

May 2024

Ounce of prevention and preparation

Here's hoping that the adage of "April showers will bring May flowers." We look forward to the warmth of spring to accelerate in May, leading to flowers blooming and grass growing.

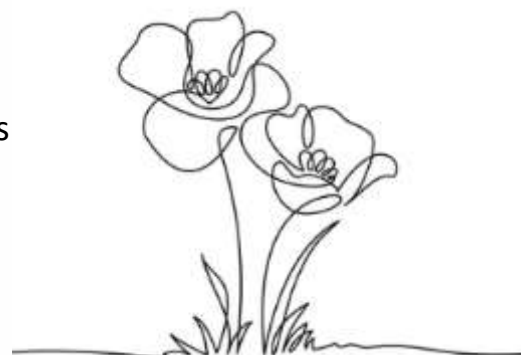
Weather is always a hot topic in our fine state, and for good reason. As the summer months approach, we want to remind everyone how to stay safe when severe weather arrives. The first line of safety is to stay informed and be prepared. Have a radio on hand and keep your ear tuned to weather reports. Make sure you have a working flashlight with batteries in your apartment.

We all know that weather can turn quickly in Minnesota, so think ahead about what you will do in case of severe weather. When a severe weather watch is issued, stay tuned to the radio or TV because weather conditions are right for severe storms or tornadoes. When a severe weather warning is issued, a tornado or severe thunderstorm has been sighted in the area and residents need to take precautions. If you are in your apartment, stay away from windows. Go to your laundry room, storage closet, bathroom, or an interior hallway outside of your apartment. If you are in a common area such as the dining room or bistro, stay away from areas with windows and go to an interior hallway or the basement, if time allows. Keep your radio tuned for the "all clear."

Our staff will be listening to weather reports as well and are available to assist residents in severe weather situations. Avoid using the elevators during severe weather as much as possible. With an ounce of prevention and preparation, we will all feel safer and more able to enjoy this wonderful spring and summer.

Mother's Day is May 12 and I want to wish all of our mothers here at Stonecrest a wonderful and happy Mother's Day. Thank you for all that you do and have done to nurture and support your family!

God Bless,
Paula Hanson, Campus Administrator



Stonecrest

Let's get flexible ... flexible!

Flexibility allows us to move joints through a normal range of motion. As we age, flexibility decreases which may contribute to changes in gait patterns, difficulty with reaching or tying shoes, and stiffness with general mobility.

So, how do we maintain our flexibility? We stretch! Stretching improves range of motion, promotes good blood circulation, aids in better posture, and relieves muscle tension. Always be sure to stretch when your body is warm. Do a little movement such as walking, to get your muscles warm before stretching! Once the body is warm, stretches should be held for about 30 seconds. It is normal to feel tension in the muscles being stretched, but it should never be painful. Give these stretches a try!

Seated Hamstring Stretch: Sit towards the edge of a firm chair. Extend one leg keeping the heel of the foot on the ground and the toes pointed upward. Take a breath in. On your exhale, hinge at your hips, leaning forward and reaching down your extended leg towards your toes. Hold for 20-30 seconds.

Shoulder Stretch: Raise one arm across the body at chest height. Pull that arm into your chest with your opposite hand. Hold for 20-30 seconds.

Lateral Neck Stretch: Keeping your shoulders relaxed, drop your right ear towards your right shoulder. A stretch will be felt on the left side of the neck. Be sure to keep the shoulders from shrugging up toward the ears. Hold for 20-30 seconds.

**Be sure to perform these stretches to both sides of the body! If you are unsure where to get started or need assistance with learning stretches for specific muscle groups, connect with our Fitness Instructor Jill.*

Psalm 100: Everlasting faithfulness

“His faithfulness continues through all generations.” — Psalm 100:5

Sunday is the day when we have the special privilege of joining with the whole church of Jesus Christ to lift up our hearts and voices in praise to almighty God. Psalm 100 sets the tone for our public worship. We shout for joy to the Lord, coming before him with joyful songs. We give thanks to God for everything. We thank Jesus, who died and rose again to set us free from sin. We have the assurance that the Lord is God, and that he is our God because he made us. Paul writes that we are his workmanship, created in Christ Jesus (Ephesians 2:10).

Psalm 100 not only moves us to praise God, but it also serves to nurture hope for the future. Something we all need, especially in these distressing times. We confess that the Lord is good and that his love endures forever. “His faithfulness continues through all generations.” We can meditate a long time on any one of these themes: the goodness, the love, and the faithfulness of God.

What needs to be stressed is the fact that these attributes of God are unceasing, and we can forever depend on them. We see them revealed in Jesus Christ who is the same yesterday, today, and forever (Hebrews 13:8).

Against the spectacle of human evil, hatred, and infidelity, we see the Lord who will always be what he has shown himself to be: good, loving, and faithful. These promises are to give us hope and confidence as we look to the uncertainties of the future.

- Ian Hewitson, Campus Pastor

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.**

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 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. Thank you for considering Presbyterian Homes as a beneficiary of one or more of your assets. Your generosity makes a difference!

Musical acts performing in May

Spring is here and I'm beginning to believe that we made it through another Minnesota winter! April was a fun month for Life Enrichment, and we are looking ahead to another fun month of activities. Hopefully the weather will continue to improve, and we will be able to enjoy our patios again. It will be wonderful to feel the sunshine!

We are kicking off the month with The Squires Band coming to Stonecrest to perform on May 2. I have heard a lot of good things about this group, so I am excited to hear them. Piano Man Tom comes again in May, and I love listening to everyone sing a-long to his music! We have The St. Paul Postal Band and the Woodbury Lutheran Kitchen Band coming back this month. We also have Steve Chicoine History returning to present "The Roaring 20s in St. Paul". Spirit Song Choir will be back as well as Michael Riddle Music and James Kellerman Music. So, as you can see, May will be another fun and busy month!

On May 15 we have our Service of Remembrance with Pastor Ian. I hope you can all join us for this special service to remember our late Stonecrest friends.

Please check our daily calendars for any added or changed events. Remember, you can also tune to our in-house TV (Channel 992) for any life enrichment updates!

- Linda Fliss, Life Enrichment Director

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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!