

Summer Edition 2024



Springing into summer

As we leave spring in the rearview and look towards another beautiful Minnesota summer, it's good to look back on all the fun we had and memories we made at St. Andrew's Village in spring 2024.

We went on outings to the Raptor Center, Como Park, the Swedish Institute and even got in our first pontoon rides! We sang music, played games, met new friends, and said goodbye to some. We recognized our wonderful volunteers, celebrated the women in the building, and even danced an afternoon away at our very first sock hop!

Take a look back on all the enjoyment we shared the last few months. Keep up to date with all things St. Andrew's Village by liking our Facebook page.





Pastor's corner

I started my ordained ministry in a church in St. Peter, MN. It was (and is) a beautiful little city. Gustavus Adolphus was up on the hill. There was a quaint downtown/main street with various shops, including a Swedish shop, very fitting. Perhaps the only downfall was that the main street was also Highway 169 and was often quite busy. Our house was on the main road. It was a small, 100-year-old house complete with all of the old house idiosyncrasies.

Every 4th of July, the town would host a big celebration. Hwy 169 was actually diverted for a while so we could have a parade. It had fire trucks, farm implements, a marching band or two and even a couple of floats. Then, after the parade there was a huge picnic in the town park. There were games, food and entertainment in the white gazebo at the center. It was a wonderful celebration. It had that Norman Rockwell feel and I loved it.

I left St. Peter in 1996 and haven't attended a 4th of July celebration like that one since. But I have thought about it many times, especially now, when there is so much political unrest and infighting. I find myself wishing that things really

were the way that event felt. The truth of the matter is, that 4th of July celebration was a snapshot in time. The city was not like that all the time. It had its problems just like the rest of the country.

However, it is those moments that make going through the hard times easier because they remind us that there are good things to look forward to. And whatever is going on now, is not forever.

That's what faith is like. There are times when you just know that God is with you and you feel at peace. You feel his love around you and all is well. Then there are other times when you wonder where God has gone because you can't feel Him or sense Him in any way. You feel restless and certainly not peaceful.

My friends, let me assure you, no matter whether or not you can see God and feel his presence or not, God is near. God is as near to you as your own breath.

Rest in God's promises.

Pastor Carole Lundell
St. Andrew's Lutheran Church





Wings Wellness

In July, we celebrate social wellness! Boston University defines social wellbeing as, “Building and maintaining healthy relationships and having meaningful, authentic interactions with others.”

There are numerous health benefits to having positive, engaging relationships with other individuals, especially as we age. Social connection may improve one's mood, reduce cognitive decline, reduce anxiety and lower blood pressure. Most importantly, social connection can give others a sense of purpose and belonging!

This month let's prioritize our social wellness and be intentional about connecting with others, growing our existing relationships and fostering new relationships.

Here's a few ideas to get you started:

- ◆ Try a new fitness class! Arrive early and mingle with your neighbors.
- ◆ Ask a neighbor to go for a walk with you.
- ◆ Engage in volunteering opportunities that interest you.
- ◆ Attend a new activity or join a new group in our community.

- ◆ Introduce yourself to someone new or someone you don't know well during a meal or social activity.
- ◆ Find others who enjoy the same activities as you – puzzles, reading, knitting, etc.
- ◆ Connect in person or over the phone with old friends or your grandchild you only see a few times a year.

“Be the reason someone smiles today!”

-Roy T. Bennett

Therese Hanson
Wings Wellness

SAVE THE DATE!

The St. Andrew's Village Community BBQ is coming!

Join us for an afternoon of music, raffles, sweets and treats and animals!

The Community BBQ be held in the Garden Room and back courtyard on Thursday, August 22, 1:00pm - 3:00pm.

Come ready to pe some animals, eat, and have fun!



Human resources corner - employee anniversaries

June

Alexander Reister: Culinary - 2 years

Britta Borrman: Home Care - 2 years

Kimberly Hoffmann: Home Care - 2 years

Arabella Schlosser: Culinary - 2 years

Helayna Nelson: Culinary - 2 years

Teri Schifsky: Culinary - 3 years

Sarah Greening: Reception - 3 years

Tatum Erickson: Culinary - 4 years

Landon Schmidt: Culinary - 4 years

July

Rowan Klaiber: Culinary - 3 years

Allison Etter: Culinary - 5 years

Deborah Ejimofor: Home Care - 17 years

Zoe Bush: Culinary - 4 years

Emma McDonald: Resident Assistant - 3 years

Lorayne Simpson: Life Enrichment - 7 years

Noah McCauley: Culinary - 2 years

August

Hannah Hartshorn: Resident Services - 18 years

Kathleen Krsiean: Housekeeping - 3 years

Jacob Martinez: Culinary - 2 years

Josie Crombie: Culinary - 4 years

Michelle Gaertner: Housing - 11 years

Mary Sue Millard: Home Care - 7 years

Caylin Bauman: Culinary - 2 years

Lorraine Grigsby: Home Care - 2 years

THANK YOU!

PHS believes employees are the most important resource in our ministry. If you are interested in making a donation to the Employee Appreciation Team or to recognize an employee as a Shining Star, please contact any member of St. Andrew's Village team.

Welcome To Team SAV!

Abshiro Abdi - Clinical

Isah Cobalida - Clinical

Adna Elmi - Clinical

Istabraq Ismacil - Clinical

Tasneem Dahir - Clinical

April Lundholm-Johnson - Clinical

Spencer Millard - Clinical

Ayan Mohammed - Clinical

Sienna Inverson - Culinary

Cally Loida - Culinary

Nicholas Pietig - Culinary

Evonne Vacek - Culinary

Lilly Fisher - Culinary

Sawyer Sphuler - Culinary



Resident moves

Welcome to the Village

Louise H.

Ann H.

Marillyn K.

Judy P.

Ken R.

Yvonne S.

Jeanine R.

Shirley R.

Carla T.

Diane & Jerry T.

Ellen & Wally J.

Pam R.

Kate T.

Tom T.

Friends Who Have Moved Away

Betsy F.

Elizabeth I.

Peggy R.

Kathleen S.

Friends Who Have Passed Away

Sandy B.

Betty C.

Judy G.

Jim K.

Lillian L.

Marlyce L.

Norita M.

Ron N.

Joanne P.

Donna W.

Irene W.

Congrats Class of 2024!

Your hard work and perseverance should be applauded, and you should be very proud of for reaching this monumental accomplishment.

All the best for a happy, healthy, and prosperous future wherever your career takes you. Congratulations to the Class of 2024!

Luke Jacobson - Culinary

Marco Rodriquez - Culinary

Teri Schifsky - Culinary

Mikayla Handberg - Home Care

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StAndrewsVillagePHS.org

Postmaster: address correction requested

St Andrew's Village is a partnership of St. Andrew's Lutheran Church and Presbyterian Homes & Services, a nonprofit organization serving older adults through community services, housing and health care.

Do you know an exceptional PHS employee? Nominate them 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**

