THE SHORELINER

VILLAGE SHORES NEWSLETTER • [November 2026]

A Season of Thanks at Village Shores

November is here, bringing cozy days, Thanksgiving traditions, and a wonderful opportunity to reflect on all we have to be grateful for at Village Shores. At the top of my list? The people who make this community such a special place to call home!

Thank you to everyone who helped make our **40th Anniversary Celebration** so fantastic! It was a joy to come together, celebrate "40 Years of Creating Home," and share such a memorable occasion with residents, families, friends, and staff. Whether you helped behind the scenes or joined us for the festivities, you were part of what made the celebration shine.

I also want to share a heartfelt thank-you for your patience throughout these past few months. From elevator updates to new calendar layouts, updated processes, and the everyday adjustments that come with change, there has been a lot to navigate. We know these transitions can sometimes be inconvenient, and your flexibility, questions, and feedback are appreciated. Thank you for learning alongside us, sharing your ideas, and giving us the opportunity to keep improving your experience here.

As Thanksgiving approaches, I am reminded that some of the most meaningful parts of community life happen in the smallest moments: a friendly greeting, an invitation to join a table, a shared laugh, or a neighbor checking in. This month, I encourage you to share a favorite tradition, reach out to someone new, and let the people around you know how much they mean to you.

November also brings our reminder to **"fall back" as daylight saving time ends**—remember to turn your clocks back one hour! As the evenings grow darker, there are still plenty of reasons to gather, connect, and brighten one another's days.

Thank you for the warmth, personality, and kindness you bring to Village Shores. Wishing you a November filled with good company, meaningful moments, and plenty of reasons to give thanks!

Kaitlyn Olson

Director of Programs

VILLAGE SHORES
A SILVERCREST COMMUNITY

Resident in the Spotlight

CELEBRATING THE PEOPLE WHO MAKE US HOME

Elizabeth Gray & AJ Richter

If you love a good story of resilience, adventure, and serendipity, look no further than Elizabeth and AJ. Though their journeys took vastly different roads, they ultimately crossed paths in Arizona before making their home right here in Village Shores.

AJ grew up on a farm in Ortley, SD, attending a tiny country school before playing basketball and band at the high school in Summit. With dreams of becoming an astronaut, he joined ROTC and studied physics at South Dakota School of Mines. His path later took a dramatic turn after Army service in Germany — where he was stationed during the JFK assassination — when a serious car accident on Interstate 35W threw him into a coma.

The brain injury required extensive rehabilitation, ending his computer career with IBM and Nortronics. Undeterred, AJ moved to Tucson, AZ, where he soon realized that his brain injury prevented him from regular employment. That's when AJ began his long dedication of years volunteering at the VA Hospital, the Tucson Museum of Art and on an historic trolley restoration project. He also traveled to Tahiti, Australia and New Zealand.

Elizabeth's life was equally adventurous. Born in Richfield while her mother shared a pregnancy with Queen Elizabeth, Liz grew up watching the local landscape transform — from open truck farms to the construction of the Hub Shopping Center and the Hope Presbyterian church. Seeking life beyond the suburbs, her path later led her to Fairbanks, Alaska, for 19 years, and then to Nairobi, Kenya, where she volunteered as a museum docent while her husband directed a clinic. Following his tragic accidental death, Liz moved to Arizona where she and AJ connected in 1999 through a telephone dating service. After another 14 years of Liz working for Arizona Corrections, AJ's volunteering, and more travels together, they returned to the Twin Cities to be closer to family — including Liz's 4 grandchildren.

Today they love living at Village Shores and are eager to connect with their neighbors. AJ is always ready with a bright smile and a welcoming chat, and both love hearing about your own family and adventures. They even hoe to plan future travels together — maybe to the Theodore Roosevelt Museum in Medora, ND.
Take time to share a story and say "hello"!

Executive Director News

EXECUTIVE DIRECTOR OF VILLAGE SHORES

As we welcome November and the beginning of the holiday season, it is a wonderful time to reflect on all the things we appreciate about our community. I am especially grateful for the residents, families, and team members who make Village Shores such a special place to call home.
I would also like to extend a warm welcome to all our new residents who have moved in recently! Moving to a new home is an important transition, and I encourage everyone to continue reaching out, introducing yourselves, and helping our newest neighbors feel welcome and connected. A friendly smile or a simple hello can make a world of difference.

October was a busy and exciting month at Village Shores, highlighted by our wonderful 40th Anniversary Celebration! It was a special opportunity to celebrate four decades of memories, friendships, and community. Thank you to everyone who helped make the celebration such a success and to all who joined us for this memorable occasion.

As we look ahead, I encourage everyone to continue taking advantage of the many wonderful activities and programs offered by our team. There are so many opportunities to stay active, meet new people, explore interests, and enjoy time with friends.

We continue to make improvements throughout Village Shores, and I am excited to share that our elevator project is officially underway and in full swing! We understand that construction and temporary disruptions can be inconvenient, and I sincerely appreciate your patience, flexibility, and understanding as we work through this important project.

In addition, updates to the Club, Bistro, and Library are planned to begin soon. These improvements are part of our ongoing commitment to creating welcoming, comfortable spaces for everyone to enjoy. We look forward to sharing more updates as these projects progress.

As our community continues to grow, I would like to offer a simple reminder to please wear your name tag whenever possible. Name tags make it easier for new residents, families, and team members to learn names and build connections. It is a small gesture that can help make our community feel even more welcoming.

I also encourage everyone to participate in the many daily activities and programs available throughout Village Shores. Whether you enjoy exercise, music, educational programs, games, outings, or simply spending time with others, there is something for everyone. Your participation helps make our community vibrant and engaging!

As always, our entire team remains committed to providing the very best living experience possible. It is truly an honor and privilege to serve this wonderful community, and I appreciate the kindness, friendship, and support you continue to share with me.

Please remember that my door is always open. My office is located on the main level (Level 2), near the fireplace. Stop by anytime to say hello, share an idea, ask a question, or simply visit. I always enjoy connecting with you!

Wishing you all a wonderful November filled with good health, meaningful connections, and many reasons to be thankful.

Warm regards,

Tom Frette Executive Director Village Shores Senior Living Community

Words from Wellness

WELLNESS DEPARTMENT

A Season of Gratitude

November invites us to pause and give thanks. Practicing gratitude offers a way to notice bright moments as the days grow shorter. This month, we'll explore simple ways to appreciate everyday experiences and connect with one another.

Join us this month to share what you're grateful for and discuss ways to bring gratitude into daily life. Special gratitude meditations will take place throughout the month in classes, particularly on Wednesdays after chair yoga.

New Club Class and BeFit Schedule

Your feedback is helping shape The Club's schedule! Based on our recent resident survey, we're introducing Strong and Steady, a new 45-minute class on Mondays and Wednesdays at 10 a.m. Designed to support wellness and independence, the class includes a warm-up, balance drills, cardio, strength exercises, a cool-down and stretch. Each weekday at 10 a.m., we offer a 30- or 45-minute class, along with new and returning favorites focused on balance and well-being. You'll also notice adjusted BeFit hours to support your workouts at The Club.

This month we are hosting two wellness talks. One focuses on fall prevention and the connection between leg strength and walking. A second TED Talk discussion explores the benefits of gratitude for our health and well-being.

We have staff news to share, too! Mitchell is heading out on parental leave as his family welcomes a new baby. We wish them all the best and will share photos as soon as possible! Shira and Tara will also be away for a few days for continuing education. Lifelong learning is an important part of our commitment to wellness.

We hope you'll visit The Club or join a class this month. With a variety of opportunities to engage your mind and move your body, there's plenty to explore. Let's find what works for you!

Tara Davenport
Director of Wellness

GIVE THE GIFT OF HEALTH, CONFIDENCE & RESULTS THIS SEASON!

Personal training session gift cards available at The Club

15-minute 4 pack: $96 | 30-minute 6 pack: $288 | 30-minute 12 pack: $576

Food For Thought

NEWS FROM DINING & MARKETING

Happy November! We are looking forward to the start of the holiday season here at Village Shores! We have several wonderful events and delicious culinary highlights coming up this month to add to your calendar.

Our **Holiday Pie Sales** begin on Monday, November 9th. If you would like to purchase a delicious pie for your friends and family, options and pricing will be available at the Front Desk starting that day. You can pick up your orders in the Bistro during the week of November 23rd.

We are also excited to introduce our **New Fall Bistro Menu Rollout** on Wednesday, November 11th, featuring cozy seasonal autumn flavors. Later in the month, join us for a unique and flavorful **European Brunch Buffet in the Bistro** on Friday, November 20th.

Finally, please join us for our **Thanksgiving Day Buffet** on Thursday, November 26th from 11:30 AM to 1:00 PM. We will feature a beautiful, festive feast with all your favorite trimmings, and friends and family are warmly encouraged to join us. Have a great fall season!

Hello Village Shores Fans!

It promises to be a busy month in the marketing office, with lots of tours already scheduled. So often current members of our community (residents & staff) smile and say a warm hello, engaging in quick conversation with prospective residents as we walk around, touring the building. Thank you all for being so welcoming.

I'd like to extend a special thank you to those residents who routinely allow me to show their two-bedroom apartments: Gwen & Lowell Larson, Ann & Jon Jenson and Susan Ford - thank you! Do you live in a studio apartment you would be willing to show? If so, please reach out to me at 612-746-4706.

Our Veterans Wall project is underway. Please remember to submit your form to the front desk if you or an immediate family member is a veteran. We want to be sure to capture the pride and honor we hold for each and every Village Shores veteran.

Hala and I met for a walk the other day. Her baby girl is adorable! Hala is looking forward to coming back to work and will definitely be returning on December 7th. We will be sharing the new 2nd floor marketing office.

If you haven't yet submitted your purple Designated Representative Form, please do so ASAP. Don't have one? See Nicole at the front desk with questions or for a new form.

My daughter and I brought my granddaughter, Lena, along to the polls this past Saturday. She's not quite old enough to cast her own ballot, but she provided a lot of moral support

❤️ Let's get out the vote, Village Shores!

Have a great November everyone!

Jenn Abraham, Marketing Director

OCTOBER MEMORIES

LITTLE MOMENTS, WONDERFUL MEMORIES

Things You Should Know

A FEW HELPFUL NOTES FROM YOUR COMMUNITY

A DAY IN DULUTH
-Written by an anonymous resident

It was a strange day that day a group from Village Shores embarked on a trip to Duluth. Before leaving I looked out my window, “oh my gosh!” I said to myself as the weather was VERY foggy. I have changed the names of the two chaperones to keep their identities undercover. Our driver was Eric Escobar & our Programs Director’s name is Sissy Shylock. As we drove north, our driver Eric took out his stethoscope and changed the temperature of our shuttle bus. Boy was I happy about that. All of a sudden, we were able to breathe better with the cool air. Everyone cheered on our Driver, and he put the shuttle back in gear and we were off!

About an hour later our shuttle bus stopped at a place called Tobies. We promptly walked into a large café and they were able to set up a table for all 12 of us! We all indulged in their enormous Caramel & Cinnamon rolls.

Next destination on our trip was to the North Shores Train Museum. At first I thought it was going to be small trains but lo and behold it was all vintage out of commission trains and cars all the way back to the 1800’s! They even had buttons you could press to learn about the history of each train.

NOVEMBER BIRTHDAYS

3- Darlene Gripne (204)
4- Rochelle Tudor (304A)
4- Swede Olson (802)
4 Elle Aldrich-Goldstein – Staff-VS
4 Mary Wood (505)
8 Luella Moore (622)
10 Val Escher (809)
10 Wilma Hoflin (916A)
11 John Anderson (1007)
13 M. Eileen Fanning (308C)
14 Samanta Riera -Staff-SCSC
17 Gladys Loney (521)
17 Kaitlyn Olson -Staff
19 Sue Domeier (409)
19 Mary Dean (421)
20 Barbara Lewis (607)
20 Marge Chism – Staff -VS
23 Ken Hanson (517)
23 Mary Kay Swenson (304B)
25 Amy Rincon (915A)
29 Harry Bloom (319)

Let’s celebrate!

November 27th 2pm

2nd floor dining room

Salon News & Other

FROM "THE SHORES" SALON & AROUND THE COMMUNITY

Your Hair, Your Style, Your Time

November Hair Care Tips: Protect and Nourish Your Hair This Fall. As the weather shifts and November settles in, your hair starts to feel the difference. Cooler air outside and dry heat indoors can pull moisture from your strands, leaving them more prone to breakage. A hydrating shampoo and conditioner are your first line of defense. Healthy hair starts with a healthy scalp; cooler weather can throw your scalp balance off. Flakiness, tightness, and itchiness are common in the fall. Adding a gentle scalp exfoliant or scrub once a week helps clear buildup from excess oil and creates a clean foundation for hair growth.

Hydration isn't just topical. Drinking enough water helps your body and hair stay strong from the inside out. Pair that with nutrient-rich fall foods like sweet potatoes, avocados, spinach, and nuts, support healthy hair growth. Fall is a beautiful season! With the right routine, you can avoid the dry, brittle, and dull in your hair that often show up this time of year. These fall hair care tips will help you nourish, and protect your scalp, and keep your hair healthy and glowing all through November. For personalized recommendations and professional treatments, the stylists at Shores Hair Design are here to help you look and feel your best this season.

Our stylists are here to serve you-

Liz DeGrood 612-968-0767 on Monday and Tuesday afternoons

Kirsten Fossen 612-735-9781 Tuesday through Friday

Work Orders

Please call Reception:

612-861-1186

Reflections & Community News

REFLECTIONS DEPARTMENT

Salty surprises: Hidden Sodium in Everyday Foods

You may already know that foods like potato chips and pretzels are high in salt, but sodium can also be hiding in foods that do not taste especially salty. Canned soups, deli meats, frozen meals, sauces, salad dressings, breads, and packaged snacks can contain surprisingly large amounts of sodium. For older adults, too much sodium can contribute to high blood pressure, swelling, fluid retention, and increased stress on the heart and kidneys.

A good way to protect your health is to become familiar with nutrition labels and choose lower-sodium options when available. Fresh fruits, vegetables, lean proteins, and foods prepared from scratch are often lower in sodium than highly processed foods. You can also add flavor with herbs, spices, garlic, lemon, or vinegar instead of reaching for the saltshaker. Remember, a food does not have to taste salty to contain a significant amount of sodium.

Small changes can make a big difference over time. Paying attention to hidden sodium can help support your heart health, improve comfort by reducing swelling, and contribute to your overall well-being. If you have questions about your dietary needs or have been advised to follow a low-sodium diet, talk with your healthcare provider or a member of our dining services team. We are here to help you make informed choices while still enjoying your meals

“Big Ideas Club”

Topic: “The Dead Sea Scrolls, part 2: The Qumran Community Life, Rules & Rituals”

November 20 • 3:15pm

1st Floor Richfield Room

“Tech Friends”

This event will be on hold until further notice.

Keep in mind we will be having a North Pole event next month. If you are interested in volunteering, please talk with Kaitlyn or Dezso in Programs.

High Notes & Low Notes

DEZSO BARTHA • ACTIVITY COORDINATOR

As Activities Coordinator at Village Shores, it has been my pleasure to host a variety of academic projects over the years. I am thrilled, then, to offer a new weekly program then, that I am calling *Special Topics in History, Religion, Science, and the Humanities*. This program will take place on Thursdays at 4pm and will be a forum for academic topics in these fascinating fields. Among the programs that we will be covering will include such topics as the presidency of Abraham Lincoln, the Dead Sea Scrolls, the rise of Christianity, world history, mythology, and a special course that I wanted to introduce for our first program: *Big History: The Big Bang, Life on Earth, and the Rise of Humanity.*

"Big History" is an exciting new academic discipline that examines and combines history and science from the Big Bang to the present-day. Big History examines very long-time frames from a multidisciplinary approach that combines numerous disciplines from the sciences and humanities. It also explores human existence in the context of this so-much bigger picture. It integrates the studies of the cosmos, the Earth, life, humanity, and history to explore cause-and-effect relationships both in science and in human history. This fascinating new discipline is presently being taught at both college and high school levels.

Big History surveys the past at all possible scales, from conventional history to the much larger scales of biology and geology, to the universal scales of cosmology. It weaves a single story, stretching from the origins of the universe to the present day and beyond, using accounts of the past developed within scholarly disciplines that are usually studied quite separately. Human history is seen as part of the history of the earth and this biosphere, and the earth's history, in turn, is seen as part of the history of the universe.

As a movement, Big History arose from a desire to go beyond conventional history as it had developed within the twentieth century. Some scholars see Big History as a product of our newer Information Age, a stage in history itself following speech, writing, printing, and technology. Big History covers the formation of the universe, stars, and galaxies, and includes the beginnings of life as well as the period of several hundred thousand years when humans were hunter-gatherers. It sees the transition to civilization as a gradual one, with many causes and effects, rather than an abrupt transformation of humanity from static cavemen to dynamic civilized farmers. It merges several scientific thresholds to the historical social history of humanity that includes not only our ancient origins, but also the context of such historical breakthroughs as the Industrial, Scientific, and Technological Revolutions, as well as projections for the next hundred years and the future of humanity. I hope that you will join me in this fascinating study of Big History: the full scope of the human experience within the history of the universe.

Dezso Bartha
Activity Coordinator

SilverAdvantage

OUR SHARED COMMITMENT TO R.E.S.P.E.C.T.

LETTER OF THE MONTH: "S"
SAFETY & SECURITY

Crystal

Thank you, Crystal! I really appreciate you helping me hang some pictures in my apartment. We did a good job together! Ms. Margaret is happy with her pictures.

-Juan

Torri

I just want to thank Torri for going above and beyond for helping out in the kitchen when we are short in the mornings. Thank you so much!

-Stephanie

Hamp

Thank you for doing the resident meals and delivery to the tables to eat!

-Sattie

Stephanie

You are so kind. You know my favorite foods and that is so sweet.

-Resident Ginny Cain

Staff Directory

YOUR VILLAGE SHORES TEAM

Reach any team member through Reception 612-861-1186

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