

July 2024

Independence Day

When you think of the fourth of July what first comes to your mind? Some of the things people first think of when they hear this holiday being mentioned is the fireworks and sparklers, going to the cabin, being on the lake with your family, having barbeques, and going to parades. While all of these are very fun and spark old memories, what is it all for and what are we actually celebrating on this day?

The fourth of July, also known as Independence Day, is an annual event celebrating the creation of the Declaration of Independence which was endorsed on July 4, 1776. In this declaration the 13 original colonies of North America declared their political separation from Great Britain. With this endorsement, the United States of America was established. On July 4, 1777, Philadelphia officially marked this date as Independence Day and began the famous celebration of the USA's birth.

After explaining the history of Independence Day, what do you think of now? You might still think of all the fun that happens on this amazing day. You might think of all the previous Independence Day's and how you celebrated. Maybe you think of the men and women who have fought for our country. Maybe you think of the pride you have when you see the flag or sing the national anthem. Independence Day can mean a lot of different things for many individuals across our great nation, but what does this day mean to you?

McKenna Nye,
Resident Services Director



Making the best of change

Kathy and I had been in our Eden Prairie house since 2005. That means that we were comfortable in our home, enjoyed our routines, liked our neighbors and had managed to fill every room of our house with furniture. When we learned that a new Presbyterian Home was to be built in Eden Prairie, we decided that we were at that stage when life in a retirement community seemed easier than all the work of maintaining a house, big yard, etc. Of course, deciding to become a Flagstone resident was the easiest part of the 'moving process.' Just ahead of us would be the stress of downsizing significantly. Studies indicate that change is stressful, even positive change and moving is one of the most stressful changes for people. Moving into Flagstone felt like our first year of college, moving into a dorm and not knowing anybody.

Those first days, as we moved around the building, we'd stop and introduce ourselves to other residents hoping we could remember all the new faces and names. So, it took time and several reintroductions before a comfort level set in. Fortunately, this new community of friends proved to be a fun, welcoming, caring, creative, and smart group of people. I read that healthy relationships are good for us. When others around us are caring and supportive we not only are happier but healthier. Did you know that good relationships and friendships also strengthen our immune system which allows us to recover better from illness and can even lengthen our lives?

Thanks to our residents and responsive, caring staff we have a wonderful variety of programs here at Flagstone. Boredom doesn't have a chance to creep into our life very often. Instead we feel that we just don't have time for everything. The truth is that Flagstone is more than a building of many apartments, it's our home. So, how do we settle into our new home? Social psychology speaks of the difference between 'fitting in' and 'belonging.' To fit in means that we try to figure out how to be accepted. 'Belonging' means that we can simply be ourselves and are welcomed and accepted. We are social beings and we all want to feel connected with the people who also call Flagstone home!

Most of us realize that there are more changes ahead for us. Every birthday means we are another year older and are probably dealing with some health concerns that aging drops in our lap. We all are trying to figure out who we are and what purpose we still have as we age. The good thing is that we can be a support to one another. With aging comes loss, loss of health, of friends, and of a dear spouse. As we've often heard, "Growing old isn't for sissies."

I feel that we have a wonderful community here at Flagstone. It is our family. I feel your compassion and kindness. How wonderful it is to go to the Bistro, walk up to any table of people visiting together, sit down with them and immediately feel welcome. How great is that? Thirty percent of Americans say they experience loneliness at least once a week. Sometimes this occurs during the evenings or when it's not appropriate to call a friend, but the next day will bring the opportunity to connect with people again. No retirement community is perfect, no relationship is perfect, but kindness and mutual support can make the quality of our lives so much better.

P.S. Did you know that studies show that older people are happier and less negative than younger adults? We are among the happiest people in America. So, here we are growing older together and making the best of change.

Submitted by Roger Schindel

July birthdays

July 1	Jeanine B. #225	July 20	Joyce L. #227
July 2	Gary K. #5008	July 22	David C. #509
July 3	Richard W. #430		Jean G. #2021
July 4	Ellen W. #5005	July 24	Joan H. #403
July 5	Constance H. #107	July 25	Robert P. #205
July 6	Linda Y. #235	July 27	Jan K. #111
July 8	William S. #2032	July 28	Barbara G. #316
July 9	John Y. #235		David S. #218
	David T. #2027		Joyce H. #1028
July 11	MJ P. #501	July 29	Margot B. #523
July 14	Robert G. #316		Dayle C. #509
July 19	Joan T. #3018		



It's no longer just a dream

The work on the Flagstone Prairie has begun. The first step was to apply a herbicide which was done by Prairie Restorations a number of weeks ago. This will be followed by several additional applications before the next step, that of preparing the site for seeding. Some seeding will most likely be done late in the summer. While the area is unsightly at present, it is exciting to know that our Prairie will become a reality, no longer just a dream. Village Green has been a wonderful partner in creating lovely landscaping around our building. Plants were added earlier this spring with special attention to the beds at the entrance of our building, in addition to lovely annuals planted in front of our sign. The beds in front of the Care Center will soon also have some additional plantings. Thanks to Kari and her crew for the lovely flowers in the raised beds in the courtyard in addition to the herbs and tomatoes that were planted. Remember that you are welcome to snip some herbs or help yourself to a few tomatoes. The Landscaping Committee continues to have conversations about plans for next year. Our grounds are a work in progress. It is exciting to see the changes. Thanks to you for your part, for your generous financial support for the Prairie Project.

Landscape Committee Member, Kathy Schindel

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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**

