

June 2024

Change is inevitable — embrace it with hope and joy

Even though June is the 6th month on the calendar, it sometimes feels like the year is just beginning as the season changes. So many changes come in June besides the weather. School graduation is on our minds; high school and college.

Many of you have people in your lives who are reaching new milestones this month and ready to look to their futures with hope and expectancy as well! For those of us who are close to these young ones, my wish is that we catch a little of that hope and joy as we see new potential launching into our midst.

We look forward to seeing everyone enjoying the beautiful outdoors of our campus. There are many lovely places to sit and enjoy a summer afternoon. Watch your activity calendar for planned events outside or invite a friend to join you on the patio.

The Central Park/R. H. Stafford Library parking lot has been all the “buzz” around Stonecrest these days. Here is a response from the city of Woodbury.

“The east parking lot won't remain closed throughout the project. Although it's restricted through this summer, it will reopen this fall to provide access to the sidewalks next to the building. The drive lane along Promenade adjacent to the east parking lot will remain open for two-way traffic throughout 2024. However, this route may not be suitable for all residents who desire walking access to Kowalski's, the Library, Walgreens, the YMCA, and other nearby amenities.”

Maps for the alternate routes will be made available for residents at our front reception desk.

In June, we also want to thank the fathers here at Stonecrest for all they have done and continue to do in support of their families. We hope you are able to be around those you care about most and are celebrated!

Many blessings,
Paula Hanson, Campus Administrator



Stonecrest

June calendar is loaded with fun!

Oh, happy day! The nice weather is back! The flowers are blooming beautifully, and we are finally able to enjoy some sunny days. This is going to be a fun summer.

We had a lot of fun in May, beginning the month strong with The Squires Band and ending with James Kellerman Music. It truly has been a joy finding performers to entertain us. We are lucky they want to share their talents with us!

June is another exciting month. Chair Yoga with the YMCA is continuing on Saturdays at 9:15 a.m. We also have The Savvy Senior Tech Squad coming for fun learning opportunities on Saturdays at 1:30 p.m. Performances by The Blue Ox Trio, Joel Lehman, Spirit Song Choir, and a new Lukelele performer are also scheduled. Our very own Stonecrest Singers will perform their Spring concert and Sydney, our life enrichment assistant, will be hosting cornhole/bags games outside in the beautiful weather.

Mark your calendars! We will hold a Bingo Party on June 11 at 1:30 p.m. with snacks, prizes and a drawing for the coverall prize! If you have ever won coverall playing bingo with us, January 2024 onward, your name is already in the drawing for cash.

On Fathers Day, June 16 at 2 p.m., we will host a Stonecrest Pub opening with cold beer and pretzels. If you are a dad, or have ever had a dad, please come and join us.

Summer is here. Let's celebrate!

Linda Fliss, Life Enrichment Director

Who is your Shining Star?

Did you know that there is an easy and meaningful way for you to **show your appreciation to an employee who has delivered exemplary service to you?** There is! It's called **Shining Star.**

PHS employees are honored to serve you. Many people participate in your daily service and care. Some staff play a highly visible role like resident assistants, servers, housekeepers and nurses. Others, like those who work for culinary or environmental services, generally work behind the scenes to ensure that your needs are met.

Your gift, their recognition

Shining Star brochures are available at your community. Please check with your receptionist or campus administrator for one of them. You may use it to make a gift to your community in honor of service, care or an act of kindness that you received from your Shining Star. You can honor one staff member who will be notified that a gift was made in their honor. Staff members receive a special star pin and a thank you letter noting their recognition. Most importantly, your Shining Star will experience a great sense of pride knowing that their service, care and acts of kindness have left a positive impression on you.

Your gift helps your community

Your charitable, tax-deductible gift is a thoughtful way to express your appreciation. **Your gift will be directed to the Where the Need is Greatest Fund for your community's use.**

The Foundation is happy to help you, too. Please call the Presbyterian Homes Foundation at 651-631-6105, or 651-631-6418. Thank you for identifying your Shining Star and helping your community!

Job 2: Left in the dark

“No one said a word to him, because they saw how great his suffering was.” Job 2:13

There are times in human experience when the suffering is so intense that there is nothing to be said and nothing that can be said. It would have been better if the three friends of Job had remained speechless, and it would have been better if Job himself had done the same. As it was, Job broke the silence, and thus began a series of speeches that really do not bring us very far in our understanding of human suffering.

Forty chapters later the Lord has this to say to Eliphaz, “I am angry with you and your two friends, because you have not spoken of me what is right, as my servant Job has” (42.7). Job did at last begin to make sense when he said, “Surely I spoke of things I did not understand, things too wonderful for me to know.” (42.3)

What we have to remember as we read the book of Job, this classic study in human suffering, is that Job never did discover the reason for his suffering. We know the reason because we are given insight into what is happening behind the scenes. Job does not have this privilege. For him it is totally unreasonable suffering.

What an enormous temptation for Job and for us to charge God with wrongdoing. There are people who succumb to the temptation, let us hold fast to the faith that we profess and receive what God has promised.

Prayer: Father, help us to be patient when things go against us, and thankful when things go well.

Ian Hewitson, Campus Pastor

Try these strength exercises

Strength training involves working our muscles against some type of force or resistance (e.g., bodyweight, resistance bands or weights) with the overall goal of improving the strength of a muscle or multiple muscle groups. Strength exercises are typically performed for a set number of repetitions, working towards completing another full repetition without compromising form or needing assistance.

The Centers for Disease Control and Prevention (CDC) recommends at least two days a week of strength activities for older adults to maintain muscle strength and the ability to perform various tasks of daily living. Try these strength exercises.

Sit to stand: Sit towards the edge of a stable chair with your arms crossed over your chest. Lean forward from your hips (think: “Nose Over Toes”), pushing through your feet to stand upright. Then, bend your knees and push your hips backwards as you slowly lower your body onto the chair.

Biceps curls: With a weight in each hand, relax your arms at your sides with palms facing forward. Bend your elbows to raise the weights up towards your shoulders, then slowly lower the weights to the starting position. This exercise can be performed seated or standing.

Overhead shoulder press: With a weight in each hand, raise to shoulder height with elbows bent and pointing out to the side. Press the weights overhead, then slowly bend the elbows and lower the weights back to shoulder height. This exercise can be performed seated or standing.

**Don't have hand weights? Soup cans or bottles of water can be substituted for light resistance!*

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Postmaster: address correction requested

Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

Happy anniversary Presbyterian Homes & Services!

Sixty-nine years ago, **Margaret Paden**, widow of a Presbyterian minister, became the first resident of the new Presbyterian Home in Arden Hills, Minn. June 15, 1955, marked the beginning of a ministry that has grown from one community serving 30 people to 61 communities in Minnesota, Wisconsin and Iowa. Today, more than 27,000 older adults are served under our roofs, and through Optage, the home and community services of Presbyterian Homes & Services (PHS). In addition, 14,500 older adults receive comprehensive care through Genevive, the largest geriatric primary care practice in Minnesota, co-owned by PHS.

We mark this 69th anniversary by remembering our founders whose vision set the foundations upon which the mission of PHS has been built.

In 1946, **Dr. Irving Adam West**, pastor of House of Hope Presbyterian Church in St. Paul, Minn., urged the Presbyterian Church Synod of Minnesota to begin this ministry. That same year, the Synod appointed **Dr. Edwin Kagin**, professor of religion at Macalester College in St. Paul, Minn., to lead a study committee to address the needs of retiring ministers, missionaries and their

spouses. In 1947 the committee recommended and the Synod approved establishing a Presbyterian home. Dr. Kagin served as its first chair and president of the board, followed in 1952 by Dr. West.

Lillias Joy, a member and Sunday school teacher at House of Hope Presbyterian Church, gave 20 acres of lakeshore property in 1952. The land on the southwest shore of Lake Johanna in Arden Hills, Minn., is the site of the first Presbyterian Home, now named Johanna Shores.

What they began has endured through the employees, volunteers, donors and collaborative partners who have carried PHS forward. We also remember the many women and men who, over the years, have called a PHS community their home. They and their families remind us that our mission continues with purpose and meaning.

As we venture into our 69th year of ministry to older adults, we dedicate ourselves, once again, to the PHS mission to honor God by enriching the lives and touching the hearts of older adults.