

July 2024

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**

Johanna Shores Spotlight

Are you alright?

I saw a T-shirt once that showed a picture of Jesus' bloodied body on the cross with the something that basically said, "If I am alright and you are alright, then why did this happen?" In our society today, people have the mentality that they do not need Jesus, because they are too good to need a savior. Or they feel that they can follow the path of their own choosing to get to heaven. Many people write Jesus off as "just a good teacher", a fable or anything else to justify not following Him. Rather than confront or investigate the truth, they invent a way around having to look at it and deal with the truth that is in front of them. We often dismiss God because we do not want anyone to tell us how to live our lives. Rather than live to a higher standard, we pretend that no one notices that our actions don't match up with our words.

Isaiah 53 tells us why the servant would need to suffer. Jesus suffered so that He could bear our griefs. After Jesus had healed many people of various illnesses and possession, Matthew 8:17 states, "This was to fulfill what was spoken through Isaiah the prophet: 'He Himself took our infirmities and carried away our diseases.'"

Jesus was pierced through for our transgressions. He was pierced or wounded by thorns, nails and a spear for our sins. He was crushed for our iniquity. The weight of the world's sin would crush Him. It was my sin that sent Jesus to the cross. We must understand that it was not only the Adolph Hitler's of the world that sent Jesus to the cross, but it was also the sins of every person ever created. Jesus was punished for our well-being and our peace.

1 Peter 2:24, "and He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds, you were healed."

The ultimate purpose behind His suffering was so that the lost sheep would be able to come home.

Isaiah 53:6, "All of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the LORD laid on him the sins of us all."

Jesus suffered and died so that He could be the shepherd who leads us home.

Who sent Jesus to the cross? I did, you did. Today we have a choice to make. We can either live our lives like we believe there is a God in heaven who sent His Son to die for us so that we could have peace with God and eternal life. Or can live like God is a fairy tale. Joshua said in Joshua 24:15, "choose for yourselves this day whom you will serve. God loves you and wants to set you free from the bondage of sin."

Drink up - the connection between aging and dehydration

Your body changes as we age, this is no secret. However, did you know that one of those changes involves your thirst?

As you age, your body doesn't demand water like it used to in your younger years, the issue is that you still need fluids to function. Water is essential for almost all bodily functions from lubricating joints to pumping blood to our hearts. Furthermore, aging contributes to making us more susceptible to dehydration because of the way body composition changes with age. Those over the age of 65 have less water in their bodies than younger adult or children. Decreased kidney function also can affect fluid levels.

The reduction in thirst that comes with age can keep that already low fluid supply from being replenished. Not drinking enough water can put you at risk for dehydration. Being thirsty is already an indication of early dehydration. Dehydration is a common cause for hospitalization of people over the age of 65.

The American Heart association says staying hydrated means simply having enough fluids in your body for it to function properly. The daily recommendation for water intake is 8 glasses a day. Medical conditions, like heart failure, and medications can impact this recommendation. Therefore, talking with your healthcare provider about your specific recommendations could be helpful. One quick way to tell if you are drinking enough water is to check the color of your urine. If it's pale and clear you are likely well hydrated. If it is dark colored, you may be dehydrated.

Dehydration can affect you physically, mentally, and emotionally, as the blood vessels throughout the body constrict due to lowering fluid levels. Some signs of dehydration include fatigue, weakness, dizziness, loss or coordination, dry mouth, headache, nausea muscle cramps, confusion, crankiness, anxiety, chills or heat intolerance and flushed skin. Another challenge with dehydration is that the symptoms often go unrecognized because they are attributed to other medical conditions, side effects from medications or the natural effects of aging.

Drinking water is something you need to focus on more as you age. Try keeping track of your water intake, eating more foods high in water like cucumbers or watermelon or adding sliced fruit like lemons or berries to your water to make it more interesting. Make it a habit and work it into your daily routine especially since your body might not be sending you the message that you are thirsty. Drink up!



Hello everyone! My name is Jamie Challes, and I am the new Administrative Intern from the University of Wisconsin – Eau Claire! I will be here for just under a year and I am so excited to be here, meet and get to know all of you! Some things about me:

I have four older sisters' and five nieces and nephews. I love anything outdoors such as hiking, hammocking, and camping. I like light colors such as yellow. If you see me with a coffee cup, it is actually hot chocolate. I used to compete in gymnastics when I was younger. One of my biggest passions is helping others in any capacity I can. I started with PHS in sixth grade as a volunteer.

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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.

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**

