



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



Staff Directory

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

| | |
|--|---|
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| <u>Director of Resident Services</u> - Monica Whitson 612.746.4707 | mwhitson@villageshores.com |
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| <u>Director of Nursing</u>- Joyce Mugaki 612.746.4722 | jmugaki@villageshores.com |
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DECEMBER
2024



SHORELINES

Program Ponderings

Brad Ray – Director of Programs

December Delights at Village Shores: A Month of Music, Memories, and Cheer

As the winter chill settles in, there's no better place to be than Village Shores, where the warmth of community and the joy of the holiday season shine through every event and gathering. With December upon us, we have a jam-packed schedule of exciting activities and special performances that will keep spirits high and hearts full of cheer. Whether you're a longtime resident or a newcomer to the community, there's something for everyone to enjoy this month at Village Shores!

A Day of Infamy: Reflecting on History (12/6) To kick things off, Dezso and I will present *A Day of Infamy*, a poignant reflection on the world-changing events of December 7, 1941. This program aims to honor the historical significance of that day, offering a moment of remembrance and respect.

Sherwin Linton: A Minnesota Music Legend (12/11) The holiday season wouldn't be complete without some festive music, and we're thrilled to welcome back Minnesota music legend Sherwin Linton. Sherwin, along with his partner Pam, will bring their signature holiday cheer to Village Shores, helping us ring in the season with good tunes and great vibes.

The Shore Liners Band: A Night of Music and Poetry (12/13) Next up, the Shore Liners Band—featuring Brad, Dezso, Mitchell, and others—will take the stage for an evening of lively music. Along with the melodies, residents will share poems, and there will be plenty of treats to enjoy. It's sure to be a night to remember!

Lotus Pharmacy Music & Nature Programs (12 16 & 17) On Monday, we'll have more music, courtesy of a special performance sponsored by Lotus Pharmacy. But the fun doesn't stop there, The next day, Naturalist Eloise Dietz will return for a fascinating program called *Wonder Bones*, where she'll explore the wonders of the natural world. For music lovers, we also have a treat: John Leisenring, a former resident and Beatles aficionado, will return for his second lecture in a series on the legendary Fab Four.

The NoteAble Singers: An Evening of Song (12/19) One of the most anticipated performances of the season is the return of the *NoteAble Singers*. These talented vocalists will grace us with their beautiful harmonies on a Thursday evening. Trust us, their performance is nothing short of spectacular, and you won't want to miss it!

A Holiday Performance from Gregory Milliren (12/20) On a Friday later this month, we're excited to feature Gregory Milliren, a flautist with the Minnesota Orchestra, who will perform alongside a talented pianist. This is sure to be a highlight of the holiday season for all who attend.

Nicholas David: Holiday Cheer from The Voice (12/24) And the best part of the season? Christmas Eve at Village Shores! We are thrilled to welcome back Nicholas David, an incredibly talented performer who was a top finalist on NBC's *The Voice* in 2021. Nicholas will return for his third consecutive year, sharing his much-lauded holiday program with our residents. His performance is always a crowd favorite and brings an extra dose of holiday magic to Village Shores.

New Year's / December Birthday Bash (12/27) We'll close out the month with a spectacular New Year's and December Birthday party on Friday, December 27. This celebration will feature Bobby, Christine, the amazing Jef Cierniak, and vocalist "Gingie" as they lead us in a night of festive music and joy. It's a perfect way to ring in the New Year and celebrate the birthdays of our December-born residents. And, while we may not be able to bring in expensive champagne from France, we'll certainly make sure the celebration is full of spirit—whether it's the fancy stuff or the more affordable version!

Outings & Decorations In addition to these exciting events, our outings for December are already available for sign-up. We're keeping our fingers crossed for smooth transportation arrangements so that everyone can join in on these fun excursions.



And don't forget—it's time to start decorating your apartment doors! This year, we'll hold a contest to see who has the best-decorated door in Village Shores. The top three decorated doors will be recognized, but remember, you can't vote for your own door!

As we approach the holiday season, Dezso and I, along with all the Village Shores team, wish you a month filled with joy, laughter, and warm memories. May your days be merry and bright as we celebrate the best of this festive season together. From all of us at Village Shores, we look forward to seeing you at these wonderful events and sharing the holiday cheer. Happy December!



Residents in the Spotlight

Rob and Sue Erickson #705

"LIFE IS AS EXCITING AS YOU WANT TO MAKE IT!"



Rob is a fireball of action and initiative, and Sue keeps up with him plus doing her own thing.

As a high school teacher of global social studies, Rob got his PhD and started a teacher exchange program between Hangzhou School of Language, China, and Minnesota schools in 1982 — after Nixon's February 1972 Friendship visit to China.

In 1984, Rob expanded his exchange into a Global Education Center with grant support from the Federal Government and the MN Dept. Of Education. Teachers poured in from not just China, but also from Australia, New Zealand, Denmark, and Germany — plus some of the other 82 countries they visited.

Sue kept busy raising 3 kids (Brent, Kecia and Chad) while being a reading specialist in Hopkins. As part of the Title 1 reading initiative, Sue had opportunities to carry out her passion for remedial reading, and to teach parents how to invest in reading with their kids. As an example, she read Sadako's Hiroshima story of One Thousand Paper Cranes to students, then taught them to fold origami paper cranes. In addition, in 1986 Rob was deeply involved in HS swimming — designing competitive school pools, coaching swimming and working with the National Interscholastic Swimming Coaches Association to establish national swimming rules. He even wrote a book on the history of MN High School swimming.

Both are Minnesota natives. Sue and Rob met at Camp Courage. Rob was coaching swimming. Sue's father, Tovia Jambeck, was founder and director and Sue was on staff. The original focus of Camp Courage was on junior high students disabled by polio. As the Easter Seal Campaign succeeded and polio declined over the years, the Camp Courage focus moved to developmental disabilities - which it is today. Camp Courage, swimming and students with disabilities are intertwined in Minnesota through the development of Michael Dowling School and its new- concept "walkable swimming pool." Rob and Sue are part of the interconnections and initiatives to empower disabled people in Minnesota. We can only begin here in our interview to capture the range of their dynamic involvement.

There isn't space to even begin to tell their extensive involvement with Habitat!

Since May they have been with us at Village Shores where they enjoy independent living, relish their 7th floor view of the planes taking off, watch the 66th street traffic, and share meals on their balcony.

Give them a 'howdy' when you meet in the hall or in the fitness Club. Are you ready to start an International Club at Village Shores?

Happy December Birthdays!

1 Mitchell Johnson – Staff - Club

2 Hala Randall – Staff - VS

2 Connie Becker (515A)

2 Keith Ruddick (917)

4 Doris Bender (508)

6 Barbara Hershleder (229)

10 ViAnn Pearson (504)

14 Barbara Teawalt (811)

15 Tara Davenport – Staff - VS

16 Margaret (Marjean) Galbraith (620)

19 Lani McConnell – Beauty Salon

22 Russell Susag (510)

24 Dennis Larson (405)

24 Nancy Courteau (711)

28 Eric Schollmeier – Staff - SCDS

29 Carol Koch (602)

29 Eleanor Devlin (619)

30 Pam Giebink (708)

30 Minnie Patrick – Staff - SCDS

31 Carol Holm (914)



CELEBRATE DECEMBER BIRTHDAYS and NEW YEARS WITH THE BOBBY & CHRISTINE QUARTET FEATURING JEF CIERNIAK & GINGIE!

WELCOME NEW RESIDENTS!!
Marlys McGuire (206B) Kay Nelson (401B)



Silver Advantage



LETTER OF THE MONTH FOR
DECEMBER IS: **R for RESIDENTS FIRST**

Hamp-
Dinner in the Dining Room was served to us by Hemp and it was an EXCELLENT MEAL! This TOOK PLACE ON 11/18. We really enjoyed it.
Thank you!
-Lavonne (815B)

Chris -
Thank you so much for lifting the unassembled table from my car and transporting it to my apartment! Above & Beyond! You are the best!
-Barbara (#811)

With the Letter of the Month standing for "Community" residents can enjoy the fact that Village Shores is an amazing community of vibrant residents who take initiatives! We have so many hands that want to help make our community stand out as a place of cooperation, learning, and friendship.

Ricardo-
How can I thank you enough for what you did in putting together my mirror that broke up when it fell on the floor. You are the BEST!
-Gerry M. (#1002)

We had a lovely salmon dinner the other night. Good food and GREAT SERVICE! Thanks to the chef and servers!
-Anonymous

Habib-
Thank you for the wonderful service in the Dining Room! You were kind and did a great job!
-Carol (#821)

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.

Mitten Tree!

THE MITTEN TREE is up again for the holidays — eager to be decorated with your gifts of HATS, MITTENS AND SCARVES for NEEDY KIDS IN RICHFIELD! Both hand-made and store bought — please help load the tree with warmth and good cheer! Fill up the floor if the tree overflows! HAPPY HOLIDAYS from the Village Shores stitchers.



From left: Linda, Jane, Pat, Beverly, Phyllis, Barbara, and Jean.
We donated them to Centennial Elementary School in Richfield.
All are welcome to join us. We have fun together!!

PLEASE JOIN OUR NEEDLEWORKERS TO DONATE HATS, SCARVES,

The Needlework Group got together to count the hats (42), scarves (21), mittens/gloves (18), socks 6), and headbands (2) from the Village Shores Mitten Tree December 2023! (See Pic in Top Right)



Resident Council Monthly Meeting Notes

Items discussed during the 11/6/2024 were as follows:

This was the final meeting of the 2023-2024 Resident Council Board. Three members agreed to stay on for another year. The new Board Members are as follows:

Deana Miller - #717: Chairperson – returning Jane Radatz - #404: Secretary - returning Kathy Darland –# 805: returning Lowell Larson - #604 Rita Baker-Cody - #716A Jean Linne - #71 Dorothy Queen - #228 Pat Gottchalk - #1008

Please feel free to contact any of the members if you have concerns. Their phone numbers can be found in your Resident Directory.

Other Business:

- * Dryer vents will be cleaned twice a year.
- * Regarding hallway shampooing – Antonio is looking for a professional carpet cleaner.
- * Occasionally there are errors in the Weekly Activities Calendar. The information is proof-read on Friday afternoon before the calendar is printed. Circumstances at times arise which require an activity to be cancelled or rescheduled. The most up to date information can be found in the elevators.
- *If a resident has accounting issues they should talk to Pam.
- *There are no nursing services available to residents in Independent Living. If you should need a band-aid there are some available in the Club during the Club's open hours. Having a box in one's apartment would be a good idea.

Our next meeting is Wednesday, December 4 in the Private Dining Room. Any Village Shores residents are welcome to attend.

Deanna Miller- Chairwoman- 612-964-6310
Jane Radatz, Secretary 612-381-7158



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Executive Director News

Antonio Rossini- Executive Director at Village Shores

Village Shores Coffee Update:

New Location and Growing Community

At Village Shores, we're always looking for ways to serve you; our residents better. Recently, we've made a change to the location of our complimentary coffee service, and we'd like to keep you informed about the new arrangements.

Previously, complimentary coffee was available outside the Bistro, but in an effort to better serve you and create a more comfortable space for our community, we've moved the coffee service to the main dining room. Now, all you need to do is stop by and ask for a fresh cup of coffee, and yes—it's still complimentary!

The morning coffee group, which has become a popular gathering spot for residents, now meets regularly in the main dining room. The group is growing steadily, as more and more residents come together to enjoy their morning brew and connect with others. It's become a wonderful way to start the day and foster a sense of community.

However, please note that for **Saturday mornings**, the coffee group will continue to meet on the **first floor** as usual. We're excited to keep this tradition alive while making sure everyone has a chance to join in. We hope you'll stop by the main dining room soon to enjoy a fresh cup of coffee and the company of fellow residents. As always, we appreciate your understanding and look forward to serving you!

~Antonio

Silver Care News

Holiday humbug? Understanding Senior Depression

During the Holidays

As the holiday season approaches, we are reminded that for some of our seniors, this time of year can be challenging and may exacerbate feelings of loneliness and depression. In our latest newsletter, we aim to address this issue with empathy and offer support to both seniors and their caregivers.

The holiday season can be a time of joy and celebration for many, but it's important to acknowledge that some seniors may experience heightened feelings of isolation and sadness. Factors such as loss of loved ones, health issues, or limited mobility can contribute to these emotions.

How to make the holidays a little brighter:

Create Inclusive Gatherings: When planning holiday events, consider activities that are inclusive and enjoyable. Simple gestures like including seniors in decorating or asking for their input on festivities can make a significant difference.

Encourage Social Connections: Loneliness can contribute to depression. Encourage each other to connect with friends, family, or neighbors. Consider organizing social events or providing transportation assistance to help seniors participate in community activities.

Reminisce and Share Stories: Engaging our senior friends in conversations about their past holiday memories can be a meaningful way to connect. Share stories, look through photo albums, or create a scrapbook together to celebrate their life experiences.

Provide Emotional Support: Acknowledge and validate these feelings. Sometimes, a simple conversation and a listening ear can make a world of difference. Ensure that seniors and those struggling during the holidays know they have a support system to lean on.

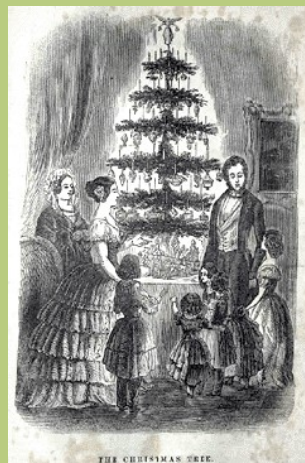
So, as we approach the holiday season, let's make an extra effort to support each other- especially seniors. Together, we can create a more compassionate and inclusive community for everyone. If you have additional suggestions or stories to share, please feel free to reach out.

Low Notes and High Notes with Dezso

In my fascination for all things historical, this month I would like to write about the history of Christmas, one of the most important holidays for many in the Christian faith, which has more details than many are aware of. Christmas is the annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world. A feast central to the liturgical year in Christianity, it follows the season of Advent (which begins four Sundays before) or the Nativity Fast, and initiates the season of Christmastide, which historically in the West last twelve days and culminates on Twelfth Night.

The traditional Christmas narrative recounted in the New Testament, known as the Nativity of Jesus, says that Jesus was born in Bethlehem, in accordance with messianic prophecies. When Joseph and Mary arrived in the city, the inn had no room, and so they were offered a stable where the Christ Child was soon born, with angels proclaiming this news to shepherds, who then spread the word. There is some disagreement between faiths as to the exact date of Jesus's birth, but for Christians, believing that God came into the world in the form of man to atone for the sins of humanity rather than knowing Jesus's exact birth date, is considered to be the primary purpose in celebrating Christmas. The pre-Christian winter solstice celebration also occurs at this time of year, around December 21, marking the longest night of the year, and for early Christians, the rebirth of the sun may have had some association with the birth of Christ.

The customs associated with Christmas in various countries have a mix of pre-Christian, Christian, and secular themes and origins. Popular holiday traditions include gift-giving; completing an Advent calendar or an Advent wreath; Christmas music and caroling; watching Christmas movies; viewing a Nativity play; an exchange of Christmas cards; attending church services; a special meal; and displaying Christmas decorations, including Christmas trees, Christmas lights, nativity scenes, garlands, wreaths, mistletoe, and holly. Also featured is one of the most beloved figures of the season, known interchangeably as Santa Claus, Father Christmas, Saint Nicholas, or Christkind, associated with bringing gifts to children during the season. Here's to hoping for a white Christmas, and as we move through this holiday, may your days indeed be merry and bright!



“Tech Friends” (Formerly Computer/Technology Interest Group)

TECH FRIENDS ---We are Village Shores residents who share interests (and problems) in computers and technology. We meet once per month in the 4th floor Activity Room. All residents are invited to join us.

No meeting scheduled for December nor will there be weekly Wednesday individual consultations in the Library. Persons needing assistance should call Larry Gottschalk, 612--770-7741 or leave a message in the file for Apt. 1008.

The January, 2025 Tech Friends meeting will be on January 27th, 3 pm. We will discuss *smart phones*-- an orientation to better use.

Your Tech Friends

Earl N. (210) 612-869-3454

Jeannine S. (913) 612-708-5371

Larry G. (1008) 612-770-7741

LEARN WITH LARRY WEDNESDAYS



Larry Gottschalk
“E-Mail Expert”
Apt 1008 (612) 770-7741
larry.gottschalk@yahoo.com

Wednesdays from 3 to 4 pm there is free help in the library on first floor. First come, first served, or make an appointment by email with Larry

Words from Wellness

Tara Davenport - Director of Wellness



Gift giving and gratitude go hand in hand for the holidays. We hope you're feeling the positive effects of practicing gratitude with us in November. Has it become a new habit or ritual? Whether December fills our hearts with joy or sharpens painful losses, feeling and expressing gratitude benefits our health and wellness. It improves our physical health, mental health, and social well-being. Unfortunately, sometimes the holidays heighten our grief. We're hosting a Wellness Talk to address that.

Wellness Talk Monday, December 2

Understanding and Navigating Life Transitions and Loss: A Path to Healing and Growth

1:00-2:00 pm in the Richfield Room

This presentation offers insights and tools for coping with grief, loss, and life's transitions.

- How do we acknowledge, honor, and normalize life's transitions and grief?
- The many faces of loss:
 - ⇒ Small losses with big impacts
 - ⇒ Loss of independence
 - ⇒ Becoming a caregiver
 - ⇒ Loss of a loved one
 - ⇒ Anticipated loss of a loved one
 - ⇒ And more

Discover how health coaching can provide support during these challenging times, empowering you to find balance, resilience, and self-compassion. Enjoy refreshments and conversation in the Lower-Level Lounge after the Wellness Talk.

Introducing Wellness Coordinator Miguel Sevilla

Shira, Mitchell and I are excited to welcome Miguel to the Village Shores Wellness Team! Stop by The Club to say hello.

Miguel is a jack-of-all-trades with a knack for blending his 25 years of personal training with real estate like a pro. As a certified personal trainer, he tailors workouts to match his clients' energy levels—whether they're bouncing off the walls or dragging like a Monday morning. In 2019, he began channeling his one-on-one communication skills into real estate too.

Born in Belgium as a Spanish citizen, and now a proud U.S. citizen, Miguel is fluent in French, Spanish, and English—so he can convince folks to buy a house or do a sit-to-stand in three different languages!

When Miguel isn't making dreams come true in the gym or at the closing table, you'll probably find him at the gym (again), planning his next travel adventure, or being bossed around by his pets—because let's be honest, they run the show.

We wish you peace and joy as we enter the holiday season and look to the new year. As always, we're here to help you keep moving so you stay safe, balanced and strong!

~Tara



Miguel Sevilla- Wellness Coordinator

Maintenance Updates

Jeff Zweig - Director of Maintenance

Well, it looks like the outdoor temperatures are dropping fast, especially overnight. Please know we will do everything we can to keep you comfortable. If you have any issues with your heat, please contact the front desk and we will get you taken care of as soon as possible. As a reminder, we do have portable heaters behind the front desk to supplement some additional heat if needed. With snow, wind, and ice on its way, please know we will do everything we can to keep our sidewalks and driveways clean of ice and snow. We are here 100% for all of you.

Lets stay warm!

~Jeff



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



Village Shores Reflections Community

Lisa Klockmann - Director of Reflections

Welcome Winter and New Beginnings at Reflections

As winter settles in and snowflakes begin to fall, our community is bustling with excitement and new beginnings! We are delighted to welcome two wonderful additions to our team. **Angelique Prescott**, our new **Resident Care Coordinator**, brings a wealth of experience and compassion to ensure our residents receive exceptional care. Joining them is **Tira Smith**, our new Activities Coordinator, whose creativity and energy are sure to bring vibrant programs and meaningful connections to our community. We are thrilled to have them on board and look forward to the positive impact they will bring to Village Shores.

To celebrate the season, we are embracing the magic of the holidays with our **25 Days of Christmas** activities. Each day will feature a **special event** or project designed to bring festive cheer, from holiday crafts and music to seasonal treats and heartwarming traditions. We encourage everyone to join in and make the season truly unforgettable.

As the weather turns colder, we remind everyone to bundle up and stay cozy. Whether it's watching the snowfall from our warm common areas or enjoying a cup of hot cocoa with friends, there are plenty of ways to embrace the beauty of winter together. Here's to a joyful and bright holiday season for all!

~Lisa

Tira Smith
New Activity Coordinator on
Reflections



"The Shores"

Hair Salon

Lani

McConnell
Owner / Operator

HOURS OF OPERATION:

Monday - Friday

8:00am - 5:00pm

Walk In or By

Appointment

612-746-4708



Food For Thought

Article Written by Jenna Huseby- Dining Supervisor

Village Shores Recipe Contest: Share Your Best Dish and Win!

Starting this December, Village Shores is excited to kick off our **Resident Recipe Contest**, and we want YOU to be a part of it! Whether you're a breakfast enthusiast, a lunch lover, a dinner aficionado, or a dessert or soup connoisseur, we invite you to submit your best recipe in one of the following categories:

- Breakfast
- Lunch
- Dinner
- Dessert
- Soup



Each month, each category will have one lucky winner

- One day of the month we will feature ALL of the winner's recipes as that day's features.
- All of the winners will receive their meals free of charge.
- The winning recipes will be featured in the first annual Village Shores Cookbook! Not only will you win a free meal, but your recipe will be featured in our special Village Shores cookbook, showcasing the best of our community's culinary talents. Only one winner per category per year.

How to Enter:

1. Choose your category with name, room number, and contact information in case we have questions.
2. Include any special instructions or tips to make the dish truly shine.

Share your recipe with us by placing it in the jar on the front desk by the end of the month. Whether it's a family secret passed down for generations or a new dish you've perfected, we can't wait to taste what you've got. Let's come together to celebrate the joy of cooking, the warmth of our community, and the flavors that make the holiday season so special! We're thrilled to indulge in the festive Christmas and holiday vibes, and as we cozy up for the winter season, we can't wait to taste all of the wonderful, heartwarming meals that will keep us nourished and inspired.

HAPPY HOLIDAYS

Dining Services at Village Shores!

NOVEMBER 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 In December

- 1- EAT A RED APPLE DAY
- 2- NATIONAL MUTT DAY
- 3- NAT'L RECOGNIZE DISABILITY DAY
- 4- NAT'L COOKIE DAY
- 5- INT'L VOLUNTEER DAY
- 7- PEARL HARBOR REMEMBRANCE DAY
- 9- NAT'L ANTI-CORRUPTION DAY
- 13- ST. LUCIA'S DAY
- 14- MONKEY AROUND DAY
- 15- BILL OF RIGHTS DAY
- 17- MAPLE SYRUP DAY
- 18- INT'L MIGRANTS DAY
- 20- NAT'L CHRISTMAS SWEATER DAY
- 21- WINTER SOLSTICE
- 26- BOXING DAY
- 29- PREP YOUR RESOLUTIONS DAY

