



**OLD MAIN VILLAGE**

Senior Living

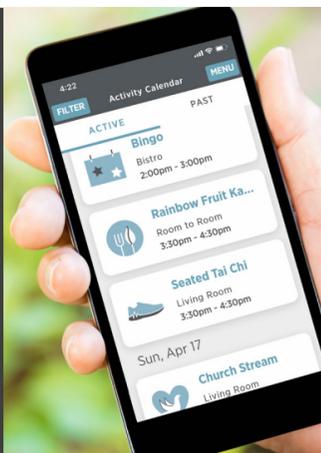
301 South Fifth Street, Mankato, MN 56001  
507-388-4200 | oldmainvillage.com



DOWNLOAD

**GiGi Assistant**

TODAY



GiGi Assistant® (GiGi), is a free mobile app that acts as your personal concierge ready to assist you with what's happening in the community.

We encourage residents, guests, caregivers and families to download the app and get connected!



Scan to Download



MANAGED BY  The Goodman Group

## TEAM MEMBERS

**Executive Director**

Bonnie Hough

**Director of Nursing**

Sarah Lopez

**Director of Sales & Marketing**

Nick Brown

**Life Enrichment Director**

Kate Jacobs

**Culinary Director**

Joleen Sandstrom

**Business Office Manager**

Angela Jensen

**Maintenance Director**

TJ Brothers

**Resident Services Coordinator**

Samantha Burt



## BIRTHDAYS

We want to wish the following residents a very happy birthday:

- Louise W. - 4/2
- Mel K. - 4/5
- Genevieve R. - 4/13
- Mary H. - 4/30
- Mary J. - 4/30
- Tom K. - 4/30



## LIKE US ON FACEBOOK

visit [facebook.com/OldMainVillage](https://facebook.com/OldMainVillage)



# Good Life NEWS

at Old Main Village

APRIL 2024

## LIFE ENRICHMENT HIGHLIGHTS

Happy April everyone! Here are some fun activities to look forward to this month:

- **Thursday, April 4:** We will go on an un-creepy-crawly scavenger hunt around the building, looking for bugs. Don't worry, they aren't real bugs! There will be a sweet treat served at the end after everyone has found all the bugs.

Scavenger hunts are always fun, and a great way to get exercise!

- **Friday, April 5:** We will make a spring wreath out of a pool noodle. The noodle will be wrapped with burlap and colorful flowers will be glued on to it.
- **Tuesday, April 9:** For our monthly birthday party, Mark Browning Milner will be performing his Minnesota show for us. He will also be telling us some very funny Ole and Lena jokes!

- **Tuesday, April 16:** Have fun at our Bingo Bash. The theme will be spring!
- **Tuesday, April 23:** The very talented Banjo Deb and Tom will be performing wonderful music for us.
- **Friday, April 26:** To celebrate National Pretzel Day, we will have soft pretzels and cheese for a snack.

Have a happy, healthy and safe month.

*Kate Jacobs*  
Life Enrichment Director

## 100 YEARS: A MILESTONE OF MEMORIES

### Celebration on Monday, April 8

As you know, the iconic building you call home has a rich history that started 100 years ago after rebuilding from a fire. On April 8, 2024, we will be celebrating 100 years of memories at Minnesota State University, Mankato's former lower campus, now Old Main Village. Guests will learn about the building's history, reminisce with

fellow alumni, and tour the former center of student life! Please join us to enjoy speakers, refreshments, a ribbon cutting and more. Old Main Village is proud to co-host this event with MSU and Blue Earth County Historical Society exactly 100 years after the building was reopened.

*Nick Brown*  
Director of Sales & Marketing

### Schedule of Events:

- Ceremonial Ribbon Cutting  
**1 p.m.** (Heritage Dining Room)
- Guest Speakers  
**1–2 p.m.** (Heritage Dining Room)
- Stories, Refreshments and Tours  
**2–4 p.m.** (Club Room and Heritage Dining Room)

*Ceremony space is limited to the first 300 RSVPs. Open house from 2–4 p.m. is open to the public. Please RSVP to Nick.*



Old Main (1929) Source: Minnesota State University, Mankato



Old Main building, now Old Main Village, present day

## RESIDENTS SHARE MEMORIES OF OLD MAIN

### Back on Familiar Ground

I walked the halls of Old Main (OM), the administration building for Mankato State Teachers College (MSTC), many times in the mid-1950s as an energetic and enthusiastic student. Now I'm not that active, but I live with my husband Chuck on the second floor of OM, a 100-year-old building on the hill with the beautiful windows overlooking the expansive view of downtown Mankato. We live in what is now Old Main Village, a senior living community.

Seven decades ago, I was attending classes and working part time in OM. My major was math and science, so I spent much of my time across 5th Street in what was then the college's science building. However, OM was the center of my college experience. I took all my basic courses in OM classrooms, and I spent most of my non-class hours in the building. I frequented the student union, the bookstore, and student lounges, and I worked part-time in the MSTC business office on the first floor during the day. I spent my evening hours in the elegant and spacious college library (now the OMV dining room) on the second and third floors of the building.

As a theatre department volunteer, I ushered for performances in the large auditorium in the center part of OM's second and third floors. This section of OM was damaged in the 1980s and was not rebuilt when the rest of the OM building was renovated for senior living in 1989.

The exterior of OM then looked almost exactly like it does now. At that time, we entered the building by going into any one of the three front entrances. The best route was through the center entrance into a spacious open area. Students gathered between classes in that area around a statue of Abraham Lincoln. We often said, "I will meet you at Old Abe." Norman School, which housed the practice teaching program, was located where the parking lot is now. The large health and physical education building housed the gym and supporting facilities. The sports field covered the area where the garages are now. It extended all the way to Glenwood Avenue.

Many of those memories came back to me in the fall of 2023. I toured Old Main Village to see what it had to offer. When

the tour took me down one of the hallways on the first floor, I experienced so many memories. I remembered crowds of students rushing to classes. I especially recalled being in one spot as a

sophomore in 1955 after a meeting with the Dean of Women. When I walked out of her office that day, I noticed a tall, good-looking guy standing there. I thought I had seen him around campus before. Eventually he noticed me, and that led to our marriage a year after his graduation from MSTC in 1955.

Later in my 2023 tour of Old Main Village, I saw where our college library had been converted into the current dining room. When I was shown available apartments, I found one that I thought would work for us. It struck me that it was the classroom where I once had given a talk in a speech class. As I walked out of Old Main Village that day, I looked out to the south and saw three buildings that were originally student dorms (Searing Hall, Daniel Buck Hall, and Cooper Hall). They look the same now as they did in the 1950s.

That day I also recalled the time in the 1990s when we visited a couple living in Old Main Village. This couple, well-known Mankato residents, had been instrumental in the planning and the conversion of the OM administrative building to Old Main Village. They showed us their apartment, we had dinner in the library converted to dining room, and we visited the swimming pool. No wonder I recommended to Chuck that we move to Old Main Village. It is attractive to us—not only because of its old classic elegance, but because of our experiences in the building seven decades ago. To us now, it feels like home.

*Genevieve R., Old Main Village Resident*



*The old library, which is now the dining room*

### Mankato Teacher's College

I came to Mankato State Teacher's College (MSTC) in the fall of 1946 and registered for the two-year teacher's course. I graduated from Lakeville High School the year before, and had been working in Minneapolis doing office work. I decided to come to MSTC when my cousin Hazel made plans to come.

We got a room together at 422 Cherry Street right around the corner from the college entrance. The house had been converted from a hospital and was owned by Mr. and Mrs. Wyman Kent, whom we called "Ma and Pa Kent." They had an apartment there and served as our house parents.

About 23 students were living there at that time; some were beauty school students, but most were attending college. Rent was \$10 a month which suited our finances better than having a dorm room. A group of six renters joined together and took

turns cooking meals in the big basement kitchen. The classes required for the two-year teacher's course were pre-planned, but we chose whether we wanted to concentrate on upper or lower elementary grades. I chose upper elementary, and in the spring of 1948, I graduated with my two-year teacher's certificate.

I was offered a job teaching a combination of fifth and sixth grades at the Belle Plaine Public School at \$2,000 for the school term. It sounded good to me and I signed the contract.

*Evie H., Old Main Village Resident*



## APRIL IS STRESS AWARENESS MONTH

Stress is an interesting concept because it can be so difficult to quantify. What feels like a lot to me as an individual may be laughable to you, or it may make your head spin to try and think about managing it all.

We have a sign posted as you enter our pool at Old Main Village that reminds us that each individual has their own capacity for exercise and you should be mindful of that before getting in the water. The obvious implication is, if you are too exhausted to swim you could easily drown. Stress can treat an individual much the same, only the signs of struggle can be less obvious to both you and those around you. Yet, all the same, every individual needs to be mindful of exactly how much they can or can't handle lest they fall under the overwhelming nature of the stress they carry.

Beyond just being aware of your stress level, it's also important to take note of the physical effects stress can cause in addition to the mental strains. According to the CDC, stress can cause anger, frustration, sadness and worry. It can change your appetite, energy levels, and even your interests. Stress can cause difficulty sleeping, and even cause headaches, pain, stomach problems, skin rashes, and increased blood pressure! But take heart because there are also some ideas to help lessen, avoid, or handle the stresses we may encounter. You could take a break from news stories, take care of your body, get enough sleep, eat healthy, and remain active!

One of the most effective ways to manage your stress is to connect with others! Thankfully we have many opportunities to do that here at Old Main Village. Keep interacting and don't seclude yourselves. Try a fitness class even if you can't do all the moves! Focus on making sure you take care of your mind and your body!

*TJ Brothers*  
Maintenance Director

## SPRING CLEANING

Spring is here, and it's time to do some spring cleaning! Here are some helpful hints or ideas:

- Use a microwave food cover or at least a paper towel when warming up your items in the microwave. This will save you a lot of cleaning time because your microwave will no longer be splattered all over with food.

- Check your kitchen cupboards for expired canned or boxed goods.
- Clothing: If you haven't worn it in over a year, consider getting rid of it or donate to a thrift shop.
- Many hand and face lotions and shampoos do not have a long shelf life. After time, they will break down and begin to smell. If you have lotions you have not used in a long time, check them out and consider throwing

- them away.
- If your throw rugs are beginning to lose the rubber backing, consider replacing them. A slippery rug is a fall risk.
- Vacuum your carpet often, especially walkways. This helps prevent the fibers from breaking down and also taking on a stained discoloration.

*Annette Crane*  
Receptionist

## SOARING®: SUPPORTING THE SPIRIT



To be grateful is to take nothing for granted. It is to realize that every breath we draw is a gift, and every moment is a wondrous opportunity. Look at the faces of the people around you. Each one has an amazing story behind their face, a story that you could never fully fathom. Open your heart to the incredible gifts that are given

us. Gratitude is an energizing and restorative practice that will lighten our days and keep our spirits strong. However gratitude is expressed, you will be refreshed. We are continually grateful for each of our residents in our Goodman Group communities. Your faces and your authentic spirits are true gifts!

## EXECUTIVE DIRECTOR

Happy April! How many of you write in a journal daily? What do you write about? Why do you write? Journaling can help seniors promote mental wellness and lead healthier lives. Here are a few things to ponder about when writing:

- Your day, family or life events
- Reminisce about the good old days

- Memories from your childhood
- Life's lessons
- The weirdest thing that happened today
- I am grateful for...
- What would make today great?
- What did you learn today?

*Bonnie Hough*  
Executive Director

## PAINTING CLUB

