

September 2024

Message from Michelle



SEPTEMBER!?

I must have blinked and missed the end of August. I can't help but notice all of the kids standing on the corners, waiting for their bus wearing new clothes, shoes, with backpacks hiked over their shoulders...I remember those days as a child and as a mother.

Now I look in the mirror and am shocked when I see new wrinkles and graying hair. How did I get to this age? Was it quick or slow? Am I learning anything at all as I journey into the next decade? The answer thankfully is "yes!" And aging, although not an option, gives me MANY new learning opportunities.

Growing older does not have to be a burden. Though there are some things we simply must accept in the aging body, we do not need to accept bitterness, grumpiness, or a complaining attitude. Instead, we should grow wiser, have greater understanding of the faults of others, and generally be kinder in our later years. I also believe it is important that somewhere inside we keep alive the child, the sense of wonder, the sense of excitement. After all, Jesus even says that we "must be like little children to enter His kingdom."

As I speak about new learning, I want to encourage you to explore the variety of activities on campus, including the Health and Wellness Clinic held on September 20. And to enrich your daily activity, check in with Amanda Cole at the wellness center!

Blessings to all of you and may you find new learning opportunities throughout the year!!!

Michelle Sullivan,
Campus Administrator

Norris Square

Spiritual Care corner: Going through trials and loss

No matter what I have been through in life, it has always helped to be going through that with someone else, my spouse, my friends, and most importantly God. When we are in pain and discomfort, if we know we have others around us, if we know that we are loved and cared for, then it can make the pain of the present more bearable until a better future comes.

This is one reason I often talk about Christ being present with us through the Spirit, and that God is always with us. Yes, I care about the promises of salvation and the eternity with Christ to come, but I also care about the here and now. I care about someone supporting me through the aching pains of life. Not only is God present for us always, but God places people in our lives to share the burden.

If you are going through something difficult now or in the future, try to remember that we need not suffer alone. When others offer to help or hear you out, take them up on it, as this is one of the many ways God moves through the world. Perhaps by the time you read this, maybe you'll have gone through a trial or a loss and in doing so have come out the other side better or stronger or just changed in your perspective. We might want to just move on from our experience and forget the pain and the experience, but we should hope never to forget God and the people that helped us through it.

Peter Hartmark, Campus Pastor



Culinary corner: New Fall Winter menu

We are excited to be rolling out a new Fall/Winter menu starting Monday September 23. We have a few new items that are being tried out and are also happy to be bringing back some of your fall favorites for the season. If there are any meals, side dishes, or desserts you have been wishing for, please contact Trevor in the Culinary department so we can try and work them into our dessert rotation.

As always, thank you so much for letting us serve you!

Trevor Helmick, Culinary Director



Wellness corner: September wellness

Memo to Norris Square residents and families:

Presbyterian Homes & Services has recently updated the Fitness Liability and Consent Form to reflect updated guidelines and protocols. All residents or POA's are asked to fill out, sign, and return the updated form.

Anyone who participates in fitness at Presbyterian Homes needs to have an updated form filled out, signed, and on file to continue to participate in fitness programs. These programs include, but are not limited to: all fitness classes, the use of equipment like the NuStep, and the use of the fitness center. Even if residents do not currently participate in fitness classes or use the fitness center here at Norris Square, please sign this form to eliminate any barriers to future participation.

The form will also be available at the fitness center and the front desk. It requires one emergency contact to be listed. After reading, completing, and signing the Release of Liability and Informed Consent form, please turn it in to the front desk or fitness center.

Please reach out to Amanda, Fitness Instructor at 651-769-6642 or acole@preshomes.org if you have any questions or concerns. Thank you!

Source: <https://healthyaging.net/healthy-aging-month/celebrate-september-is-healthy-aging-month-reinvent-yourself/>

Amanda Cole, Fitness Instructor

Pray for the PHS CEO search

Discernment

As the search committee of the PHS board considers candidates for the next CEO of PHS, we invite you to join us in prayer to guide this work.

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

James 1:5

Lord of wisdom and might, as we enter this phase of discernment, we humbly seek your clarity and guidance. Grant us the wisdom to recognize the candidate who is not only equipped for the role but who also embodies the servant leadership required for this season. May our decision be a reflection of your will, leading to richest blessings for our ministry and those we serve. Through Jesus Christ, our Lord, Amen.

Norris Square

A gift for all seasons: QCDs

Whether you celebrate Christmas in July or keep it in December, you may have an opportunity to give an important gift right now. Did you know that, if you are over the age of 70½, the Internal Revenue Service (IRS) allows you to transfer tax-free funds from an individual retirement arrangement (IRA) to a qualified charity like Presbyterian Homes? If you are 73 or older, you can also count those funds toward your required minimum distribution (RMD). These gifts can be given at any time throughout the year but, due to processing time, they are best done before December.

An IRA owner is usually taxed when receiving funds from an RMD but, if funds are directly transferred to a 501(c)3 charity, that distribution is not taxed. This type of transfer is called a qualified charitable distribution or QCD.

In addition to not paying taxes on the distribution, a QCD may lower your taxable income and keep you from moving into a higher tax bracket. The charitable gift – up to \$100,000 per year – is excluded from your taxable income, and you will receive a Form 1099-R from the IRA trustee to prepare your tax return.

When you give a QCD to the Presbyterian Homes Foundation, you may direct your gift to the fund of your choice such as employee appreciation, employee hardship, spiritual care, wellness or where the need is greatest in your community. This is a wonderful way to help meet the needs around you and give you significant tax advantages at the same time.

To learn more about how your IRA can generate gifts toward your Presbyterian Homes community, contact your financial advisor or trustee of your IRA account. Your generosity profoundly impacts residents and employees within your community and is greatly appreciated. Thank you for considering this option to make a difference with a tax-free gift before the calendar year ends.



Norris Square

September activities:

Please watch the Weekly Calendar and Scroller for activities & outings throughout September



September birthdays

- 2—Diane E.
- 4—Mary W.
- 5—Roy D.
- 7—Arlene H.
- 7—Donald H.
- 7—Warren E.
- 8—Mary K.
- 8—Ruth S.
- 12—Veronica S.
- 14—Andrew H.
- 15—Lois H.
- 16—Clayton M.
- 17—Myrna V.
- 25—Jacqueline G.
- 25—Paul H.
- 27—Kathleen O.
- 27—Katherine D.
- 29—Charlene E.

September calendar days:

- 2—Labor Day
- 22—Autumn Season begins



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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.

Mark your calendar! Active Aging Week: Sept. 30 – Oct. 6

Celebrating aging and the benefits of active living at any age, Active Aging Week showcases the capabilities of older adults as fully participating members of society and promotes the benefits of a healthy lifestyle. Presbyterian Homes & Services' vision of "providing more choices and opportunities for more older adults to live well," shapes Active Aging Week in our communities with opportunities for you to discover how you can continue living well.

Mark your calendar for a week of events, classes and programs, Sept. 30 – Oct. 6. Each day of the week will feature one of the Seven Dimensions of Wellness: physical, social, intellectual, emotional, vocational, environmental and spiritual, demonstrating the unity of the various departments that support you every day. Throughout the week, we will explore your personal wellness goals while providing opportunities to reconnect and learn more about the community surrounding you.

Initiated in 2003 by the International Council on Active Aging®, the weeklong observation calls attention to and wholeheartedly celebrates the positivity of aging today. Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, older adults can live as fully as possible in all areas of life. The week's objective is to give older adults the means to experience wellness opportunities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the lifespan.

Watch for more information this month and check your calendars next month to see what great things are planned for Active Aging Week at your community.