

Services at Mainstreet Village

Available to All Our Residents:

Bus Transportation

- Doctors
- Shopping
- Outings

In House Shopping:

- Schwan's

Worship Services

- Bible Study
- Worship Service

Exercise

- Live 2B Healthy
- Exercise Groups

Socializing

- Card Games
- Book Club
- Dominoes
- Bingo

Groups

- Concerto Chats
- Sing-Alongs
- Readers' Theater
- Mind Joggers

In House

- Beauty Shop
- Home Care
- Library
- BMO Bank
- Fitness Room
- Store
- Craft Room

Welcome to New Residents

Leslie Degolier
 Carol Anderson
 Trudy & Glenn Breitag
 Mildred Hummel
 Delores Ranta

Farewell to Our Friends That Have Moved Away

Pat Kangas
 Lois Walen
 Beverly Ehrich
 Geraldine Hanson
 Pat High

Fire Alarm

What should you do?

If a fire alarm sounds, you should remain where you are.

UNLESS

The fire or smoke is in the area that you are in.
 Staff will be checking all parts of the building to make sure residents are safe, calm and in no danger.
 Staff will notify residents when it is safe to move about the building.

August Birthdays!

Aug. 3	Irving Nielsen	Aug. 16	Elaine Olson
Aug. 5	Diane Yarwood	Aug. 20	Jan Clark
Aug. 6	Patricia Bates	Aug. 20	Betty Hill
Aug. 8	Jack Schmitt	Aug. 23	Mertie Stevens
Aug. 15	Margaret Johnson	Aug. 25	Marcella Fredell
Aug. 15	Greg Vance		



MAINSTREET VILLAGE
OF RICHFIELD

The Village Press

August 2017

55+ NEIGHBORHOOD BLOCK PARTY



NATIONAL NOON OUT
TUESDAY, AUGUST 1, 2017
11:00 AM to 2:00 PM



11:00 AM - 12:30 PM
Hotdogs, Chips,
Lemonade &
“Custard by Culvers”
Music by
“Firespice Band”

BINGO 1:00-2:00 pm inside 1st Dining Room

(Must be 18 years of age to play)

Prizes donated by: Target, Dairy Queen,
Papa John's, BMO Bank, Broadway Pizza, Trader
Joe's, Renovation Systems, Noodles & Company,
Starbucks, Potbelly Sandwich Shop
& other local businesses!

Mission Statement:

Inspired by God's love, Avinity creates Communities for older adults that nurture body, soul and spirit.

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EVENTS OF NOTE & MONTHLY MEETINGS

- Aug. 1st 11:00—2:00 p.m. National Noon Out in Parking Lot See Flyer
- Aug. 2nd National Coloring Day Show Off Your Pictures in Library
- Aug. 4th 9:00 a.m. Let' Go Fishing Trip—See Angie for Sign Up
- Aug. 7th 2:00 p.m. Monthly Birthday Party w/music Mary Franz 1st DR
- Aug. 8th 2:00 p.m. Village Social & Program hosted by Washburn
McReavy See Flyer for more details 1st DR
- Aug. 9th NO Doctor Trips
- Aug. 15th 2:00 p.m. Village Social with music by Joe Abrahams 1st DR
- Aug. 17th 10:00—11:30 Watch Batteries Replaced for \$5.00 in SR
- Aug. 18th 11:00 a.m. Minnehaha Falls Outing (IL)
- Aug. 21st 10:00 a.m. Arboretum Outing (IL)
- Aug. 24th 2:45—4:15 p.m. Farmers Market Outing (IL)
- Aug. 25th 11:00 a.m. Outback Steakhouse Outing (IL)
- Aug. 31st 11:00 a.m. Chili's Lunch Outing (IL)

NOTE: NEW DAY Blood Pressure checks will be on the Third Friday of each month at 9:00 a.m. in the Library starting in August.

NOTE: Please sign up for bus outings. If you don't bus driver will not know you wanted to go and may leave early for bus outing if everyone that signed up is ready to go.

NOTE: There will be NO Bus Outings the week of August 7th.

CHAPLAIN'S CORNER

Healthy Brain, Healthy Mind

Much is written these days about keeping our minds healthy. We hear of the body-to-brain health connection. One website lists 100 ways to keep your mind healthy and fit ("Brain Power: 100 Ways to Keep Your Mind Healthy and Fit." Open Education Database. C.2017. Accessed 13 July 2017). We know the physical benefits of the basics—physical exercise and good nutrition needed at every age. At a seminar on brain health, in answer to how we keep our brains healthy in view of the unknowns of disease, the presenter summarized her presentation with, "Eat your broccoli and take a walk!" Yes, walking the dog or doing Live 2Be Healthy exercises contributes to a healthy brain, and broccoli is brain food!

What you may not know is learning a new skill challenges your brain, like switching hands for tasks like eating or writing! And don't forget: **Using your brain** to work puzzles, brain teasers, reading the newspaper or studying Scripture stimulates your thought processes and keeps the brain nimble. As Mark Twain said, "Age is an issue of mind over matter. If you don't mind it doesn't matter."

All these contribute to physical brain health. But what about the mind? How do we keep the mind healthy as we age? What about the social, emotional, and spiritual aspects of mind health?

Mind health has to do with what we think about on a daily basis. And what we think about on a regular basis determines our 'state of mind' and our 'peace of mind.'

Henry David Thoreau said:

As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.

Think often of the good things. We can foster a healthy mind aside from professional help, although that is sometimes necessary. We can have a sound mind and peace of mind. I desire not to have an anxious mind controlled by worry or fear. Taking in God's Word helps me with this. Recalling Scriptures that I have memorized stabilizes me when afraid. We can choose what we will think about: "Set your mind on things above" (Colossians 3:2). And we can capture errant thoughts (1 Corinthians 10:5). Prayer helps the mind release its worries to God. Through prayer we can practice relinquishing anger, fear and hurt to our Heavenly Father who really cares about us.

Did you know social support and spiritual connectedness contribute to a healthy mind? (Bergland, Christopher. "7 Habits for a Healthy Mind in a Healthy Body." *www.psychologytoday.com*, 13 February 2013. Accessed 19 July 2017). Avinity just happens to provide social and spiritual opportunities onsite! You may not always feel like getting out, but you can benefit hugely upon making the effort to attend these activities.

The conclusion of the matter? Continue doing positive things that contribute to mind and soul health. And, remember the best prescription for all around health of body, mind and spirit can be taken several times a day as needed—LAUGHTER! "A cheerful heart is good medicine" (Proverbs 17:22).



<http://www.neurophysicianvikram.com/post>

Written by Chaplain Sherree Lane