

May 2024

Message from Michelle



We have arrived to the month of May!

This is the month where we truly transition into warmer weather and blossoming flowers, there is plenty of things to look forward to (check out your May calendar) and to reflect upon. One of my favorite things to reflect upon is Mother's Day. I want to say thank you to our mothers as all of us have one. And May is the month when we recognize Infertility Awareness. I believe it is essential to recognize and honor the strength, courage, and resilience of individuals and couples who experience infertility.

Growing up, my mother would read Erma Bombeck and one of my favorite writings from her was "When God Created Mothers." I will provide it for you now:

"When the Good Lord was creating mothers, He was into His sixth day of "overtime" when the angel appeared and said, "You're doing a lot of fiddling around on this one."

And God said, "Have you read the specs on this order? She has to be completely washable, but not plastic. Have 180 moveable parts...all replaceable. Run on black coffee and leftovers. Have a lap that disappears when she stands up. A kiss that can cure anything from a broken leg to a disappointed love affair. And six pairs of hands."

The angel shook her head slowly and said, "six pairs of hands...no way."

"It is not the hands that are causing me problems," God remarked, "It is the three pairs of eyes that mothers have to have."

"That's the standard model?" asked the angel. God nodded. "One pair that sees through closed doors when she asks, 'What are you kids doing in there?' when she already knows. Another here in the back of her head that sees what she shouldn't but what she has to know, and of course the ones in the front that can look at a child when he goofs up and say, 'I understand and I love you' without so much as uttering a word."

"God," said the angel touching his sleeve gently, "Get some rest tomorrow..."

"I can't," said God, "I'm so close to creating something so close to myself. Already I have one who heals herself when she is sick...can feed a family of six on one pound of hamburger...and can get a nine-year-old to stand under a shower." The angel circled the model of the mother slowly. "It's too soft," she sighed.

"But tough!" said God excitedly. "You can imagine what this mother can do and endure."

"Can it think?"

"Not only can it think, but it can reason and compromise," said the Creator. Finally, the angel bent over and ran her finger across the cheek.

"There's a leak," she pronounced. "I told You that You were trying to put too much into this model." "It's not a leak" said the Lord, "It's a tear." "What is it for?"

"It's for joy, sadness, disappointment, pain, loneliness, and pride."

"You are a genius," said the angel.

Somberly, God said, "I didn't put it there."

Happy Mother's Day to all. And a shout out to my mom.... God made you perfectly and I love you!!!!

Michelle Sullivan, Campus Administrator



Norris Square

Spiritual care corner:

May is the month of Mother's Day - we celebrate our mothers and motherhood in general during this month. It is a time of reflection of a mother's importance in all our lives. We experience the love, acceptance and care that we associate with moms. Moms always seem to be the ones who are able to comfort, console and bring peace to children. They are the ones who always seem to pick up the pieces of the broken things in our lives and give care where it is needed and when it is needed. Motherhood is a key foundational component of human existence, we all have had or have mothers, so moms are a part of all of our experiences.

This sadly is not universally felt however. Some of us never knew our mothers, maybe we were given up for adoption or were abandoned. Maybe our mothers were a source of pain for us or a source of aggravation. Maybe for many of us, moms were a mixed bag of all of the above, this too is a part of the human experience: no one and nothing is perfect. We are broken people living in a broken world.

As we think about our moms in this month of May, let us not forget that our Creator knew us from the beginning of time and sewed us together cell by cell with complete unconditional love. That God sent Jesus Christ into the world to save us from all that was keeping us apart from God and that His sacrifice and our belief in His resurrection assures us that we will be reunited with pure love in the appointed time. I would like to wish my wife and all of the wonderful ladies I know a Happy Mother's Day!

Peter Hartmark, Campus Pastor



Culinary corner:

Happy Mother's Day from the culinary department. We want to wish an extra special day to all of our Moms, Grandmothers, and Great-Grandmothers here at Norris Square. Come on down to the dining room on May 14 for our special Mother's Day Meal! We will be having Honey Glazed Ham or Spinach Quiche with Fresh Fruit and Cheesy Potato Casserole. There will also be a special Strawberry Cake for Dessert. Everything will be available starting at 11 a.m. for the regular menu price.

Please make sure that you have a confirmed reservation if you have a party of 5 or more so that we will be able to accommodate you as we cannot guarantee seating for large groups without a reservation.

Thank you Moms for all you do for us, and thank you for letting us serve you!

Trevor Helmick, Culinary Director

Wellness corner:

National Senior Health & Fitness Day is May 29. This is a day dedicated to the betterment of the health of seniors. One common health issue for seniors is arthritis. Are you a person that suffers from arthritis? Here's a couple of facts for you.

22.7% of adults have doctor-diagnosed arthritis. Adults who **don't** do leisure time physical activity (that means exercise, sports, walking, dancing, swimming, etc) have a higher prevalence of arthritis than adults who **do** those physical activities for fun. By the year 2040, an estimated 78.4 million (25.9% of the projected total adult population) adults aged 18 years and older will have doctor-diagnosed arthritis, compared with the 54.4 million adults in 2013–2015. Two-thirds of those with arthritis will be women. My guess is that there are many more people suffering from arthritis than those who have been diagnosed by a doctor. So, as you see, arthritis is a pretty significant concern!

Managing your arthritis may involve many of the same steps as managing your general health. Eating well, exercising, getting plenty of sleep and cultivating a strong support network are all included in this. Taking off extra weight can also help reduce the effects of arthritis. Every pound that you don't have to support is less force your joints have to bear.

Here are a couple easy exercises to help.

Arthritis in your hands/wrists:

- Wrist circles
- Open + close hands (make a fist, open fingers)
- Finger taps (tap each finger to thumb)
- Gently squeeze towel or soft ball

Arthritis in the feet, ankles or knees:

- Gentle leg kicks while seated
- Ankle circles
- Leg circles

There are hundreds of other exercises that can reduce your arthritis symptoms. Try out a Fitness Class here at Norris, or learn to use our equipment that is safe for arthritis, or sign up for Personal Training for individualized exercise instruction! Contact Amanda at 651-769-6642 to learn more.



By: Kendra Lair, Fitness Director and Amanda Cole, Fitness Instructor

"National Statistics." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 7 Feb. 2018, www.cdc.gov/arthritis/data_statistics/national-statistics.html.

Norris Square

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!



Norris Square

May activities:

- Tuesday, May 7—Ladies Spring Tea Party 2:00 –Event Center
Wednesday, May 8—Birthday Party 2:00 –Event Center
Thursday, May 9—Service of Remembrance 2:00—Chapel
Sunday, May 12—Mother’s Day
Tuesday, May 14—Mini Health Clinic 2:00 –Wellness Studio
Tuesday, May 14— Medicare Presentation 3:00 –Comm. Rm
Monday, May 20 –Trivia & Pizza Night 6:00 –Club Lounge
Tuesday, May 21 –Community Officer: Ryan Pierre 1:30 Education
Series—Community Room
Wednesday, May 22 –Taylor Marie Fashion Show –Event Ctr
(Shopping from 1:00—3:00, Fashion Show 2:00)
Monday, May 27—Memorial Day



May special calendar days:

- 1—May Day
12—Mother’s Day
27—Memorial Day

May birthdays

- 2— Evelyn F
4—Chuck L
5—Virginia F
5—Eva G
8—Pat F
8—Loretta F
8—Kenneth N
10—Daniel B
12—Anna F
15—Robin K
16—Marlene T
20—Nancy J
21—Laurie M
23—Robbie M
23—Milo M
24—Norene N
25—Fran R
26—Roger S
26—John L
27—Lola S
28—Bonnie Z



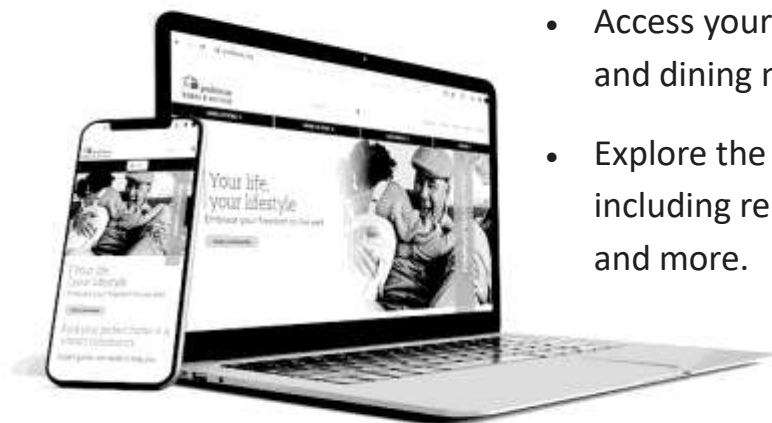
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Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

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!