

# Staff Directory

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

Located on 1st Floor

**Campus Administrator (TBD) | 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**

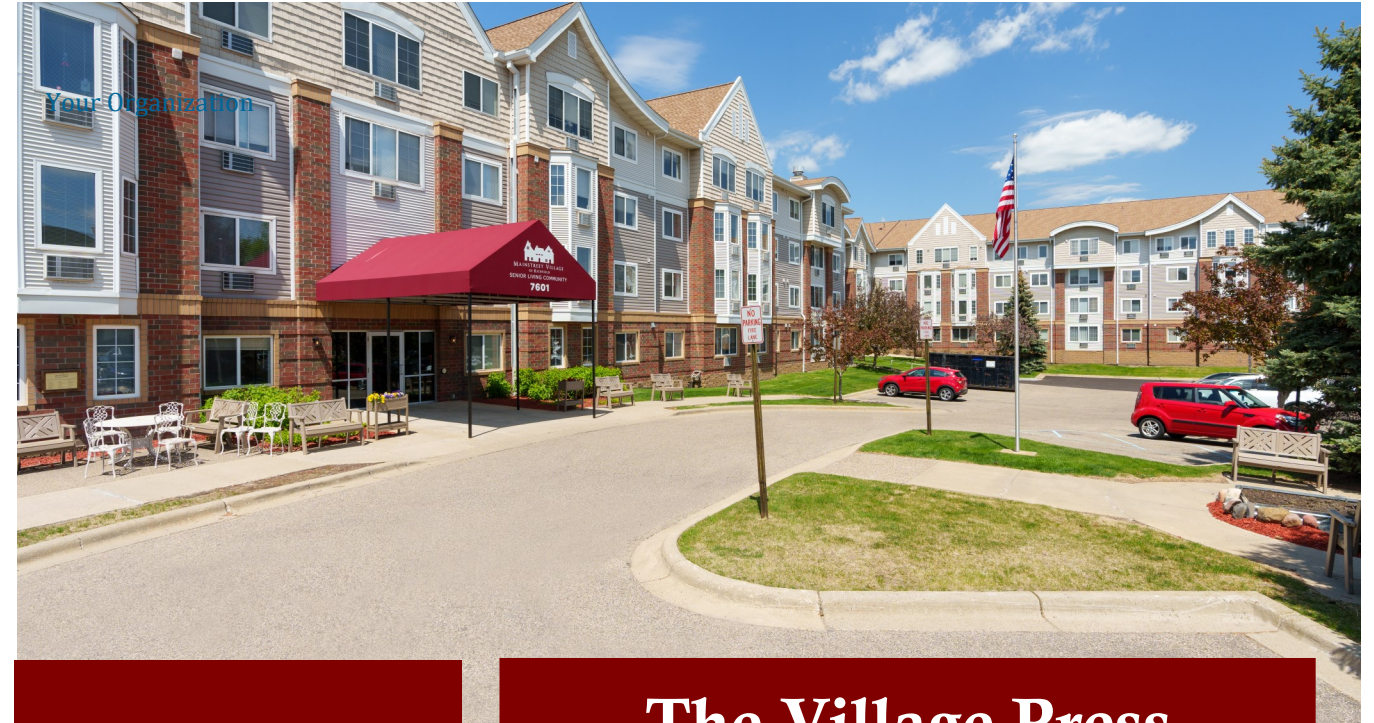
For maintenance emergencies after 5pm or on the weekends



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## The Village Press

June 2024

### Mission Statement:

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

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Due to the feedback received at the last Town Hall, this will be the last edition of our monthly newsletter.

Look to Haley's weekly newsletter for information and updates.



## June Holidays

- 6 — D-Day (80th Anniversary)
- 14 — Flag Day
- 16 — Father's Day
- 19 — Juneteenth
- 20 — 1st Day of Summer

## SUMMER SAFETY TIPS

As the summer heat sets in, it's important for people of all ages to take precautions to stay cool and hydrated. However, **seniors and heat** *really* don't mix well: for older people, being overheated can lead to advanced dehydration and serious illnesses. Aging bodies are less efficient at regulating body temperature and are more susceptible to heat-related illnesses.

### Stay Hydrated

Proper hydration is important for staying healthy at all times of year but is paramount for staying cool in the summer. Dehydration can lead to serious complications, such as heat exhaustion and heat stroke. Seniors should drink plenty of fluids throughout the day, even if they don't feel thirsty. Opt for water, herbal tea, or fruit juices while avoiding caffeinated or alcoholic beverages, as they can contribute to dehydration. Additionally, consuming hydrating foods such as watermelon, cucumber, and oranges can supplement your fluid intake.

### Dress Appropriately

Seniors should choose loose-fitting, lightweight fabrics like cotton or linen that allow air circulation and promote sweat evaporation. Light-colored clothing can reflect sunlight and help maintain a lower body temperature.

### Create a Cool Environment

Maintaining a cool living space is crucial for seniors throughout the summer. Close your curtains or blinds during the day to block direct sunlight and heat from entering your home. Use your air conditioning, plus ceiling or portable fans to help circulate cool air. (Make sure your ceiling fans are programmed to turn counterclockwise in summer to help create a downdraft of cool air).

### Time Outdoor Activities Wisely

Seniors should plan outdoor activities during cooler times of the day, typically in the early morning or late evening when temperatures are lower.

### Stay Connected

Social connections are not only beneficial for emotional well-being but can also serve as a safety net during hot weather. Inform family members, friends, or neighbors about your plans and check in with them regularly. Making someone aware of your whereabouts means they can reach you more quickly in case of an emergency.

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

## Life Enrichment

Hi y'all,

**Summer is officially (almost) here! The first day of summer is June 20th but looking outside I think it's safe to say we're close enough!**

**There will be some fun new things to try out this month so make sure you check your calendar! I will also be bringing back the weekly newsletters for you (yes, you will still be getting your monthly activity calendars).**

**Please keep giving me ideas for outings you would like to go on - the bus will be up and running soon!**

Chao!

*Haley*



## Marketing

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

### Welcome to:

Ron N.  
Kim O.

### Birthdays:

Muriel N. - June 1  
Reid M. - June 6  
Gretchen W. - June 6  
Becky L. - June 7  
Marlene S. - June 8  
Dylan D. - June 12  
Mary K. - June 12  
Margaret K. - June 13  
Jim W. - June 18  
Jan G. - June 22  
Ann K. - June 25



"June is the pearl of summer, shining with warmth and joy" —  
L. M. Montgomery

"June is a month of renewal and growth. Take this opportunity to let go of what no longer serves you and bloom into the person you were meant to be." — Unknown

## Energy Savings Program

Clarification on the energy savings program activity happening June 3<sup>rd</sup> - June 5<sup>th</sup>:

Xcel Energy will be coming into Mainstreet Village to make the following changes. The purpose is so that the building can save money that will then be used for other things.

All of the light bulbs in your apartment will be updated to new LED bulbs. Your shower heads will also be updated (unless you have purchased your own, in which case they will not replace it).

These changes should only take 15-20 minutes, and they will knock before entering.

- June 3<sup>rd</sup> - all of first floor and apartments 200-215.
- June 4<sup>th</sup> - the rest of second floor and all of third floor.
- June 5<sup>th</sup> - all of 4<sup>th</sup> floor.

See Jeff or Haley with questions.

## Stronger Together

Do you know how vital the sense of community is to your well-being? We may think we are totally independent, but English poet and cleric John Donne wrote in 1624, "No man is an island." We each really need others to care about us as a person, to be strong when we are weak, to stretch us in our thinking.

The Redwood trees of California teach us this lesson about community and sticking together!



The coastal redwoods are the tallest of all living things. They can grow to well over 300 feet tall and can live for 2,000 years or more! One would think that with great height they must also have very deep roots.

Actually, their roots are only five or six feet deep. How are they able to stand so tall and strong?

By reaching out--their roots spread out, sometimes to 100 feet away from their trunk. They survive by intertwining their roots with the other redwood trees nearby, in fact their roots even fuse together. This gives them tremendous strength to withstand high winds and raging floods. They do not survive alone. They survive by interdependence. Sometimes, several redwoods will fuse together like 'tribes' or families of trees. This gives them stability.

Let us learn the lesson of the redwood trees. We need one another for our well-being. We need to talk together, work together, get along together. We are stronger together. This is such a wonderful caring community. Let us all work together to keep it strong.

Keep making friends, keep listening to one another, keep caring. Yes, know your limits. But we need the nourishment of worshipping together, the laughter of fun activities together, and the prayers together.

Jesus reminded: "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another." (John 13:34-35)

# June Wordsearch

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

afternoon tea	sandwiches	cappuccino	cut grass
barbeques	wildlife	solstice	picnics
beaches	singing	sandles	parties
garden	summer	birds	happy
warm	tea		