



6501 Woodlake Dr.  
Richfield, MN 55423

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[www.villageshoresseniorcommunity.com](http://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	<a href="mailto:arossini@villageshores.com">arossini@villageshores.com</a>
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<u>Director of Maintenance</u> - Jeff Zwiag 612.746.4701	<a href="mailto:jzwiag@villageshores.com">jzwiag@villageshores.com</a>
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<u>Director of Resident Services</u> - Monica Whitson 612.746.4707	<a href="mailto:mwhitson@villageshores.com">mwhitson@villageshores.com</a>
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<u>Clinical Director of Nursing</u> - Rosemary LeBlanc 612.746.4723	<a href="mailto:rleblanc@villageshores.com">rleblanc@villageshores.com</a>
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MAY 2024



# SHORELINES

### Program Ponderings

*Brad Ray – Director of Programs*

Ah, the beloved month of May. Many of us may recall the days of hanging May Day baskets and ringing doorbells while scampering away. Perhaps images of long flowing dresses and dancing hand in hand around the May Pole comes to mind. My favorite part about May was when school was let out for the summer and my days were filled with gopher trapping, swimming at the lake, and being cast in the summer play at the local community theater. Whatever May means to you, we can certainly agree that we are "springing into action" here at Village Shores!

Presenters are entertainers are always in season for us! In May, we welcome back **Leanne Landstrom** who will detail her excursion to the **Galapagos Islands**. **Doug Ohman** (the most in-demand history speaker in the Twin Cities) will return with his engaging presentation on "**Uncovering and Saving History.**" Music history buff and former D.J. **Mike Henry** brings us into the world of **Showtunes!** We'll be taking a **nature walk and bird watch** with naturalist **Eloise Dietz** just across the street at Richfield Lake. We also welcome a new historian to our family fold! **Stephen Lund** is a young professor with a passion for history. I am looking forward to learning about "**Minnesota at War**", a lecture detailing the role of some of our state's servicemen and women in during the conflicts our county has experienced. And of course, where would we be without "music music music?!" In May we look forward to enjoying an evening concert with **The Crosstown Band** for the first time! Hopefully they play at least **62** songs! **Summit Music** returns once again to delight us with a classical afternoon. **Firespice** is a nice duo that will return to help us celebrate our residents and staff that have May birthdays, and our Reflections and A/L communities can look forward to hearing flying fingers of guitarist **Russell Schmidt** and the accordion stylings of my good buddy Pete Sandvik, also known as "**Accordion to Pete.**" As always, Dezso and myself will be each doing a lunch concert, respectively with lots of special music events on the horizon! It's going to be a toe tapping summer!

Sign up for an **acrylic painting class** series with a new artist educator for us. **Debra Hoffoss** will give a complimentary two-part painting series. Please sign up only if you are really excited about it, as that 12 is "the magic number." This is the maximum the teacher can handle, so let's make this a success.

Let's go! Sign up for our outings! In early May, we will be returning to the **Minnesota Landscape Arboretum**, attending a performance of the comedy play "**Til' Beth do us Part**" and dinner at the **Plymouth Playhouse**, a lunch outing to our favorite "**Taste of Scandinavia**", and a daylong trip to Minnesota's center of German Culture, the community of **New Ulm** to discover all things German/American! I'm going to be saying "**Glockenspiel**" an awful lot in the next few weeks.

So much more is going on at Village Shores than any other senior living community in the Metro. The is because of **YOU!** Our residents work together with our hard working employees to create this vibrant community. Our active and engaging senior populace has a collective mind that comes to us with ideas that our team brings to fruition. We are also blessed with a battalion of resident volunteers who help in such areas as assistance with games, leading groups that keep the plants looking green, and leading arts and craft groups. The Club employs a number of volunteers to help supervise The Club during off peak hours, and so much more! We will be having a private lunch and honoring program for our volunteers at 12:00 on May 17 in the 3rd Floor Garden Cafe. Volunteers can expect an invitation hand delivered to them. Thank you, everyone for continuing to help make the programs offered by Dezso and myself a success!

~Brad

## Silvercare News

### Spring Cleaning: A Guide to Household Chemical Safety

As we age, the environment within our homes becomes increasingly important to our overall health and safety. Household chemicals, once innocuous aids in cleaning and maintenance, can pose significant risks to seniors if not handled with caution. With mobility and sensory abilities potentially compromised, seniors are more vulnerable to accidents involving these substances. It's crucial for caregivers and seniors themselves to be aware of the potential hazards and take proactive measures to mitigate risks.

The first step in safeguarding seniors against household chemical mishaps is education. Providing clear and accessible information about the proper use, storage, and disposal of common household chemicals can empower seniors to make informed decisions. Labels should be read and understood thoroughly, and any doubts about usage or safety should be addressed promptly. Additionally, seniors should be reminded to wear appropriate protective gear, such as gloves and masks, when handling chemicals to minimize exposure.

Furthermore, simplifying the household chemical inventory can significantly reduce the risk of accidents. Seniors, particularly those living alone, may benefit from streamlining their cleaning products to include only essential items. This not only decreases the likelihood of confusion but also minimizes the potential for mixing incompatible chemicals, which can lead to hazardous reactions. Consider replacing harsh chemicals with safer alternatives or investing in multi-purpose products to limit the number of potentially harmful substances in the home. By taking these proactive steps, seniors can enjoy a safer living environment and greater peace of mind.

**SilverCare is the Nursing Care Service that operates in  
Silvercrest Communities**

## Happy Birthday May

### Birthdays

- 4 Ruth Fults (1007)
- 6 Lillian Hatley- Staff
- 7 Rita Cody-Baker (716A)
- 7 Roland Gertjejansen (305B)
- 8 Vicki Peterson (516A)
- 9 Adrienne Hayes (516B)
- 9 Clara Nieder (512)
- 11 Cathy Schmidt (716b)
- 13 Evelyn Burns (702)
- 13 Carol Novachis (615A)
- 17 Kathie Theado (710)
- 19 Jean Swenson (225)
- 19 Judy Fries (523)
- 20 Gerry Mooers (1002)
- 21 Mary Burns (1015A)
- 24 Victor Larson – Staff – VS
- 26 Barbara Alexander (313A)
- 27 Judy Jensen (1019)
- 27 Jerry Rose (912)
- 29 Ralph Peterson (315A)
- 30 Barbara Mueller (810)

### Celebrate May Birthdays



**Fire**

**Spice**

**Friday, May 31st at 2:00**

### WELCOME NEW RESIDENTS!

- Kathleen Welter (414)
- Annie Sandberg (314B)
- Bob & Susan Erickson (705)



## Silver Advantage LETTER OF THE MONTH FOR MAY IS: "R" FOR RESIDENTS FIRST



Marie,  
Thank you for being so kind and helpful to me while I was learning how to serve in Reflections  
  
- Ben

Brad & Dezso-  
Thanks so much for the wonderful concert with Jim Christensen! It was so enjoyable!  
  
-Norma (605)

Juan,  
Thank you for all of your work fixing the bathroom sink, toilet, and closet door. You are cheerful attitude and excellent work are always so much appreciated!  
  
- Ron & Doris (508)

Chris & Juan-  
Thank you for recovering my bedroom air conditioner. The room was chilly without it.  
  
-Rita (827)

Tara,  
Thank you so much for going out of your way to help with the "Wear Green and Win" prize! So very much appreciated!  
  
- Dezso



**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 Marketing*

We wanted to give a quick update and thanks to all! Our first annual the Blood Drive was a huge success! The results are in, and we helped to bring in 23 donors and collected 19 units of blood! **This helped save up to 57 lives!** The following resident winners who donated blood at the blood drive were the random drawing recipients of the Droolin' Moose Candies: Kathleen E. in 616A and Russel S. in 510! Congratulations, winners!

Our next larger Marketing Event will be held on June 1! We are sponsoring Director of Programs Brad Ray and his band, the Brad Raysins! This event will occur at the Richfield Farmers Market! We will utilize our Bus as a shuttle going to/from Village Shores to the Market, we will have a table and a tent at the market where Hala and I will be with the Wellness team playing all



**Ann Huseby- Marketing Director**  
**Village Shores Senior Community**  
**(P) 612-861-1186 (F) 612-861-0210**  
**(D) 612-746-4711**  
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sorts of fun games! Please mark your calendars as this is the 1<sup>st</sup> Saturday in June and I want to make sure that all of our residents are able to attend!! Also, make sure to SIGN UP for this rare weekend outing opportunity!

## Resident Council Monthly Meeting Notes

### Old Business

1. No changes to the VS Directory at this time.
2. Fobs are now available from Pam.
3. An attempt will be made by management to improve making right turns upon entering the garage.
4. Barb submitted the request to Richfield Traffic Control and received an email in response. Some signage and crosswalk painting were not done this past fall due to the late finish of the project before winter. This will be completed in June. Also in June, 25mph speed limit signs will be added to 65th St. Our request for a no parking sign will be taken to the next meeting of the Traffic Control committee by Matt Hardegger, Traffic Control, Engineer.

### New Business:

5. Barb will check online (and with maintenance) for washer/dryer manual for each floor.
6. Prior to move in for many of us, we were given instructions to contact reception to schedule move in and to avoid moving in from 11:30 to 1 and 5 to 6. Management will discuss this with staff. It is hoped this policy remains in place.
7. The importance of wearing call pendants was discussed. Please wear them.
8. The Resident Packet has a list of services for any resident at that level.

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

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



Meeting Held 4/10/24

2:00 Private Dining Room

## Residents in the Spotlight

### **(Ron & Doris Bender #508)**



Ron grew up in the country where he and two younger brothers attended a one-room country school. Doris came from a family of 8 who grew up in Mitchell, SD. They met in high school. Ron and Doris were high school sweethearts, got married, had their first son, Steve, and then in 1955 Ron joined the army. In 1956 they began a big adventure with their 8-month-old son, Steve. Ron had been assigned an army unit in Baumholder, Germany. They were one of 35 American families who had rented the same apartment from a German family who knew how to help Americans learn to live in Germany. They loved their German family. The Cold War was in full flower. But Ron and Doris managed to dig into the history around them and visit Holland, Belgium, Luxembourg, and attend the World's Fair in Brussels in 1958 — along with welcoming the birth of their second son, Mike. (They revisited Germany again in 1999 to visit that same German family, their grown children and grandchildren— it had all become much busier and more prosperous.)

When they returned from Germany after Ron's tour was over in 1958, they went back to Mitchell where their families lived. Ron soon qualified for the GI Bill and started a business degree at Dakota Wesleyan University.

Doris had interesting jobs in Mitchell (home of the Corn Palace) working as a sales clerk, dressing the manikins and arranging the window displays at the JCPenney store, working in the Ruby Ann Bakery and Cafeteria during high school, and later in the bookkeeping department of the local bank.

Ron's business degree led to his new job in 1970 with IDS (now Ameriprise) that moved them to the Twin Cities and their home of 53 years at 7313 Girard Ave. S. in Richfield. Ron retired from IDS in 1998.

As the oldest son, Steve led the way for Mike and Jon in sports in Richfield — basketball, football, and baseball. Those were busy years for Ron and Doris, especially 1973 and 1974 when Steve's basketball team made it into the State Basketball Tournament Finals.

Doris was president of the Rebecca Circle (a bible study group) at Oak Grove Lutheran Church (70th and Lyndale) for several years while Ron sang baritone in the choir for 37 years. Doris' Circle was known for their Maundy Thursday lunch where they served special hot cross buns. In addition, circle members would also prepare a variety of salads to be served.

During all of those years, for holidays, Doris baked and made treats for her 3 sons and later 3 grandsons: peanut butter blossoms, Russian teacakes, haystacks, cinnamon cookies, party mix and caramel corn. They were well-fed.

Doris' retirement years were slowed down when she got hit with spinal stenosis at age 60 in 1996. But energetic Ron got into long distance bike riding and racked up 54,000 miles over 31 years from 1986 through 2017. Part of those miles were on Jim Klobuchar's "Jaunt with Jim" rides. They went on a two week Alaskan tour and cruise in 2003, and for a few years after retirement spent a couple of winter months in Mesa, Arizona.

Doris and Ron share their philosophy of taking life as it comes, of making the most of each day.

They moved into Village Shores on August 25, 2023, partly at the urging of their 3 sons. Although they miss their neighbors of many years, they remember the tree roots in their yard that created sewer problems, the lawn mowing, leaf raking, snow shoveling; so the long halls of Village Shores don't look so daunting. They enjoy being free of worries and are growing accustomed to life in an apartment. They especially enjoy the activities at VS such as "stretch and sing", the Club, musical events and the monthly birthday celebrations. Also, they very much appreciate the expertise, friendliness, and ready availability of all the VS staff.

## Low Notes and High Notes with Dezso

Ah May, beautiful May is here! And one of my favorite holidays of the year, May Day! May Day is one of the historic festivities of a more ancient manner that is widely celebrated. It is a European festival of ancient origins that marks the beginning of summer in some cultures. May Day is usually celebrated on the first of May, marking the date between the spring equinox and the summer solstice. Festivals have also sometimes been celebrated the night before, known as May Eve.

The historical celebrations are quite interesting. Traditions often include gathering wildflowers and green branches, weaving floral garlands, crowning a May Queen (sometimes with a male companion), and setting up a Maypole, May Tree or May Bush, around which people dance. Bonfires are also part of the festival in some regions. Regional varieties and related traditions include Walpurgis Night in central and northern Europe, the Gaelic festival Beltane, the Welsh festival Calan Mai, and May devotions to the Blessed Virgin Mary. It has also been associated with the ancient Roman festival Floralia. It should be noted that International Workers Day is also called "May Day," but the two celebrations are unrelated.

The earliest known May holiday appeared with the celebration of Floralia, festival of Flora, the Roman goddess of flowers, held from April 27 – May 3 during the era of the Roman Republic. Another festival in ancient Rome was known as Maiouma or Maiuma, held every three years in the month of May dedicated to the Greek deities Dionysus and Aphrodite. This festival was celebrated with splendid banquets and offerings but the reputation for occasional licentiousness caused it to be suppressed for a time during the reign of the Roman Emperor Constantine.

A later May Day festival celebrated in Germanic countries is Walpurgis Night, which commemorates the canonization of Saint Walpurga on 1 May 870. In Gaelic culture, the evening of April 30 is the celebration of Beltane (which translates as "lucky fire") as well as the similar Welsh celebration Calan Mai which marks the start of the summer season. A custom continued into the early 19<sup>th</sup> century in which cattle would be made to jump over fires to protect their milk from being stolen by fairies. People would also leap over the fire for luck.

Since the 18<sup>th</sup> century, many Roman Catholics have observed May – and May Day – with various devotions to the Blessed Virgin Mary. Often in works of art or statues, Mary's head will be adorned with flowers in a May crowning. May 1 is also one of two feast days of the Catholic patron saint of workers, St. Joseph, husband to Mary and foster father of Jesus. The best-known modern celebrations include dancing around the Maypole and crowning the Queen of May. Whether you actively celebrate this holiday or not, we can all welcome the bounteous flowering at this time of another beautiful Minnesota spring!



## Computer/Technology Interest Group

On **May 20**, at 3:00 pm the **Computer-Technology Interest Group** will meet in the 4th Floor Activity Room.

All Village Shores residents who use a computer or similar technology (Reader, watch, tablet, etc) or *who would like to do so*, are invited to attend this open meeting to discuss problems **and** solutions. If you have any questions, feel free to contact the group leaders listed below or Brad in Programs.

**Earl N. (210) 612-869-3454**

**Jeannine S. (913) 612-708-5371**



## Words from Wellness

*Tara Davenport - Director of Wellness*

Ready for an unfamiliar word? Sarcopenia is the age-related loss of muscle mass and strength. You might think losing strength is inevitable, but that's not entirely true. Leveraging wellness resources at Village Shores can mitigate the effects of aging and keep us safe. When we build strength, we increase our independence and prevent falls.

Spring is a wonderful time to refresh routines so you can enjoy summer fun with friends and family!

When our physical activity levels decrease, we lose muscle even more quickly. Studies show that after the age of 50, we lose an average of 5-10 percent per decade. When we're inactive, it increases to 15 percent! This means our activities of daily living become more difficult. We might struggle to stand from a chair, take a walk, open jars, or carry groceries. Over time, it might result in injuries from falls or suffering the effects of social isolation on our mental health.

It can feel overwhelming to know how to progress our physical activity, but we're here to do it together! Look for a flyer in your hanging folder this month for a list of resources we offer at The Club. Call or stop by and we will help you find something that's right for you.

Movement can add a spring to your step or peace in your mind.

### Friday Purple Power! Let's Outshine the Darkness of Alzheimer's

Help us kick off Village Shores' Longest Day events by wearing purple on Fridays in May! Drop by the Reception desk or the Club for a chance to win a purple prize each Friday. Learn more about how you can help us raise funds and awareness for care, support, and research efforts of the Alzheimer's Association. We're planning exciting events in June for you and your friends and family.



## Village Shores Reflections Community

*Lisa Klockmann - Director of Reflections*



April showers bring May flowers. Hip-hip Hooray!! Guess what time it is? It is flower planting time! We will be outside on the patio planting all the different varieties of delicious herb and beautiful flowers that were started by our residents earlier this spring. We're so excited that the weather is starting to warm up, so we can lay in the sun and have conversation about everything we did while we were in the house during the winter months and discuss what we are planning to do over this summer.

If you didn't know, May is national Nurses month. Lexi is our Reflections nurse, Michele is our medication nurse, and Rosemary is our Assisted living nurse. Please introduce yourself if you haven't met them already, they will be happy to help to assist you with any questions or concerns you may have.

Worldwide, more than 55 million people are living with Alzheimer's Disease or another forms of dementia. Please consider joining the Alzheimer's Association in wearing purple on "The Longest Day," which is June 21st. This day is set aside as a special reminder of the millions that suffer from dementia. We will be having some special events in June in conjunction with our Wellness Department that will be detailed in next month's newsletter.

One more reminder to non-Reflections residents of Village Shores. Our Reflections Community is open to visit! There is no "code" need to get into 3rd floor to visit friends or offer to bring someone to another part of the building for events or socializing. Just ask for assistance in exciting the 3rd floor. Come visit old friends, and perhaps make some new ones as well!

~Lisa



## Maintenance Updates

Jeff Zweig - Director of Maintenance

As we all know, May can be as hot as a frying pan, or as cold as an ice box. With Minnesota spring temperatures that can swing from high to low in the blink of an eye, please note that the boilers that create the building heat are NOT ON during these months. To heat an entire building like this takes an enormous amount of energy, and when the temperatures are MOSTLY WARM, as we experience in May, we count on you to control your own comfort. Residents are encouraged to utilize their windows and AC units. If you have any questions in regards to your apartment temperature, please contact myself or a crew member.

~Jeff



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



### Do You Have an Itchy Scalp?? What is one of the best kept secrets for healthy hair?



You might be surprised to learn that it is a balanced diet. Experts agree that a healthy diet with the right mix of protein, iron and other nutrients can help improve the health, look and feel of your hair.

A balanced diet can give your hair all the nutrients it needs to satisfy both definitions for healthy hair. Your hair needs the same well rounded diet that provides the recommended vitamins, minerals, and other nutrients needed for good health in the rest of your body.

Protein, for example. A strand of hair is composed of mostly protein, which means your hair needs protein to grow. Hair and nails are both protein fibers. Protein is not the only nutrient needed to maintain healthy hair. You also need iron, Vitamin E, and trace minerals such as Selenium, Copper and Magnesium to help keep your hair in good shape. Not getting enough iron cause hair loss.

The best source of iron in your diet is meat. Lean meat, pork, beef, and fish are all good sources. Though evidence still is not clear, some studies suggest that Vitamin D may play a role in the hair cycle. Any vitamin deficiency will cause hair loss. Other essential vitamins for hair are B, C and E.

Hair supplements are not necessary, the best source of all the nutrients you need is a well balanced diet.

~Lani

### "The Shores"

#### Hair Salon

Lani

McConnell -

Owner

#### HOURS OF

#### OPERATION:

Monday - Friday  
8:00am - 5:00pm

Walk In or

By

Appointment

612-746-4708



## Executive Director News



### *Antonio Rossini- Executive Director at Village Shores*

Spring is a time of renewal and rejuvenation. As the cold winter months give way to warmer temperatures and blooming flowers, the sense of anticipation and excitement fills the air. This is especially true at Village Shores, where the arrival of spring brings new opportunities for residents and staff alike. As we explore the significance of spring in senior living, we embrace this season of renewal, as we prepare for spring activities and welcome new staff members in Village Shores.

Spring holds great significance at Village Shores. It symbolizes a fresh start and the promise of new beginnings. After a long winter, we may feel a renewed sense of energy and vitality as we witness nature's transformation around us. The longer daylight hours and milder weather provide the perfect backdrop for engaging in outdoor activities and socializing with fellow residents.

Moreover, spring brings a sense of hope and optimism. The vibrant colors of blooming flowers and the sweet fragrance in the air can have a positive impact on all of us, mental and emotional well-being. It serves as a reminder that life is cyclical and that there is always room for growth and change, regardless of age.

Embracing the renewal of spring in senior living communities offers numerous benefits for both residents and staff. For residents, engaging in spring activities can enhance their physical health and overall well-being. Outdoor activities such as gardening, walking, and gentle exercises can promote movement, improve cardiovascular health, and boost mood. This social interaction is vital for combating feelings of loneliness and isolation that some seniors may experience.

For staff members, embracing the renewal of spring can create a positive and uplifting work environment. The sense of anticipation and excitement among residents can be contagious, leading to increased job satisfaction and motivation. By organizing engaging activities and events, staff members can contribute to a vibrant community atmosphere that promotes a sense of purpose and fulfillment here at Village Shores.

I encourage all of you to get out, if not outside come explore our community!

Antonio Rossini- Executive Director at Villages Shores

#### VIC'S CORNER

Wednesdays are grocery day. These shopping opportunities are quite popular! What ISN'T popular? Not having a cart to bring groceries to your apartment. PLEASE RETURN CARDS TO RECEPTION ASAP AFTER USE. Please don't wait to put your groceries away to return the cart. Others need to use it. Also, due to lack of interest, Festival Foods will now be replaced by an additional grocery outing to Cub Thanks-  
~Vic

#### VS Transportation Hotline

952-254-7855



## May Outings

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

May 2- Minnesota Landscape Arboretum

May 9 - Plymouth Playhouse "Til Beth Do Us Part"

May 16- Lakewood Cemetery

May 23- New Ulm, Minnesota

May 30- Taste of Scandinavia



# April 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 May

- May 1- May Day
- May 4- Kentucky Derby Day
- May 5-0 World Laughter Day
- May 5- Cinco De Mayo
- May 6- Nat'l Nurses Day
- May 8- V-E Day
- May 10- Nat'l Golf Day
- May 14- Mother's Day
- May 18- Armed Forces Day
- May 20- Rescue Dog Day
- May 25- Nat'l Wine Day
- May 27- Memorial Day
- May 28- Nat'l Burger Day