

SUMMERHOUSE NEWS

July 2024

Upcoming events

Don Irwin

There are 88 keys on a piano and Don uses them all. He will be here Wednesday, July 10, at 2:00 p.m. for a performance that you are sure to enjoy.

Lunch Out

Friday, July 12, we are going to go to lunch at Sarna's. Enjoy good food and good conversation around the table. Be sure to sign up. The bus will leave at 11 a.m.

Picnic

Wednesday, July 17, at 5:00 p.m., join us for a picnic. We will be grilling brats and we'll have other picnic fixings as well.

Meet & Greet

Musical Ventriloquist Kevin Doely will be here on Tuesday, July 30, at 2:30 p.m. with a blend of old-fashioned comedy, story telling, music and audience participation. You won't want to miss Kevin and his pals.

Friendly Reminders

- Please lock your patio door if you are away from your apartment. Let's not make it too easy for the bad guys to get in.
- Please don't leave your garage door opener in an unlocked car, outside. It's probably a good idea to lock your car even when it's in the garage.

- The window washers are coming in July. Watch for posters for the dates and have your window sills cleared off before they arrive.

"You have to love a nation that celebrates its independence every July 4th, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism."
– Erma Bombeck

"I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him." – Abraham Lincoln



July birthdays

Jan M.	7-2
Judy G.	7-3
Marlene J.	7-4
Lotte B.	7-28

SUMMERHOUSE OF SHOREVIEW

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.



SUMMERHOUSE OF SHOREVIEW

Chaplain's chat: Who is the ultimate authority in your life?

For what we preach is not ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake. - 2 Corinthians 4:5

In his autobiography, renowned economist John Kenneth Galbraith wrote about the devotion of his family's housekeeper, Mrs. Wilson. He told about a wearying day when he asked her to hold all phone calls while he took a nap. Suddenly, the phone rang. It was President Lyndon Johnson calling.

"This is Lyndon Johnson," he said. "Get me Kenneth Galbraith."

"He's sleeping," Mrs. Wilson relayed, "and he said not to disturb him."

"But I need to talk to him now," the President responded.

"No, Mr. President," Mrs. Wilson quipped back, "I work for him. Not you."

A few hours later, the President called Galbraith back, and could scarcely control his pleasure. "Tell that woman I want her working here in the White House!"

Mrs. Wilson knew the importance of staying committed to her boss. And as followers of Jesus Christ, we're also told to stay committed to our boss even when the "authorities" of the world try to pull us away from those commitments.

Commit to Christ above everything else in life. Don't let the things of the world become more important than your utmost devotion to your Lord. Stay true to Jesus because He's your ultimate authority in life!

Source:

<https://www.crosswalk.com/devotionals/seniors/senior-living-june3-2024.html>

Wellness words

Did you know that playing outside is not just for kids? Playing outside is beneficial for all ages! In celebration of July 2024 **National Play Outside Month**, Presbyterian Homes & Services is encouraging everyone to get outside this month. Please read the benefits and idea of how to get outside this month.

Benefits of playing outside:

- Re-energizes the body and mind
- Fills lungs with fresh air
- Gives more positive outlook on life
- Build social community
- Fun
- Vitamin D
- Promotes positive thinking

Ideas to get outside:

- Keep it simple
- Sit outside and watch the birds
- Walk/wheelchair ride
- Call a friend outside
- Play a card game outside
- Do a puzzle outdoors
- Take off shoes and put feet in the sand, dirt, grass
- Bring a ball, play kickball
- Invite grandkids over, turn on sprinklers & watch them run around

Do you need help getting outside? Ask residents aides, fitness, or life enrichment teams to assist outdoor play. Play on!

Resource: <https://nationaldaycalendar.com/national-play-outside-day-first-saturday-of-every-month/>



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.

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**

