

August 2024

Out and about at EagleCrest

We've had a busy and exciting summer thus far and the last month of summer will be even more so! Be sure to join us on August 6 at 6:30p.m. for our Night to Unite celebration featuring sweet treats and a fabulous concert by the Pop Standards Social Club Jazz Quintet! Towards the end of the month, we'll say farewell to summer with our annual state fair celebrations featuring a petting zoo, carnival games, music and popcorn on the patio, and more! Please reach out to Jamie, Life Enrichment Director, if you have any questions about upcoming events!



Note from the Pastor: More than “udder” delight

I thoroughly enjoy preparing a day trip for my niece, Tori. It started when we were planning goals. We wanted a reward that would truly motivate us. My thought? A day trip. Little did we know how much fun we would have together exploring unique sites in Minnesota. We visited the world's largest ball of twine in Darwin and Minnesota's smallest church in Dawson, which is surrounded by gnomes in Gnome Park. We saw Bongard's cow and 'Stations of the Cross' statues in the middle of Minnesota's farm country.

The greatest thrill for me was watching my niece express 'udder' delight at each stop! She conveyed both joyful anticipation and complete confidence that something great awaited her. If this is how my niece felt about seeing a statue of a cow and a ball of twine, imagine how much more joyful anticipation we have when we put our confidence in Jesus, who has prepared something infinitely greater and eternal for us!

Jesus stated, “My Father's house has many rooms... if I go and prepare a place for you, I will come back and take you to be with Me that you also may be where I am.” (John 14)

Tori knew we would have fun even if we got lost because we were together. Jesus encouraged His followers to have complete trust in Him because He provided the way for us to be with Him forever.

John 14:6; “I am the way and the truth and the life. No one comes to the Father, except through me.”

~Pastor Jane Morgan

Monthly gifts: Keep it simple and safe

Individuals sometimes set up monthly gifts for convenience when they generously consider the needs of their community while planning their budgets. These gifts create a stable funding source for your community — furthering employee education, expressing employee appreciation, providing spiritual support and creating life enrichment activities.

You may choose to send monthly gifts by mail, however, there are other ways to give that save postage and are not at risk of being stolen or lost in the mail.

Checking/savings account: Giving directly from your bank account is a convenient and secure option. Through a bank's routing number, gifts of \$20 or more may be transferred from a checking or savings account without having to write and mail checks. We are happy to assist you in setting this up correctly and ensure your gifts are processed smoothly. If you need to change or discontinue the arrangement at any time, simply notify us.

Debit/credit card: Another way to give monthly is to set up a recurring charge on your debit or credit card. This option may be beneficial if you earn rewards or cash back with your card. You choose the amount you give and the day on which the charge will be made. Please note that, if setting up the gift online, the date of the first transaction becomes the default date for future transactions. To make changes to upcoming gift dates or amounts, or to discontinue future charges, let us know and we can help.

Getting started: To set up a recurring gift please call 651-631-6105 or 651-631-6418, and we will be happy to assist. You can also visit PresHomes.org/give, click on Give Monthly, then Become a Monthly Giver. We ensure that your information is kept secure, so you can give with confidence.

We are grateful for your consideration of a monthly gift. Your support makes a difference!

Tidings from the kitchen

This month: Watch for special lunch meals coming up in August that will be available for take-out from the Commons Dining Room.

Your opinions matter! If you have any comments, suggestions, or praise for our meals at EagleCrest, there are a few ways to do so:

1. **Attend monthly food meeting:** You are welcome to join us the second Monday of every month at 2:30p.m. in the Commons Community Room for a food meeting where Anna gives culinary updates. Attendees have the opportunity to ask questions and comment on the food.
2. **Comment cards:** There are comment cards on each table in the Terrace and Commons dining room. Feel free to fill them out and hand them to the servers.

Drink up – The connection between aging and dehydration

Your body changes as we age, this is no secret, but did you know that one of those changes involves your thirst?

As you age, your body doesn't demand water like it used to in your younger years. The issue is that you still need fluids to function. Water is essential for almost all bodily functions from lubricating joints to pumping blood to our hearts. Furthermore, aging contributes to making us more susceptible to dehydration because of the way body composition changes with age. Those over the age of 65 have less water in their bodies than younger adults or children. Decreased kidney function also can affect fluid levels.

The reduction in thirst that comes with age can keep that already low fluid supply from being replenished. Not drinking enough water can put you at risk for dehydration. By the time an adult feels thirsty, that is already an indication of early dehydration. Dehydration is a common cause for hospitalization of people over the age of 65. The American Heart association says staying hydrated means simply having enough fluids in your body for it to function properly. The daily recommendation for water intake is 8 glasses a day. Medical conditions, like heart failure, and medications can impact this recommendation. Therefore, talking with your healthcare provider about your specific recommendations could be helpful. One quick way to tell if you are drinking enough water is to check the color of your urine. If it's pale and clear you are likely well hydrated. If it is dark colored, you may be dehydrated. Dehydration can affect you physically, mentally, and emotionally as the blood vessels throughout the

body constrict due to lowering fluid levels. Some signs of dehydration include fatigue, weakness, dizziness, loss of coordination, dry mouth, headache, nausea muscle cramps, confusion, crankiness, anxiety, chills or heat intolerance and flushed skin. Another challenge with dehydration is that the symptoms often go unrecognized because they are attributed to other medical conditions, side effects from medications or the natural effects of aging.

Drinking water is something you need to focus on more as you age. Try keeping track of your water intake, eating more foods high in water like cucumbers or watermelon, or adding sliced fruit like lemons or berries to your water to make it more interesting. Make it a habit and work it into your daily routine—especially since your body might not be sending you the message that you are thirsty. Drink up!



~Sara Wiberg, Fitness Director

Monthly reminders

- For daily activities (or cancellations) and community updates, please select channel #1983 on your TV or check out the television monitor in your lobby.
- Commons and Hearth residents: If you are ill and/or need assistance (even on nights and/or weekends), please press your pendant for help.

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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.

Living longer, healthier and stronger

Presbyterian Homes & Services is (PHS) here to support you! With onsite outpatient therapy through **Presbyterian Homes & Services Rehabilitation** and home health services through **Optage** (available in Minnesota), there is a convenient way to connect with a physical, occupational or speech therapist in a PHS community near you!

It's time to see therapy not as a last resort, but as a regular part of our health regimen, just like our annual check-ups. By focusing on strength, flexibility, balance, safety and function, therapy can prevent the very injuries it was once primarily used to treat.

Let's embrace this proactive approach and make therapy a cornerstone of our strategy to live longer, healthier, and more fulfilling lives.

Together, we can redefine what it means to age gracefully and empower ourselves to take control of our health journey!

For more information, contact your on-site therapy team, visit our website www.preshomes.org/therapy, or call 651-746-8200 for more information.

2024 Christmas Card

Spread goodwill and cheer by sharing your artistic spirit!

Submit your original artwork to be the cover of the 2024 Presbyterian Homes & Services annual Christmas Card.

- Deadline for submissions is **Sept. 13**.
- Submit artwork to communication@preshomes.org.

TIP: Take a picture or scan it to submit.