

July 2024

Resident spotlight: Elisabeth Bogel

I came to the U.S in 1962 after a few detours. Germany is my home country, and still would be, if I hadn't answered an ad in a German magazine. That ad had been placed by a young German fellow who had left Germany for Canada, and wanted a pen pal. I answered this ad Christmas 1958. His reply came a few weeks later and we corresponded throughout 1959. He got on a boat to visit me in Paris where I was working at that time.



Before he had to return to Canada, we spent some time in Berlin where we got engaged. We got married in March in Unna. In August, I got on a boat ending up in Montreal. We lived in Port Arthur until March 1962. A stroke of luck made it possible for us to immigrate to the U.S. A soccer team from Minneapolis came to Port Arthur to play against a Canadian team. The coach from that team offered my husband to sponsor us to come to Minneapolis if he would play for his team. Hurrah! The American Dream had materialized.

My German high school had taught me English spelling and grammar. I learned to speak the language while in Canada, so when I arrived in the U.S I was able to hold a job. I found a job at Pillsbury where I worked until we returned to Germany in 1970. We spent three years in the old country until our return to Minnesota. My husband was employed by Sperry Univac and traveled extensively installing and repairing computers. In 1980, I started my last job in the 3M Tax Division and finally retired in 1996.

In 1977, we moved to Scandia, Minn. where we had bought a 30-acre farm. When my husband's health deteriorated we sold the farm and moved to Waverly Gardens where we stayed for three years. My husband passed away in January 2022.

In March I moved to Germany to live with my daughter and family for 18 months. I returned in Minnesota in November 2023 and settled in at Harbor Crossing.

Leadership Team:

Campus Administrator

Kirsten Carson, LALD

Housing Counselor

Vicki Seidl

Clinical Administrator

Melissa Lawrence, RN

**Human Resources/Office
Manager**

Dan Brown

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

4650 Centerville Rd.

White Bear Lake, MN

Phone: 651-653-3288

Fax: 651-762-6100

Wi-Fi: PHS-guest
(no password)

The Harbor Herald

Dining room dish, Dan Amesbury, culinary director

Happy Independence Day!

I wanted to take a moment to let everyone know that we have begun a prayer meeting for residents and staff every Wednesday at 9:30 a.m. It's an opportunity for us to gather, share a devotion and pray for whatever we feel is needed. Coffee and treats are provided as we share fellowship and connect with our Lord.



Also, our monthly Residents' Food Council (Donuts with Dan) is Wednesday, July 10 at 10:30 a. m. in the Community Room. I hope to see you all there.

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

Thank You!

Dan Amesbury, Culinary Director



We are excited to announce that Harbor Crossing now has a guest suite available for your friends or family who are staying overnight. This is booked at the front desk by calling 651-653-3288. I

This is a studio apartment located on the first floor. It includes a full-size bed, couch, tv, bistro table and small refrigerator.

The rate is \$70/night and no tax, payable by check. Checks can be made out to PHS. For more information, please call the Harbor Crossing front desk.



Spiritual care

We welcome July as our first full month of summer, kicking it off with American Independence Day on the 4th. As we ponder the blessings we enjoy as Americans, including freedom of religion, I invite you to also consider engaging in regular prayer for our nation if you do not already do so.

With that in mind, I offer a scripture from the Apostle Paul:

“ I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.” -1 Timothy 2: 1-2

Though Paul addressed Christians living in the ancient Roman Empire, I believe this scripture gives clear guidance to us today. May peace be yours in abundance this month.

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.
We will meet July 5, 11, and 25 this month. I hope to see you there!
- **Sunday Afternoon Worship at 2:30pm in the Community Room (lower level)**
- **Spiritual Care Activities Especially for Arbor Residents**
Devotions at 12:15pm Tuesdays (Arbor Common Area)
Worship at 10:00am Thursdays (Arbor Common Area)

The Harbor Herald

Employee spotlight: Faith Freeman

Hello! My name is Faith Freeman and I am a 19-year-old college student. I am originally from White Bear Lake, Minnesota and grew up right near Manitou Ridge Golf Course. I love being outdoors, spending time with family and friends, and doing art.

I am currently attending St. Catherine's University to study nursing and will be a sophomore in the spring. I fell in love with nursing and being a resident assistant from a very young age. My grandpa was very sick most of my life and spent time in assisted living. I loved watching the nurses and resident assistants care for him and make his day just a little brighter with a small conversation or even just bringing him some lunch, and I wanted to be able to do the same. For his majority of time in assisted living he lived in a Presbyterian Homes location in Roseville.

That is how we knew the name of Presbyterian Homes. My mom was helping me look for summer jobs and we found Harbor Crossing was not too far from my house and knew we should get more information and well, here I am now!

So far, I have loved my time at Harbor Crossing. The community is amazing with great staff, great resources and GREAT

residents! Working here has allowed me to grow as a person and a caregiver and make so many connections! I cannot wait for a future with all of you at Harbor Crossing!



Faith
Freeman

Mission

The mission of Presbyterian Homes & Services is to honor God by enriching the lives and touching the hearts of older adults.

Vision

To provide more choices and opportunities for more older adults to live well.

Values

Christian Culture

- Reflect the love of God

Ready & Engaged People

- Create ownership & utilize strengths

Operational Integrity

- Do what we said we would do

Service Excellence

- Create an exceptional customer experience

Stewardship

- Optimize resources and expand ministry



Using words of wisdom

Having a well-designed estate plan is important for everyone and, with clarity about your wishes, you will reduce the burden for your family. It can also save administrative costs or reduce taxes, preserving more of your estate for your beneficiaries.

Standard wording that might be useful is as follows:

Gift of Specific Dollar Amount

"I hereby give to Presbyterian Homes Foundation located in Roseville, Minnesota, the sum of \$_____."

Gift of Specific Percentage of Estate

"I hereby give ___ percentage of my estate (or "my trust assets" if using a trust) to Presbyterian Homes Foundation located in Roseville, Minnesota.

Bequest with Presbyterian Homes Foundation as Contingent Beneficiary

"In the event any of my above-named beneficiaries have not survived me, I hereby direct their shares to be distributed to Presbyterian Homes Foundation located in Roseville, Minnesota."

Please tell us how you would like your gift used:

"This gift is to be used for [name of fund, specific community, or both]."

When you include Presbyterian Homes Foundation in your will, your attorney may need to know the correct address and that Presbyterian Homes Foundation is a 501(c)3. Please provide the following:

Presbyterian Homes Foundation
2845 Hamline Avenue North
Roseville, MN 551113

Clear and precise wording ensures your wishes are honored and the Foundation can better fulfill your objectives. The Presbyterian Homes Foundation welcomes the opportunity to provide you with information about estate planning and answer questions you may have regarding your individual goals. For more information, please contact us at 651-631-6408 or 651-631-6418 or visit www.preshomes.planningyourlegacy.org.

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.

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**

