

July 2024

Waiting on God

We live in a world filled with constant noise and distractions. Many perceived necessities are backdrops of noise that we justify in the name of convenience. Consider your cell phone. We carry one for the resource at our fingertips with a multitude of apps. In addition, we value the ability to call and receive calls 24/7. But how do we normally identify that our cell phone has been misplaced? Too little noise. Pausing to be silent can be unnerving as we have trained our bodies to operate in the noise. But this is exactly what we see prescribed for us in Scripture by God.

Psalm 46:10 “Be still and know that I am God.”

The concept of waiting on God in silence takes form in a variety of traditions and practices. Jesus regularly removed himself from the crowds to be alone with God. The disciples were rebuked for their inability to stay awake for the purpose of prayer to God in a time of need. Exploring nature allows one to see the handiwork of God’s glory.

It involves setting aside time to quiet the mind and listen to God. It is in these moments of waiting that we experience the presence of God. James 4 says, “draw near to God and he will draw near to you.” Quieting our minds and hearts from the busyness of the day and from the worries of life helps us acknowledge His sovereignty over our lives and to trust in His faithfulness.

So in the midst of the busyness and noise of life, take the time to wait on God in silence. Set aside moments each day to be still, to quiet your mind, and to open your heart to His presence. Trust in the power of silence to quiet your soul, to renew your spirit, and to draw you closer to the One who holds all things in His hands.

Let us strive to resist the temptation of busyness and instead embrace the gift of stillness and presence. May we find rest for our souls in the loving arms of our Creator, and may His peace that surpasses all understanding guard our hearts and minds in Christ Jesus.

Pastor Justin Lundberg



The Ridge Reporter

An 'Ode to Dirt

As I pondered what to write for this month, my mind wandered back to a July of my childhood.

I was eight years old that summer and we had just moved from the city into the country. My father had just purchased an acreage for \$36,000. The interior of the house needed gutted, but it was the land my father wanted. I remember walking into that old, 'hundred- and four-year-old house and thinking, with its sagging ceilings and warped uneven floors, that even the ghosts must have packed up and gone somewhere else.

The house quickly turned into a giant construction zone as my father started tearing out all the ceilings and walls. This relegated me to the outdoors. One of the first things my father did was to put a nice thick layer of gravel on the drive which was about fifteen hundred feet long. He leveled and compacted that gravel until he had a beautiful smooth surface from the paved road all the way past the house.

I loved dirt as a child, many of my greatest memories as a child involve dirt. I met my best friend, Jonny Barnes, in the dirt. Because we had just moved, I had to be enrolled in a new school. While my mother and sister went inside to discuss my future matriculation, I wandered around to the back of the school. Two things immediately caught my eye. One, there were piles of dirt everywhere, wonderous piles just waiting to be climbed, or dug, or slid down. The only other person to be seen was another boy of my own age sitting atop one of the piles, and the first words he spoke to me were, "My names Jonny, you want to play dirt wars?"

War and dirt continued to be my main preoccupations of that year.

My father had tilled and planted potatoes in the far back field, but there was one section just inside the gate that had been tilled, but not planted. The sun was hot, my chores were done, and I was going to dig my foxhole. I then remembered that piece of field just inside the gate that my father had tilled and thought that would make nice digging. I dug all day until I had a hole about two and a half feet in diameter and deep enough to contain my entire four-foot-tall frame. When my father discovered what I was doing he asked "why is there a giant hole at the gate of the potato field?" I said, "oh you found my foxhole." The next day I found my chore list vastly increased.

One of the new chores I was given to occupy my time was bucket cleaning. With drywall being the family business, we produced hundreds of buckets and all needed cleaning. Every day I was given several stacks of buckets to clean along with my other chores. I really didn't mind, especially with it being so hot and the work being so wet. We didn't have AC.

As we enter July may God bless you, keep you, and give you new memories to cherish and pass on. As for me and my crew, if you want to find us, just look around. You'll probably find us playing in the dirt.

Jason Asher
Environmental Services Director



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.



Want to stay up to date with what is happening here at Highland Ridge? Turn on channel 117.3 on your TV to find the latest information happening on campus. Here you can find the daily menu, activities, announcements, and much more!



To honor God by enriching the lives and touching the hearts of older adults.

The Ridge Reporter

Welcome Kelly!



My name is Kelly Clark and I am the Life Enrichment intern at Highland Ridge this summer! I work closely with Brooke and the life enrichment team to create fun opportunities for all of the residents here. I recently graduated from the

University of Iowa and am working to earn my degree in Therapeutic Recreation. I am enrolled in my final summer course to earn my bachelor's degree!

I am originally from Clinton, Iowa which is right on the Mississippi River. I have lived in Iowa City the last two years and I have discovered some of my favorites places such as: Encounter Cafe, The Dandy Lion, and of course Kinnick Stadium. I am an avid Iowa Hawkeye fan ranging from football to women's basketball. I am sure my last name sounds familiar from a very famous woman's basketball player, and no, I am not related to her! I love to attend Iowa events with my family who loves to attend all of the home Iowa games. Our favorite game to attend each year is the Iowa vs Iowa State. Through the University of Iowa, I have made some lifelong friends. I have loved my time there and look forward to going to more Hawkeye games this coming season.

I have three brothers and one sister. My youngest brothers are twins and 16 years old, my older brother is 25 and my older sister is 30, and I am 22 which puts me right in the middle! Some of my favorite things are being with my family and my friends either in Iowa City or back home in Clinton. I love to read, watch movies, and TV shows. My

favorite show is Big Bang Theory and my favorite movie is Mama Mia. Back at home in Clinton, I have two black labs, Betty and Louise. During Highschool, I played volleyball and basketball. I continued to play intramural volleyball and basketball during college.

I am excited to work at Highland Ridge this summer learning from Brooke and Sheila. When I am asked about my major, I am always excited to be able to explain what it is. My major is Therapeutic Recreation and I know what you are thinking, what is that? Therapeutic Recreation is used to better the quality of individuals lives through the activities they enjoy doing. Therapeutic Recreation is utilized in many settings such as long term care, assisted living, schools, hospitals, rehab centers, and many more. Each setting uses recreational therapy a little different but I would like to focus on the long term care and assisted living side of it. In long term care settings, recreational therapy is beneficial to get residents active and out of their apartment. Recreational Therapy Specialists work to enhance the quality of life of these individuals so they remain happy, continue to participate in the activities they enjoy, and discover new hobbies. Creating opportunities, discovering new hobbies, and continuing old ones is what keeps us active. I decided to pursue recreational therapy when my grandma was in a dementia unit at a long term care facility. When visiting her, I watched closely to the activities that were offered throughout the day and how much she enjoyed participating. Once learning more about what a recreational therapist was, I decided that it was the career path I wanted to take. I will be completing my bachelors degree at the end of August and am excited to start in the field. I look forward to meeting all of you this summer!

Capturing Moments, Sharing Memories



A picture is worth
A THOUSAND WORDS,
but the memories are
priceless.



Highland Ridge has the following openings:

Vista (assisted living)

One Bedroom "Jasmine" 595 sq. ft.

Terrace (Independent Living)

One Bedroom "Azalea" 720 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

Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

Nominate a co-worker 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**

