

Spring



Spring

APRIL 2024

SHORELINES

6501 Woodlake Dr.
Richfield, MN 55423

To follow and learn more use the links below:

Facebook Link: <https://www.facebook.com/villageshores>

Instagram Link: <https://www.instagram.com/villageshores/>

Village Shores Website Link:

www.villageshoresseniorcommunity.com



Equal Housing Opportunity

Staff Directory

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

<u>Executive Director</u> - Antonio Rossi 612.746.4703	arossini@villageshores.com
<u>Director of Administrative Services</u> - Pam Propper 612.861.1186	ppropper@villageshores.com
<u>Director of Marketing</u> - Ann Huseby 612-746-4711	ahuseby@villageshores.com
<u>Marketing Field Associate</u> - Hala Randall 612.746.4706	hrandall@villageshores.com
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<u>Director of Maintenance</u> - Jeff Zwiig 612.746.4701	jzwiig@villageshores.com
<u>Director of Wellness</u> - Tara Davenport 612.746.4712	tdavenport@villageshores.com
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<u>Director of Reflections</u> - Lisa Klockmann 612.746.4714	lklockmann@villageshores.com
<u>Clinical Director of Nursing</u> - Rosemary LeBlanc 612.746.4723	rleblanc@villageshores.com
<u>Clinical R.N.</u> - 612-286-4722	
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<u>Lead Receptionist</u> - Nicole Johnson 612.861.1186	reception@villageshores.com



Program Ponderings

Brad Ray – Director of Programs

Ah... Spring has finally arrived.. Or was it here all along? Snow lovers like myself will not look back on “the winter that wasn’t” with much fondness, other than that driving was a lot easier! The warmer winter kept the beehive that is Village Shores buzzing with life and energy. This momentum will surely carry over into the spring months! Let’s see what kinds of interesting and promising droplets of fun that April showers us with!

The month starts out with two of our favorite interesting presenters that have graced our presence regularly. Noted historian **Rob Ellos** is back with his historical presentation “**From Apollo to the Moon.**” Soon after, Dodge Nature Center naturalist **Eloise Dietz** will be telling us “**All About Birds**”. The **League of Minnesota Poets** will be here on a Saturday to do an afternoon reading. (Many thanks to Village Shores resident Jim E. (613) for his participation in making this happen.)

As far as music events and socials, as always, we are ready to put on a show! The **Northern Lights Ukulele Band** will finally grace us with a concert, after having had to cancel last January. Our wonderful connection with **Summit Music** will also reap it’s rewards with a special afternoon concert. The month closes out with an evening concert with the **Minnesota Police Band** and the April Birthday Party starring the legendary Minnesota country music entertainer **Sherwin Linton** and his wife Pam! Our special Reflections /AL Wednesday Afternoon Concert Series features Minnesota guitarist **Javier Trejo**, and folk singer **Mary Franz**.

Lastly, where should we go? Our offered outings in April are to the Minnesota Landscape Arboretum, IKEA, the Minneapolis Institute of Art, and as always, our own in-house and resident run activity groups, card games, and music groups will continue as always. Dezso and I are always open to you coming with us with suggestions for activity groups, entertainers, speakers, and destinations for our outings. We also field any suggestions that you may have to keep our community a desirable and exciting place to live. Let's spring into action and keep our community active and vibrant together!

~Brad



Resident in the Spotlight

Mary Ann McGuire (804)

The thump of a tennis ball. The click of a ski binder. The whack of a golf ball. But what sound does a bike make, a runner, or a snowshoer at Woodlake?

These are the familiar sounds of Mary Ann McGuire's active adventurous life. She has always loved sports since her childhood in Dubuque, IA. (Her brother still likes to golf even in his 90s.) Her parents, with only 4th and 6th grade educations, propelled all 5 of their children into advanced degrees. Education was a high family value.

This adventurous spirit has also propelled Mary Ann into travel on a 10-week trip through Europe (England, Ireland, Austria, Portugal, Spain), on an African Safari, on a visit to Israel and Palestine, and to the Pacific — Japan, Thailand, Australia, and New Zealand. (Her father's grandparents, McGuires, emigrated to the US from Ireland, the county of Fermanagh, in the Ulster area.) She also travelled to the Soviet Union, Eastern Europe, and the Scandinavian countries. She went on cruises through the Panama Canal, in the Caribbean, and in Alaska.

One special ski trip in Austria took her deeper into Austrian health care than intended — when her first run down the mountain brought an injury of twisting and breaking her left leg. In that adventure, Mary Ann spent a month in a 3-patient clinic in the Austrian Alps with a Canadian woman as her roommate.

Fueling all of this activity was her long, distinguished nursing career starting with her first training in Rock Island, IL, then her BSN in Nursing from University of Mn, followed by an MS from University of St Francis (Joliet, IL) in Health Care Administration (Twin Cities satellite campus).

Mary Ann started as a nurse at the VA in Iowa, City, IA, before she transferred to the VA in the Twin Cities. After that long 10-week trip to Europe caused her to resign from the VA, she worked 4 years as a Field Nurse Educator at Sister Kenny Institute. Her assignment covered a 5-state area (MN, IA, WI, SD, ND) where she presented workshops in hospitals, nursing homes, and schools of nursing about the latest treatments for spinal cord, brain and stroke injuries with coaching about the importance of keeping people moving.

Working for Sister Kenny Institute, Mary Ann watched the growth of understanding in the medical community about physical therapy. This strong experience propelled her into her next 25-year position in Alternative Care as a public health nurse in Ramsey County where she specialized in care-in-home to adults and children. Then at the end of her career, she specialized in working to prevent movement of elderly to nursing homes. Mary Ann took on the administration of a variety of tasks of working with families and social workers, to assess the safety needs in the home, to get ramps built, to arrange for lawn care, to arrange home nurse care and meals.

After retirement, Mary Ann coached and mentored intercity tennis children at the tennis dome on Nicollet and 40th street. She found a challenging task was teaching teamwork to the kids.

Mary Ann finally retired from Ramsey County in 2000 (although she was called back when additional help was needed.)

After living in her home at 50th and Sheridan Ave. south for 45 years, Mary Ann moved to Village Shores in October 2023.

Mary Ann says that she has learned to live life fully, which includes lots of concerts, theater performances, trips, sports, friends and owning her house.

At Village Shores Mary Ann loves the community of interesting and friendly people and all the games they enjoy playing. She also values the ice water stations around the building and the fitness center with exercise classes. There's also the walking path around Richfield Lake and the bus trips and outings for meals and events. She feels safe here.

And Mary Ann wants to make friends — so now that you know something about her, take a moment to chat with her in the hall or in the fitness center or on the bus.

Page 2



Happy Birthday April Babies!

1 Pat Gottschalk (1008)

1 Geradine (Gerry) Geisert (701A)

2 Juan Nicolas Noyola – Staff - VS

7 June Bengston (612)

8 Mitzi Krueger (315A)

9 Rachel Oulahi- Staff- SCSC

13 Warren Wright – Staff- SCSC

13 Patricia Glynn (422)

16 Angelleece Hawkins- Staff- SCSC

17 Mary Stratton – Staff - SCDS

19 Richard Lux (506)

19 Evelyn Asklakson (303B)

22 Annette Gardner (1017)

22 Barbara Ruddick (917)

25 Mary Ellen Gallick (617)

28 Karen Zollar (606)

30 Morgaine Sattva (304B)

Celebrate April Birthdays!

Sherwin & Pam Linton



WELCOME NEW RESIDENTS!

Richard Juettner (216)

Richard Behrens (1016A)

Elizabeth Limekemann (522)

Karen Zollar (606)

David Trach (601B)

Alice Deutsch (423)

Carol Lobeck (422)



Silver Advantage

LETTER OF THE MONTH FOR APRIL IS: "T" FOR TEAMWORK



Ya Ya (SilverCare)-
She is always great
at greeting me and
helping me focus
as I am often here
with too many
things of my mind.
Also, she has great
sense of humor.
-Alda

Nicole at Reception
Thanks so much for
taking time to call me
about my groceries
and packages! You
are a wonderful per-
son and receptionist!
-Norma (605)

Mitchell
(Wellness Coordinator)
Thanks for making
Saturday such a
FUN DAY!
Let's do it again
Please!!
Char (614)

Ty (SilverCare)
Thanks for going the ex-
tra mile to get a resi-
dent to her next stop
even though she wasn't
on your roster
Tara (Wellness Director)

Sherry is just amazing!
She does more than just her
job. She helped with Frank's
coat when I was afraid we
would be late. She always
puts Residents First.
What a great team player!
-Alda

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

Ann Huseby- Director of Market

BLOOD DRIVE **Monday April 15th from 10am-2:30pm in the Richfield Room**

Snacks and drinks will be available after blood donation in the "Fireside Lounge" (on 1st Floor)

There are 3 ways to sign up:

1. Visit the Memorial Blood website at mbc.org/searchdrives, enter Sponsor code 5120
2. Call 888-448-3253
3. Use the QR code on the Memorial Blood flyer (ask for one at Reception)

We are hoping to have a minimum of 25 people signed up to donate blood. The first 25 people to donate will get a cup of the "Top Dog" chocolates that benefited the fallen first responders in Burnsville.

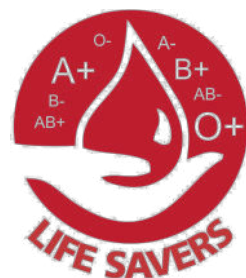
There will be a drawing for a prize at this event as well! For every resident, friend or family member that you have signed up to donate we will put your name into a drawing to win a gift from The Droolin' Moose!

Ann Huseby- Marketing Director
Village Shores Senior Community
(P) 612-861-1186 (F) 612-861-0210
(D) 612-746-4711
ahuseby@villageshores.com

~Ann



**DONATE
BLOOD** +



Resident Council Monthly Meeting Notes

Head Chef Les visited and reviewed the new menus with us, including the new always available options. Les is willing to host a free form meeting to answer resident questions regarding food, carbs, choices, fried or not, etc.

2. Diane met with Brad regarding our resident directory. Many questions were raised - is the directory a violation of privacy; do residents like and use the directory; is there someone who could take over the job of directory revisions from Brad? Barb will meet with Antonio to discuss concerns.
3. Garage A. Cleaning should take place this spring. B. Can there be a pass through by the storage area to eliminate the need to back up when work or moving trucks are parked in the 10 minute space? Barb will discuss these with Antonio.
4. The crowding at Saturday Coffee Social was discussed at length. The number of residents attending is a good thing, but the number of people, walkers, and wheelchairs presents a danger. Deanna will ask about adding more tables
5. 65th Street is finished, but a few problems remain. Barb and Kathy will complete Richfield's online form to request 25mph speed limit signs, no parking within one car length of our garage doors, especially the exit door, and a painted crosswalk from near Pizza Luce's driveway to the curb cutout across the street.
6. Barb met with Mike, former Exec Director, prior to his leaving. Questions regarding the 9th floor fire were asked as well as questions about independent living vs assisted living and privacy rights. Answers were shared with the Council.
7. Jane will meet with Monica to ask that all new residents be given name tags as soon as they move in. She will also ask why these new residents aren't receiving fobs.

Jane Radatz, Secretary (404). 612-381-7158

Barb Teawalt, Chairperson (811). 651-470-2863



Silver Care News Spring Cleaning... Your Medicine Cabinet!

We all have them- those bottles that get pushed to the back, forgotten, or not oft used. While some expired medications may retain their efficacy, it's crucial to exercise caution and adhere to best practices. Some medicines- like liquids, inhalers, creams or lotions have much shorter expiration dates. Others, when stored properly could remain good for months even years beyond their expiration date. Here are a few tips to help keep you safe:

1. **Check for Signs of Degradation:** Inspect medications for any changes in color, texture, or odor. If a drug appears altered in any way, it should be discarded immediately.
2. **Follow Storage Guidelines:** Store medications in a cool, dry place away from direct sunlight. Avoid storing them in the bathroom or kitchen, where humidity levels fluctuate.
3. **Dispose of Expired Medications Properly:** Many pharmacies and community centers offer medication disposal programs to safely discard expired or unused drugs. Flushing medications down the toilet or throwing them in the trash can have adverse environmental consequences.
4. **Consult Healthcare Professionals:** When in doubt about the safety or efficacy of expired medications, consult with a pharmacist or healthcare provider. They can offer guidance tailored to your specific situation and medical history.

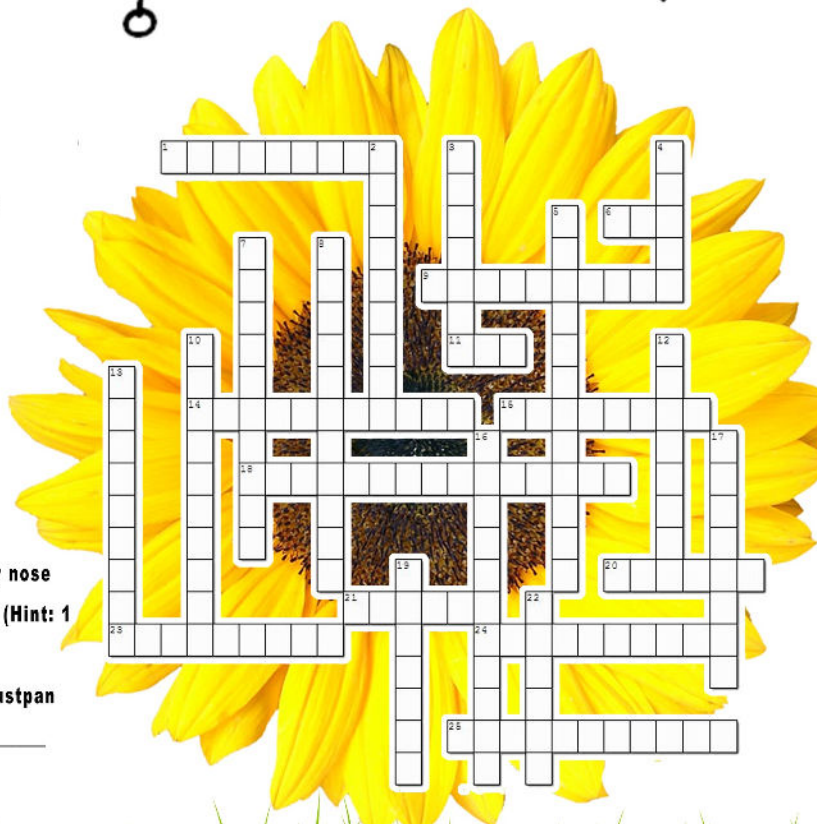
Remember, while expiration dates serve as important guidelines for medication use, they should not be viewed as absolute indicators of efficacy or safety. Understanding the factors that influence medication stability and practicing proper storage and disposal methods are key to maximizing the lifespan of medications and ensuring their safe and effective use. When it comes to your health, knowledge is power. Stay informed, stay safe, and don't let misconceptions about expiration dates cloud your judgment when it comes to managing your medications.

Spring Crossword Puzzle



Down

2. Flower that follows the sun
3. Rabbits eat these
4. Floppy and hops
5. Basketball (2 words)
7. Mom (2 words)
8. Dance (2 words)
10. Hunt for these (2 words)
12. On this holiday, Jews go without bread
13. Coughing, sneezing, stuffy nose
16. Girls wear these (2 words) (Hint: 1 piece, 2 piece)
17. Grab your mop and your dustpan
19. April showers bring May _____
22. Holiday



Across

1. Footwear used for the beach
6. WARNING: May cause skin cancer!
9. Holy Thursday, _____, Holy Saturday (2 words)
11. Freshmen and sophomores take the PSAT, while juniors and seniors stress over this
14. A blessing to students (2 words)
15. Before seniors graduate, they go to this (Hint: Bash)
18. Time to save time (2 words)
20. Jump into _____
21. With this in the air, you'll start to sneeze
23. Used to protect the skin
24. Cap and gown
25. Animals come out of this deep sleep

Low Notes and High Notes with Dezso



Each week on Wednesday I am pleased to offer my program dedicated to video performances of the great plays of Shakespeare. We have been celebrating these works for over two years here at Village Shores and have moved through roughly half of Shakespeare's output among his Trage-



dies, Comedies, and Histories. As we continue this program into April, I have coordinated some of the History plays with the Guthrie's current production of Shakespeare's most mature history cycle, a first time in the production history of that theater.

The Guthrie Theater opened on May 7, 1963, with a production of *Hamlet* directed by Sir Tyrone Guthrie, the theater's founder. The idea for a different kind of theater sparked in 1959 during a series of conversations among Guthrie, an acclaimed theater director, and his two colleagues, Oliver Rea and Peter Zeisler, who were all disenchanted with performances on Broadway. They envisioned a resident theater that would draw world-class artists to perform the classics with the highest professional standards. What began as a summer season of four productions supported by minimal staff is now a complex organization that serves nearly 350,000 patrons and the Twin Cities community year-round.

The History plays of Shakespeare depict English history from the 12th to 16th centuries. The Guthrie's production of the History plays featuring *Richard II*, *Henry IV*, and *Henry V*, are part of a chronological series known as the "Henriad." *Richard II* begins the cycle. It chronicles the decline and fall of a flawed English king. Richard banishes Henry Bolingbroke, seizes his lands, and uses the money to fund his Irish wars. The banished Henry returns to England, however, to reclaim his land, gathers an army of those opposed to Richard, and deposes him. Now as Henry IV, Henry imprisons Richard, and Richard is murdered in prison.

In *Henry IV*, King Henry finds himself overwhelmed by the political complexities of kingship, while his son, Prince Hal, redeems himself from his own youthful wild and irresponsible behavior. Hal later banishes his former friend, the comical Falstaff, and ascends the throne as *King Henry V*. In the final play in that cycle, after having been insulted by French diplomats, King Henry travels with his army to France where the French knights are defeated against the odds by English longbows at the historical Battle of Agincourt in 1415. In the end, the King woos and marries the Princess of France, linking the two nations.

The complete consecutive staging of this cycle in a single season is the first time in the production history of the Guthrie theater and is being considered a once in a generation event. Shakespeare's History plays are marked by the same brilliance as his better-known Tragedies and Comedies. Whether you are watching Shakespeare at the Guthrie or at the Village Shores virtual theater, I hope that you take these opportunities to study and learn about the greatest writer in the English language!

~ Dezso

Computer/Technology Interest Group

The Computer-Technology Interest Group will **NOT** meet in April. **Volunteer(s)** are needed to plan meetings, so future meetings will be "on call". CALL BRAD ASAP, if available. In the meantime, some of us are working on 2 different technology projects for interested residents.

Watch the newsletter for an announcement.

Words from Wellness

Tara Davenport—Director of Wellness

Access to green space, food, clean water, enrichment, exercise, and healthcare are essential for our health and wellness. The beauty of Village Shores is how readily available these are for us!

Join us for this month's Wellness Talk on April 17th featuring Ascend Rehab. Ascend therapy services are onsite at Village Shores to help residents restore their health without the hassle of managing off-site appointments or arranging in-home therapy. Find out more about Ascend's services plus a few strategies to improve your activities of daily living at the Wellness Talk.

While therapy with Ascend is billed through insurance, all the classes, wellness activities and access to the Club are free to residents and included in your rent!

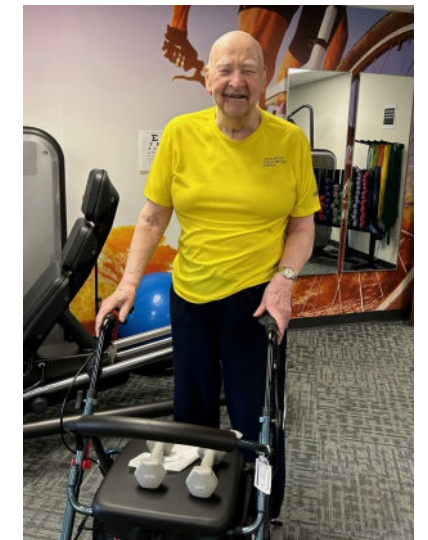
March Movement Challenge Success

Dennis and Bernice are among those who marched into The Club last month for our March Movement Challenge. It's exciting to see how many of you tried new classes or exercises. We saw fresh faces on our Wellness Walks and at Fun Friday games. Some of you also increased your exercise minutes. Nice work, all of you!

We believe movement is medicine and we have something for almost everyone. Stop by the Club for BeFit or to schedule an orientation with the Wellness staff.

~Tara, Wellness Director

~Shira & Mitchell Wellness Coordinators



Village Shores Reflections Community

Lisa Klockmann - Director of Reflections

April showers bring May flowers. We will soon be able to plant flowers on our patio as we have been enjoying our indoor garden this winter. It is *Volunteer Month*, which brings to mind good deeds. We are always looking for volunteers to help with our activity programs. If you are interested in music or crafts with our residents, please come and see me for additional information. You can also call me at 612-746-4722. There will also be additional information by the reception desk. Lexi and I are getting to know our families and residents and are looking forward to meeting all of you. We continue to have our wonderful music concerts, which our residents really enjoy.

~Lisa



Maintenance Updates

Jeff Zweig - Director of Maintenance



Here at Village Shores, we want all of our residents to feel safe in an environment that is "firing on all 8 cylinders." Our maintenance team works diligently to keep everything in working order, not only in our common spaces, but also in your apartments. To achieve our goal to maintain this standard, a member of our team is always on call after hours and on the weekends. However, we feel we need to remind the residents that an "emergency" is defined as occurrences or situations that will put our residents or staff in danger. Examples would be anything that has to do with fire (smoke smell, sparks, etc.), flood (report ANY strange and unusual occurrence of water), lack of heat during cold months, or A/C problems during the warmer times of the year. Any "fix it" needs you may encounter will be addressed with work orders through Reception. Thank you for being considerate to our Maintenance Team and we look forward to serving your needs by providing a safe and comfortable living space for everyone at Village Shores.



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



Do You Have an Itchy Scalp??

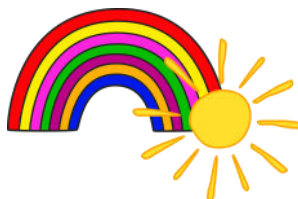
When your scalp itches, it can be difficult to think about anything else. Getting rid of the itch begins with finding out why it itches.

1. Dandruff- if your scalp is dry and you see flakes, you may have dandruff. Dandruff shampoo and scalp treatments can help with that.
2. Reaction to a hair product - If that's the case you'll have an itchy rash on your scalp, and you must stop using the product that's causing the reaction.
3. Head lice - commonly causes itchy scalp, have someone closely examine your scalp for lice. There are OTC treatments for lice, or you can go to a lice specialist.
4. Scalp Psoriasis- 50% of people who have plaque psoriasis experience a flare-up. You may have red-dish patches, flaking, silvery-white scale and dry scalp, it is often itchy.

There are many treatment options, a medicated shampoo along with scale softeners and other treatments.

5. Atopic dermatitis- a type of eczema that can have redness and scale on your scalp. Some people say their scalp burns and itches. Its best to see a dermatologist for a treatment plan.

6. Nerve problem- An intensely itchy scalp without signs of a rash or another skin reaction can be a sign of a nerve issue. Your doctor may say you have neuropathy, a problem along a nerve due to damage, disease, or an abnormality in the way the nerve works. Diseases that can affect your nerves include shingles and diabetes.



"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

Our "Get to Know Your Neighbor" Floor Dinners continue to be very popular! Make sure to sign up for your floor's special night! Here is the schedule for April:

April 3 Floor 3

April 10 Floor 2

April 17 Floor 10

April 24 Floor 9

we are all neighbors



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



VIC'S CORNER

Hey kids! I just want to thank you for the consideration that you have increasingly demonstrated in regards to calling me ahead of time if you plan on cancelling a trip. It means the world to me and your fellow residents!

-Vic

April Outings

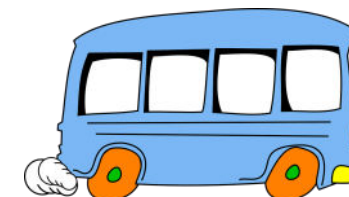
Vic says "Hop in With Me! We'll Go Places!"

April 4- Landscape Arboretum

April 11- Orchestra Hall Coffee Concert

April 18- Lunch Outing to Ikea

April 25- Minnesota Institute of Art and lunch at El Mariachi on Nicolet Avenue also known as "Eat Street"



WEEKEND MOVIE LOVERS! Please join other VS movie lovers for the weekend movies in the 4th Floor activity room on weekend evenings. Movies begin at 7:00. An in-house committee chooses the Fri & Sat movies. Make a movie suggestion or offer one from your own collection! If you want to be a part of this movie choice making process, or have a suggestion, drop a note in our Movie Committee Chairman's hanging file folder on 2nd Floor.

Ross S. (1013) VS Movie Committee Chairman

VS Transportation Hotline

952-254-7855



March



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 In April

- April 1- April Fool's Day
- April 3- National Walking Day
- April 4- International Carrot Day
- April 6- National Handmade Day
- April 7- No Housework Day
- April 9- Winston Churchill Day
- April 10- Hug Your Dog Day
- April 13- National Scrabble Day
- April 15- Tax Day
- April 17- National Cheese Day
- April 20- Husband Appreciation Day
- April 22- Earth Day
- April 23- Shakespeare Day
- April 27- Babe Ruth Day
- April 29- International Dance Day