

May 2024

A letter from Mrs. McGillicuddy: It's good to be Queen

In 1960, when I was a student nurse in Rochester, MN, a very ill elderly woman was admitted to St. Mary's Hospital. She was the matriarchal leader of the family/clan of Gypsies in MN, Iowa, and North and South Dakota. Her family asked if they could make a fire on the lawn under her window and the nuns gave their permission. All night long, according to their traditions, her family prayed and sang under her window. The Gypsies practice a combination of Roman Catholicism, Protestantism and Islam or Hindu. People call them Gypsies because they believe they came from Egypt but they actually migrated into Europe 500 years ago from India. In the morning, it turned out, intentionally or not, that they had prayed their queen right up into Heaven.

The clan then needed a place to have their leader lie in state for a week. There was a former funeral home that was standing empty so they were able to use that. They opened up all the windows that probably hadn't been opened since the stately old mansion was built! The public was invited to view the queen before her burial, so my friend and I did. June sunshine and fresh air poured into every old corner of the building! Young Gypsy men sat on the window sills watching the parking lot fill up with RVs, station wagons and caravans and the many mourners walking into the funeral home. Young Gypsy women sat on couches nursing their babies, small groups of men sat cross-legged in circles on the floor playing cards.

When we got up to the casket, we saw a small elderly woman literally covered with gold! There was a ring on every one of her fingers. She had gold bracelets from her wrists to her elbows. Dozens of gold necklaces were around her neck. It was the custom of this clan as a sign of respect for every one to lend their leader their jewelry while she was being mourned. She really did look like a queen! This was before digital banking and the Roma or Travellers, as they called themselves, didn't put their money in banks because they moved so much. They tended to wear or drive their wealth. That explained all the men in the room--they were guarding their queen!

So if, as a child, you ever threatened to run away and join the "raggle-taggle" Gypsies, this lady might have been your queen.

Till later, Mrs. McG.



Croixdale

Staff spotlight: Tracy Howard

Tracy Howard is our administrative receptionist here at Croixdale. Prior to joining us at Croixdale, Tracy served as a Lead Receptionist at Buena Vista Care Center in Santa Barbara, California where she is from.

Married for 32 years, Tracy and her husband Thomas currently live in Woodbury, Minnesota with their daughter Julia (22) and dog Milo! Along with Milo, Tracy and her family are currently fostering another dog, who is currently up for adoption!

In her free time, Tracy enjoys cooking, watching old movies, and spending time with her family. She enjoys a nice warm bath and a glass of wine after a long day.

Tracy states that she really cares about people, especially those she serves. We are so lucky to have Tracy here alongside us at Croixdale!



May trivia

The month of May is named after the Greek goddess Maia, the Greek Goddess of Spring. The Romans had a similar goddess named Bona Dea where they would hold a festival in the month of May for her. Blue Jeans were invented in May of 1873 by Levi Strauss and Jacob Davis.

A joyful word

Whether a person likes Jesus or not, Jesus is known. A person cannot be confronted with Him and not be changed, and a person cannot forget the impact of His influence.

We are a fragrance of Christ to God among those who are being saved and among those who are perishing. II Corinthians 2:15

Volunteer spotlight:

Want to host a bonfire at Croixdale?

Croixdale residents, guests, and staff are invited to volunteer to host a bonfire in Croixdale’s fire pit. You would be in charge of igniting and extinguishing the fire and cleaning up when you are done. Croixdale would provide the S’mores and publicize your event. Simply choose a date and time that work for you and let us know! Please call Kelly at 275-4842 to schedule a date.



2024 Save the date:

- TH May 23 – Memorial Day Picnic at Lakeside Park
- MO Jun 24 – Arbor Family Picnic
- TH Jun 27 – Summerfest – you won’t want to miss this!
- TU Jul 9 – Picnic in the Backyard with live music
- TH Jul 11 – Croixdale Invitational Balloonball Tournament
- TH Aug 8 – Tiki Bar with country band: Pine County Line
- TU Aug 27 – Picnic in the Backyard with live music
- TH Sep 12 – Labor Day Picnic at Lakeside Park
- TH Oct 10 – St. Croix Riverboat Luncheon



Pontoon dates:

Save these dates for an AM or PM pontoon boat outing on the St. Croix river. All pontoon outings include a grilled lunch at the pier.

- TH Jun 6
- TH Jun 26
- TH Jul 18
- WED Aug 7
- WED Sep 4
- WED Oct 2

Four types of exercise

Balance, endurance, flexibility, and strength are four types of exercise that encompass a well-balanced exercise program and contribute to one's overall health and physical abilities. Last month, we highlighted endurance; did you utilize the Rate of Perceived Exertion Scale with your cardiovascular activities? Read on to learn more about flexibility!

Flexibility

Flexibility allows us to move joints through a normal range of motion. As we age, flexibility decreases which may contribute to changes in gait patterns, difficulty with reaching or tying shoes, and/or stiffness with general mobility.

So how do we maintain our flexibility? We stretch! Stretching improves range of motion, promotes good blood circulation, aids in better posture and relieves muscle tension. Always be sure to stretch when your body is warm — do a little movement, such as walking, to get your muscles warm before stretching! Once the body is warm, stretches should be held for about 30 seconds. It is normal to feel tension in the muscles being stretched, but it should never be painful.

Try these stretches:

Seated hamstring stretch: Sit towards the edge of a firm chair. Extend one leg keeping the heel of the foot on the ground and the toes pointed upward. Take a breath in. On your exhale, hinge at your hips, leaning forward, and reaching down your extended leg towards your toes. Hold for 20-30 seconds.

Shoulder stretch: Raise one arm across the body at chest height. Pull that arm into your chest with your opposite hand. Hold for 20-30 seconds.

Lateral neck stretch: Keeping your shoulders relaxed, drop your right ear towards your right shoulder. A stretch will be felt on the left side of the neck. Be sure to keep the shoulders from shrugging up toward the ears. Hold for 20-30 seconds.

Be sure to perform these stretches to both sides of the body! If you are unsure where to get started or need assistance with learning stretches for specific muscle groups, contact your fitness instructor!

Croixdale
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Croixdale.org

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

Resource Corner

Did you know that Croixdale has three 'in-house' TV channels?
Channel 990—Watch our building's front entrance
Channel 991—Enjoy morning fitness and nature cameras
Channel 992—Calendar, Menu, and Announcements

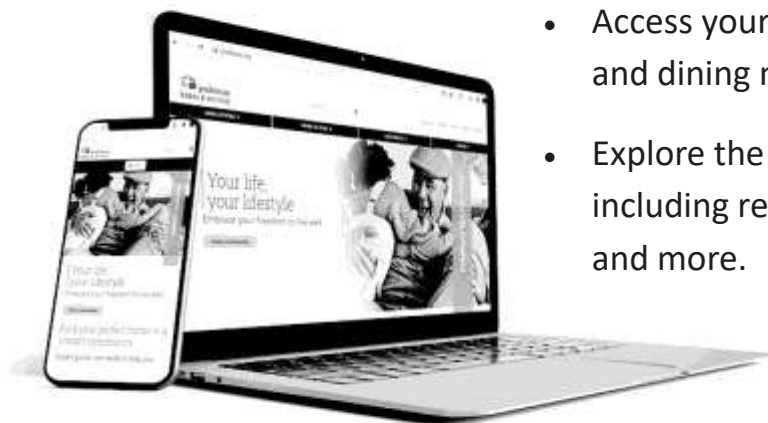
You can also find Croixdale's newsletter, menus, and activity calendars online! Go to Croixdale.org and then find the 'At Our Community Section' on the right.

Would you like to see more photos of what's going on at Croixdale? Like us on Facebook!

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!