

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
- Dominoes
- Bingo
- Sing-Alongs
- Mind Joggers

Groups

- Concerto Chats
- Book Club
- Readers' Theater

In House

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

Welcome to New Residents

Charlotte Boyles
 Sheila Hyde
 Betty Ann Rowe
 Donald & Gen Erickson

Farewell to Our Friends That Have Moved Away

Irene Bartel
 Vicky Smith-Murray

In Remembrance

Bran Hansen
 Jeanne Martinson
 Dayton Sjostrom

Room Reservations

Looking for a place to hold a family gathering, meeting, social or a party? Here at Mainstreet Village of Richfield, MN we welcome residents and outside groups to hold such events in our 1st Floor Dining Room, Social Room, Chapel and Library with no room charge. We also have the ability to provide food and beverages for your event at a reasonable charge. So for your next event, check with the Concierge to see if we have a room available. Also see the dining room coordinator or chef to see how they can help with refreshments. We also have two guest suites available for those out of town guest visits. Pricing for guest suite (nightly rates) available with concierge. Advanced reservations are required for booking rooms.



September Birthdays!

September 3	Marjorie Stole	September 12	Doris Nelson
September 4	Faye Stalwick	September 23	Dorothy Reischel
September 9	Robert Burke	September 28	Glenn Breitag
September 10	Quentin DeNio	September 30	Marilyn Vatsaas



MAINSTREET VILLAGE
 OF RICHFIELD

The Village Press

September 2017



Sign up today for a class held here at Mainstreet Village with Sarah and Angie

Classes are sponsored by Metropolitan Area Agency "Aging" and the Amerherst H. Wilder Foundation

Classes held at MSV:

- Living a Healthy Life with Chronic Conditions
 - Self-Management of Diabetes
 - A Matter of Balance... Managing Concerns about falls

These classes are provided at **No Cost** to Residents, Family Members and Friends. Book and materials are included.

Mission Statement:

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

Inside this September 2017 Issue:

Event Notes & Meetings	2
Important Notes	2
Chaplain's Articles	3
Monthly Birthdays	4
New Residents	4
Farewell To Friends	4

EVENTS OF NOTE & MONTHLY MEETINGS

- Friday, Sept. 1** 11:00 a.m. Sea Salt Restaurant Outing (IL) Minnehaha Falls
- Monday, Sept. 4** Happy Labor Day! Offices Closed / Dining Room Open
- Tuesday, Sept. 5** 9:30 a.m. Cub Foods Shopping (IL)
10:00 a.m. Connect Hearing CH
10:30 a.m. Bible Study Library Starts Back Up
2:00 p.m. IL Social 1st DR
- Friday, Sept. 8** 10:00—1:00 p.m. Emma Krumbie's Outing (IL)
- Monday, Sept. 11** 9:30 a.m. Cub Foods Shopping (IL)
1:00-3:00 p.m. Class for Self-Management of Diabetes
1:00-3:00 p.m. Flu Shots available in CH
2:00 p.m. Perkins Outing (IL)
- Tuesday, Sept. 12** 2:00 p.m. IL Social 1st DR w/Saxophone Music
- Thursday, Sept. 14** 10:00 a.m. 2nd Floor Craft Room w/guests
11:00 a.m. Hunan Lunch Buffet Outing (IL)
- Friday, Sept. 15** 9:00 a.m. Free B/P Checks Library
10:00 a.m. Hub Shopping Outing (IL)
1:00 p.m. Book Club Library Starts up Again
- Monday, Sept. 18** 9:30 a.m. Cub Foods Shopping (IL)
1:00-3:00 p.m. Class Self-Management of Diabetes
- Tuesday, Sept. 19** 10:00 a.m. Coffee with a Police Officer CH (IL)
10:00 a.m. Cards with Tina 2nd Floor Craft Room (IL)
2:00 p.m. IL Social 1st DR Theme Oktoberfest
w/accordion music by Bill Lundholm
- Thursday, Sept. 21** 9:30 a.m. Historic Ft. Snelling Bus Tour (IL) \$10.00 See Angie
10:00 a.m. 2nd Floor Craft Room w/guests
- Friday, Sept. 22** 10:00 a.m. Aldi's/Lunds (IL)
- Monday, Sept. 25** 9:30 a.m. Cub Foods Shopping (IL)
- Tuesday, Sept. 26** 10:30 a.m. Bible Study Library
2:00 p.m. Birthday Party with High Water Band 1st DR
- Friday, Sept. 29** 10:00 a.m. Walmart Shopping (IL)
2:00 p.m. Sunnyside Bingo CH (IL)

CHAPLAIN'S CORNER**Community of Caring**

A few weeks ago, I traveled to Duluth to officiate a funeral for one of our dear residents from the WestRidge community in Minnetonka. As a chaplain, it is a high honor to care for families through their grieving and to invoke beautiful memories they can cherish throughout their lives. We all know how important it is in those times to be surrounded by friends and family who care. As I look back on my life, I cherish the beautiful memories of how people have shown simple acts of caring; a listening ear, a shoulder to cry on, a word of thanks, a hug, even a smile. This is what makes life beautiful.

Now when it came time for me to return home from the Duluth area, I thought I'd stop to visit two other Avinity sites close to Duluth. The first person I met was the chef. What I saw in him was a caring spirit. He had great enthusiasm to provide splendid dinners for the residents. You could see how much he loved the people he was serving. In fact, as I toured each senior residence there, I saw great love and respect and a community of caring. The staff genuinely had a strong heart of caring for the people they served in their senior communities. I was reminded why I love being a part of the Avinity family. It is a Community of Caring! The staff at all the locations I serve and have visited are truly, first and foremost, committed to caring for the residents and even for their fellow workers. Acts of kindness abound.

Just take some time and look for the many acts of caring around you. I've seen many a resident caring for their neighbors in kind ways such as: notes of encouragement, through cut-out hearts posted on a door of a resident receiving chemo-therapy, many hugs, the sharing of tears, and presenting gifts of those lovely coloring pages which have become so popular. The list goes on and on. I found a quote by Leo Buscaglia which echoes what I see at each residence I've seen:

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

The Apostle Paul knew how important caring for one another would be for the early church. Read what he had to say, and take it to heart and live in such a way to:

Philippians 2:4

...do not merely look out for your own personal interests, but also for the interests of others.

Galatians 6:2

Bear one another's burdens, and thereby fulfill the law of Christ.

Romans 12:10

Be devoted to one another in brotherly love; give preference to one another in honor.

Galatians 6:10

So then, while we have opportunity, let us do good to all people, and especially to those who are of the household of the faith.

1 Thessalonians 5:11

Therefore encourage one another and build up one another, just as you also are doing.

Colossians 3:12

So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience. There is no small act of caring.



Chaplain Lane Skoglund