

May 2024

Nurse's Notes: May is Arthritis Awareness Month

Q: What is arthritis?

A: "Arthritis" is not a single disease; it is an informal way of referring to joint pain or joint disease. There are more than 100 different types of arthritis and related conditions. More than 50 million adults and 300,000 children have some type of arthritis. It is most common among women and occurs more frequently as people get older.



Q: Can I exercise with arthritis?

A: Exercise is crucial for people with arthritis. It increases strength and flexibility, reduces joint pain, and helps combat fatigue. Though you might think exercise will aggravate your joint pain and stiffness, that's not the case. Lack of exercise actually can make your joints even more painful and stiff.

Examples of exercise for people with arthritis: range of motion, strengthening, aerobic and yoga.

As always, be sure to check with your physician before starting any new exercise programs.

Source: mayoclinic.org

Happy Mother's Day!

*Her children arise and call her blessed;
her husband also, and he praises her:
"Many women do noble things, but
you surpass them all." Charm is
deceptive, and beauty is fleeting; but
a woman who fears the LORD is to be
praised.*

Proverbs 31:28-30

Severe Weather Tips

- * **Severe Weather Watch** means conditions are favorable for severe weather.
- * **Severe Weather Warning** means severe weather has been identified; take shelter immediately!
- * Close curtains/drapes and stay away from windows.
- * Watch your local TV stations for weather updates. Be prepared!
- * Keep a flashlight & battery operated radio in your apartment. Know where building shelter areas are.

Chaplain's Chat: Our Families Need to Be Covered in Prayer



Do you believe that it is important to truly pray for each person in your family? I believe it is perhaps the most important task of our lives, especially as seniors. Intercessory prayer not only benefits the one prayed for, but it also blesses the one praying. The prayers for our grown children and their families renew our hope and humble us before God. Our prayers change our hearts toward our children and impact their lives beyond our days. Our prayers change the atmosphere of their world and our lives.

I'd like to share with you areas in which you can cover your family in prayer. I'll include a scripture (pray the scripture too—it is powerful) and an example of a short prayer upon which I encourage you to expand as you give it your own words.

Praying with you,

A Prayer for Blessings

To “bless” someone is to speak well of them and to give them the best you have to offer. When we pray for God to bless our kids and grandkids (and great-grandkids), we ask Him to provide them with His best—the best of His gifts, the best of His favor, the best of His presence. “The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.” (Numbers 6:24-26)

Father, thank you for making me a parent. Today, I ask you to pour out blessings and favor on my children's lives. [Here, ask God to bless in a few specific areas.] Help them to walk in your ways. Keep them under your loving, watchful eye. We praise you with all honor and glory.

A Prayer to Be Godly Parents/Grandparents/Great-Grandparents

As parents, we know the importance of teaching our children to follow Jesus, trust God for everything, and worship Him only. It's so important for us to pray for our grown children and grandchildren to be godly parents and teach their children how to walk with the Lord. “Behold, children are a heritage from the Lord, the fruit of the womb a reward.” (Psalm 127:3)

You, God, are the ultimate Father. You love us with great love and show compassion to your children. Help my family guide and teach their children the way they should go (Proverbs 22:6). I pray for my family to be present and engaged with their children. When parenthood is difficult, help them avoid angry words and show them how to give truth and discipline along with grace and understanding. O Lord, may they thrive!

Culinary Corner: May Specials & Events

Pancakes, Scrambled Eggs and Sausage Links ~ \$8.00

Wednesday, May 1 from 11am – 1pm in the Bistro

Ice Cream Sundaes ~ \$2.50

Thursday, May 2 from 11am – 1pm in the Bistro.

Coconut Cream Pie ~ \$1.50

Monday, May 6 from 11am – 1pm in the Bistro.

Dinner before the Concert!

Tuesday, May 7 from 4 - 5pm in the Bistro. See Bistro for specials!

BYO Salad with Breadstick ~ \$8.00

Wednesday, May 8 from 11am – 1pm in the Bistro

Mother's Day Lunch Thursday, May 9th at Noon ~ \$14.00

Devised Eggs, Summer Berry Chicken Salad and Dessert!

RSVP By Friday May 3 in the Bistro.

Rodeo Burger with Sweet Potato Fries \$8.00

Monday, May 13 from 11am – 1pm in the Bistro

Chocolate Chip Cookies ~ \$.50

Wednesday, May 15 from 11am – out! In the Bistro!

Specials for Syttende Mai

Friday, May 17 ~ Lefsa Specials!

Starting from 11am – 1pm the Bistro or while supplies last!

Mushroom Swiss Burger with French Fries ~ \$8.00

Monday, May 20 from 11am – 1pm in the Bistro

Culinary Chat

Tuesday, May 21 at 2pm in the Dining Room.

Rhubarb Pie ~ \$2.00

Friday, May 24 from 11am – we are out! In the Bistro.

Shrimp Special ~ \$8.00

Wednesday, May 29 from 11am – 1pm in the Bistro.

5 Deep Fried Shrimp, Fries and Coleslaw

Butter Cake ~ \$2.00

Friday, May 31 from 11am – we are out! In the Bistro.

**** No Substitutions for the Specials ****

Woodland Hill

Wellness Spotlight: Four Types of Exercise

Balance, endurance, flexibility, and strength are four types of exercise that encompass a well-balanced exercise program and contribute to one's overall health and physical abilities. Last month, we highlighted endurance; did you utilize the Rate of Perceived Exertion Scale with your cardiovascular activities? Read on to learn more about flexibility!

FLEXIBILITY

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/or 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.

Try these stretches:

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, contact your Fitness Instructor!

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!

Resident Volunteers

Don't forget to turn in your volunteer hours to the front desk by the 10th of the month.

Thank you for all you do!

All events and programs are subject to change.

To keep up to date, view Channel 992 on your TV or in the Lobby!

Woodland Hill TV Channels

Channel 990 – Front Entry Camera

Channel 991 – Chapel

Channel 992 – Woodland Hill Happenings

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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!