

July 2024

From the administrator's desk

Summer has always been my favorite season. There is something energizing about the increased outdoor activity, the bright cheerful mornings and longer days, the lively greens contrasting the blue skies and lakes, fresh fruits and vegetables, and satisfying, smoky smell of outdoor grilling.

Improvement projects are continuing around the grounds and campus. Our hope is to make Lake Minnetonka Shores feel more like a summer resort than a senior housing complex and for you to enjoy outdoor activities during these beautiful summer months here on Lake Minnetonka, including the upcoming 4th of July.

As a young child, the 4th of July was simply a relaxing day devoted to having fun with family and friends, and creating circular shapes and letters with sparklers, popping 'snaps' on the driveway, or lighting some small fireworks before bed. As a teen, I learned much more about our country's foundation, history, sacrifice, difficult journey to freedom, and why Independence Day exists as a holiday. I recall a few nights throughout my life where patriotic songs could be heard in the distance while my family and friends watched the fireworks light up the sky, and how much more beautiful it seemed in the moment, having a deeper understanding of why we celebrate. I deeply appreciate families' sacrifices made to serve people and our country. What a gift to have our freedoms and enjoy this season together!

President Adams, in a letter to his wife, Abigail, on July 3, 1776 said, "I am apt to believe that [this day] will be celebrated by succeeding generations as the great anniversary Festival. It ought to be commemorated, as the Day of Deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires and illuminations, from one end of this continent to the other, from this time forward forever."

Enjoy celebrating the holiday and this summer with your loved ones, the memories of years past paired with memories yet to be made!

Lydia Buetow
Campus Administrator



Lake Minnetonka Shores

PHS Foundation: 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.

Memorial Day Service



Spiritual care

There are several spiritual care practices at Presbyterian Homes & Service that have been well received over the years. The first one is what is called “The Procession of Honor.” This short ritual is offered to the family members of the resident who has died, so that the PHS community can say goodbye. At LMS, we strive to uphold this practice each time a resident leaves our community in death. It is our way to begin the grieving process of our friend and neighbor.

The second spiritual care practice is a Service of Remembrance. A Service of Remembrance is designed to further heal the grieving process for both the family members and the residents. This service has been an annual event held in January. However, this year, a decision has been made to offer it twice a year. Hence, a Service of Remembrance will be held on July 29 at 6:30 p.m. in the chapel to honor and remember those who lived at Lake Minnetonka Shores and have passed away in the past six months of 2024. If you are available, you are welcome to attend.

A third spiritual care practice has been to offer grief classes and grief groups. I am inserting a short article from our Grief Care Chaplain, Jenny Schroedel, that explains how you can process grief in your life. If you are interested in starting a grief group, please respond by calling Optage Hospice at 651-746-8200 or talking with me.

“Life can only be understood backwards; but it must be lived forwards.”

– Soren Kierkegaard, *paraphrased from “Journals and Papers 1843”*

In grief – and in life – love often falls short. We are never quite the person we mean to be, especially with those closest to us. This can be felt acutely while caregiving or after a loved one dies. Memories of the moments when we were not our best can come rushing back. In grief groups I facilitate, residents often share regrets as we explore the process of finding peace.

Here are some suggestions:

- **Tell your story.** It can be liberating to share regrets with a trusted friend or counselor. In early grief, it is easy to fixate on our shortcomings, but when a story is shared, it can soften and expand.
- **Gather more information.** If you are troubled by some aspect of the death, it may be helpful to talk to a physician or hospice professional who can help you understand more about what you have experienced.
- **Write a letter.** Are there things you wish you’d done differently or things you still want to say? You could put it all in a letter to your person. If you’d like, you can also imagine what they might say and pen a response from them.
- **Do what you can, with what you have.** Although we can’t change the past, the learning we experience through loss can be transformative, opening our hearts so that we can live more fully and love more steadily into the future.

Pastor John Cordova
Pastoral Care Services LMS

Lake Minnetonka Shores

Creating smiles:



The library committee hosted an open house/ book sale June 1 and sold 100 books. They had over 50 people attend, then they also held a drawing for two meals in the Bistro and the winner was: **Teddie Bosacker** pictured here.



Card Stamping
Craft



Benihana
lunch outing



Volunteer news: volunteerism mid-year check

This is my favorite time of the year. Sunshine and smiles abound. And a wonderful time to check how our volunteers are doing. PHS has a volunteerism goal for each location of 50% volunteers (both resident and non-resident) based on occupancy census.

We had a strong start of 2024 and, year to date, we are at 4,517 reported volunteer hours. This is 175 hours more than last year at this time, which is awesome! I am' looking forward to surpassing our total 2023 volunteer hours, which were 13,054. Absolutely outstanding and a 39% increase over 2022. Thank you volunteers, you rock!

I encourage everyone who volunteers to please record your hours daily by badging in and out when you volunteer each day, or to report your monthly hours by the TWELVETH of each month. Every moment you spend volunteering makes a difference and reporting those hours helps both Lake Minnetonka Shores and PHS overall.

If you are having any issues with your new QR code volunteer badge, please let me know. We are a pilot site and want to make sure any issues are reported to PHS I.T. to address before it is rolled out to the sixty-two other sites.

Volunteers, THANK YOU for everything you do to enhance the lives around you every day. You truly are the best!

With thanks and blessings,
Betty

Happenings *Contact Donna Olsen, Life Enrichment Director, if you have questions 471-4407*

Outings* pontoon rides begin

Jubilees/errand trips every Tuesday & some Fridays

See calendar for Pontoon ride schedule

7/8 Swimming at Folkestone

7/11 Trader Joe's trip

7/12 Mackenthun's Trip

7/15 Swimming at Folkestone

7/17 Chanhassen Dinner Theater "Beautiful"

7/18 Target/Ridgedale

7/19 Lund's/Byerlys Trip

7/25 Cub Foods/Dollar Store Trip

7/26 Aldi's

7/29 Al & Alma's Cruise & Lunch

Entertainment and special events*

7/1 Resident Council Gables 2nd

7/5 Music entertainment - "Tara Brueske"

7/8 Ambassador meeting

7/10 Visit from Miss Minnesota

7/11 Commons Tenant meeting & Birthday Bash

7/12 Music entertainment - "Maria Bella"

7/13 River Valley Church sponsored Bingo

7/15 Music program & education - Carl Winter

7/16 Resident Council Gables 3rd

7/18 Fire Pit Fun with Michele

7/19 Watch Battery Service

Music entertainment - "Chuck Thiel"

7/24 Court/Villa Tenant meeting & Birthday Bash

7/25 Patio Concert

7/26 Arbor/Gables Birthday Bash & entertainment

7/29 Service of Remembrance

** Outings/events subject to change*

Lake Minnetonka Shores
4515 Shoreline Drive
Spring Park, MN 55384
952-471-4000
www.LakeMinnetonkaShores.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**

