

May 2024

Do I need therapy?

Sometimes the change is subtle, you find yourself asking a friend or a loved one to open a jar for you because you just do not have the strength to do it yourself. Other times the change comes with a jolt of pain, where you find yourself not taking the stairs anymore because you are afraid your knee will give out. Perhaps you find yourself or a loved one struggling to get out of a chair, or out of bed in the morning. When changes like these arise, sometimes we find ourselves chalking them up to normal aging. Although that may be the case in some instances, it does not have to be your reality. If you are noticing a change in your physical ability, no matter how minor, discuss these concerns with your doctor or with one of the Presbyterian Home & Services (PHS) Rehabilitation therapists on-site.

Meagan, physical therapist and **Kymberly**, occupational therapist are here to help you, or your loved one get the most out of life. For more information, call the office at 952-456-0108 or visit us on the **second floor near the central elevator**.

What others are saying...

"My PT at Orchard Path, Meagan, is very knowledgeable and well trained. Would recommend her to anyone wanting therapy!"

-Physical Therapy client

"It's convenient, not having to leave the building. The people provided for treatment are very good and care about your health."

-Former Occupational Therapy client



Orchard Path

Check your calendars so you don't miss...



Root beer float social



Fun with food!



Baking group! (Cherry pies)



St. Patrick's Day Social



Mardi Gras Social



Fitness class



Valentine's Social



Craft group!



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!



Orchard Path
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Apple Valley, MN 55124

952-595-6600
OrchardPath.org

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!