

# The Mayfield

August 2024

Little Canada Night to Unite  
Tuesday, August 6, 2024, 5 p.m. to 9 p.m.

**N**ight to Unite (a.k.a. National Night Out) is a statewide event that builds and fosters community bonds between citizens, businesses, and public safety organizations, such as the Ramsey County Sheriff's Office. This annual celebration occurs on the first Tuesday in August and gathers neighbors and public safety personnel together for an evening to promote safe communities.



The Sheriff's office coordinates Night to Unite in the communities of Arden Hills, Falcon Heights, Little Canada, North Oaks, Shoreview, Vadnais Heights. White Bear Township.

Night to Unite goals are to:

- Heighten crime and drug prevention awareness.
- Generate support and participation in crime prevention and community policing programs.
- Strengthen neighborhood spirits and public safety-community partnerships.
- Let criminals know that you are committed to keeping your neighborhood safe.

Neighborhoods across the state display outdoor lights and front porch vigils and celebrate with a variety of events and activities, including block parties and cookouts, with visits from police and sheriff's officers, firefighters, and elected officials.

Night to Unite has proven to be an effective, inexpensive, and enjoyable opportunity to promote neighborhood spirit and police-community partnerships in pursuit of safer communities. Community benefits often extend beyond this single evening event as neighbors get to know each other and the public safety agencies that serve them.

I would encourage you to join a neighboring community to celebrate Little Canada as a safe and friendly place to live on August 6th. The list of participants can be found on the Ramsey County Sheriff's website above. Also note Little Canada days is 7/29-8/4 with a variety of events throughout town, primarily at Spooner Park. Get your Little Canada Days Button at Culvers or Frattalone's Hardware. See included flier for more information.

Yours in service,  
Alexis Barrett

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## Drink up – the connection between aging and dehydration.

**Y**our body changes as we age, this is no secret, but did you know that one of those changes involves your thirst?

As you age, your body doesn't demand water like it did 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 adults or children. Decreased kidney function can also 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. By the time an adult feels thirsty, that 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, as well as 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 of 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!

Sara Wiberg-Fitness Director

## Pastoral care message: strength in weakness

People sometimes like to talk about their accomplishments in life, yet the Apostle Paul shared a different way of thinking. Paul surely had much to talk about. He had visions and revelations from the Lord. He even had an experience of being caught up to paradise.

Paul's life seems complicated, and we don't understand it all. It says in the Bible that he struggled in life with a thorn in his flesh to keep him from becoming proud. Yet, from Paul we learn so much in his writings and ministry.

"But he said to me, 'My grace is sufficient for you, for power is made perfect in weakness.' So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me." —2 Corinthians 12:9

We learn that it is in one's weakness that God's power is present. When Paul sought God to remove the thorn, he heard God tell him, "My grace is all you need. My power works best in weakness."

In your life, what is your weakness? What is your burden? How have you seen it transformed into a strength, helping others?

*Julie Schaffer, Optage Hospice Chaplain*

## PHS Foundation-monthly gifts: keep it simple and safe

Individuals sometimes set up monthly gifts for convenience when they generously consider the needs of their community while planning their budgets. These gifts create a stable funding source for your community — furthering employee education, expressing employee appreciation, providing spiritual support and creating life enrichment activities.

You may choose to send monthly gifts by mail, however, there are other ways to give that save postage and are not at risk of being stolen or lost in the mail.

**Checking/savings account:** Giving directly from your bank account is a convenient and secure option. Through a bank's routing number, gifts of \$20 or more may be transferred from a checking or savings account without having to write and mail checks. We are happy to assist you in setting this up correctly and ensure your gifts are processed smoothly. If you need to change or discontinue the arrangement at any time, simply notify us.

**Debit/credit card:** Another way to give monthly is to set up a recurring charge on your debit or credit card. This option may be beneficial if you earn rewards or cash back with your card. You choose the amount you give and the day on which the charge will be made. Please note that, if setting up the gift online, the date of the first transaction becomes the default date for future transactions. To make changes to upcoming gift dates or amounts, or to discontinue future charges, let us know and we can help.

**Getting started:** To set up a recurring gift please call 651-631-6105 or 651-631-6418, and we will be happy to assist. You can also visit [PresHomes.org/give](https://PresHomes.org/give), click on Give Monthly, then Become a Monthly Giver. We ensure that your information is kept secure, so you can give with confidence.

We are grateful for your consideration of a monthly gift. Your support makes a difference!

The Mayfield  
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Little Canada, MN 55117

651-482-1229  
TheMayfield.org

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

## Living longer, healthier and stronger

**P**resbyterian Homes & Services is (PHS) here to support you! With onsite outpatient therapy through **Presbyterian Homes & Services Rehabilitation** and home health services through **Optage** (available in Minnesota), there is a convenient way to connect with a physical, occupational or speech therapist in a PHS community near you!

It's time to see therapy not as a last resort, but as a regular part of our health regimen, just like our annual check-ups. By focusing on strength, flexibility, balance, safety and function, therapy can prevent the very injuries it was once primarily used to treat.

Let's embrace this proactive approach and make therapy a cornerstone of our strategy to live longer, healthier, and more fulfilling lives.

Together, we can redefine what it means to age gracefully and empower ourselves to take control of our health journey!

For more information, contact your on-site therapy team, visit our website [www.preshomes.org/therapy](http://www.preshomes.org/therapy), or call 651-746-8200 for more information.

### 2024 Christmas Card

Spread goodwill and cheer by sharing your artistic spirit!

Submit your original artwork to be the cover of the 2024 Presbyterian Homes & Services annual Christmas Card.

- Deadline for submissions is **Sept. 13**.
- Submit artwork to [communication@preshomes.org](mailto:communication@preshomes.org).

*TIP: Take a picture or scan it to submit.*