

# Croixdale Connection

June 2024

You are invited!



**Classic Car Show  
Stillwater Trolley Rides  
Tri-shaw Bike Rides  
Caricature Artist**

**CROIXDALE  
SUMMERFEST**

**Miniature Therapy Horse  
Accordion Music by Wes Miller  
Tasty Foods  
& Cold Beverages**



More Fun Outings:

Croixdale is excited to announce that we will provide a bus to both the Washington County Fair and the Minnesota State Fair this summer.

- On Wednesday, July 31st, we will depart Croixdale for the **Washington County Fair** around 11am and return by 3pm or so. We have scheduled this to coincide with their Elvis performance.
- On Thursday, August 29, we will depart Croixdale for the **Minnesota State Fair** around 10am and return by 3pm or so.



# Croixdale

## Staff spotlight: Stephanie Ellingson

Stephanie Ellingson is Croixdale’s home care service coordinator. Prior to taking this role, Stephanie worked for the Presbyterian Homes Central Staff as a CNA. She also worked with dementia and Alzheimer’s patients prior to joining PHS. She has also been a waitress and bartender for many years.

Stephanie currently lives in North St. Paul, and previously in West St. Paul. She lives with her boyfriend George. Stephanie and George have been together for almost two years. George has two children in elementary school. Stephanie says that “they keep me going at home!” They also have two dogs, Tosie (6) and Daisy (7m), and one cat Bianca (4).

She shares that her parents have been together for more than 40 years. Stephanie has one sister who passed away in 2019 from cancer. Her sister has one son (9 years old) who Stephanie says “Is one of the most important people in my life.”



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☆☆ STAFF ANNIVERSARIES ☆☆  
☆☆ Kyra Privette — 1 year ☆☆  
☆☆ Matthew Meyer — 1 Year ☆☆  
☆☆ Joshua Bove — 2 Years ☆☆  
☆☆ Emma Buchkoski — 2 Years ☆☆  
☆☆ Morgan Werner — 2 Years ☆☆  
☆☆ Mackenzie Werner — 2 Years ☆☆  
☆☆ Maddie Wilsey — 3 Years ☆☆  
☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

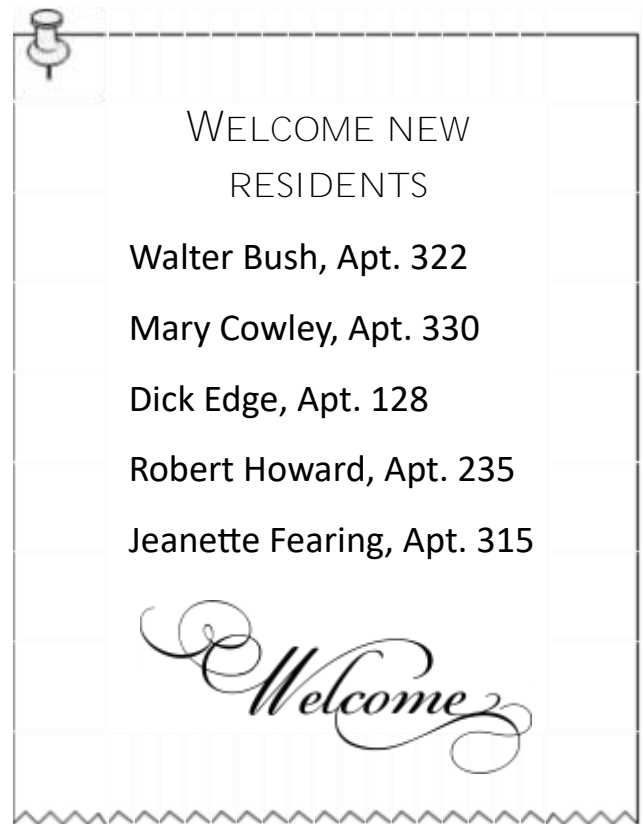
☆☆ Outside of work, Stephanie enjoys being outside, cooking, bonfires and camping. After a long day, she says she enjoys a nice massage to relax. One thing Stephanie cares about very much is her family tradition of going up north every year over Father’s Day. A tradition that has been going on for over 50 years!  
☆☆ We are so blessed to have Stephanie on our team!

## Life enrichment spotlight: FitMinds

Research shows that mental exercise is important in preventing dementia. Starting in June, we invite you to join us for FitMinds, a mental exercise program that exercises the following five key areas of cognition:

- Language and Music,
- Visual/Spatial Orientation,
- Memory,
- Critical Thinking, and
- Computation.

See your monthly calendar for dates and times.



## Resident submission: It's those little things!

I woke up the other day, and I was just happy that I did! As we all know, we just never know! So, before the day even started, I already had something to be happy about. As the day went on, I really didn't have to go too far to find other things to be happy about and to even be grateful for.

I went into the bathroom and I had hot or cold running water! I went into my kitchen, which made the days of a woodstove or just a hot plate look like ancient times! Then I turned on a color TV with a remote from my recliner, and I could change the multi-choice of channels, with just my voice!

Then, before I knew it, it was time to eat something. So, to the Croixdale community dining room ventured upon, with a stunning backdrop of nature, and woods and wildlife. I didn't have to shop or hunt for my food! And I didn't have to do the dishes! And I was waited on!

Counting the little things continued throughout the rest of the day and into the days ahead... as I chose which activities here I wish to be part of, not to mention the entertainment offered.

I've taken a lot of things for granted in my life, but not anymore. I'm starting to count my blessings.

Darryl Germain, Terrace Resident

# Croixdale

## A letter from Mrs. McGillicuddy: The Pinata

Last year, a friend of mine got a pinata, a big paper maché donkey, to help her grandsons celebrate a birthday. The game with the pinata, a Mexican tradition, is that the kids break the hanging pinata with sticks and out comes a lot of toys and candy.

On the day of the party, the kids whacked the pinata enthusiastically for about 15 minutes. It wasn't easy to break but finally, it cracked open and nothing came out of it! NO candy or toys. Although my friend didn't know it, it turned out that the person who buys the pinata also puts in the prizes!

The kids were so disappointed but an old friend of ours said he thought that was a good life lesson for the kids. That sometimes in life, you work really hard for something that you think you really want but when you actually get it, it's a big disappointment.

Mick Jagger of "The Rolling Stones" wrote, "Oh, you can't always get what you want but if you try and you try, sometimes you can get what you Need!"

Till later, Mrs. McG.



### A Joyful Word

God's heart is for the gentle, meek, and mild. He waits for us, with grateful hearts, to open our hand and ask for what we desire.



*We visited the 1st graders at St Croix Prep Academy in April!*

## Four Types of Exercise

**B**alance, 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 learned that balance is the foundation of all movement. Did you try any of the balance exercises? Read on to learn more about Cardio Fitness!

### Endurance

Endurance, or cardio, exercises are important for our circulatory system, heart, and lungs! We utilize the Rate of Perceived Exertion scale to assess how hard we are exercising. This numerical scale goes from 1-10 with the lower end of the scale (1-2/10) equaling very light intensity exercise and the higher end of the scale (9-10/10) equaling maximum intensity exercise. The CDC recommends adults over the age of 65 participate in 150 minutes a week of moderate intensity activities such as biking (NuStep/Sci-Fit), brisk walking, dancing, or swimming! Moderate intensity exercise would equal 4-5/10 on this scale – you can carry a conversation, but it might be a little breathy!

### Try these balance exercises\*

SEATED ENDURANCE EXERCISES	STANDING ENDURANCE EXERCISES
<ul style="list-style-type: none"> <li>• March</li> <li>• Step Out, Out, In, In</li> <li>• Seated Jacks</li> <li>• Alternating Leg Kicks Repeat each exercise for 30 seconds, equaling 2 minutes of cardio! Complete additional rounds as able!</li> </ul>	<ul style="list-style-type: none"> <li>• March</li> <li>• Step Together (Right foot steps Right, step together, Left foot steps Left, step together)</li> <li>• Modified Jacks (No Jump, just tap one foot outward!) Repeat each exercise for 30 seconds, equaling 90 seconds of cardio! Complete additional rounds as able!</li> </ul>

*\* Sitting and standing options presented above are intended to reach the abilities of all residents. If you are unsure where to get started or need assistance progressing these exercises, 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](http://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!

## Happy Anniversary Presbyterian Homes & Services!

Sixty-nine years ago, **Margaret Paden**, widow of a Presbyterian minister, became the first resident of the new Presbyterian Home in Arden Hills, Minn. June 15, 1955, marked the beginning of a ministry that has grown from one community serving 30 people to 61 communities in Minnesota, Wisconsin and Iowa. Today, more than 27,000 older adults are served under our roofs, and through Optage, the home and community services of Presbyterian Homes & Services (PHS). In addition, 14,500 older adults receive comprehensive care through Genevive, the largest geriatric primary care practice in Minnesota, co-owned by PHS.

We mark this 69<sup>th</sup> anniversary by remembering our founders whose vision set the foundations upon which the mission of PHS has been built.

In 1946, **Dr. Irving Adam West**, pastor of House of Hope Presbyterian Church in St. Paul, Minn., urged the Presbyterian Church Synod of Minnesota to begin this ministry. That same year, the Synod appointed **Dr. Edwin Kagin**, professor of religion at Macalester College in St. Paul, Minn., to lead a study committee to address the needs of retiring ministers, missionaries and their

spouses. In 1947 the committee recommended and the Synod approved establishing a Presbyterian home. Dr. Kagin served as its first chair and president of the board, followed in 1952 by Dr. West.

**Lillias Joy**, a member and Sunday school teacher at House of Hope Presbyterian Church, gave 20 acres of lakeshore property in 1952. The land on the southwest shore of Lake Johanna in Arden Hills, Minn., is the site of the first Presbyterian Home, now named Johanna Shores.

What they began has endured through the employees, volunteers, donors and collaborative partners who have carried PHS forward. We also remember the many women and men who, over the years, have called a PHS community their home. They and their families remind us that our mission continues with purpose and meaning.

As we venture into our 69<sup>th</sup> year of ministry to older adults, we dedicate ourselves, once again, to the PHS mission to honor God by enriching the lives and touching the hearts of older adults.