

May 2024

Hawkeye Heroes: The Rise of Iowa Women's Basketball

The excitement The University of Iowa Women's basketball has brought to the nation has been absolutely incredible. The journey of Hawkeyes women's basketball has been filled with unforgettable moments, heart-stopping plays that have captivated audiences, and brought joy to fans across the country. The resilience and determination displayed by the players have been nothing short of inspiring, serving as a reminder of the power of teamwork, dedication, and perseverance. I'll be the first to admit I didn't watch every game regular season game or last season but you better believe I didn't miss them once the NCAA tournament started. I was even lucky enough to go to the first two games of the NCAA tournament at Carver this year. The atmosphere was electric at Carver Hawkeye Arena. Iowa basketball has played a significant role in shaping the landscape of women's sports, and it is a testament to the hard work and dedication of the players, coaches, and fans who have supported the team throughout the years.

As we look back on the incredible journey of this inspiring team, we are reminded of the unifying force of sports and the ability of athletics to bring people together, regardless of differences or rivalries. The excitement and passion that surrounded the team's success serve as a testament to the enduring spirit of Iowa and the unwavering support of its fans. I love the excitement that Iowa Women's basketball gave us in the past few weeks. What a great feeling that people were remembering the fly over State of Iowa. It was truly an unforgettable memory of the great success especially the past two years.

As we celebrate the achievements of the Hawkeyes and reflect on the magical moments that have defined this season, let us continue to cheer on our team with pride and enthusiasm. Let us cherish the memories made and look forward to the bright future ahead for Iowa women's basketball, knowing that the best is yet to come. The seniors on this team will be missed: Caitlin Clark for her logo 3's, Kate Martin for her fade away jump shots, Molly Davis for her layups, Gabbie Marshall for her awesome blocks at much needed times. I remember going to Iowa women's basketball games as a kid and it was never a full house but they do always put on a great show that I hope that continues even after these girls are gone. I also recently became a WNBA fan and I am looking forward to expanding my horizons and watching some more basketball at an elite level. I am very excited for Caitlin and can't wait to see what she can do in the WNBA. What about you? Are you going to become a WNBA fan also, thanks to Caitlin? Indiana isn't too far away. Here's to the future of women's basketball and the continued growth and success of the sport that we all love to watch.

**GO
HAWKS!**

Kimberly Maxwell,
Housing Counselor

The Ridge Reporter

Exciting Activities Coming Soon...

With the warmer weather on the horizon, we have a plethora of exciting activities going on in the calendar that you need to make sure you highlight! We are starting off the month with our LAST Raiders on the Ridge for the school year on May 1. Raiders on the Ridge, for ones that are new or unfamiliar, is an activity where the 7th and 8th grade students from Williamsburg not only come and play various games but also cook supper to share a meal with us. If you are interested in this event, please call, and sign up at the front office.

On May 2 we have two very exciting activities happening. The first that is a must see is our 5th and 6th grade Mary Welsh students coming to put on their recital at 10am. In the afternoon, you'll have to make your way back to the Holden Family Gathering room (or at the patio if weather is appropriate) to experience our favorite furry friends, Simon and Earl! Simon is an alpaca and Earl, his best friend, is a llama! They often love to come and visit us, so if you have any interest in greeting our friends, please join us for this fun activity!

Later in the month, you will find that we are collaborating with Bloom for a chair yoga class! This collaboration will take place at Bloom on the square with Bloom's yoga instructor, Megan, who has been teaching yoga for many years! She will be guiding us through many different stretches and poses to engage our muscles and keep us active! If you are interested in partaking

in this fun and new experience, please sign up at the front office.

Another exciting event that requires a sign up is our annual Kernal's Game! On May 29, we will be heading to Veteran's Memorial Stadium to watch the Kernel's standoff against Lake County! If you are interested in attending there is a ticket price. Please see the front desk for more information! We hope to see you there!

On May 31 we have two very exciting events happening! First thing in the morning, we will be loading up the bus and heading to Brooklyn to drive through the Bear Creek Dairy Farm. Every year this Dairy Farm opens their doors to allow us an insight on what modern Dairy Farming looks like! If you are interested in joining this trip please sign up at the front desk! Finally, in the afternoon we will be visited by the Williamsburg Fire Department where they will be spending time with us, answering questions, and playing cards!

I hope you find something you are excited about this month! If you have any questions please feel free to contact me!

Brooke Klein, life Enrichment director



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!



Recent and upcoming events:

National Social Worker Day was celebrated on March 19. Thank you to our Resident Services Directors, Mandy Steckly and Amber Fetzer, for your dedication in providing comfort and support to our residents!

Nurses Week will be celebrated May 6 — May 12. Thank you to all of our amazing nurses that provide excellent care to our residents here at Highland Ridge!

Marketing Professionals Day is celebrated on May 8. Thank you to Kimberly Maxwell for all of your hard work in helping people transition to Highland Ridge!

National Nursing Home Week is celebrated May 12 — May 18. Thank you to all the staff for their dedication in providing outstanding care to our residents in the Care Center every single day!

The Ridge Reporter

Emotional Support: Navigating Life's Challenges Together

Having the emotional support to get through the holidays, transitions, losses, and hardships is extremely helpful in getting through hard challenges in your life. There are many resources available that people may not be aware of. It is important to know you are not alone, and people are available to support you.

I have been fortunate enough to go through an internship with Essence of Life Hospice for the last few months, and they provided me with resources that I would love to bring to Highland Ridge to share in the future! Support groups help those who want to be around people who may be going through similar challenges of their own.

If Highland Ridge provided a support group, what topics would you be interested in? Dementia, loss of a loved one, grief, natural disasters, self-care? There are so many things to discuss, and this type of support could help you. **Please feel free to send me an email at afetzer@preshomes.org with your topic ideas.** This will be a way to bring our community closer together! Be on the lookout for other support groups in the community. I would love to answer any questions you have!

Amber Fetzer,
Resident Services Director
(Gables)



Celebrating
20 Years

**This year marks
20 years since
Highland Ridge
had their first
resident move in.
This is truly a
remarkable
accomplishment
worth celebrating!**

Happy Happenings at the Ridge..



If we had no winter.....



Spring
would not be so
SWEET

-Anne Bradstreet



Highland Ridge has the following openings:

Vista (assisted living)

One Bedroom "Jasmine" 595 sq. ft.

Terrace (Independent Living)

One Bedroom "Bluebell" 1080 sq. ft.

To view available floor plans, please visit www.highlandridge.org
or call Kimberly Maxwell at 319-668-3840

Highland Ridge
100 Village View Circle
Williamsburg IA 52361

319-668-3800 | www.highlandridge.org

Postmaster: address correction requested

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!