

July 2024

“For freedom Christ has set us free....” (Galatians 5:1)

On July 4, 1776, 13 American colonies declared freedom from British rule. Colonists united under a new charter that enabled them to live a new way of life. King George III could no longer impose demands on those living in America. They were free! Similarly, Christians celebrate freedom in Jesus Christ.

In the churches of Galatia, the message about Jesus — specifically the gospel truth of grace in Christ — had become distorted on account of contradicting messages. Agitators insisted non-Jewish men be circumcised according to the Mosaic Law to become full members of the Christian community. The Apostle Paul, however, sought to set the record straight. Christ had set the Galatian believers free from “the present evil age” (Galatians 1:4)! The Law served as a “guardian” until Christ (Galatians 3:24).

Freedom from this present age means liberty from the Law and new life by the Spirit. Those who believe are released from sin and the demands of the Law. Much like Independence Day, the Law no longer rules over the lives of Christians. Now, faith in Christ and life by the power of the Spirit define the new charter for living as God’s united people.

As we celebrate our national independence this month in America, let us consider the freedom to live a new kind of life in Christ Jesus, which includes love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23).

-Pastor Matt Anderson

July Highlights

The big event of the year is the 2nd Annual, SummerWood of Plymouth, Summer Social!

Saturday, July 20 is the big day, from 11-2. Everyone is welcome, so, bring your friends and family to enjoy the day with you!

Plans are underway; we’ll have big tents, hot dogs, ice cream, music by the Panhandlers (Caribbean steel drums) & more!

Have you checked out the new Monday and Wednesday morning Fitness Schedule?

The back patio will be the venue for social events, as well. It’s so great to see all the resident gardens planted & growing. You can enjoy the back patio any time, just bring your fob to return safely.

-Cid

SummerWood of Plymouth

Welcome New Staff!



Sammi Cullen - RA



Anna Hellwig - RA



Alexis Murphy - RA



Abby Nelson - RA



Finah Parker - RA



Kayla Terhaar - RA



Brooke Thayer - RA



Sienna Wille - RA

SummerWood Phone Numbers

Front Desk Number: 763-383-8888

Main HHA after hours cell # 651-335-5180

Arbor HHA after hours cell # 763-286-9797

Barry Spiers, Campus Admin.	763-329-7452
Beth Fries, Housing Counselor	763-329-7451
Kitchen (Room Service)	763-329-7453
Dining Room (Reservation)	763-329-7473
Natasha Sorge, Homecare Support	763-329-7456
Sarah Henkels, RN, Clinical Dir.	763-329-7457
Alex Iverson, Environmental Serv	763-329-7458
Cid Skaalrud, Life Enrichment Dir.	763-329-7459
Anthony Donato, Culinary Dir.	763-329-7462
Julie Momanyi, RN (Arbor)	763-329-7463
Tammy Hanson, RN (Commons)	763-329-7465
Matt Anderson, Campus Pastor	763-329-7468
Mark MacLean, Gift Planning Officer	952-249-2416
SummerWood Salon, Tami L.	763-354-8280
Rehab Office	763-329-7454

July Birthdays



Jim S.	2nd
Steve L.	5th
Joey L.	6th
Irene R.	8th
Donald J.	9th
Sharon B.	14th
Vivian E.	16th
Bev L.	21st
Joe K.	26th
Carol J.	27th
Lois B.	29th



Using words of wisdom

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 55113

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 *Preshomes.PlanningYourLegacy.org*.



You are invited! Does your estate plan need updating?

Presbyterian Homes Foundation is sponsoring a free informational seminar on estate planning. All Summerwood of Plymouth residents and a guest are invited to attend. This is an opportunity to answer your estate planning questions. Volunteer attorney, Christopher Stanton with Klemp and Stanton PLLP, will be presenting valuable information and answering your questions on Thursday, August 8 at 2 p.m. in The Gathering Room. Be sure to save the date.

Please contact Molly Quist at 763-383-8888 or mquist@preshomes.org or Carrie Gess at 651-631-6418 or cgress@preshomes.org to register to attend. Thank you.

SummerWood of Plymouth
16205 36th Avenue North
Plymouth, MN 55446

763-383-8888
SummerWoodPlymouth.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 employee 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

