

May 2024

Resident spotlight: Roger & Dallas Betz

My name is Roger Betz. My wife Dallas and I moved to Harbor Crossing in December of 2023. We had been living in a townhouse in Vadnais Heights since 1995 following our retirement as faculty members at Inver Hills Community College. I coordinated and taught in the Human Services Worker program. I also taught Psychology. Dallas was the Manager of the Bookstore and after becoming faculty served as Director of the Competency Based Education Program.

Dallas had been experiencing some medical issues necessitating hospitalization followed by transitional care. My role as caretaker was increasing and, with our daughter Nancy and her husband's encouragement and active assistance, we decided that moving here was a good choice.

We each have two children from our previous marriages. We have four grandchildren. We have found this to be a very welcoming place and have enjoyed the many people who have welcomed us here, both residents and staff. I particularly enjoy reading a wide range of science books and fiction — mysteries are a favorite category. Dallas has focused on organizing family memorabilia. I served in the US Navy on active duty for two years, both on a shore station as well as aboard ship.

Dallas and I celebrated our fortieth anniversary last June, having met at Inver Hills Community College. We look forward to experiencing this new phase of our life here at Harbor Crossing.



Leadership Team

Campus Administrator

Kirsten Carson, LALD

Housing Counselor

Vicki Seidl

Clinical Administrator

Melissa Lawrence, RN

Human Resources/ Office Manager

Dan Mortenson

Nutrition & Culinary Director

Daniel Amesbury

Environmental Services

Troy Duncanson

Resident Services Director

Mimi Vang

Life Enrichment Director

Elizabeth Arayata

Campus Pastor

Laura Kozamchak

Harbor Crossing

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Wi-Fi: PHS-guest
(no password)

The Harbor Herald

Dining room dish, by Dan Amesbury, culinary director

The lawns and trees are green, the birds are singing, and the flowers are blooming so it must be May in Minnesota! I want to take a little time to thank all of you for your patience as we transitioned to the new eMenu Choice meal ordering system. I'm pleased with how rapidly our servers and chefs have progressed up the learning curve and we will continue to become more efficient.



I also want to take this opportunity to let you know that we now have an a la carte menu available for our Independent residents and any guests who may dine with us. This menu is essentially our "Always Available" menu with pricing. If you just want a cup of soup, burger, onion rings, etc. rather than a full meal, you can now order it and it can be billed to your room, or we can take credit and debit card payments in the dining room.

Lastly, please remember that our next Donuts with Dan (i.e. Resident Food Council) will be on Wednesday, May 8 at 10:30 a. m., in the community room. Stop in, have a donut and let's talk about food!

Please remember comments and suggestions are always welcome, so don't be shy!

Thank You!

Welcome to new residents of Harbor Crossing!



Nancy C. (Apt. #311)

Dwight and Karin J. (Apt. #208)

John and Bonnie J. (Apt. #206)

Al T. (Apt. #228)

Please say hello when you have the opportunity!

Wellness tidbits: social wellness

Mother's Day is on May 12. It is important to reach out to loved ones or connect with your daughters and/or sons. There are other benefits of social connectedness beyond individual health. Social connectedness also can help create trust and resilience within communities.

A sense of community belonging and supportive and inclusive connections in our neighborhoods, schools, places of worship, workplaces and other settings are associated with a variety of positive outcomes.

Having supportive and inclusive relationships:

- Helps communities thrive and supports the overall well-being, health, safety, and resilience of communities
- May encourage people to give back to their communities, which may further strengthen those connections

Health Benefits of Social Connectedness People with stronger social bonds have a 50% increased likelihood of survival than those who have fewer social connections.

Social connection can help prevent serious illness and outcomes, like:

- Heart disease
- Stroke
- Dementia
- Depression and anxiety

Social connection with others can help:

- Improve your ability to recover from stress, anxiety, and depression
- Promote healthy eating, physical activity, and weight
- Improve sleep, well-being, and quality of life
- Reduce your risk of violent and suicidal behaviors

Characteristics of Social Connectedness:

- The number, variety, and types of relationships a person has
- Having meaningful and regular social exchanges
- Sense of support from friends, families, and others in the community

Resource: <https://www.cdc.gov/emotional-wellbeing/social-connectedness/affect-health.htm>

The Harbor Herald

Employee spotlight: Nyka Thok

Hello! My name is Nyakoang Thok, but I go by Nyka. I'm originally from South Sudan. Due to war in Sudan, in 1984 my parents and I went to Ethiopia. We stayed there until 1991, when we went back to South Sudan due to a Government conflict in Ethiopia. We became refugees back in our own country: the same war zone we just left after half a decade. We suffered there for three years where there was no food while war is still going on.

My uncle went to Kenya and got resettlement forms from UNHCR Organization, and he was then eventually able to bring us to the United States so we could go to school.



I was 14 years old when my 8 year-old brother and I came to America, on September 15, 1998. It was the best day of my life because of no more wars that traumatized us. Sadly, I had to leave both of my parents and 10 siblings behind. My father then remarried, so now I have an additional 14 siblings on my father's side.

I am blessed to be here in the United States, as I have lost many friends during the times of war and lack of food.

Through an arranged marriage (out of respect for my family and culture) I was married at age 16 to an older man. Our first son passed away from an unknown condition at the age of 8 months. In 2003,

God blessed me with another son who is now 20 years old and later with two daughters who are now 18 and 15 years old. My husband left us and went back to South Sudan in 2009.

In 2022, I went back to college for my nursing degree. I'm in my second year at North Hennepin Community College. While in college, I was working with an agency, who sent me to Harbor Crossing as an outside caregiver. Everyone was so nice, and happy spirits and faces full of light were everywhere. When my time with the agency was done, I had another job that required a lot of driving, and it was hard in the winter. I prayed for direction to a better job, and I came back up to Harbor Crossing to apply here as a full-time employee.

Everyone here is so nice and full of joy. The residents always make my day. I am very blessed to be around such a wonderful environment, and grateful to be part of the Family. God bless you all from the bottom of my heart.

Fun Holidays in May

May 1– Hawaiian Lei Day!

May 2– National Day of Prayer!

May 7– National Teacher's Day!

May 12– Mother's Day!

May 18– Armed Forces Day!

May 23– World Turtle Day!

May 25– National Wine Day!

May 27– Sun Screen Day!

Spiritual care by Laura Kozamchak, campus pastor

Spring is the season of new beginnings. As life is renewed before our eyes each year, this season offers unique opportunities to practice gratitude.

For example, as we notice the beauty of unfurling new leaves or blossoming flowers, we can express our gratitude by simply taking time to enjoy the beauty. We can also whisper a brief prayer of thanks. Expressing gratitude can be particularly helpful during times of acute stress or difficulty, since it allows us to shift our focus off the difficulties for a moment and have space to simply enjoy a simple moment of peace.

This resonates with the refrain of the psalmist:

“Give thanks to the LORD, for he is good. His love endures forever.” Psalm 136:1

I wish you blessings and peace this spring. Please feel free to reach out to me if you would like a pastoral visit or with a prayer request. We also have a prayer request-box by the elevator; any requests you make will be prayed for, and you may keep them anonymous if you choose.

-Pastor Laura Kozamchak

651-762-6122, lkozamchak@preshomes.org

Spiritual care events

Power Hour on Thursdays at 1 p.m. in the party room (2nd Floor)

- Join in for a half hour of hymn-singing followed by a half hour of Bible-Study discussion. We are currently studying Genesis. All are welcome to join at any time!



Sunday afternoon worship at 2:30 p.m. in the community room (lower level)

Spiritual care activities for Arbor residents

- Devotions at 12:15 p.m., Tuesdays (Arbor Common Area)
- Worship at 10 a.m., Thursdays (Arbor Common Area)

The Harbor Herald

Creating Smiles



PHS 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!



Download Enriching Lives
spring edition

Read stories of ordinary people making an
extraordinary difference at PHS communities.

Scan QR code with your mobile device.



Harbor Crossing

4650 Centerville Rd.
White Bear Lake, MN

651-653-3288

HarborCrossingPHS.org

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!