



APRIL
2025

THE SHORELINES

Village Shores Newsletter



6501 Woodlake Dr.
Richfield, MN 55423

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Village Shores Website Link:

www.villageshoresseniorcommunity.com



Equal Housing
Opportunity

Staff Directory

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612-861-1186**

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VILLAGE SHORES

A SILVERCREST COMMUNITY



Program Ponderings *Brad Ray – Director of Programs*

Who doesn't love the month of April? April has a rich history, including its origins in ancient Rome, the assassination of President Abraham Lincoln, and the beginning of the professional baseball season in the United States. Historically, the name **April** comes from the Etruscan word "Apru", who was associated with agriculture and fertility. Just as those tulips poke their heads above the soil to reach the sun and grow, so do we here at Village Shores, As we poke out heads out from the slumber of winter, we seize the opportunity to collect as much light as we can and use it to grow! Looking at the busy Programs calendar for April, one can see that a planted seed will always flourish with the right kind of nurturing.

April kicks off with a refreshing concert with the **Richfield Silver Notes** featuring two Village Shores residents **Nancy S. (#519)** and **Marge S. (#720)**! We will be serving treats and (for the first time **ice-cold mimosas**! The next major event on the docket would be nice social down in the Fireside room with accordionist **Ryan Cihlar**. This guy is a noted multi-instrumentalist that has recently been taking his accordion show "on the road" to much appreciation and fanfare! We will be serving **root beer and orange floats** for your enjoyment. Music historian and legendary Twin Cities disc jockey Mike Henry returns with his program "Moments to Remember" part 2. This follow-up to his "standing room only" Part 1 presentation on March 7 will surely close the books on the **history and the origins of rock and roll**! This will be Mikes 12th appearance at Village Shores. When we like somebody, we keep em' around for a while! After the Easter Bunny sees his shadow as the month winds down, the **NoteAble Singers** return to lift up our hearts with soaring voices and positivity for one of our Thursday evening concerts. The final week features two music events with **Minnesota Orchestra** and Ireland native violinist, Conor O'Brien. Summit Music noted that they had some extra money in their coffers from a recent federal grant and arranged Conor and two of his groups (one featuring his wife and teenage daughter!) to perform at Village Shores non-gratis. The O'Brien Family Trio featuring Conor, his wife and daughter (calling themselves the **Trio Inverno**), will help us celebrate April birthdays with his returning the following Tuesday with his string quartet! What a lovely treat! Many thanks to Natalie at **Summit Music** for arranging this gift! April comes to an end with the legendary piano virtuoso and Twin Cities high-profile entertainer **Victor Zupanc**. Since 1989 Victor has held the position of Resident Music Director/Composer at the Tony Award winning **Children's Theater Company** of Minneapolis. Many thanks to **Director of Wellness Tara Davenport** for connecting us with Victor to share his amazing talents with our community.

We are still waiting to get a bus driver on board, although the cogs keep turning with all the powers that be working on securing reliable transportation for our outings, shopping days, and medical appointments. Please be patient as we are focusing all of our efforts into continuing to offer this important aspect of our community. As of the current day I am typing this (3/24), we have some help from other communities top assist in a few April transportation needs. This is in flux, so always check current weekly and daily calendars for most current up to date information.

As always, our calendar is peppered with opportunities to learn, grow, laugh, and love. We appreciate our team of resident volunteers that fill out our calendar with card games, technical support groups, and card crafting, among other examples of teamwork. We are looking into a Volunteer Appreciation event, hopefully in May. Until then, let's April shower ourselves in the fun programs and special events her at Village Shores!

Resident in the Spotlight

Pam Giebink (#708)

“KINDNESS IS THE BEST LEGACY”



Pam believes that each person has something redeeming about them. International travel has touched her heart through experiences: a 6 country South American mission trip, touring Europe, a medical mission trip to Haiti to Albert Schweitzer Hospital, a Paris theater study program, a sabbatical in Scotland, visiting Sevastopol in Crimea, and camping on the Black Sea in Ukraine. These encounters with a wide variety of people have given Pam many opportunities to experience their positive qualities. She maintains her practice of yoga, meditation and spiritual study. Pam has spent her working years putting her positive belief about people to the test. After starting her education at Gustavus Adolphus College, Pam completed her degree in French and English at the University of Minnesota. Her first job was at Fridley HS. Then she worked at St Paul Jewish Family Services with Russian adult refugees in ESL. Over her career Pam also taught at Adult OPTIONS in Hopkins, at the International Institute in St Paul, and for Vietnamese Social Services.

Pam has two sons living in the Twin Cities and a daughter living on a sailboat in Florida. Her 5 grandkids are also in the Twin Cities.

As a south Minneapolis native and lifelong resident, Pam has 3 long term friends in Village Shores: Carol Lobeck (their kids are friends), Mary Ann McGuire (they played tennis together), and new resident Marty Campbell (their kids are friends).

Pam loves music and has played piano and ukulele and has sung in choirs. Her current music passion is the free “Classic Country Music Jam” at Creekside Community Center in Bloomington on Thursday mornings. It’s a spontaneous gathering of musicians and folks who love to sing along and dance.

At Village Shores, Pam appreciates PT with Troy and exercise in the Club as she recovers from knee replacement last June. She’s an upbeat, enthusiastic gal with a bright smile, so give her a warm “hi” as you meet on the elevator! She’ll gladly give it back with gusto!

Happy April Birthdays!

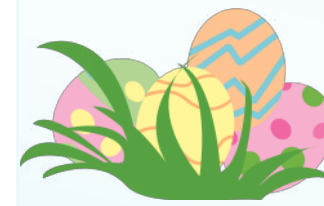
- 1 Pat Gottschalk (1008)
- 1 Geradine (Gerry) Geisert (701A)
- 2 Juan Nicolas Noyola – Staff - VS
- 6 Susan Erickson
- 7 June Bengston (612)
- 9 Rachel Oulahi- Staff- SCSC
- 13 Warren Wright – Staff- SCSC
- 13 Patricia Glynn (422)
- 16 Angelleece Hawkins- Staff- SCSC
- 17 Mary Stratton – Staff - SCDS
- 19 Richard Lux (506)
- 19 Evelyn Asklakson (303B)
- 22 Annette Gardner (1017)
- 22 Barbara Ruddick (917)
- 24 Maxine Wojcik (812)
- 25 Mary Ellen Gallick (617)
- 28 Karen Zollar (606)

CELEBRATE APRIL BIRTHDAYS
APRIL 25 @ 2:00 P.M. WITH THE **TRIO INVERNO!**
CAKE & ICE CREAM SERVED AS BIRTHDAY ROSES & BIRTHDAY PICTURES TAKEN!

Conor is originally from Ireland & has been a violinist for the Minnesota Orchestra!

The **TRIO INVERNO** features him, his wife, and teenage daughter!

- Betty Jo Mitchell (#514) Eve Evidon (*#305C)
- Dwayne Morse (#721)
- Linn Olson (#309B)



SilverAdvantage

Letter of the Month for April:



Is “E Enriching Lives & Energy & Enthusiasm

Reshmi
(Housekeeper)
Thanks for the exceptional cleaning of our apartment! Every corner and surface cleaned and dusted perfectly! You are one of a kind!
-Evelyn (#702)

Elga-
(Dining Room Server)
We find you friendly, professional, & always thinking about the residents. You can tell where your heart is..

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.

Stephanie-
(Silver Dining Staff)
Thank you for making our early morning coffee group so special. Not all of us are so cheerful as you are that early!
-Jean (#806)

Thank you Chris & Ricardo!
Your frequent visits to my apartment to fix my heating has been so kind and assuring. My apartment temperature is just where I like it now.. Thanks again!
-Mary Ann M.

Tara as gone far above her job for me. I work out with her 2X per week. She has taught me so much about self care with exercise and wellness. She is an excellent, kind, caring exercise guru and wellness coach.
-Sincerely,
Kathie Theado (#710)

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.

GRANT FUNDED MINNESOTA ORCHESTRA MUSICIAN COMING TO VILLAGE SHORES!

Many thanks to Natalie at Summit Music for arranging two upcoming musical performances from **Conor O'Brien** and his groups. Originally from Ireland, Conor is the violinist for the renown **Loring String Quartet** and also creates amazing music with his wife and his young daughter called the **Trio Inverno!** Since moving to Minnesota from his native **Ireland**, Conor O'Brien has built an eclectic professional portfolio that covers almost every facet of the music business. As a violinist, he has performed with the **Minnesota Orchestra** and **St. Paul Chamber Orchestra**, and is a core member of the **Minnesota Opera Orchestra**. Conor has performed on three continents, including a tour of South Korea with the **World Symphony Orchestra**. He has recorded extensively for television and radio, performed in Broadway shows, and collaborated with artists in many **diverse genres including hip-hop, rock, and pop**. **As a baroque violinist, he has performed with Christ Church Baroque, Lyra Baroque Orchestra, the Bach Society of MN, La Grande Bande, and Oratory Bach Ensemble.** Conor has been a faculty member and/or guest clinician at Luther College, Bemidji State University, Gustavus Adolphus College, Shattuck St. Mary's pre-conservatory program, MacPhail Center for Music, and many other schools and programs in the Midwest. His entrepreneurial spirit and passion for working with people complement his work as performer and teacher. He is artistic director of the **Loring String Quartet**, and music contractor and consultant for many local and national music organizations.



Village Shores Resident Bob Erickson (#705) to Present Monthly Course

Please feel free to join retired educator, tireless volunteer, and luminary Bob Erickson (#705) as he presents the first course in his series **“Methods of Learning and Reaction.”** This course will focus on the tips and tricks for seniors to help them learn and retain information, even as old age sets in.



“Village Shores is a fertile environment for seniors to learn and grow. The number of classes, speakers, and resources we are allowed creates an amazing opportunity! You see, you can **ALWAYS** teach an old dog new tricks!” This new once-a-month course premieres on **Tuesday, April 22** in the Richfield Room. “How we learn is based on how our **MIND-STYLE** works to **organize and understand**. Our reaction displays both”- Bob Erickson (#705)

SilverCare News - SilverCare is the SilverCrest Nursing Aspect of our Communities

Sodium Awareness: Why It Matters for Your Health

Sodium is an essential mineral that helps regulate fluid balance and nerve function in the body. However, consuming too much sodium—often from processed and restaurant foods—can lead to high blood pressure, heart disease, and kidney problems. The recommended daily intake for most adults is less than 2,300 mg, yet many people consume far more without realizing it. Understanding where sodium hides in your diet is the first step toward making healthier choices.

Cutting back on sodium doesn't mean sacrificing flavor. Simple swaps, like using herbs and spices instead of salt, choosing fresh or frozen vegetables over canned ones, and reading nutrition labels to find lower-sodium options, can make a big difference. Cooking at home also allows for better control over sodium intake, as restaurant meals tend to be high in salt. Staying hydrated and incorporating more potassium-rich foods, such as bananas and spinach, can help counteract the effects of excess sodium.

Being mindful of sodium intake is especially important for those with high blood pressure or heart disease, but everyone can benefit from healthier eating habits. Start by tracking your sodium intake for a few days to see where you can cut back. Small changes, like rinsing canned beans or choosing unsalted snacks, add up over time and contribute to long-term well-being. By making informed choices, you can reduce your sodium intake and support a healthier heart.



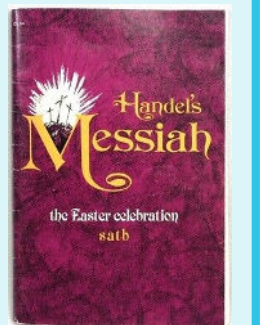
High Notes & Low Notes

Article Written by Dezso Bartha- Activity Coordinator

This month, to commemorate Easter, our Fidelio Society Classical Music Appreciation will be doing a special presentation of one of the most celebrated and beloved works in classical music: the oratorio *Messiah* by George Frederic Händel. Händel is one of the most important composers of the period in music history known as the Baroque, dating from approximately 1600 – 1750. Among Baroque composers, Händel is particularly well-known for his operas, oratorios, anthems, concerti grossi, and organ concerti. Born in Halle, Germany, Händel spent much of his early life in Hamburg and Italy, before settling in England in 1712, where he spent the bulk of his career, becoming a naturalized British subject in 1727. Händel's music forms the peak of what is considered the “high baroque” musical style, especially bringing opera to its highest development, as well as creating the genre of the oratorio, a new style of English church music. Händel is consistently regarded as one of the greatest composers of his age.

Messiah is an English language oratorio composed by Händel in 1741. An oratorio is a musical composition with dramatic or narrative text for choir, soloists and an orchestra or other ensemble. Similar to opera, an oratorio includes the use of vocal ensembles as distinguishable characters with arias similar to opera. Opera, however, typically involves theatrical spectacle, including sets, props, and costumes as well as staged interactions between characters. In an oratorio, there is typically minimal staging, with the chorus often assuming the more central dramatic role and the work is generally presented as a concert piece. A particularly important difference between opera and oratorio is the usual subject matter of the text. The text of an oratorio often deals with sacred subjects, making it appropriate for performance in a church. Catholic composers looked to the lives of saints and stories from the Bible. Protestant composers also looked to Biblical topics, as well notable religious figures and reformers.

Messiah is perhaps the most popular oratorio in that musical form. Its musical composition was completed in 24 swift days by Händel. It was first performed in Dublin, Ireland, in 1742 and rapidly gained in popularity eventually becoming one of the best-known and most frequently performed choral works in Western music. The work is divided into three parts based on the life of Christ: the first section deals with the Old Testament prophecies of Christ. The second part details the passion, death, and Resurrection. The third part focuses on the promise of redemption and the victory over sin and death through Christ. Our performance features the Choir of King's College Cambridge with the Brandenburg Consort performing on authentic eighteenth-century period instruments under the direction of Stephen Cleobury at the beautiful Pieterskirk Church in Leiden, Holland. It was with great enthusiasm that we will be hosting this work on video for our Village Shores Easter season celebration.



Resident Council Monthly Meeting Notes 3/5/25

Eight members attending

At the March All Resident Meeting residents were told that a new bus driver would be in place by April 1st. As of this Council meeting we are not sure if one has been hired.

Regarding the All Resident Meeting: the consensus was that the residents liked the new format, especially seeing and hearing from the staff of different departments.

Concerning building issues:

There are still no packets of instant coffee available at the water stations. Deanna will check on the reason for the delay.

The free table is cleaned up every Friday by Crystal, head of housekeeping. She makes the decision whether items should be donated or tossed.

Some residents are experiencing problems with electricity. All issues should be reported to maintenance.

New signs will go up in every laundry room urging residents to get their laundry out of either the washers or dryers within 10 minutes of the machines end cycle. This is an ongoing problem. With 210 apartments we all need to be respectful of others waiting to do their laundry.

Elegant Dinner: While some thought it was a wonderful evening, others found that the food quality was inconsistent and the service was unreliable. Also, that separate menus should not be available for this particular event.

Council members agreed that we would like to see the resident name (s) on each door. We did not feel it was an invasion of privacy. A resident could deny it if they so choose.

There is a lot of confusion for independent living residents regarding the use of the pendants. We need a staff person to clearly explain and then cards should be made up and given to every current resident and to every resident when they move in.

Also a thanks to **Barb Tewalt (#811)** for her work trying to keep the parking on the south side of 65th street as clear as possible.

Submitted by: Jane Radatz (#404)– Secretary

Next Council meeting: APRIL 5, 2025, 1:30 pm Private Dining Room



“Tech Friends” (A Village Shores resident run tech support club)

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.

Monday, April 28th Tech Friends will meet at 3:00 pm to discuss AND FOLLOW

UP March discussion points.

1) Technology and Aging—Gadgets and apps to help you find lost stuff (apartment keys, cell phones, etc.)

2) Smartphones - Questions and help to each other on problems / concerns with smartphones (both kinds), and tablets (all kinds).

Plan to join our discussions, or be an observer! All are welcome!

Your Tech Friends

Earl N. (210) 612-869-3454

Larry G. (1008) 612-770-7741



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

Words from Wellness Tara Davenport – Director of Wellness

It’s time to inject fun into FUNdraising at Village Shores in support of two important causes this spring. April is Parkinson’s Awareness Month and June 21 is The Longest Day when we work together to outshine the darkness of Alzheimer’s and other forms of dementia.

Exercise improves both physical and cognitive health for each of us. In April we’re hosting a friendly staff competition called Parkour for Parkinson’s and our entire community plays a key role! We are placing bets on who we think will win and all funds go directly to the Parkinson’s Foundation.

What is Parkour?

Parkour comes from a French word “parcours” which is a route or course. There’s a classic scene from the television show *The Office* with characters ridiculously racing from point A to point B doing their best comedic, acrobatic tricks. Wellness Coordinator Miguel particularly enjoys challenging personal training clients with parkour obstacle courses. After all, he speaks French! The Club’s parkour courses are low-impact, enjoyable challenges that can improve our overall wellbeing. Parkour-inspired drills are particularly beneficial for people living with Parkinson’s.

- **Enhance Coordination & Fine Motor Skills** – Control hand movements and reinforce neural connections.
- **Improve Balance & Stability** – Required weight shifts and posture adjustments, reduce fall risk.
- **Boost Cognitive Processing** – Encourage quick decision-making and focus.
- **Encourage Full-Body Movement** – Combine fine motor control with larger, fluid motions.
- **Support Dopamine Production** – Fun, goal-oriented tasks stimulate brain activity.

Consistent work has several positive effects on our daily lives including improved:

- **Agility** – Quick direction changes.
- **Precision** – Controlled movement.
- **Spatial Awareness** – Better movement judgment.
- **Endurance** – Builds stamina over time.

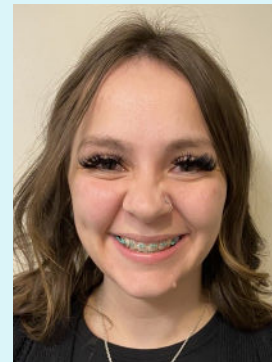
Come to the front desk April 2-16 to bet on the Village Shores department team you think will win! Join us at 2 pm, Wednesday, April 16 in the dining room. Residents and staff will warm up together at a sample Chair Yoga class led by Wellness Coordinator Shira. Then we’ll see who walks away with the grand prize and bragging rights, knowing our fundraiser supports the Parkinson’s Foundation. A wellness snack will be served!

Looking ahead to The Longest Day

On April 30 we kick off The Longest Day activities with a concert featuring Victor Zupanc and you can bet he’ll play a polka or two. We are looking for staff, residents and family members interested in helping us plan our The Longest Day events. Stop by The Club and let us know if you want to learn more about volunteering. We could use help for everything from planning and getting the word out to gathering prizes.

See you at the Club!

Meet CiAna Vdakes- Our New Director of Reflections



From CiAna: “I am passionate about creating meaningful connections, promoting engagement, and helping those affected maintain a sense of identity and joy in their daily lives. My background in senior care helps me be more prepared for my position. I’ve taken courses on dementia care and learned a lot through hands-on experience working with individuals facing memory challenges. Training in communication and caregiving has helped me understand how to provide the best support. I also keep learning to make sure I’m giving the best care possible. My role as the Reflections Director is responsible for creating a safe, supportive, and engaging environment for individuals living with dementia. They oversee daily operations, train and support staff, and develop programs that promote residents’ well-being and quality of life. Their role is all about ensuring compassionate care while also providing guidance to

families and caregivers. I have 3 daughters that certainly keep me busy with the youngest being 6 months old. I enjoy raising them with the same love and adventure I experienced growing up. I spent my childhood in Becker, MN, and went to high school in Anoka, but much of my early years were filled with traveling, creating memories in new places. Family has always been important to me, as I grew up surrounded by my parents and siblings, sharing countless experiences together. Now, I love spending my time taking my kids on fun adventures. I look forward to serving Village Shores and getting to know our residents, their families, and my co-workers better!

Maintenance Checklist

Jeff Zweig - Director of Maintenance

Spring has arrived! Here's a guide to Room-by-Room Cleaning Checklist for Seniors and Caregivers

Start in the kitchen: Kitchens are some of the busiest rooms in the house. This can make it hard to keep them clean. Take time this spring to do the following:

Wipe cabinets down inside and out. Replace shelf paper as needed.

Make everything out of the refrigerator and wipe it down with hot, soapy water. Use bleach wipes for hard-to-reach spaces. As you empty the refrigerator, check expiration dates on condiments, dressings and other items.

Inspect and clean the oven. If it doesn't have a self-cleaning feature, purchase a fume-free, easy-to-use oven cleaner.

Change the exhaust system on the range to reduce the risk of fire. This task is often overlooked, and that can lead to trouble. Check your oven's manual for directions on how to do it, or look it up on the manufacturer's website.

Empty out the pantry and thoroughly wipe down shelves. Dispose of items that are expired or have been around too long.

Scrub the bathrooms: While people routinely clean the bathroom, it likely requires extra attention a few times each year:

Replace the shower curtain liner, wipe down the curtain rod and wash the curtain. If the shower has doors instead of a curtain.

Get rid of any rugs in the bathroom. These present a serious fall risk to older adults.

Sort through the medicine cabinet and safely dispose of no-longer-used or expired medications.

Clean out the linen closet and donate older linens (especially towels) to a local animal shelter.

Deep clean the toilet and floor surrounding it.

Devote time to the main bedroom: Take some extra time to clean the bedroom your senior loved one uses most often:

Wash or dry clean curtains, comforter, shams, dust ruffle, blankets, mattress cover and rugs.

Eliminate cobwebs on the ceiling and ceiling fan using a long-handled duster.

Remove dust and grime from blinds using a product specifically designed to clean them.

Clean baseboards, window frames and furniture. It might help to vacuum them first and then use cleaning wipes.

Declutter and clean living areas:

Books, magazines and other clutter often build up in dens and living rooms. Before you start to deep clean, take time to declutter these areas. Box up items you need to drop off at your local recycling center or book donation site. Then tackle tasks like:

Dust woodwork, ceiling fans and lighting fixtures.

Wipe down the television and other electronics, where static is more likely to attract dust.



Help Make Your Life Better, By Embracing Your Hair Texture!

Nothing is more important to your hairstyle than its texture. It's even more important than trying to match your hairstyle with your face shape. Your hair's density along with its texture will dictate what hairstyle looks the best. There are six basic types of hair textures: fine, straight, wavy, coarse, frizzy and, of course, curly. The good news is there are ways of improving hair texture besides using hair products. Your stylist can cut layers into your hair which helps build in movement, soften your hairs lines, create body and help keep your curly hair from looking like a Christmas tree. When we feel stuck with the hair we were born with, we may feel eager for change. But our lives will be easier if we just embrace our hair texture. What this means, is fewer hours with a curling iron on straight or fine hair. So, instead of hating our hair when you look in the mirror, call out things you like about your hair: its thickness, its length, its shine. You may find our attitude about your hair and yourself has changed.

If there is one thing I have learned about beauty, it's that we are harder on ourselves than anyone else might be.

Work Orders
Please Call
Reception Desk
612 - 861-1186

"The Shores" Hair Salon

Lani

McConnell

Owner / Operator

HOURS OF

OPERATION:

Monday - Friday

8:00am - 5:00pm

Walk In or By Appointment



Food For Thought

Article Written by Jenna Huseby- Dining Manager

Exciting April Updates at Village Shores Dining Room!

We regret to announce the closure of the Village Shores Dining Room... **April Fools!**

As we step into spring, we're excited to bring fresh ideas and new experiences to the dining room! Starting this month, we're introducing a **Weekly All-You-Can-Eat Buffet** every Wednesday from **4:30 pm - 6:00 pm**. The menu will change each week, offering a variety of delicious options.

Special Events:

- **April 12th: National Grilled Cheese Day** Join us for a *Build-Your-Own Grilled Cheese* lunch! For just \$10, you can customize your grilled cheese however you like.

Easter Brunch Don't miss our all-you-can-eat *Easter Buffet*, featuring fresh fruit, salad, scalloped potatoes, carved ham, cheesecake, and more!

We're excited to share our love for food with you this month. Thank you for being part of our community—we can't wait to welcome newcomers and continue growing together!



Minnesota's Oldest Woman Architect Tells Her Story

Long time Village Shores resident **Su Blumentals (#903)** is no stranger to the compass and protractor! In late March, Minnesota Public Radio did an excellent retrospective of the opening of a new exhibit on display at the University of Minnesota that highlights the legacy of women architects in Minnesota. The exhibit called "**Build On It**" featured SU, on of the first women to receive an architecture degree from the U. Here is some excerpts from the interview:

Another woman who shaped the field locally and nationally is Su Blumentals. At 88, Blumentals is the **oldest living woman architect in Minnesota**. Blumentals started her degree at the university in 1954 when the architecture school was under the deanship of famed architect Ralph Rapson. "She was told to wear a nice dress because she would be pouring coffee at a faculty event in the School of Architecture," Fong says. "She takes that opportunity to really network and to talk to all the notables who would be there that evening."

Blumentals remembers it all too well. "It was an opportunity to get to talk with these famous architects and planners," Blumentals says. "The women saw it as demeaning. The guys saw it as standard practice." Blumentals graduated in 1959 and worked across the region for seven decades before retiring her license in 2024. She would work with the firm Gingold-Pink and for decades with her husband and fellow architect Janis Blumentals, who died in 2017, at the Brooklyn Center-based firm Blumentals Architecture, Inc. Her projects include the Mann Southtown Theater, with its sweeping, curved roofline and a prominent marquee, in 1962, which was razed in the 90s, and the Hennepin County Medical Center in 1973, with heavy use of raw concrete, strong geometric forms and minimal ornamentation. She also helped design a series of Lund's grocery stores, including the first major location in Richfield, where Blumentals has since shopped regularly for decades.

The Grocery Store that "Wowed the World"

Standing outside what is now the **Richfield Lunds & Byerly's**, Blumentals stares up at the stone pylon that rises from inside the store entrance and soars through the roof. It's one of the few elements still visible from the original design.

"It's nice having a little piece of its original look," Blumentals says. "It's picked up immediately from the intersection we're on."

Inside, she points to the ceiling — there used to be a mural about the history of food that encircled the entire store. At the time, the store was cutting-edge design for grocers and attracted visitors from around the world, Blumentals recalls as she hunts for green lentils.

"After this store went up, Lunds was named the grocer of the year, and I believe it was by 'Progressive Grocer' magazine," Blumentals says. The 1960s magazine spread is on view in the exhibition, highlighting the "prestige" areas of the grocer, including



a pitched wood-beamed ceiling, a "polished-wood alcove for the Food of the World gourmet section" and a "gold foil-lined arch with small chandeliers" at the checkout.

(For a copy of the **entire interview**, please see Brad in Programs or Su.)

March 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. (In April)
- 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 Noted Dates In April

- 4/1 Have Fun at Work Day
- 4/2 Walking Day
- 4/3 Burrito Day
- 4/5 Love Our Children Day
- 4/7 International Beer Day
- 4/9 Former POW Recognition Day
- 4/10 International Siblings Day
- 4/11 Love Your Pets Day
- 4/12 Passover Begins
- 4/13 Palm Sunday
- 4/16 Emancipation Day
- 4/18 Good Friday
- 4/19 Husband Appreciation Day
- 4/20 Easter Sunday
- 4/22 Earth Day
- 4/23 National Picnic Day
- 4/24 National Pig in a Blanket Day
- 4/29 International Dance Day

