

July 2024

Message from Michelle

I hope this finds all of you kicked back and enjoying the summer season! As I was preparing this article my favorite scripture entered my mind:



There is a time for everything, and a season for every activity under the heavens." (Ecclesiastes 3:1 NIV)

Yes, it is summer time and for some this may mean weekends at the lake, dinners on the grill, time to sit outside and listen to the birds and feel the sunshine on your face. It may mean root beer floats or ice cream cones. Whatever it is it will be a different summer than any past summer and this summer will be unique to each of us.

I read the following phrase at my cousin's church in Gilby North Dakota a couple of years ago: "We will each walk through the spiritual seasons many times. Autumn is a time of change. Winter is a time of barrenness and preparation. Spring is a time of rebirth. And summer is a time for bearing fruit and embracing the abundant life that surrounds us.

The important part is embracing our spiritual summer, no matter what time of year it is in the natural, **remember to seize the joy of the season**. This is a time to feel the heavenly warmth on our face and revel in the beauty that surrounds us. Relax, have fun, celebrate, and abide in gratitude for the blessings that surround. Fall and winter will come, but don't let thoughts of the unknown rob you of the joy of the moment.

Summer is a season known for cultivating and bearing good fruit. I picked my first batch of strawberries in the middle of June and there is just nothing like a sweet, sun-ripened, summer strawberry. It is like a taste of heaven on earth! Our spiritual fruit of love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control must also be cultivated and ripened so it can taste even sweeter than the best summer strawberry. There is one sure way to do this, and that is to remember *who* our spiritual gardener is and to remain in him always.

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." (John 15:5 NIV)

I hope all of you get out and enjoy to essence of summer. I look forward to seeing you on the back patio! Rumor has it that Amanda Cole, our fitness instructor, will be hosting outdoor exercises Tuesdays and Thursdays at 2:30 p.m. in the courtyard between T1 and T2!

Blessings,

Michelle Sullivan, campus administrator



Norris Square

Spiritual care corner: Freedom



I remember singing the song “Freedom Isn’t Free” as a young boy not really understanding the lyrics of the song until I started to get interested in history. I read many historical accounts of average people like you and me making extraordinary sacrifices to help nurture, grow and support this notion of freedom, that freedom should not perish from the earth but that it should continue to live in the hearts and minds of people everywhere. July is the month in which we celebrate our nation’s birth and the consequent freedoms we enjoy and the rights we have as Americans.

As Christians, we hear the term “freedom” thrown around often, but what does it really mean? What is the biblical basis of Christian freedom, the importance of understanding it, and how to experience it in our daily lives. Many people mistakenly believe that Christian freedom means we can do whatever we want without consequences. However, the true meaning of Christian freedom is quite different. It is about being free from the bondage of sin and living in obedience to God’s will. “It is for freedom that Christ has set us free” Galatians 5:1. It is for the very purpose of freedom that Christ came to liberate all of us from the power of sin.

With any freedom or right that we have, we also must exercise responsibility. We don’t often hear that term in our post- modern world but we do hear an incessant call for rights. My prayer this July for all of us is that we should fight for our freedoms and commit ourselves to the concurrent responsibilities that come with those rights- the first of which is to exercise those rights and freedoms in a responsible way. And for me, a Christian man, it is to follow Christ first in whatever freedoms and rights that I have. Happy 4th of July everyone!

Peter Hartmark, campus pastor

Culinary corner:

Happy 4th of July from the dining room. In the spirit of celebrating all things patriotic, we are excited to offer up some All-American Chili Cheese Dogs for your patriotic enjoyment. Our famous Hot Dog topped with our house made chili and shredded cheddar cheese. Accompanied by baked beans, potato chips and Fresh Watermelon. For desert that day we will also be offering 4th of July red, white and blue Bomb Pops so you can have your own cool firework celebration. This special will be available all day starting at 11 a.m. out of the main dining room for regular price.

God Bless America and thank you for letting us serve you!

Trevor Helmick, culinary director



Wellness corner: Get out and take a walk!

It's summertime and the weather is beautiful (mostly)! Here's some benefits of taking a walk outside. Any distance or speed counts, no matter how long or short or fast or slow. Use a walker or a cane if you usually use one. We have walking poles in the fitness center that you can borrow if you like! Just make sure to return them when done.

- Helps manage stress
- Reduces risk of cancer
- Improve mood
- Sleep better: exposure to morning sunlight helps your body's sleep cycle regulate
- Improved memory
- Sun exposure energizes T cells that help fight infection
- Maintain healthy weight
- Nature therapy: nature improves self-esteem
- Boosted energy
- Improved concentration
- Better circulation
- Increase creative thinking: "Get out for some air"
- Reduce blood pressure
- Boosted immune system: plants put phytoncides into the air that boost our immunity
- Strengthen the heart
- Exposure to sun provides vitamin D
- Better blood sugar regulation
- Reduce anxiety
- Social time if you go with a neighbor or friend
- Alone time if you go by yourself
- Sunlight keeps serotonin up: gives energy and calm mood



So, is that enough reasons to get outside?? It's enough for me! Let's go enjoy the summer while we have it.

Amanda Cole, Fitness Instructor

Norris Square

Foundation article: 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.

Carrie Gess,

Director of Donor Relations



Norris Square

July activities:

At this time, there are no outings to note.

Watch for upcoming dates on the Activities Calendar or Scroller

New bus driver job has been posted.



July birthdays

- | | |
|---------------|----------------|
| 1—Robert E. | 24—Shirley G. |
| 1—Claydine B. | 24—Robert L. |
| 3—Judy B. | 25—Marjorie S. |
| 4—Marlene W. | 26—Carol H. |
| 5—Doris N. | 26—Diana S. |
| 5—Marlys W. | 26—Joan T. |
| 6—Frieda D. | 28—Bob C. |
| 8—Joann O. | 29—Larry G. |
| 8—Lawrence G. | 30—Mary N. |
| 9—Darlene B. | 30—Joanne O. |
| 10—James K. | 31—Pat R. |
| 13—Doris M. | 31—Donna V. |
| 13—Bonnie D. | |
| 14—Sharon R. | |
| 15—Gordon J. | |
| 17—Judy M. | |
| 19—Clara K. | |
| 21—Linda J. | |
| 21—Judy F. | |
| 22—Pat G. | |
| 22—Mary S. | |
| 22—Lois B. | |

July special calendar days:

4 – Independence Day

Evening Fireworks

Norris Square
6995 80th Street South
Cottage Grove, MN 55016
651-769-6600 | PHSNorrisSquare.org

Postmaster: address correction requested

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**

