

July 2024

Celebrating the 4th of July



The 4th of July was always a significant holiday for me to celebrate when I was growing up. I have a lot of great memories around this holiday. It often meant that we were camping somewhere in the United States with about five other families. Enjoying campfires, boating, listening to stories, making s'mores, popping corn over the fire, swatting mosquitos, playing cards and enjoying being outside. Sometimes we watched fireworks and sometimes not.

As I grew older and transitioned into my own home, my husband and I developed the tradition of taking our family to 4th of July parades. One of our favorite parades was in the small town of Buffalo, Wis. The town had a real buffalo in the parade, gave out bags of oatmeal and the fire department sprayed people with water along the entire route to cool us off. The locals were prepared with water guns, but they paled in comparison to the firetruck hose. Then, a free chicken dinner was handed out to everyone who came. We had so much fun. We have also attended other parades and have begun to bring our grandchildren along with us, extending the family tradition to them. Last year was their first time joining us and the heavens broke loose with a downpour at the beginning of the parade. My grandchildren, loved it, me, not so much. But I took great delight in watching them enjoy the rain and the parade and knew they would always remember that 4th of July.

Celebrating our freedom is a great thing to do. However, I frequently take it for granted and don't always realize what a costly gift freedom is. From those who signed the Declaration of Independence, to those who have fought for our independence throughout the years, it takes many, many people to make sure freedom is passed down. We all stand on the shoulders of those who came before us, hoping to continue doing good work that will help secure our freedoms for future generations. It is a never-ending job. As you take time to remember the freedoms you enjoy and the role maybe you or a loved one played in securing those freedoms, may you find a way to truly celebrate this day. I hope you can see some fireworks, maybe eat a hotdog, or just share with a friend or family member why you're grateful to live in this country. America isn't perfect, it has its problems, yet the freedom we experience here is truly a blessing.

This year, I hope to take in another parade with my grandchildren, eat a burger or a brat, watch fireworks and say a prayer of thanksgiving for all those who fought for our freedom, for those fighting for our freedom, for those who are tasked with overseeing our country, and for each of you. In your own way, each of you have contributed to the well-being of this country. I am grateful for your efforts. Thank you for striving to keep America great and free.

Barbara Pelletier, Housing Director

Presbyterian Homes of Bloomington

Spiritual care corner: July 4th

It's a big day — parades and fireworks celebrating our independence. "Don't Tread on Me" was a popular sentiment in those early days of the fight for freedom. Built into the DNA of our nation is the right to have rights and our individual freedoms. In other words, we have the right to spend our freedom on ourselves and no one can take that away from us.

The Bible has a different perspective on freedom and it's generally not a popular one. The Apostle Paul said, "It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery." (Galatians 5:1)

At first glance, Paul seems to be expressing the same sentiment as "Don't Tread on Me." But if we look deeper, the Biblical concept of freedom is very different. Just a few sentences later, Paul writes, "For you were called to freedom, brethren; only do

not turn your freedom into an opportunity for the flesh, but through love serve one another."

In other words, Paul is saying that we should not spend our freedom on ourselves. We should use our freedom to lovingly serve one another.

Paul gets his concept of freedom from Jesus. When the disciples were arguing about which of them was greatest (Matthew 20:20-28), Jesus taught them that to be valued in His Kingdom, serving one another was what made one great. He went on to say they should view themselves as slaves to one another. In other words, they should view themselves as one who has no rights. Now you see why that's not a popular sentiment. It goes counter to the current culture.

How will we use our freedom? Will we spend it on ourselves? Or will we spend it to love one another?

PHS Foundation: who is your Shining Star?

Having a well-designed estate plan is important for everyone. Clarity about your wishes will reduce the burden for your family. It can also save administrative costs or reduce taxes, preserving more of your estate for your beneficiaries.

Standard wording that might be useful is as follows:

Gift of Specific Dollar Amount: "I hereby give to Presbyterian Homes Foundation located in Roseville, Minnesota, the sum of \$_____."

Gift of Specific Percentage of Estate: "I hereby give ___ percent of my estate (or "my trust assets" if using a trust) to Presbyterian Homes Foundation located in Roseville, Minnesota.

Bequest with Presbyterian Homes Foundation as Contingent Beneficiary: "In the event any of my above-named beneficiaries have not survived me, I hereby direct their shares to be distributed to Presbyterian Homes Foundation located in Roseville, Minnesota."

Please tell us how you would like your gift used:

"This gift is to be used for [name of fund, specific community, or both]."

When you include Presbyterian Homes Foundation in your will, your attorney may need to know the correct address and that Presbyterian Homes Foundation is a 501(c)3. Please provide the following: Presbyterian Homes Foundation, 2845 Hamline Avenue North, Roseville, MN 551113

Clear and precise wording ensures your wishes are honored and the Foundation can better fulfill your objectives. The Presbyterian Homes Foundation welcomes the opportunity to provide you with information about estate planning and answer questions you may have regarding your individual goals. For more information, please contact us at 651-631-6408 or 651-631-6418 or visit www.preshomes.planningyourlegacy.org.

Presbyterian Homes of Bloomington

Volunteering

Enjoy music under the summer sky at the Summer Concert Series on Wednesday, July 24 and/or Wednesday, August 21. Escort a resident to the courtyard for a 6:30-7:30 p.m. performance and help pass out cold treats. Or take a Friday to share your time serving at a summer picnic from 11 a.m. to 1 p.m. Come see the flowers in bloom, enjoy a fun atmosphere, serve great food and create smiles! PHS Bloomington has many great ongoing or one-time volunteer opportunities. Please contact Rachel Grundman at 952-948-3046 or rgrundman@preshomes.org to sign up!

Volunteer highlight

We are proud supporters of the Ronald McDonald House Charities. Our volunteer highlight this month recognizes the wonderful contributions you all have made. Our year-to-date donation is 64.3 pounds of pop tabs. Ronald McDonald House Charities provides comfort, care and support for families with sick children when it's needed most. If you would like more information or would like to know where collection drop offs are on campus contact Rachel Grundman at 952-948-3046. Pop it and drop it!

Wellness zone: prioritize your well-being by practicing self care

Most people are reasonably healthy as children. As we get older, however, we are faced with the challenges and temptations such as food, alcohol, tobacco, and sedentary lifestyles. We are faced with choices and risks.

Unfortunately, the common result of these choices – obesity, physical inactivity, tobacco use, alcohol abuse and unhealthy diets – are the cause of today's epidemic of heart attacks and strokes, cancers, diabetes, chronic respiratory disease, and other 'noncommunicable diseases.'

The good news is that we can reduce our risk of these diseases by adjusting our lifestyles and taking more care of ourselves by practicing self care.

The way forward for most of us is to take small steps in a positive direction. The 7 Pillars can guide us on that journey.

The 7 Pillars of self care

Pillar 1: Knowledge & health literacy – learning about and better understanding health, disease, and self-care.

Pillar 2 : Mental wellbeing - generally includes life satisfaction, optimism, self esteem, feeling in control, having a purpose in life, and a sense of

belonging and support.

Pillar 3: Physical activity - it is essential to good health, and regular exercise can reduce the risk of many non-communicable diseases.

Pillar 4: healthy eating - maintaining a healthy diet has been repeatedly shown to reducing the risk of many chronic illnesses.

Pillar 5 : Risk avoidance & mitigation - risk mitigation, in terms of health, refers to the avoidance or reduction of behaviors that directly increase the risk of disease or death.

Pillar 6 : Good hygiene - Includes maintaining a clean household, frequent handwashing, and preventing the spread of communicable diseases.

Pillar 7 Rational & responsible use of self-care products & services - focuses on knowledgeable, safe, and effective use of health products and services by individuals in order to better manage their own health.

Following the seven pillars of self care leads to improved health and significant savings in healthcare costs.

-Lisa Teske, Fitness Director Source: Isfglobal.org

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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.

Nominate a PHS employee for the 2024 CROSS Awards

Nominations are now open through July 21 for the 2024 Presbyterian Homes & Services (PHS) CROSS Awards! These awards recognize individual employees who go above and beyond expectations as they embody and extend the five **PHS CROSS Values**:

- ✝ **Christian Ministry**
- ✝ **Ready and Engaged People**
- ✝ **Operational Integrity**
- ✝ **Service Excellence**
- ✝ **Stewardship**

Almost 8,000 employees serve at PHS. They make us proud through the dedication, compassion, and excellence they demonstrate every day. That is why each employee is eligible to be nominated by residents, coworkers, family, or friends.

What employees stands out to you and why? Simply scan the QR code to complete, and submit your nomination online. Or complete the paper nomination form included in this month's newsletter and return to the reception desk. Award recipients will be honored this fall. **Nominations are due by July 21.**

**Nominate electronically
by scanning the QR code**

