

May 2024

From the desk of life enrichment: DOVE dementia support group

Do you know that an estimated 6.7 million Americans, aged 65 and older, are living with Alzheimer's Disease dementia today? PHS believes that caring for the needs of those with dementia grants us an extraordinary opportunity for ministry and we've made it a priority to raise the standard for this care. Our DOVE (Dementia Orientation Values Education) program is the culmination of many years of consultation with staff, families, and leaders in the field of dementia research.

DOVE is a three-part approach to care that ensures your loved one receives the affirmation and reassurance they need. Each PHS dementia care community has a dedicated DOVE captain who attends monthly DOVE captain work group meetings for support, education and tools to enhance the lives of those we serve impacted by dementia. The DOVE captains take that education and those tools and bring monthly micro-learning opportunities to each dementia care community.

Presbyterian Homes (PH) of Bloomington is excited to introduce Claire Richards and Margaret Elliott as our DOVE Captains. Claire has worked for PH of Bloomington for two years, currently as a household coordinator in long-term care and long-term memory care. Claire has a passion for serving those in need and has especially grown to love our residents with dementia and their families. Margaret Elliott is the care center life enrichment director and has worked at PH of Bloomington for fourteen years. She is excited to learn new techniques to help engage



and support residents with dementia thrive in their environments.

Claire and Margaret are excited to hold PH of Bloomington's first dementia support group for family and loved ones of residents in the Bridgeway and Arbor neighborhoods. This event will take place on Tuesday May 14, 6-7 p.m. in the campus chapel.

This support group will be a safe place for loved ones of residents with a progressive cognitive disease like Alzheimer's or dementia to meet, to share their experiences and challenges and receive guidance from others. The support group can also offer a positive outlet for caregivers by providing a regular time for social interaction outside of the home.

Another benefit this support group can offer is a safe place where negative emotions about caregiving can be expressed and validated (like anger, frustration and grief), helping participants feel like they are NOT alone. Lastly, we hope that the dementia support group encourages the exchange information and friendship with others affected by dementia.

Please also look for dementia resource guides outside of the Bridgeway and Arbor. These are a great resources for learning tools such as book suggestions, flyers about dementia related topics and our very own PHS Care Partner Guide.



Please feel free to contact Margaret Elliott at MElliott@prehomes.org or Claire Richards at CRichards@preshomes.org if you have any questions.

Presbyterian Homes of Bloomington

Spiritual care corner: service of remembrance

On Tuesday, May 21, at 3 p.m. in the Chapel we will hold a Service of Remembrance. It is a time to remember the residents who have passed away from November 1 through April 30. In this service we want to celebrate the life of the those who have passed as well as mourn the loss we feel now that they are gone. The service also points to the hope we have in Jesus as our Lord and Savior. There are many ways to deal with the reality of the death of a loved one ... but the reality of the love and sacrifice of our Savior, Jesus, provides the most hope of all.

Many times, I think we have a picture of God as a cranky judge who is shaking his finger at us in disgust because we have done something He does not approve of. The Bible teaches something quite

different. Scripture reveals that God, out of His great love for us, sent His Son, Jesus, to earth. He was sent not to judge us ... He was sent to save us. He saved us by sacrificing His life on the cross so that we could have our relationship with God restored. God was not obligated to do this. He could easily have just let us to go our own way with no hope of relationship with Him. But that's not what He chose. He chose to make a way ... He chose to save us ... so that by believing in Him we would be able to spend eternity in heaven with Him. He did that because He loves us!

It is that hope we cling to when mourning the loss of a loved one ... the hope of Jesus. by His grace,
~pastor steve

PHS Foundation: the difference of a 501(c)3

Leaving a legacy that extends kindness to your community beyond your lifetime doesn't have to be complicated nor require an attorney's involvement. You can make an impact when you designate Presbyterian Homes Foundation or your own community as a beneficiary of one or more of your assets. This is one of the simplest ways you can secure your financial affairs and leave a gift that reflects your values. It expresses deep appreciation for your community and makes a difference in the future of your neighbors.

Naming a beneficiary on a retirement account, life insurance policy, bank account, or other investment ensures that your resources continue to serve the needs of those around you. It's usually as straightforward as completing a form from your insurer/custodian or, if you prefer, you may complete a form online. Please give us a call at (651) 631-6418 or 651-631-6408 if you would like assistance with this.

Did you know that you can name both individuals and charities as beneficiaries on the same accounts? For example, you may choose to give 80% to family members and 20% to charities. It's also possible to specify a certain dollar amount that you would like to leave. And, if a primary beneficiary becomes deceased, a charitable organization could be named as a contingent beneficiary. If you already have a donor-advised fund set up, the distribution of investment funds may also be managed for years to come

Naming a charity as a beneficiary brings flexibility to your financial plans so that assets are available during your lifetime. It also enables you to sow seeds of kindness and compassion that will bear fruit into the future, demonstrating gratitude for blessings and ongoing care for our loved ones. Thank you for considering taking the step to designate your community or Presbyterian Homes as a beneficiary of one or more of your assets. Your generosity makes a difference!

Presbyterian Homes of Bloomington

Volunteering

The month of May brings new flowers and fulfilling of new opportunities! Volunteers help Presbyterian Homes of Bloomington fulfill our mission to create smiles in the eyes of those we serve. We are currently recruiting volunteers for upcoming special events which include servers for summer picnics, evening escorts for Summer Concert Series and musicians for special performances.

Other open ongoing volunteer roles are escorting residents to spiritual services, engage customers in the General Store or sharing your administrative skills supporting the front desk. If you are interested in learning more please contact volunteer director Rachel Grundman at rgrundman@preshomes.org or 952-948-3046.

Volunteer highlight

Volunteer highlight for May is the Welcome Team in Gideon Pond. This team is a warm and inviting group of resident volunteers that focus on helping new residents feel welcomed and connected in their new home.

The volunteers plan lunches, tours, invite new residents to socials/activities and check in with them.

If you are a resident in Gideon Pond and have a heart for hospitality contact Barbara Pelletier at bpelletier@preshomes.org and let her know you want to get involved!

Wellness zone: Physical Fitness Month

May is National Physical Fitness and Sports Month. Started by the President's Council on Fitness, Sports and Nutrition in 1983, this advocacy month is aimed at encouraging Americans to adopt healthy lifestyles. Let's look at what physical fitness can do for you!

Physical activity can make daily life better.

When you are active and strong, it's easier to:

- Do everyday tasks, like chores and shopping
- Keep up with the grandkids
- Stay independent as you get older.

And it has big health benefits, too.

- Less pain, improved moods, and a lower risk of many diseases

What types of activity do I need? Ideally you would do moderate-intensity aerobic activity, muscle-strengthening activity, and mix in activities to improve your balance!

Try activities that count as more than 1 activity type — like dancing, sports, or yoga — to help keep your body strong and lower your risk of falls. Activities that make your muscles work harder than usual are a good choice. Aim for a mix of aerobic, muscle-strengthening, and balance activities. Anything that gets your heart beating faster counts.

Just getting started? No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. You can get more active no matter your age. Find a way that works for you and build up to more activity over time.

So, take the first step. Get a little more active each day. Move Your Way!

-Lisa Teske, Fitness Director

Source: Health.gov

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Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

We are thrilled to announce the brand-new website!

The Presbyterian Homes & Services website is new and improved. Designed specifically with YOU in mind, the redesigned website is easy to use with simple navigation, abundant resources and a fresh look.

- Get news, stories and updates on PHS communities, residents and employees, plus resourceful information on living well!
- Access your community's newsletter, social calendar and dining menus all in one place.
- Explore the many different types of support PHS offers including rehabilitative services, home meal delivery and more.



Visit PresHomes.org today!