
- 20 Carol Jensen – (821)
- 20 Lakshmi Sitaramiah (228)
- 23 Jean Olson (802)
- 23 David Frees (902)
- 24 Bev Nowling (1016B)
- 26 Russ Brandt (309)
- 27 Linda Greene - Beauty Salon
- 31 Stephen Regan (410)

## Welcome New

### Residents

- Bill Wrienden Jr. (807)
- Larry and Pat Gottsschalk (1008)
- Marylin Johnson (521)

welcome

## Silver Advantage

### LETTER OF THE MONTH FOR AUGUST IS "R" FOR RESIDENTS FIRST

**Natalie-**  
Thanks for the  
pleasant and  
quick service!  
Always on the  
ball!  
- Mac (505)

**Reshmi-**  
You always make  
sure to put EXTRA  
effort into cleaning  
our apartment!  
Thank you!  
- Evelyn (702)

**Eve-**  
Thank you for help-  
ing set out chairs for  
the outside Summit  
Music Concert! I real-  
ly appreciated the  
help!  
-Dezso  
(Program  
Coordinator)

**Chona-**  
That was a great job  
double checking the Re-  
flections diet binder to  
make sure you serve the  
right meals to the resi-  
dents who may have  
different diets than the  
others. Great job keep-  
ing the residents safe!  
- Hala

**Dining Room Staff-**  
Breakfast on June 25  
was amazing! What a  
joy to have a lovely  
omelet! CHEESE CHEESE  
CHEESE!  
Our favorite!  
Thanks for starting our  
day right!  
-Susan (904)  
Lavonne (408)

*Silver Advantage is the Silvercrest Mantra of customer service. The acronym R.E.S.P.E.C.T. defines our goal in providing the best experience we can offer as far as being an excellent community to live and work in*

## Marketing Musings

Hello friends!

Many of you know me as the Director of Reflections but recently I took a new role at Village Shores in marketing! I am excited for the opportunity to be the new Sales Associate working with Judy. I have been in the senior care industry for over 10 years. I have worn many hats but have always had a passion to help seniors and to be a resource for them and their families. The last few years, my focus has been dementia education and support and I am hoping to apply my knowledge to helping families find a home here at Village Shores. I am looking forward to building our relationship with the Richfield community and getting to know more about Village Shores.



## Green Thumb Club News

Please visit our beautiful 3rd Floor Deck. It's open to ALL RESIDENTS of Village Shores and their guests. It is accessible by using the "new elevators" to 3rd floor, and then accessing the deck through the Garden Café. Feel free to bring a scissors and snip some fresh herbs! Available herbs are parsley, thyme, chives, and rosemary! Oh, and for you Pesto lovers out there, please feel free to try our fresh basil! If you need to get rid of old personal plants and containers, please take them to the garbage on 1st floor. Many thanks to the members of the Village Shores Garden Club who have done a great job making sure our gardens are delightful!



## Resident Council News

The one year term for the present resident council is ending October, 2022. Volunteers are needed for the second council. Please let Rick Meyer know if you are interested by August 15th. If you are recommending someone please check with that person first to be sure that they are willing to participate.

Last month we asked for volunteers for our resident greeting program. We are still looking for volunteers. We now have people in place for the 5th and 9th floors, but where are the others?

We would also like this volunteer to be a floor representative for any floor activities, such as floor parties or holiday decorating.

Let's hear from you. Call:

Char Chapin 612-861-9570

Dick Nylander

612-757-9233



## Rick's Round-Up

*Rick Meyer - Executive Director*

How is your summer going? Minnesotans cannot complain about the heat, right? Not when we complain about the cold! Well, our summers make us forget about the cold and we get back to normal. Maybe you have enjoyed some outings and trips, so you do not feel that cabin fever anymore.

I want you to be aware of a new level of nursing care that we are offering. It is called Assisted Living Plus for those who need more staff involvement such as cueing for and escorts to meals and events, two-person transfers, diabetic management, medication management/administration, and personalized care 24/7. There are nine apartments on the third floor that are not part of our Reflections neighborhood that are connected to the Garden Café that will be the location for those in Assisted Living Plus.

Many of you attended the presentation by the City of Richfield engineers educating us on the 65<sup>th</sup> Street project that begins near and around the post office. Of particular interest was the schedule of when the work will pass by Village Shores. I understand that we will have to wait until next summer to see the street by our building reconstructed. This summer will also see work east of us around Nicollet and the addition of a round-a-bout at Lyndale. They will direct traffic to "one way" when they close the street to one lane. I'm sure there will be signs detouring us where we can drive.

Best wishes to enjoy your summer

~Rick Meyer  
Executive Director



## Silver Care News

*Lyndsay Kessler RN, BSN*

*Director of Nursing*

It is with great excitement that I can announce to all that our Assisted Living Plus program is up and running! We opened our new unit Wednesday, July 13th with two wonderful residents Peggy and Steve; in addition to Mildred and Hugh. This is located on the 3<sup>rd</sup> floor, to the left of the elevator next to the Garden Cafe. This unit offers a wide variety of services and cares including full assistance with dressing needs, grooming, bathroom hygiene, bathing, use of wheelchair or walker, medication management, diabetes management, food prep and delivery, and more! The Garden Cafe will also be hosting daily and weekly activity and wellness programs. There is a dedicated resident assistant on the unit 24/7 as well as full time LPNs and RNs available 24/7. We hope to grow this unit to full capacity of 9 residents by the end of the year. If you know someone, or yourself 😊, who could benefit from additional services for a bundled price, please reach out to Marketing, Nursing, or Monica with more questions!

~Lyndsay Kessler RN



## Low Notes and High Notes with Dezso



August will be another exciting month for educational programming here at Village Shores! The first part of my World War II course dealt with the early German victories in the war from 1939 to 1941. This month we will focus on three key victories that turned the tide of the war finally in favor of the Allies. In North Africa, the British General Montgomery finally gained the upper hand against German General Rommel, the "Desert Fox," at the Battle of El Alamein. In the Pacific War, the Battle of Midway turned the tide in favor of the United States with the sinking of four critical Japanese aircraft carriers at that battle. Finally, the Russian victory over the Germans at Stalingrad became what many scholars believe to be the ultimate turning point in the war, as the Germans would be on the defensive for the rest of the war.

My Mythology class will begin to move to the study of Mythology and Psychology. This especially pertains to the scholarship of psychologist Carl Jung, the student and later friend of the famous father of psychology, Sigmund Freud. The field of Mythology, especially due to the scholarship of famed Mythologist Joseph Campbell, tends to be rather Jungian in perspective. Jung's theory that there is a collective consciousness in humanity alongside our personal consciousness has much resonance in mythological study. This will become especially true as we begin to work with myths of the hero next month.

Our Fidelio Society opera club is pleased to present Wagner's opera *Tannhäuser* in a special performance from the Bayreuth festival in Germany. Wagner built a special festival theater for performance of his massive four evening undertaking *the Ring of the Nibelung*, and this theater presents only Wagner operas, and is also open only in the summer, the time when most opera festivals are usually closed! This performance of *Tannhäuser* is a dramatic masterpiece, and I am delighted to bring it to Village Shores. Our Classically Yours orchestral group will feature a fascinating work by Maurice Ravel: *The Tomb of Couperin* as well as the Beethoven Third Symphony. I hope to see you in class and at our Village Shores virtual theater!



~Dezso

## Computer/Technology Interest Group

This month's meeting will be held on  
Thursday, August 25 at 3:00 in the 4th Floor Activity Room.

We are looking for a new leader to participate in the monthly meetings. If you would like to be that person, please see Brad. We are looking for someone who is somewhat computer savvy and has an interest in helping other Village Shores residents maximize their online experiences and opportunities. Let's keep this group going!



## Reflections

### *Mykeylah Graham - Director of Reflections*

Hello Village Shores! I want to talk about "Ways to cope with grief and loss" I feel it's super important to have this information!

Face your feelings. Think about all of your feelings positive and negative. Let yourself be as sad as you want and accept feelings of guilt because they are normal. Work through your anger and frustration. These are healthy emotions. Know that it is common to feel conflicting emotions. It is okay to feel love and anger at the same time. Talk with someone. Talk with someone you trust about your grief, guilt, and anger. If you decide to meet with a therapist who specializes in grief counseling, interview several so you can choose one you are comfortable with. Know that some people may not understand your grief. Most people think grief happens when someone dies. They may not know that it is possible to grieve deeply for someone who has a progressive cognitive illness. It's okay to have these feelings, We are human! Lets be here to support one another!

~Mykeylah



## Words from Wellness

*Erin Moynihan - Wellness Director*

Hot summer days require more hydration than usual! In an effort to help remind everyone to stay hydrated, we are giving away popsicles, every Monday in August, at 1 pm in the First Floor Lounge/Bistro. We hope to see you there!

Namaste

~Erin



## The Club Hours

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

## Maintenance Updates

*Larry Webb— Director of Environmental Services*

Not much news regarding Maintenance this month, as our main focus is on keeping the residents COOL throughout the month of August with building measures in place! Make sure to come to the Reception Desk with ANY Maintenance issues and we will be glad to help you. We hope you have a great remainder of your summer!



**Work Orders**  
**Please Call Reception Desk**  
**Our Team Will Fix It For You!!**  
**612 - 861-1186**



### "The Shores" Hair Salon

*Lani*  
**McConnell -**  
**Owner**

**HOURS OF**  
**OPERATION:**  
**Monday - Friday**  
**8:00am - 5:00pm**  
**Walk In or**  
**By**  
**appointment**  
**612-746-4708**



### Health and Beauty Tips from Lani

#### **"Changing Seasons Can Be Tough on Skin"**

Changing seasons bring different weather conditions, which have an impact on your skin. Once the colder temperatures give way to warmer air, more intense sun and higher humidity, it's important to consider how these changes interact with your skincare. The focus should be less on hydration and more on sun protection. During winter, we often incorporate heavier moisturizers to keep our skin hydrated. But you can leave these richer products behind as the temperatures rise. Moisturizers should be light and contain a high concentration of water. It's important to apply it every single day.

One thing is for certain everyone should be using a broad-spectrum sunscreen with SPF 30- 50 every day of the year, but especially in the spring and summer. The benefits are numerous, which include prevention of skin cancer and pre-cancers protecting against the production of free radicals that contribute to wrinkles and development of sunspots and other pigment problems. And don't forget your hands, the thin skin on your hands wrinkles and pigments easily.

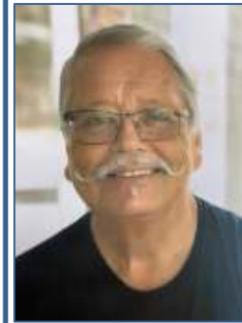
Drinking enough water every day helps maintain the moisture balance of the body and skin. "If you like your caffeine like me and can't start the day without coffee or tea, triple the amount of water you drink throughout the day to avoid dehydration."

~Lani



## Food For Thought

*Les Johnson - Director of Dining Services*



Hot enough for you? Well, if you can't stand the heat, get outta the kitchen! Except if you come on one of our kitchen tours! If you haven't yet, please sign up down at the "sign-up table" and come experience where "the magic" takes place! I say that because I have a great team that has plenty of culinary tricks up their sleeves! Just watch as our delicious menu items magically disappear from your plate! Here's some exciting news for August:

Our new Bistro menu and Main Dining Room breakfast menu will be kicking off with daily specials offered. Our price on the daily lunch specials will still be \$5.99. Where else can you get a filling and delicious lunch at that price?

Would you like to have family members dine with you in the Main Dining Room? That will now be available! You must sign up at Reception to reserve a slot. We are also exploring this option for The Bistro.

Lastly, we are exploring options for our Fall Menu! Start thinking about delicious soups, stews, roasts, sweaters, cardigans, coats, mittens.. Wait! I'm getting ahead of myself! Stay cool!

~Les

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



### August Outings

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



- 8/11 El Loro Mexican Restaurant**
- 8/18 Minnesota Landscape Arboretum**
- 8/25 Wood Lake Nature Center for Presentation**
- 8/29 Lunch Outing to Cowboy Jacks**
- 8/31 Al and Alma's Lake Minnetonka Lunch Cruise**



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

# July Memories...



## 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 trough them weekly and discuss them in our meetings.

## Important Dates:

Aug 2 National Night Out

Aug 9 National Book Lovers Day

Aug 11 National Son and Daughters Day

Aug 21 National Senior Citizens Day

Aug 26 Women's Equality Day