

# SUMMERHOUSE NEWS

May 2024

## Upcoming events

### Meet & greet

Tuesday, May 7, at 2:30, Becky Myrick will share her stories of making friendships with Ukrainians through one-on-one English speaking conversations across the miles on Zoom. Come learn more about the Ukraine and how people are dealing with the war.

### Lunch out

Friday, May 10, we are going to go to lunch at Carol's. Enjoy good food and good conversation around the table. Be sure to sign up. The bus will leave at 11 a.m.

### Volunteer lunch

In appreciation for the hours of volunteer service provided at SummerHouse, we will be hosting a volunteer lunch here on Wednesday, May 15, at noon. Please sign up in the community room so we know how much food to order, and thank you for making SummerHouse a great place to live.

### Heritage Vocal Band

Mark Aleckson and his group from Roseville

Covenant will be here on

Wednesday, May 22, at 2:00, to perform a concert.



- “Any mother could perform the jobs of several air-traffic controllers with ease.” — Lisa Alther
- “A mother is a person who, seeing there are only four pieces of pie for five people, promptly announces she never did care for pie.” —Tenneva Jordan
- “An ounce of mother is worth a ton of priest.” —Spanish Proverb

### May birthdays

Tarit Banerjee	5-3
Betty Lou Matheson	5-8
Evelyne Anderson	5-18
Ruth Johnson	5-29
Phyllis Gourley	5-30

# SUMMERHOUSE OF SHOREVIEW

## Wellness Words

**M**other's Day is coming on May 12. It is important to reach out to loved ones or connect with your daughters and/or sons. There are other benefits of social connectedness beyond individual health. Social connectedness can also help create trust and resilience within communities.

A sense of community belonging and supportive and inclusive connections in our neighborhoods, schools, places of worship, workplaces, and other settings are associated with a variety of positive outcomes. Having supportive and inclusive relationships:

- Helps communities thrive and supports the overall well-being, health, safety, and resilience of communities
- May encourage people to give back to their communities, which may further strengthen those connections

### **Health Benefits of Social Connectedness**

People with stronger social bonds have a 50% increased likelihood of survival than those who have fewer social connections

### **Social connection can help prevent serious illness and outcomes, like:**

- Heart disease
- Stroke
- Dementia
- Depression and anxiety

### **Social connection with others can help:**

- Improve your ability to recover from stress, anxiety, and depression
- Promote healthy eating, physical activity, and weight
- Improve sleep, well-being, and quality of life.
- Reduce your risk of violent and suicidal behaviors
- Prevent death from chronic diseases

### **Characteristics of Social Connectedness**

- The number, variety, and types of relationships a person has
- Having meaningful and regular social exchanges
- Sense of support from friends, families, and others in the community
- Sense of belonging
- Having close bonds with others
- Feeling loved, cared for, valued, and appreciated by others

Resource: <https://www.cdc.gov/emotional-wellbeing/social-connectedness/affect-health.htm>

## Chaplain's chat: Staying committed to your higher calling

*Anyone who loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life. - [John 12:25](#)*

The Civil War might have been averted and a peaceful emancipation of slaves achieved had there been more people like journalist Elijah Lovejoy. After observing one lynching, Lovejoy was committed forever to fighting the awful sin of slavery. Time after time, mob action was brought against him. But neither this nor many threats and attempts on his life deterred him.

Repeated destruction of his presses didn't even stop him. He said, "If by compromise is meant that I should cease from my duty, I cannot make it. I fear God more than I fear man. Crush me if you will, but I shall die at my post."

And he did... four days later at the hands of another mob. And not one member of the mob that killed him was prosecuted or indicted or punished in any way for this murder. But one young man was deeply moved by the Lovejoy martyrdom. He had just been elected to the Illinois legislature. His name was Abraham Lincoln.

As a Christian, you have a calling that's much greater than even your own life. And while most today won't experience martyrdom, the commitment should be the same. So devote yourself to the calling of Christ above all others and you'll be blessed forever!

Source:

<https://www.crosswalk.com/devotionals/seniors/senior-living-april-2024.html>

## 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!





SummerHouse of Shoreview  
4655 North Victoria Street  
Shoreview, MN 55126

651-765-3900  
SummerHouseShoreview.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!**