

# Staff Directory

**Receptionist (Janet) | 612-869-6584**

Located on 1st Floor

**Campus Administrator (Denyse) | 612-274-7636**

Located on 1st Floor

**Housing Counselor (TBD) | 612-274-7642**

Located on 1st Floor

**Culinary (Jemell) | 612-869-0437**

Located on 1st Floor

**IL Life Enrichment (Haley) | 612-274-7640**

Located on 1st Floor

**Environmental Services Director (Jeff)**

612-274-7644

Located on 1st Floor

**Campus Pastor (Lane) | 952-715-2405**

**Human Resources & Billing (Stacy) | 612-274-7635**

**Keykeeper | 612-799-4499**

For maintenance emergencies after 5pm or on the weekends



**Follow us on Social Media -**

Facebook: [@MainstreetVillageLiving](#)

Instagram: [@Avinitysl](#)



## The Village Press

April 2024

### Mission Statement:

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

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Mainstreet Village—7601 Lyndale Avenue S., Richfield, MN 55423

### April Holidays



- 1 — April Fools Day
- 7 — 13 National Library Week
- 8 — Total Solar Eclipse
- 10 — Siblings Day
- 11 – National Pet Day
- 15 — Tax Day
- 21 — 27 Nat’l Volunteer Week
- 22 — Earth Day & Passover Begins
- 26 — Arbor Day

### Life Enrichment

Hi y'all,

**Some updates from the Life Enrichment Department – First, I will no longer be handing out weekly updates and reminders. They will still be posted on all bulletin boards with information that is necessary. Please know we are doing this to save paper!**

**We will have some new projects coming up this month, make sure to keep an eye on your calendar for when these new events are taking place!**

Chao!

*Haley*

#### Spring cleaning

We’re sure you’ve been anticipating a thorough home cleaning after the long winter months concluded. While this may seem like a laborious chore, tidying up your living space will make your home and mind feel clearer. Just as organizing your home will make spaces feel larger and cleaner, this act will have a similar effect on your mental health. Clearing clutter and putting your things where they belong and out of your path will help you clear your mind and add safety as well!

#### Eat more greens

Have you been surviving on soups and comfort food this winter? Try swapping these out for lighter dishes that better reflect the new season, like salads or fish. The greenery that is starting to emerge around you may inspire you to add green foods into your diet more often. Farmers’ markets will feel more inviting when the sun is shining,

#### Get moving!

It probably feels more achievable to start an exercise regimen in the sunny springtime than in the cold, dark winter. Some say springtime is the real new year, and some people find their exercise resolutions easier to stick to in March, April and May. There is a plethora of simple or chair exercises designed for seniors, just search the Internet! Even better, resolve to come to a Live to be Healthy class right here at Mainstreet Village.

#### Be mindful

Spring is a great time to begin a new mindfulness exercise. This doesn’t have to mean full meditation—we know how difficult a clear state of mind is to achieve. Consider a quiet activity on which you can focus your mind solely, such as art, stretching exercises, or journaling. Any activity that relaxes you and allows you to quiet your mind is a step toward mindfulness.

#### Reconnect with others

Now that our winter hibernation is over, it’s time to re-enter our social lives and make plans with friends and family. Many people prefer staying in during the winter, but the warmer weather may serve as a motivator to get out and be social. Call up a friend you haven’t seen in a while or plan a picnic with your family to reconnect and spend quality time with loved ones.

Treat spring as a fresh start with these tips. Rediscover health and wellness with the onset of more sunlight and blooming flowers. Happy spring!

*Based on <https://www.lifespan.org/lifespan-living/its-spring-thing-healthy-tips-new-season>*



## Marketing

For those that aren't aware, Chase has left Mainstreet Village to pursue his dream job of helping the homeless find housing. He said he loved working at Mainstreet Village and didn't think he would get a call from his new place after turning in his application four years ago! He said he would try to come back and visit. We truly wish him well!

We are searching for just the right Housing Counselor that will help our community prosper. Your prayers would be appreciated.



**Welcome to:**  
Cheryl M.

### **Birthdays:**

April 1 - Lorraine F.  
April 6 - Janet V.  
April 21 - Geri B.  
April 24 - Diane A.  
April 28 - Joyce D.  
April 28 - Jane F.

**“As you grow older, you will discover that you have two hands  
– one for helping yourself, the other for helping others.” —  
Audrey Hepburn**

**“The best way to find yourself is to lose yourself in the service  
of others.” — Gandhi**

**“Everybody can be great because everybody can serve.” —  
Martin Luther King, Jr.**

## Campus Administrator

**Hi Everyone!**

I had to return to my leave of absence after a slight setback, but will be working parttime from home this week, back in the office parttime next week and hopefully back fulltime in the office the week of April 8th.

I thank you from the bottom of my heart for your prayers, cards and flowers. I feel loved!

I also look forward to getting back to spring time weather!

**Cheers!**

*Denyse Ethridge, LALDIR*





## That's Faith

Once all townspeople decided to pray for rain; on the day of prayer all the people gathered, but only one boy came with an umbrella.

**That's FAITH!**

When you toss a baby up in the air, she laughs because she knows you will catch her. **That's TRUST.**

Every night we go to bed without any assurance of being alive the next morning but still we set the alarms to wake up. **That's HOPE.**

We plan big things for tomorrow in spite of zero knowledge of the future. **That's CONFIDENCE.**

We see the world suffering, but still couples get married and have children. **That's LOVE.**

On a senior adult's shirt was written this sentence, "I am not 75 years old...I am sweet 16 with 59 years' experience." **That's ATTITUDE!**

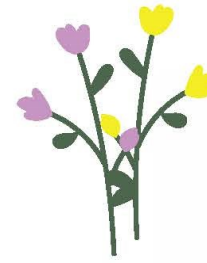
**Rejoice in the Lord always. I will say it again: Rejoice!**  
(Philippians 4:4)

Have a Great Day!!

+Campus Pastor Sherree Lane, Scandia Shores

# APRIL

## Word Search Puzzle



Q C E R E E B X A M G N U X C T X R  
 G H K J L X E Z T H B C R I B D D A  
 F L H P C A O A E E P E A P U W E I  
 G I H V M T O E S O N V I F T W Z N  
 A G R O W I N G T T T F N H T E X I  
 R M C A D O M Q X U E I B D E O H K  
 D U H L D D R L I R L R O Y R O G P  
 E P I I P Z L L O G F I W W F O R V  
 N G C Q Y A H X A B F I P I L M E O  
 I L K Z B U E F A Z I W G S Y O E Q  
 N M S E L T M W S R G P L N A U N E  
 G V S P L I C M C P L A N T S S C C  
 Y A J W R I O U W P P M G W R T T M  
 B E A I K S F N C B N N G E I V Q X  
 Z D Z U S S Y A H H I G W B O B S N  
 P S G O G L B C I R Z O B W P P P W  
 B Y L G T V U A P D L A T F I F S O  
 W B E H V W I S I F R U A Z Z Q F J

Find these words

(The words may be hidden vertically, horizontally or diagonally.)



GREEN RAINBOW  
 BASEBALL TULIPS  
 BUTTERFLY EASTER  
 PLANTS RAIN  
 GARDENING RABBIT  
 EGGS GROWING  
 CHICKS FLOWERS  
 SPRING BLOSSOMS



Draw your favorite April activity

