

# The Farmstead Highlights

May 2024

## Better sleep month!

**M**ay is known as better sleep month. Today I am reflecting on how I can get better sleep in this stage of my life with a young toddler. I have found myself craving a good night's sleep, especially after a few long nights being up in the middle of the night with my daughter. The American Academy of Sleep Medicine (AASM) and the Sleep Research Society recommend adults get seven or more hours of sleep each night.

Five health benefits of getting a good night sleep include:

1. Improved focus and mood
2. Increased immunity
3. Aids in weight management
4. Reduces stress
5. Promotes cardiac health

Who wouldn't want to experience these health benefits?! I did a little research and found some practical sleep habits we can all adopt to get better sleep. These healthy sleep habits come from an article from the CDC and the AASM.

### *Habits to Improve Your Sleep:*

*Be consistent. Go to bed at the same time each night and get up at the same time each morning, including weekends. Keep your bedroom quiet, dark, relaxing, and at a comfortable temperature. Remove electronic devices such as TVs, computers, and phones from the bedroom. Turn off electronic devices at least 30 minutes before bedtime. Limit exposure to bright light in the evenings. Avoid large meals, caffeine, and alcohol before bedtime. Don't use tobacco. Get some exercise. Being physically active during the day can help you fall asleep at night.*

I hope you can adopt a few of these habits if you are looking to sleep better!

Janae Moore, Human Resources Manager

<https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/> <https://www.cdc.gov/sleep/features/getting-enough-sleep.html>

# The Farmstead

## Answered prayers or unanswered prayers?

**D**id you have someone praying for you as you grew up? Maybe it was your mother or your grandmother. Maybe you didn't even know she was praying for you until many years later. Who you are today is a product of those prayers.

Sometimes we call determined praying people Prayer Warriors. They diligently and determinedly continue to bring the concerns for people around them to the Lord. We have a group of pray-ers right here at The Farmstead. Thank you!!

Oftentimes our prayers appear unanswered; but the Good Book teaches that God knows what we need even before we ask. And, according to the prayer Jesus taught us to pray, when we entrust the answers to Him, His will is done. We know we need to pray if we want any kind of answer!

So, what do we do about unanswered prayer? The following prayer is attributed to an Unknown Confederate Soldier who didn't receive the answer he requested, but later realized that God gave Him infinitely more than he asked.

*I asked for strength that I might achieve;  
I was made weak that I might learn humbly to obey.  
I asked for health that I might do greater things;*

*I was given infirmity that I might do better things.  
I asked for riches that I might be happy;  
I was given poverty that I might be wise.*

*I asked for power that I might have the praise of men;*

*I was given weakness that I might feel the need of God.*

*I asked for all things that I might enjoy life;*

*I was given life that I might enjoy all things.*

*I got nothing that I had asked for, but everything that I had hoped for.*

*Almost despite myself my unspoken prayers were answered;*

*I am, among all men, most richly blessed.*

(Quoted in [Your Prayers, 2012](#))

Even when we don't understand God's answers, perhaps we can consider Jesus' words to Peter: **"You do not realize now what I am doing, but later you will understand"** (John 13:7). Some things become clearer down the road.

This Memorial Day, let us again thank God for those who gave their lives in service to our country. We are truly indebted to them.

I pray for God's peace and blessing upon each of you.

-Campus Pastor Sherree Lane

## Presbyterian Homes Foundation: A beneficiary with benefits

Leaving a legacy that extends kindness to your community beyond your lifetime doesn't have to be complicated nor require an attorney's involvement. You can make an impact when you designate Presbyterian Homes Foundation or your own community as a beneficiary of one or more of your assets. This is one of the simplest ways you can secure your financial affairs and leave a gift that reflects your values. It expresses deep appreciation for your community and makes a difference in the future of your neighbors.

Naming a beneficiary on a retirement account, life insurance policy, bank account, or other investment ensures that your resources continue to serve the needs of those around you. It's usually as straightforward as completing a form from your insurer/custodian or, if you prefer, you may complete a form online. Please give us a call at (651) 631-6418 or 651-631-6408 if you would like assistance with this.

Did you know that you can name both individuals and charities as beneficiaries on the same accounts? For example, you may choose to give 80% to family members and 20% to charities. It's also possible to specify a certain dollar amount that you would like to leave. And, if a primary beneficiary becomes deceased, a charitable organization could be named as a contingent beneficiary. If you already have a donor-advised fund set up, the distribution of investment funds may also be managed for years to come.

Naming a charity as a beneficiary brings flexibility to your financial plans so that assets are available during your lifetime. It also enables you to sow seeds of kindness and compassion that will bear fruit into the future, demonstrating gratitude for blessings and ongoing care for our loved ones. Thank you for considering taking the step to designate your community or Presbyterian Homes as a beneficiary of one or more of your assets. Your generosity makes a difference!

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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.

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!**