



**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 Maintenance</u> - Jeff Zwieg 612.746.4701	jzwieg@villageshores.com
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<u>Director of Resident Services</u> - Monica Whitson 612.746.4707	mwhitson@villageshores.com
<u>Director of Reflections</u> - Lisa Klockmann 612.746.4714	lklockmann@villageshores.com
<u>Director of Nursing</u>- Joyce Mugaki 612.746.4722	jmugaki@villageshores.com
<u>Clinical Registered Nurse</u> - Rosemary LeBlanc 612.746.4709	rleblanc@villageshores.com
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**JANUARY
2025**



VILLAGE SHORES
A SILVERCREST COMMUNITY



SHORELINES



Program Ponderings

Ah, yes... New Year's "resolutions." "I'm going to cut down on salt", or "This year, I'm going to lose 15 pounds", or perhaps "In 2025, I vow to finally find where I put that darned TV remote control." What ever the case, the base word for resolution" is "**resolute**", which is a French word meaning "**admirably purposeful, determined, and unwavering.**" I don't feel that a better adjective could be applied to our Programs Department at Village Shores. We strive to keep the action flowing, and do our best to cover the wide range of interests, tastes, and preferences of the people who live here. Our resolution for 2025 it to stay **RESOLUTE!**

We'll start by highlighting some of our upcoming events in January. (Please see provided **Programs Calendars** for **dates, times, and locations** for these events.)

We are currently in the hunt to hire a driver for our outing bus, but until then, we are doing our best to continue to offer transportation as needed, so please bear with us. Regarding entertainment, we are exciting to bring back the **Edina Senior Singers!** I enjoy booking local senior singing groups, as I feel it really creates a sense of community and Minnesota pride. As far as professional speakers and presenters, we are also excited to bring back the multi-dimensional **Alison Young, the "Blissful Hiker"**, with her amazing presentation on her hiking journey on the **Appalachian Trail!** In additional art historian **Gary Hanson** returns with a presentation called "**Modern Art- Love it or Hate it.**" The presenters we bring to Village Shores are always engaging and knowledgeable. We are lucky to live in a community where so many residents enjoy continuing their education through the lectures we bring in.

We have two evening s of entertainment in January. Make sure to attend the concert by the **Freedom Jazz Band!** This all-inclusive group prides itself of not only offering amazing music, but highlighting the importance of **LGBT** awareness and celebrating and uplifting **LGBTQIA+** musicians. They are committed to representing and honoring their communities through quality performances, opportunities to improve musicianship, and building relationships within and among their various communities. We are proud to support them! Also, lovers of high end classical music will be pleased to hear that **Arthur Kourigian** and his "**Splendid Woodwind Trio**" returns to Village Shores. Next up, the **Brad Raysin's Band** help January babies celebrate their birthdays with an offering be offering an afternoon of classic country and rock and roll! Our two AL/Reflections concerts will feature guitarist **Mary Franz** and a brand new duo suggested by Director of Wellness, Tara Davenport! **Jennifer and Camryn** will delight us up on the 3rd floor Garden Café with various piano and vocal selections.

Lastly, I am in need of residents to come to me to be a part of our annual **Arts, Crafts, and Collections Symposium!** Please consider signing up to "show off your wares"! Craftwork collections, curiosities, or anything of interest you would like to show off are welcome additions. Please see me as soon as possible so I can get enough folks signed up to make it happen!

With transportation in flux as we search for a bus driver, we will continuing to be using the rental van. This will limit us in some capacities. Please be patient in our search.

January in Minnesota is cold and dark. Always has been, always will be... However, light and love can be easily found at Village Shores where we strive to build a warm and inviting community full of opportunities for our residents to grow socially, mentally, emotionally and physically. Please come to me with any ideas you may have to enhance our Programs offerings, or have a group you would like to lead.

~Brad

Resident in the Spotlight

Ivy Potratz's life has been FAMILY!
FAMILY! FAMILY!



Ivy started life on a farm near Hewitt, MN (Wadena) in a country school with a single teacher until 7th grade. She and her sister DeLeath were very close and walked the 2 miles to school on good days or rode in the sled with horses when it snowed. Ivy especially loved roller skating. Ivy's Mother was all-around skillful at running their farm home, but she was especially good at building a haystack.

When Ivy graduated from Bertha Hewlitt High School, on her first job she had the fun of running the telephone switchboard in Wadena — plugging in each call as they came through. From there she came to the Twin Cities with her friend to work. They had an apartment on Franklin Avenue while her friend became a medical lab technician and Ivy worked on magazines for Lutherans at their Minneapolis publishing house.

She married and had four sons — Tim, John, Joe and Kevin — all of whom played hockey (and some baseball) on the Southwest High School Minneapolis team. Ivy went to the hockey games and loved being a mom to the teenagers her sons brought home and hearing the gossip about life at Southwest High.

After years of cooking for kids, Ivy now loves getting food from "Meals on Wheels" (M, W, F) delivered to her apartment door here at Village Shores.

Ivy is proud of her 9 grandchildren and 2 great-grandchildren (special "great grandmother" coffee mug) — and proud to have racial diversity in her family through the mothers of both great-granddaughters (Black and Mexican).

Ivy is proud of her Irish heritage (McFarland was her maiden name) and wishes she had been able to visit Ireland, but she got around quite a lot. She loved trips to Hawaii, and Canada — but especially the clothes shopping trips to Boston (she has @ photo of herself in a Cartier jewelry store in Boston). At Village Shores since October, Ivy enjoys her friendly neighbors, and Lani's great hair styling. She likes to read and watch movies and she's really looking forward to Brad's country music. (Her favorites are Willie Nelson and Merle Haggard).

If you meet Ivy's big smile in the hallway, she wants you to ask, "where are you going?" You'll see her around 515B.

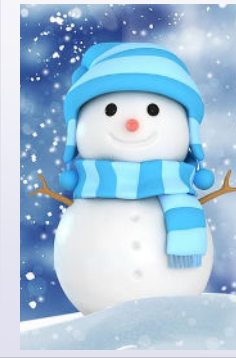
Happy January

Birthdays!

- 1 Deqa Ibrahim- Staff- SCSC
- 1 Nancy Morain (907)
- 3 Suzanne Olson (503)
- 12 Donald Timmons (702)
- 13 Rita Boulay (817)
- 14 Char Chapin (614)
- 15 Sandy Isaaman (610)
- 18 Joyce Rollay – (819)
- 19 Doreen Davick (306A)
- 21 Greg Johnson (416A)
- 21 Sam Heath- Staff - SCSC
- 21 Susan Snyder (908)
- 22 Nancy Shadegg (519)
- 22 Janice Parrott (1001B)
- 26 Joan Goering (1006)
- 26 Jane Radatz (404)
- 29 Richard Behrens (1016A)
- 31 Kermit Roberg (816A)
- 31 Helen Trepanier (611)

WELCOME NEW RESIDENTS!!

- Jerry & Jody Medved (#905)
- Sonja Peterson (401B)
- Brian Olin (312A)
- Carol Rother (321A)
- Ray Hulett (308B)
- Dave & Denise Eckerman (715B)
- Mary Kay Swenson (304B)



Silver Advantage

LETTER OF THE MONTH FOR

JANUARY IS: *E* for EQUITY

Deqa (Silver Care Staff)
You are always smiling and keeping your team running smooth by jumping in to help out. You are an outstanding team player!
-Tira
(Reflections Activity Coordinator)

Tiara (Silver Care Staff)
Thank you for serving the residents in Reflections this evening. You are such a great addition to the nursing team! I appreciate your help!
-Elle (VS Chef)

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.

Tira (Reflections)
The programming in Reflections has seen a real bump in organization, regularity, and quality since you came on board. I appreciate the "vibe" our Reflections community gives off lately. A real warmth can be felt.
-Brad
(Director of Programs)

Chris (Maintenance)
Thank you for the help you gave me with my air in my tires. I was struggling and you came over to assist and fill up my tire! Now I can get to where I want to go!
-Mac

Habib (Silver Care)
Thank you for your wonderful service in the Dining Room! You are very kind and did a great job! We really enjoyed our meal!
-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.

Resident Council Monthly Meeting Notes

Items discussed during the 12/4/2024 meeting were as follows:

Meeting was called to order and each member introduced themselves and gave a little bit of information. Also introduced new member Ann Hall, #403 who was not at the initial meeting of the new Council. (Unfortunately, since this meeting Council member Rita Baker-Cody passed away.)

Old Business:

*Dryer vents in the laundry room will be cleaned twice a year. Three bids were received and a decision of the date will be announced soon.

*Regarding hallway shampooing: there is nothing on the maintenance schedule. The halls will be professionally cleaned but no date has been announced.

*Some painting has been done in certain public areas of the building. Touch up is needed, particularly in the upper floors. Fourth floor has several chipped areas around doorways.

New Business:

*Regarding the Resident Council: Meetings will take place on the first Wednesday of each month at 1:30 pm in the Private Dining Room. The responsibility of the Council is to provide a conduit between Village Shores resident and the VS Management team. We would like our residents to feel free to contact any of the Council members with concerns or suggestions on the running of our VS community. Complaints and compliments are welcome. Beginning with the 2026 Council we would like to have a Council member from each floor. Residents are welcome to come to the meetings.

*Concerns were raised about residents and aides needing to be more respectful of the timing of laundry washers and dryer times. Signs are posted requesting residents take their laundry out of the machine within 10 minutes of the finished time. Unfortunately, some clothes have remained for more than an hour while others are waiting to use the machines.

*Council would like Marketing to somehow let residents know when someone new is moving in on their floor. Is there a way that this could be done?

*There are now menus with prices on the Bistro tables. Residents would like prices to be posted also on the White Board.

*If anyone does not have a "Fob" (Little thing that opens doors) please talk to Nicole at the receptionist desk.

Council Members: Deana Miller/Chairperson - #717, Jane Radatz/Secretary - #404, Dorothy Queen, #228, Ann Hall, #403, Lowell Larson, #604, Jean Linne, #713, Kathy Darland, #805, Pat Gottschalk, #1008. (Phone numbers can be found in the Resident Directory.)

Next Council Meeting:

Wednesday, January 10th 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**



Many thanks to **Barbara Teawalt**, departing head of the Resident Council. It was **A LOT OF WORK!** And she was terrific! Conscientious, articulate, always on top of the requests she'd get from residents. She is very caring regarding people. We are sorry to lose her, but as we know the position is a 1 year term. Thank you again, Barb. **-Richard & Mary**

- Free Covid tests are available from the US Gov. Go to covidtests.gov or call 1-800-232-0233

Executive Director News

Antonio Rossini - Executive Director at Village Shores

Reflecting on 2024 and Welcoming 2025 at Village Shores

As we approach the end of 2024, I find myself filled with gratitude and appreciation for each and every one of you here at Village Shores. This year has been one of growth, connection, and memorable moments. We've had the pleasure of welcoming 33 new residents into our community, as well as many new staff members, all of whom have contributed to the vibrant atmosphere we cherish. Whether it's been through shared activities, heartfelt conversations, or simple everyday interactions, getting to know so many of you has truly been one of the highlights of this year.

Looking back on 2024, we can all be proud of how much we've accomplished together. From the friendships formed to the events held, this community has continued to thrive, and it's thanks to the spirit and kindness of every person who calls Village Shores home. I am continually inspired by the way residents and staff alike support one another and create an environment where everyone feels valued and respected.

As we look forward to 2025, we are excited to continue our growth and to make improvements that will further enhance the living experience at Village Shores. This year, we're focusing on making a few thoughtful changes that will help us continue to evolve as a community. We want to ensure that as we grow, the atmosphere remains as welcoming and connected as it has always been, and that every resident feels supported and at home.

In this spirit of growth and change, I invite you to share your thoughts. What have we done well this year that has made a positive impact on your experience? Are there areas where you think we could do better, or new ideas we could explore to make Village Shores even more of a place where you feel truly at home? Your feedback is essential as we continue to shape our community for the future.

We are always listening, and we are committed to making sure your voices are heard. Whether it's feedback on our activities, amenities, services, or overall community atmosphere, your input will help guide us as we work to create the best possible environment for everyone at Village Shores. As we move into the New Year, I want to express my deep appreciation for each of you. Your presence, kindness, and participation are what make this community so special. Together, we've built something wonderful, and I can't wait to see what 2025 has in store for all of us. Wishing you and your loved ones a joyful, healthy, and prosperous New Year. Here's to another year of growing, sharing, and making unforgettable memories at Village Shores!

~Antonio

Silver Care News

Staying Healthy & Happy During in 2025

1. Stay Active

Even a short walk around the block or some light stretching can make a big difference in keeping your body moving. Many communities offer activities, so consider joining a group walk or chair yoga session to stay engaged and active.

2. Eat Mindfully

Meals are full of delicious treats, but balance is key. Enjoy your favorite dishes, but try to include plenty of fruits, vegetables, and lean proteins. Keep portion sizes in check, and don't forget to stay hydrated!

3. Prioritize Rest

The hustle and bustle of life can disrupt your routine. Make sure to set aside time for rest and relaxation. A good night's sleep will keep you feeling refreshed and ready to enjoy the festivities.

4. Stay Connected

Loneliness can be more noticeable during the Winter months. Reach out to family, friends, or neighbors. If in-person visits aren't possible, try phone calls or video chats to stay connected.

5. Manage Stress

Take a few moments each day to breathe deeply, meditate, or enjoy a favorite hobby. Remember, it's okay to say no to activities that feel too demanding.

6. Stay Safe

Winter weather can pose risks. Wear appropriate footwear and dress warmly when heading outdoors. If you have travel plans, give yourself plenty of time to arrive safely.

7. Mind Your Medications

With the change in routine, it's easy to miss a dose of medication. Set reminders or keep a schedule to stay on track. If you're traveling, pack your medications in a safe, easily accessible place.

By keeping these tips in mind, you can make this year safe and healthy. Wishing you and your loved ones a year filled with warmth, love, and laughter!

Low Notes and High Notes with Dezso

Every third Monday in January, we honor the greatest civil rights leader in American history, Dr. Martin Luther King Jr. Dr. King (1929 – 1968) was an American Baptist minister, activist, and political philosopher who was one of the most prominent and important leaders in the civil rights movement from 1955 until his assassination in 1968. Dr. King advanced civil rights for people of color in the United States through the use of nonviolent resistance and nonviolent civil disobedience against Jim Crow laws and other forms of legalized discrimination.

A black church leader, King participated in and led marches for the right to vote, desegregation, labor rights, and other civil rights. He oversaw the 1955 Montgomery bus boycott and later became the first president of the Southern Christian Leadership Conference (SCLC). As president of the SCLC, he led the unsuccessful Albany Movement in Albany, Georgia, and helped organize some of the nonviolent 1963 protests in Birmingham, Alabama. Dr. King was one of leaders of the 1963 March on Washington, where he delivered his famous “I Have a Dream” speech on the steps of the Lincoln Memorial. He also helped organize two of the three Selma to Montgomery marches during the 1965 Selma voting rights movement.

The civil rights movement achieved pivotal legislative gains in the Civil Rights Act of 1964, the Voting Rights Act of 1965, and the Fair Housing Act of 1968. There were several dramatic standoffs with segregationist authorities, who often responded violently. On October 14, 1964, Dr. King won the Nobel Peace Prize for combating racial inequality through nonviolent resistance. In his final years, he expanded his focus to include opposition towards poverty and the Vietnam War. Tragically, Dr. King was assassinated on April 4, 1968. His death was followed by national mourning as well as anger leading to riots in many U.S. cities.

Dr. King was posthumously awarded the Presidential Medal of Freedom in 1977 and the Congressional Gold Medal in 2003.

Martin Luther King Jr. Day is a federal holiday in the United States observed on the third Monday of January each year. Born in 1929, Dr. King’s actual birthday is January 15 (which in 1929 fell on a Tuesday). The earliest Monday for this holiday is January 15 and the latest is January 21. The Monday observance is similar for those federal holidays which fall under the Uniform Monday Holiday Act. The campaign for a federal holiday in Dr. King’s honor began soon after his tragic assassination in 1968. President Ronald Reagan signed the holiday into law in 1983, and it was first observed three years later on January 20, 1986. It is with honor that we observe this holiday at Village Shores for this greatest of all leaders for civil rights for all Americans.



“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.

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

Also, help is available throughout the month. Persons needing assistance should call Larry Gottschalk, 612--770-7741 or leave a message in the file for Apt. 1008.

[The every Wednesday helpdesk in the library is being discontinued.]

Your Tech Friends

Earl N. (210) 612-869-3454

Jeannine S. (913) 612-708-5371



Larry Gottschalk

“E-Mail Expert”

Apt 1008 (612) 770-7741

larry.gottschalk@yahoo.com

Words from Wellness

Tara Davenport - Director of Wellness

“The beginning is the most important part of the work.” ~Plato

The new year is a prime time for reflection and renewal. The truth is every single day is a fresh start.

This month we’re offering a useful tool to help you begin, restart or simply check in on your wellness. The Club’s Encompass Functional Aging Assessment measures key components of the body and mind to help balance an individual through all stages of life.

Exercising is an opportunity to improve our overall quality of life and enhance many parts of our wellbeing. It’s not too late to start. Seniors new to exercise have discovered the benefits and now see themselves as exercisers!

We examine functional components of wellness during an Encompass appointment. They correlate with your overall quality of life.

Strength so you can lift yourself or hold a grandchild.

Endurance to enjoy a walk around the lake or maintain your energy throughout the day.

Balance to navigate uneven surfaces or climb stairs.

Coordination to play games with friends and family or get in and out of a car.

Agility to safely get to the store or an activity like BINGO!

Motivation to connect with others and focus on self-care.

I admit it. In the past, I felt intimidated by the word assessment. As I learned more the value of identifying a baseline, my mindset shifted. I see measurements as an opportunity. It’s a starting point.

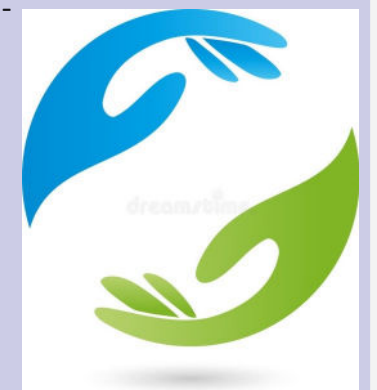
Stop by or call The Club to set up an appointment beginning January 6. You’ll spend 30-60 minutes with one of our personal trainers to measure your functional age. We will calculate your results and formulate a wellness plan with you – all with the goal of helping you maintain your independence while living a safe, joyful life.

Shining our Light for The Longest Day! Our connections with one another and care for others are a vital part of our wellness. Thank you to all who honored loved ones and brought awareness and light for Winter Solstice and The Longest Day. Together we raised more than \$250 for the Alzheimer’s Association. We’ll continue our work preparing for this spring’s Longest Day fundraising campaign. Are you interested in volunteering to help us plan our event? Please contact me!

Nutrition and nourishment were top of mind when we tasted Wellness Cookies last month. We hope you’ll join us this month too! Look for information in The Club or the weekly calendars.

See you at classes and The Club. Happy New Year!

~Tara



Maintenance Updates

Jeff Zweig - Director of Maintenance

Nothing really new to report for January from this gang of hooligans, other than the fact that we are always here for you to make your Village Shores experience a comfortable, warm, and safe one. Please come to us with any maintenance or temperature needs that may arise in your home. Have a great 2025!



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

Village Shores Reflections Community

Lisa Klockmann - Director of Reflections

Happy New Year! As we step into 2025, we're excited to create warm memories and embrace the joy this new chapter brings. This month, our activities will focus on celebrating winter's beauty and fostering connections through meaningful experiences. Residents can look forward to cozy mornings with hot cocoa and storytelling, creative snowflake crafts, and music therapy sessions featuring timeless winter classics.

We are committed to making each day special by focusing on moments that bring joy, comfort, and engagement. Let's make this January a month filled with warmth, creativity, and cherished memories.

Winter Hair and Skin Care

Hair goes dry, weak and brittle during winter, but if you give it the right treatment you'll avoid it becoming a big issue. Look for shampoos & conditioners which aim to protect and heal your hair, making sure it's more moisturizing than what you normally use. Also it's a good idea to try a moisturizing hair treatment once a week.

As with your hair, your skin care routine should be adjusted. Skin becomes drier in cold weather, especially if it's windy, because the moisture off the skin is evaporated more quickly by the wind, and the skin doesn't produce as much oil. Try using a slightly heavier moisturizer than you use in the summer. Make sure you moisturize every morning, especially if you are going outside, to prevent your skin from becoming dry and flaky. Then at night, wash your face to remove makeup and pollutants which could irritate your skin, and apply moisturizer to treat your skin while you sleep. A couple times a week you should use a gentle exfoliator to scrub away dry skin which can become an issue in cold weather.

~Lani

"The Shores"

Hair Salon

Lani

McConnell

Owner / Operator

HOURS OF

OPERATION:

Monday - Friday

8:00am - 5:00pm

Walk In or By

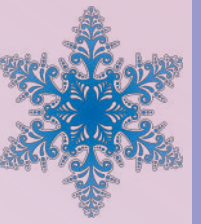
Appointment

612-746-4708



Food For Thought

Article Written by Jenna Huseby- Dining Supervisor



New Year, New Events!

After the ball drops, we'll get the ball rolling this new year with an exciting twist on dining at the Village Shores Dining Room! Each month, we'll bring a unique theme to our dinner service, inspired by current events, holidays, seasons, countries, and more. One night each month, we'll immerse you in the flavors and spirit of the theme that best captures the essence of the month.

January's Theme: Italy

To start the year with a touch of warmth and indulgence, we're dedicating our January dinner to Italy! This beautiful country offers an abundance of treasures — from rich wines and exquisite cuisine to stunning art and iconic landmarks. Prepare to be transported to Italy through an unforgettable evening of delicious dishes, fine wine, and vibrant culture.

Specific dates and details for this event will be announced on flyers closer to the event.

We can't wait to explore the world's diverse cultures through our food and share in the festive atmosphere with you. Join us for this unforgettable experience as we begin the journey of celebrating the best of global cuisine!

Colorized Photograph of Ojibwe man spear fishing in northern Minnesota in 1908



I was doing some online studying about the importance of saving and limiting the use of our natural resources when I came across this photo I would like to share. The photo is as described- a native man spearfishing in northern Minnesota. I find it very interesting, and enjoy the details. If you look closely, you can tell that the spear point is iron, which makes sense regarding the timeline. I believe this photo would have been taken up near Bemidji on either the Red Lake, Leech Lake, or White Earth reservations. The "trail of tears" left by our first inhabitants is a sad one, but to honor and cherish those who were here before, we must educate ourselves. I hope you enjoy this photo as much as I did.

~Brad

December 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 January

- 1- POLAR BEAR PLUNGE DAY
- 2- WORLD INTROVERT DAY
- 3- NATIONAL CHOCOLATE COVERED CHERRIES DAY
- 5- THE "TWELFTH NIGHT"
- 8- NATIONAL BUBBLE BATH DAY
- 13- NATIONAL RUBBER DUCKY DAY
- 15- MARTIN LUTHER KING JR. DAY
- 19- NATIONAL POPCORN DAY
- 21- NATIONAL GRANDMOTHER DAY
- 22- NATIONAL GRANDFATHER DAY
- 23- NATIONAL PIE DAY
- 24- NATIONAL PEANUT BUTTER DAY
- 26- NATIONAL PEANUT BRITTLE DAY
- 28- NATIONAL BLUEBERRY PANCAKE DAY
- 29- NATIONAL CURMUDGEON DAY
- 30- NATIONAL ESCAPE DAY
- 31- INSPIRE YOUR HEART WITH ART DAY

