

June 2024

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!



Woodland Hill

Chaplain's chat: Our families need to be covered in prayer (2)

Last month we began to share with you several areas in which you can cover your family in prayer. A scripture is included (pray the scripture too—it's powerful) along with an example of a short prayer upon which I encourage you to expand.



As our children, grandchildren, and great-grandchildren grow up and eventually leave home and start families of their own, it may seem our job is done. But we are always parents. Our role may change, but our God never does. Through intercessory prayer for our adult children, we continue to love and care for their needs.

Let's "stand in the gap" for our families!

Praying with you,

A prayer for protection

When my children were small, I was always concerned about their well-being. As adults, I cannot protect them from harm. But God can. He has the power to protect them from anything. He watches over them even more carefully than us. We can ask God in prayer for his hedge of protection (see Job 1:10) around our adult and younger children. "The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore." (Psalm 121:7-8)

Father, You see what we can never see, the potential harm and pain. We ask you to build a hedge of protection around our children. Protect them from the evil of this world, from the dangers that lie waiting in the dark. You are their mighty warrior, their protector, and the one who is the best guide. Keep their steps in safety and far from harm.

A prayer for the right close friends

The world offers much, and sometimes entices our children to leave the narrow path. But with the right friends in their lives—God-following, Jesus-dependent friends—the influence of the world is minimized. With godly friends, our sons and daughters have accountability, examples of an upright life and support in times of trouble. Let's pray that God places the right friends and people in their lives to influence them for Jesus. "They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer." (Acts 2:42)

Jesus, I ask you to send the right people to be part of my dear ones' lives. Help them learn to live together well, build each other up, and share their blessings and needs. Bind them together with godly men and women that strengthen their trust and faith in You.

Culinary corner: June specials & events

National Cheese Day ~ Cheese Curds~ \$ 3.00

Tuesday June 4th 2pm – 4pm. In the Bistro!

National Day of Sweden

Traditional Swedish Meal Options! Stop in and see what we have!

Thursday June 6th from 11am – 1pm In the Bistro

Ice Cream Sundaes ~ \$3.00

Thursday June 6th, from 2pm – 4pm or until we run out! In the Bistro.

Strawberry Shortcake ~ \$2.50

Homemade Shortcake topped with Fresh Strawberries and Real Whipped Cream

Friday June 7th, from 11 – until gone. In the Bistro!

Gyro's ~ \$8.00

Monday June 10th 11am -1pm in the Bistro.

Father's Day Grill Out!

Thursday June 13th 12pm– 1pm! **Purchase meal in the Bistro.**

Eat outside to enjoy Joe Sir Elvis Concert at 12:30!

Ice Cream Scoop Specials

\$2.50 for Large ~ See Bistro for Flavors!

Thursday June 13th 1pm – 4pm in the Bistro.

Root Beer Floats ~ \$2.50

Wednesday June 19th 2pm – 4pm in the Bistro.

Grilled Turkey & Swiss on Cranberry Bread ~ \$8.00

Served with Sweet Potato Fries. Friday June 21st 11am -1pm in the Bistro.

Rhubarb Pie ~ \$2.00

Monday June 24th 2pm – 4pm in the Bistro.

Pancakes Topped with Strawberries and Sausage Links~ \$8.00

Wednesday June 26th 11am -1pm in the Bistro.

Ice Cream Sandwiches ~ \$.75

Friday June 28th 2pm – 4pm in the Bistro.

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 discussed the benefits of stretching - improved range of motion, promotes good blood circulation, aids in better posture, and relieves muscle tension! Stretching is very important following a workout, especially a strength workout!

Strength

Strength Training involves working our muscles against some type of force or resistance (ex: 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 a challenge in completing another full repetition without compromising exercise 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! If you are unsure where to get started or need assistance progressing these exercises, contact your Fitness Instructor!

Life enrichment summer happenings - Save the dates!

- ⇒ Summer Concert Series: The Floras - Thursday, June 6 - 2:00pm, Backyard Gazebo
- ⇒ Medicare 101 Seminar: Wednesday, June 12 - 10:00am, Auditorium
- ⇒ Father's Day Concert with Joe Sir Elvis Show! Thursday, June 13 - 12:30pm, Backyard Gazebo
- ⇒ Let's Go Fishing Pontoon Ride: Monday, June 17 - Leave WLH at 10:30am (Sign Up)
- ⇒ Entertainment by Carolyn Krause on the piano: Thursday, June 27 - 2:00pm, Auditorium
- ⇒ Summer Concert Series: Loose Change Quartet - Tuesday, July 2 - 2:00pm, Backyard Gazebo
- ⇒ Let's Go Fishing Pontoon Ride: Monday, July 8 - Leave WLH at 10:30am (Sign Up)
- ⇒ Balloon Ball Competition at Croixdale: Thursday, July 11 - Leave WLH at 12:00pm (Sign Up)
- ⇒ Summer Concert Series: Bobby & Christine Quartet - Tuesday, July 23 - 2:00pm, Backyard Gazebo with Mik Mart Ice Cream Truck from 1:00-4:00pm!
- ⇒ Rob Ellos: What Happened to Amelia Earhart? Thursday, July 25 - 2:00pm, Auditorium
- ⇒ Annual Bridge Tournament at PHS Home Office: Friday, August 2 - Leave WLH at 8:30am (Sign Up)
- ⇒ Summer Concert Series: Gary LaRue - Tuesday, August 6 - 5:00pm, Backyard Gazebo
- ⇒ Entertainment by Todd Anderson: Thursday, August 15 - 2:00pm, Auditorium
- ⇒ Resident and Family Summer Picnic: Thursday, August 22 - 4:30-6:30pm. Music by Coda (Keyboard/Saxophone Duo), Mini Pony Visits and more!
- ⇒ Woodland Hill Classic Car Show: Thursday, September 5 - 1:00-3:00pm, WLH Parking Lot
- ⇒ Woodbury Community Choir: Monday, September 9 - 6:00pm, Auditorium

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

Woodland Hill
441 Stageline Road
Hudson, WI 54016
715-716-5200
www.woodlandhillphs.org
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.