



6501 Woodlake Dr.
Richfield, MN 55423

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Village Shores Website Link:

www.villageshoresseniorcommunity.com



Equal Housing
Opportunity

Staff Directory

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

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OCTOBER 2022

SHORELINES



Program Ponderings

Brad Ray – Director of Programs

Ah, October in Minnesota. The damp smell of the freshly fallen leaves, the golden brown, orange, and yellow hues of our wooded landscape, and the roars of the homecoming crowd when the home team scores a touchdown. I think back on my idyllic youth, waiting patiently in the deer stand for that elusive buck while the local farmer is busy harvesting the ripened and hardened field corn nearby. Well, just like those bountiful days of yore, our cornucopias are sure to be filled with excitement here at Village Shores. In this newsletter, we will highlight some of the great events and programs offered as well as exciting outside destinations.

October begins with an **Oktoberfest Celebration!** Strap on those lederhosen for an afternoon of food, drink, and polka music with the premiere accordionist of Minnesota, **Mark Stillman!** He has been featured numerous times in the Star Tribune, and is a legend around these parts. The **“Minneapolis South Side Singers”** will have us singing along on a nice Friday afternoon. **Travelling Naturalist Eloise Dietz** returns for a presentation called “Autumn Harvest.” A “new to Village Shores” entertainer **Nate Hance** will help us celebrate October birthdays, and the **North Suburban Chorus** will give us a splendid evening concert. Be sure to get your best costume on for our annual Halloween Happy Hour with ghoulish drinks, and some rocking tunes by the **Brad Raysins Band!** Sprinkle in plenty of music with Brad and Dezso, choir and sing a long with Mary Livingston, and two concerts for AL and Reflections residents with **Mary Franz** and **Kent Appeldoorn!** So much fun stuff going on!

This month’s outings will feature trips to the **Galleria of Edina**, the **Twin City Model Railroad Museum** with Lunch at **Gabe’s of St. Paul**, an independent outing to **Mystic Lake Casino**, a “Coffee Concert” at **Orchestra Hall**, a lunch outing to the **Cheesecake Factory**, a “Leaf Peepers” trip around the **Minneapolis Chain of Lakes**, and a late October trip to the **Minnesota Landscape Arboretum** to see all the wonderful Halloween displays!

Our Programs Department’s love for helping to provide a good quality of life here at Village Shores is almost Frightening! However, we feel we’ve got all the treats “in the bag!” Happy October, and don’t tip over any outhouses!

~Brad



Resident in the Spotlight Ruth Fults (1007)

Ruth is relatively new to Village Shores. She arrived around the end of April of this year. Here is a little bit about her! "I was born during the famous May blizzard of 1944. My dad had to hire a snowplow operator to clear a path to Luverne, Minnesota to clear a path for the mother to be! I am the third of six children. We were raised in Ellsworth. I was a town girl though and through. My father delivered gas and heating oil to area farms. We had a large garden and played baseball in the street in front of my house with the neighborhood kids. It was idyllic childhood. I graduated from Ellsworth High in 1962. After high school, I attended college at St. Theresa's in Winona to study teaching, but I switched to Nursing, I am a caregiver at heart. I then attended the LPN program at Rochester and worked there until 1969. Later in life, I attended R.N. school at Willmar, and graduated in 1998. In 1969, I moved to New Ulm to work at the St. Alexander's Nursing Home, and also Loretto Hospital. In New Ulm, I was out dancing with friends at the New Ulm Ballroom where I met my future husband. We were married in 1971. Out of this union, I was blessed with two children and four grandchildren. I enjoy travelling. Some of my favorite places I have visited are Alaska and Hawaii. I have enjoyed visiting the western states, and New York. I enjoy needlepoint, embroidery, reading, and educational programs on television. I never want to stop learning. In my later career, I was a station supervisor at the St. John Lutheran Home in Springfield, MN for 40 years! At the age of 68, I retired from Nursing. Village Shores came into my area of interest about 10 years ago when I thought about moving closer to my sister, who lives in South Minneapolis. But it wasn't until last year that I "pulled the trigger" and moved in. Here at Village Shores, I enjoy the activities, dining at the Bistro, and especially all the friendly and helpful staff. Also, the residents of Village Shores have made me feel very welcome and at home! I feel very safe here. I look forward to meeting many more of my fellow Village Shores residents! If you see me in the hallway, make sure to say hello!



October Birthdays

- 2 Carolyn Strong (919)
- 5 Barbara Moltumyr – Staff – VS
- 5 Dick Nylander (1004)
- 6 Kathleen Darland (805)
- 7 Elaine Regan (410)
- 8 Claire Zweber (502)
- 9 Naomi Nycklemoe (313B)
- 9 Donna Stoll (226)
- 9 Paul, Lashanda- Staff- SCSC
- 11 Reshmi Khuball – Staff - SCDS
- 13 Raymond Wilson (907)
- 16 Ellen Sivright (714)
- 20 Adele Davis (1003)
- 20 Chona Luciano - SCDS
- 21 Caroline Baldarez-Staff-SC
- 22 Barry Kivo (810)
- 23 Samra Aho – Staff SC
- 25 Doug Lassey – (308A)
- 25 Mary Jane Larson (405)
- 29 Ann Hall (403)
- 30 Bradley Van Gorder (412)
- 31 Lorraine Enger (719)

Welcome New Residents

- Mary Anne Svoboda (416B)
- Eva Mae Bjerke (415B)
- Lyndon (Lyndy) & Diane West (1009)
- John Meland (615A)
- Gayla Dalager (909)

welcome

Silver Advantage

LETTER OF THE MONTH FOR OCTOBER IS: "S" FOR SAFETY AND SECURITY

Ben B.
Hats off to you,
Ben! He's doing a
GREAT job helping
in the Bistro.
Always with a
smile!
-Charles (510)

Erin M.
What a busy woman! You
come up with new things all
of the time, and are so helpful
to all of us. When I see you
putting all of the SHORELINES
newsletters together and you
found off, you were doing it
in your SPARE TIME!
-Mac (505)

Pam
Your apple tree is
fabulous! I always
look forward to and
appreciate your
wonderful talent!
Thank you!
-Norma (605)

Barb
Thank you for all of
your help creating
and distributing the
new resident name
tags! Your help was
invaluable!
-Hala (Marketing)

Victor
Where would we go
without you?? You
have such great sto-
ries, you are so pa-
tient, and such a good
and safe bus driver!
-Ellen (714)

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



Judy Koznick

Director of Marketing

Village Shores Senior Community

(P) 612-861-1186 (F) 612-861-0210 (D) 612-746-4711

jkoznick@villageshores.com



Resident Council News

Well, the first year of our Resident Council has come to an end. We want to thank you for letting us represent you and hope that we have done the job asked of us. The outgoing council is as follows: Evelyn Burns, Char Chapin, Stan Cyr, Judy Fries, Mary Ellen Gallick, Don Kenney, Richard Lux, Earl Nolting and Dick Nylander.

Your new council is as follows: Fred Kramer, Patty Glynn, Kathy Darland, Kenny Hansen, Herta Pike, Mary Ellen Gallick, Richard Lux, Barbara Hershleder and Janet Helmberger.

Each and every member of the council is looking forward to your input on concerns or observations on the running of our Village Shores Community. Don't hesitate to contact any one of the council members.

Let's hear from you. Call:

Fred Kramer 612-345-5231

Richard Lux 612-315-2998

Kathy Darland 262-994-2059

Let's look forward to a great year!



Rick's Round-Up

Rick Meyer - Executive Director

At the most recent All Resident Meeting several residents were acknowledged for their contribution and leadership in the events and programs that happen at Village Shores. We are excited that so many contribute, and I would encourage all residents to participate to enjoy the benefits of their efforts. It would be great if every person had at least one event each week that got them out of their apartment, active and engaged in making friends. Wouldn't that be a quality improvement in your life?

You have been waiting for the window washers to arrive and I can announce that they will be here Oct 3-7. Please check to see if you need to move furniture away from the windows at least two feet and have this completed prior to their arrival on Monday, Oct 3. If you need help, please notify the receptionist and our maintenance staff will come to move the furniture the week before Oct 3, so we are ready. The work will begin on the 10th floor and proceed down. Our maintenance men will accompany them.

The first Resident Council has completed their year commitment. At their most recent meetings they reviewed the nominations and applications for members of the second council. Fortunately, there were many applicants but unfortunately, they had to narrow them down to place nine on the council. Two current members, Richard Lux (506) and Mary Ellen Gallick (617) will stay on to provide continuity. The new members chosen by the outgoing council are Kathy Darland 805, Fred Kramer 1012, Patty Glynn (422), Kenny Hansen (517), Herta Pike (402), Barbara Hershleder (229) and Janet Helmberger (716B). Please congratulate them and feel free to refer your ideas and concerns to them. Their first meeting will be held Oct 12 at 2pm in the Private Dining Room.

~Rick Meyer
Executive Director



Silver Care News

Lyndsay Kessler RN, BSN

Director of Nursing

You can spread COVID-19 to others starting a couple days before you have any symptoms, and even if you never have symptoms. If you spend time close to someone with COVID-19, you may have it too, but you may not know it. It is important to take the recommended steps to keep from spreading the virus to others, even if you have been vaccinated or have already had COVID-19.

If you get symptoms, stay home and away from others (isolate) as soon as you notice them and test right away for COVID-19. This includes people who are vaccinated or who had COVID-19 in the past.

Close contact or exposure: Being close to someone who has COVID-19 for at least 15 minutes within 24 hours means you are a close contact and were exposed to COVID-19. However, it may be possible for COVID-19 to spread in less time or it may take longer.

In general, the longer you are around someone who has COVID-19, the more likely it is that COVID-19 could spread to you. This is especially true if other steps to prevent spread are not in place, such as wearing a mask. Your risk may be higher if you were around a person who had symptoms, or you live with someone who has COVID-19. The type of activity can also increase your risk, such as singing or shouting.

Wear a high quality and well-fitting mask for 10 full days when you are indoors and around others, even at home. The 10 days start the day after your last close contact with someone with COVID-19. The day of your last close contact is counted as day zero. The day you can stop wearing a mask is day 11.

Watch for symptoms for 10 full days after your last close contact with someone who has COVID-19. Symptoms can include fever of 100.4 degrees Fahrenheit or greater, cough, sore throat, or shortness of breath. For a complete list of symptoms, visit [CDC: Symptoms of COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/symptoms.html).

If you develop symptoms, stay home and away from others (isolate) and test immediately for COVID-19. Follow isolation recommendations at [If You Are Sick or Test Positive: COVID-19](#). This includes people who have tested positive for COVID-19 in the last 90 days, even if they are up to date with their COVID-19 vaccines.

~Lyndsay Kessler RN



Low Notes and High Notes with Dezso



I am very excited about cultural and educational programming at Village Shores as we move into the month of October, and I wanted to give you a quick preview as to what lies ahead in my World War II History, Film, and Lecture series. As I wind down my present lecture course on the World Wars and the beginnings of the Cold War, we will switch gears to a presentation of the epic 10-part miniseries *Band of Brothers*. A winner of 20 nominations and 7 Emmy Awards, including best miniseries and television film, this series showcases the training and military experience of one of the most elite American units in World War II: Easy Company in the 506th Regiment of the 101st Airborne Division.

The United States had two primary airborne divisions in World War II: the 82nd and 101st Airborne divisions. These were elite paratroopers, ready to land at a moment's notice in great danger behind enemy lines. The 101st Airborne Division, often known as the "Screaming Eagles" division due to the shoulder patch of an eagle they proudly wore on their left shoulder, fought in many battles in World War II, but several are most prominent: The landing in Normandy during D-Day, and the massed airborne offensive to liberate the Netherlands in Operation Market Garden, the subject of the film *A Bridge Too Far*, which we presented about six months ago. Perhaps their most famous moment, however, was during the Battle of the Bulge, in which German panzer troops surrounded the division at Bastogne. When the German commander demanded that the division surrender to the Germans, the commander of the 101st give his well-known reply: "Nuts!"

Following *Band of Brothers*, I will be pleased to present two more complete courses in World War II from a company called the Teaching Company, the first being the experience of World War II in the European theater, followed by a complete course on the entire Pacific War. Meanwhile, our musical programs will continue with Mozart's great opera *Così fan Tutte* in the Fidelio Society opera club, and lots of great orchestral works in our Classically Yours music appreciation group. See you at the Village Shores virtual theater!

~Dezso



Computer/Technology Interest Group

The Computer Technology Group will meet in October on **Monday, the 24th in the 4th floor Activity Room at 3 :00PM**. Jeannine Sloan will lead a discussion on e-readers. She has researched the issue and found the one that works best to check out books and magazines from the public library as well as buy them from e-book sellers. The e-reader app, called "Libby", will work on nearly every computer, laptop, tablet or smart phone as well as dedicated e-reader devices. Come join our discussion and start reading again!

Libby Macdougall (604) outbackww@gmail.com 612-24-9650



Reflections

Mykeylah Graham - Director of Reflections

We ended our summer with a wonderful boat ride, and now approaching those "cozy fall vibes." it's around that season we get to see all the beautiful fall leaves! There's no better season for the wonderful and pleasant scenic drives that we offer here in our Reflections Community! We want to start this season off with some apple picking, hay riding, and other colorful events such as our Halloween party going on towards the end of the month.

Here's some education on dementia care. A person with dementia may be overly affectionate at the wrong time or place. If this happens, explain the disease and its effects to the people involved to help them understand. Always remember to treat everyone with kindness, even if they may know or may not know what's going on.

Trick or treat!!

~Mykeylah



Words from Wellness



Erin Moynihan - Wellness Director

Special Wellness Events for October:

Monday, October 10th at 1 pm

"Art for Wellness"

Monday, October 17th at 1 pm

"Pumpkin Decorating"

Monday, October 24th at 1 pm

Nutrition Talk and Taste "Pumpkins"

The Club Hours

**Mon - Fri
7:30a to 3:30p
Saturday
&
Sunday
Closed**

Maintenance Updates

Larry Webb— Director of Environmental Services

Our Maintenance Department is gearing up for the changing of the seasons. It's hard to believe, but winter is on the way, and we want all of our residents to be warm and comfortable. We will be checking all the heating systems, including the heat pumps. We will be making sure the cooling towers are working properly, as well getting ready to switch over to heat. We will be checking apartment windows and doors to make sure they are sealed, on an "as needed" basis. The heat

will come on sometime in mid- to late October, depending on the weather. Make sure to let us know if the temperature in your apartment is not to your liking. We will be quick to address any temperature concern. As always, if you note an area throughout the building that needs attention, let us know as soon as possible! We don't want any goblins jumping out from behind any closet doors!

~Larry



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



Gray is the New Way!!

There is no cure for gray hair. You can, though, color it if you want a younger look. Use these tips for healthy, youthful looking hair.

Highlights. A few strands of color painted throughout your hair can subtly hide gray hairs.

Color. Women who want a solid, darker color should realize it's going to require regular maintenance as the color grows out. If you don't want a salon appointment every six to eight weeks, solid colors are not for you.

A new style. Wear your hair any way you want. Forget those old "rules" about not having long hair after a certain age. Your hairstyle should be what you prefer, no matter what your age.

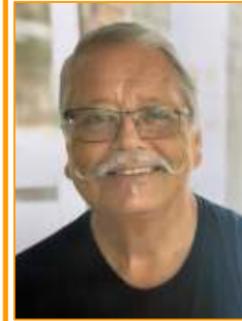
Fix thinning hair. A shorter cut gives more volume to thinning hair. Color is also good for giving volume to fine, limp hair. Sometimes a volumizing shampoo, can solve the problem.

Your favorite natural beauty tip may be as simple as wearing a radiant smile. Or it may mean using a few products or treatments along the way. Whatever your choice, taking care of yourself is the most beautiful thing of all.



Food For Thought

Les Johnson - Director of Dining Services



Ever thought you would have to "sing for your supper?" Well here at Village Shores, you can get a chance to sing AFTER supper! On Tuesday, October 25, we're going to start something that May turn into a monthly event! "Karoake with the Kitchen Crew" begins at 5:00 that night after supper and go to 6:00. Myself and my fellow music loving chef, Elle, will host this event in the Dining room. Come listen, and sing a song or two! Please note that the residents can bring alcohol to Dining Room to enjoy for this event. We can provide glassware but please note that our servers cannot open or pour alcohol. Also, make sure to note the German menu that we will be featuring on the day of our planned Oktoberfest event! Also, we are going to try another new thing! We will be offering the dining room will be have sign ups for different groups - i.e. "Woman table" or Men's table" or perhaps tables for residents of certain career to join others with same background. Come to me with ideas for this! We thought it might be a way for more people to meet each other! Prost!

~Les

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



Oct 5 Oktoberfest Evening Dinner Menu:

Beer Cheese soup
 Wienerschnitzel breaded veal cutlet
 Buttered spaetzle
 Beets
 German chocolate cake with hot topping



October Outings

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

Oct 3- Galleria of Edina

Oct 6- Twin City Model Railroad Museum and Lunch at Gabe's of St. Paul

Oct 10- Mystic Lake Casino

Oct 13- Orchestra Hall

Oct 17- Cheesecake Factory

Oct 20 - Leaf Peepers- Chain of Lakes

Oct 27- Minnesota Landscape Arboretum



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

September 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 through them weekly and discuss them in our meetings.

Important Dates In

October :

- October 1st – World Vegetarian Day
- October 2nd – National Custodial Worker Day
- October 2nd – World Smile Day (First Friday of the month)
- October 5th – World Teacher's Day
- October 9th – Fire Prevention Day
- October 12th – Indigenous Day (Formerly Columbus Day)
- October 14th – National Dessert Day
- October 16th – Bosses Day
- October 29th – Frankenstein Day
- October 30th – National Candy Corn Day
- October 31st – Halloween Carve a Pumpkin Day