

May 2024

## 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!

# Johanna Shores Spotlight

## The Prayer of Jabez

I've recently been tasked with reviewing our biblical foundation verses for Presbyterian Homes. One of those verses is 1 Chronicles 4:9-10. Undoubtedly everyone has heard the story of Jabez by now. I remember a book called "The prayer of Jabez" by David Wilkerson became an overnight sensation in evangelical circles when I was in seminary. So, I understand that my thoughts on these verses are more than a little bit jaded by my initial introduction to this passage.

However, I don't want to rehash the thoughts and opinions of others on these verses, but rather I wish to say what strikes me the most about it. Quite simply it is this: Jabez is an unremarkable guy other than that he prayed. He is associated with a prayer rather than an act of heroism. In his prayer, he requested that God favor him, to help him in his work, to accompany him in everything that he did, and to keep him from treachery and disaster. Jabez recognized God as the genuine focus of his work. This is what I think sets him apart.

Whenever we petition God for God's favoring, we ought to likewise implore that He will accept His role as Lord over our work, our family time, and our entertainment. Submitting to him in day-by-day obligations is brave living. The only way for us to be genuinely great is by seeking God's will, and to do that we must pray earnestly and fervently. (James 5:16) Jabez prayed to the one and only God who can hear and answer prayer.

Jabez recognized God as the genuine focus. He asked explicitly to be safeguarded from wickedness and calamity. When we appeal to God for his favoring, we ought to likewise ask that God will take his sovereign position as Lord over all aspects of our lives. We live in a fallen reality where sin flourishes, and it is critical to request that God protect us from the unavoidable underhandedness that comes toward our direction. Yet, we should likewise stay away from wrongful thought processes, wants, and activities that start inside us. Hence, we should not only look for God's security from demonic forces, yet in addition request that God watch over our contemplations and activities. We can start to use his assurance by filling our brains with positive considerations and mentalities.

God, style me into your flawlessness. Take complete charge of me and all that I am made of, and secure me against each and every detestable or wrongdoing so that I may not wander off-track, yet follow you always.

— Pastor Todd

## National stroke awareness month

**M**ay is national stroke awareness month. It is important to know and understand the signs and symptoms of a stroke. By using the acronym FAST you can easily identify them.

- ⇒ Facial drooping: Is one side of the face drooping downward?
- ⇒ Arm weakness: Is the person able to lift up both of their arms?
- ⇒ Speech difficulty: Does the person's speech sound slurred or strained?
- ⇒ Time to call: Call emergency services.

Noticing these signs and symptoms allows you to act fast and get help.

The CDC offers a few ways you can help prevent a stroke.

1. **Healthy Foods and Drinks:** Eating foods that are low in saturated and trans fats, and limiting sodium can all help in preventing a stroke. Healthy snacks that include fresh fruits and vegetables can aide in starting this habit.
2. **Physical Activity:** Aerobic activity such as walking can help you stay at a healthy weight. Physical activity can also help lower blood pressure and cholesterol.

## Gardens and outdoor spaces

As the weather gets warmer and the days get longer, our gardens are coming back to life! Our gardeners have been working hard on getting our outdoor spaces into full bloom. Feel free to step outside with your loved one to enjoy the flowers and fresh air! Our patio furniture and grills will be out around May 1 for you to enjoy as well.



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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!**