

# 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

May 2024

### Mission Statement:

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

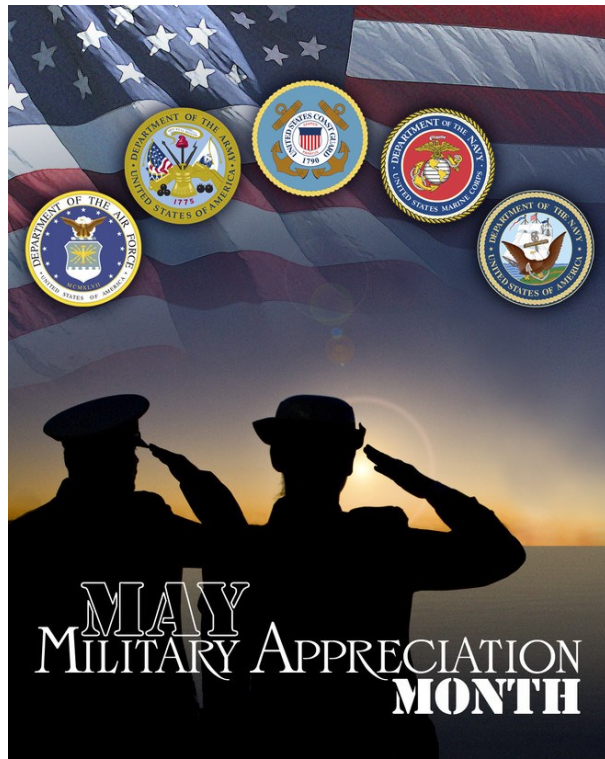
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Mainstreet Village—7601 Lyndale Avenue S., Richfield, MN 55423

## May Holidays



- 1 — May Day
- 2 — National Day of Prayer
- 4 — Kentucky Derby
- 5 — Cinco de Mayo
- 6 — National Nurses' Day
- 8 — Receptionists' Day
- 12 — Mothers' Day
- 18 — National Armed Forces Day
- 21 — National Waitstaff Day
- 27 — Memorial Day

## Life Enrichment

Hi y'all,

**You know what they say, April showers bring May flowers!**

**For May we are going to keep the good times rolling, and as always try out some new events! You will notice on your calendar some new weekly events. I will be bringing back Game Hour. Each Thursday afternoon we will be playing a different game (please let me know if you have any suggestions for games).**

**We will also be having a new weekly social! This will be on Friday afternoon (after bingo and before Friday Fun Dinner). If the weather is cooperating, we will be having these socials outside in the front sitting area! This will be a way for everyone to get outside and enjoy some fresh air, sunshine, and a cup of lemonade!**

Chao!

*Haley*

## FUN FACTS ABOUT AGING

### LIFE EXPECTANCY HAS RISEN

The average life expectancy for men and women around the globe increased by 5 years between the years 2000 and 2015.

### DIGESTION TAKES TIME

You ate your meal in just a few minutes but your body may take up to 12 hours to digest it completely. However, digestion rate varies by gender, age, and the type of food that you have eaten. However, exercise can help promote digestion and a health digestive tract.

### OBESITY CAN KILL

Being obese, even as a senior, can increase the risk of developing heart disease and type 2 diabetes. Exercise is key to preventing and managing obesity.

### HEART DISEASE IS A THREAT TO SENIORS

The leading cause of death in the United States in 2007 was heart disease. Strengthen your heart through regular exercise.

### LAUGHING IS GOOD FOR YOU

Laughing is great for heart health. Why? When you laugh, you increase your blood flow by 20%. Plus, laughing can help you feel happier and less stressed.

### IRON DEFICIENCY IS BAD FOR YOU

We need iron to carry oxygen around our body in hemoglobin form. You can become weak and fatigued if you are deficient in iron. Make sure you are getting enough iron in your diet through your foods or supplements.

### FOOD POISONING CAN KILL

Out of about 70 million cases of food poisoning a year, 7 million people have died. It pays to be careful with food prep and storage.

### OPTIMISM IS GOOD FOR YOU

It's easy to feel negatively towards the world sometimes, but being optimistic is good for your health. According to studies conducted at Boston and Harvard Universities, optimistic people often enjoy lower blood pressure, which reduces the risk of developing coronary artery disease.

<https://www.caringseniorservice.com/blog/aarps-fit-fun-health-challenge-fun-health-facts-you-may-not-know>

## Marketing

We continue to search for just the right person to fill the Housing Counselor role. Your continued prayers are appreciated!

### Welcome to:

Arlene F.  
Kathy G.

### Birthdays:

May 6 - Tom H.  
May 10 - Gaylen B.  
May 16 - Dolores A.  
May 19 - Charlotte B.  
May 21 - Richard R.  
May 22 - Dorothy H.  
May 24 - Violet P.  
May 26 - Dolores E.  
May 26 - Arlene F.  
May 27 - Joan B.  
May 27 - Violet M.  
May 28 - Elaine C.  
May 29 - Kirsten O



"The earth laughs in flowers." — Ralph Waldo Emerson

"Wherever you go, no matter what the weather, always bring your own sunshine." — Anthony J. D'Angelo

"Ô, Sunlight! The most precious gold to be found on Earth."  
— Roman Payne

## Campus Administrator

Greetings to all from Deb Waedt, Regional Operations Director on Denyse's behalf this month. Denyse remains on leave at this time.

I have been working alongside the leadership team at Mainstreet Village and am excited to announce the opportunity to expand dining options for all starting May 1st.

Lunch and dinner will be served daily in the first floor dining room over the hours of 11:30am-1pm and 4:30-6pm. This window of time offers flexibility in your arrival and you will find a new menu with daily specials as well as other 'always available' items.

Residents of the Commons (Assisted Living) will continue to have breakfast served on the 4th floor daily and will join the Mainstreet dining experience on first floor for lunch and dinner.

We respect that this a change in daily routine and ask for your continued input as we expand dining opportunities, menu choices and focus on improving your overall dining experience.

Bon Appetite!

*Deb Waedt, Regional Operations PHS*

## The Purpose of Life is a Life of Purpose

生き甲斐

### Ikigai

Ikigai is a Japanese word that means you know and practice your unique reason for living. It's what gives you purpose and joy in life for as long as you live. On the Japanese islands of Okinawa, there is no word for retirement. I believe that is because of the emphasis on ikigai. Residents there are always living out their purpose in life. Consequently, it is one of several contributing factors to the longevity and good health among its many centenarians.

If you've been a teacher, you've been practicing ikigai each time you bring out the best in your students. If you've worked in the medical field and have given hope and healing, you've been practicing ikigai. If you love to care for your friends and neighbors, you are practicing ikigai. If you create cards with comforting words for others, you are also practicing ikigai.

Each of us is uniquely created to be in some form of service to one another. It can be as simple as a word of encouragement or as well-loved as what Mother Theresa did in her Calcutta orphanage. No matter how great or small, each of us can contribute something to the world around us. So, I encourage you to meditate on what you can do to serve others with whatever means you may have. It is sure to always bring you joy, a reason for waking up in the morning and your beautiful sense of purpose in life.



*"Each of you should use whatever gift you have received to serve others, faithfully administering God's grace in its various forms."*  
I Peter 4:10 (NIV)

+ Campus Pastor  
Lane Skoglund-Anderson



**BASKET**

**BUTTERFLIES**

**FROGS**

**MAY DAY**

**SPRINGTIME**

**BOUQUET**

**CATERPILLAR**

**GARDENING**

**MOTHERS DAY**

**SOIL**

**BUMBLEBEE**

**FLOWERS**

**LADYBUG**

**PLANTS**

**UMBRELLA**

**WORMS**

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