

*Spring Edition 2024*

## A warm welcome for spring



**A**s we anticipate all the good things that come with spring, we also need to look back on all the fun that we had over the last couple months.

We received 12 concerts from Copper Street Brass, listened to a beautiful and emotional Veteran's Day service, hosted two murder mystery dinners, created countless crafts, painted so many paintings, went on oodles of outings, listened to speakers, singers, professors, and stories from our neighbors.

We celebrated birthdays and holidays, the first and last snow, read books, finished over 100 puzzles, discussed the news, sang dozens of songs, lost some friends, but made some new ones and even enjoyed some muffins!

Take a look back to the fun we had Winter 2023.





## Pastor's corner: Honoring Choices

**W**ho would speak for you about your health care options if you are unable to speak for yourself? How do you open a conversation about what matters to you and have a say in your health care? These are the questions for **April 16 — National Healthcare Decisions Day**, designated by the “Conversation Project” of the Institute for Healthcare Improvement.

Presbyterian Homes & Services (PHS) is lifting up this day to encourage you and the people most important to you, especially those who may be called upon to care for you.

In an era of increasingly complex medical care, we can't afford to ignore life's end, or to separate our medical decisions from our spiritual values. PHS is dedicated to helping you open this conversation about your wishes for care with your chosen family, health care providers and with us. Our approach, “Honoring Choices,” offers encouragement and guidance for you to create a health care directive.

A health care directive is a document that informs others of your health care wishes. It allows you to name a person (“agent”) who will assure that your choices are honored or decide for you if you are unable to decide for yourself. This document has legal authority which means physicians, health care providers and hospital staff are bound by law to follow your directives.

Honoring Choices helps you and your loved ones navigate these conversations focusing on your health goals, spirituality, and what it means to live fully

while remaining realistic about the end of life. Talking with the important people in our life can bring us closer together. It also helps us create the foundation of a care plan that's right for us — a plan that will be available when the need arises.

Reach out to your campus pastor who can help you take it step by step and get the conversation started.

- Pastor Carole Lundell

St. Andrew's Lutheran Church

## Severe Weather Awareness Week

**A**ccording to the National Weather Service, Minnesota experiences an average of 40 tornadoes per year. On June 17, 2010, a significant tornado outbreak occurred across the Northern Plains. Beginning around 2:00pm, thunderstorms moved across the region, producing 74 tornadoes.

Of those tornadoes, 48 were in Minnesota, eclipsing the single-day tornado record. At the time that it occurred, it went down as the 18th largest tornado outbreak on record in the United States, and the 2nd largest in the summer months of June-August

St. Andrew's Village staff has storm safety procedure magnets available at the front desk for any resident who does not have one. The magnets contain severe weather and fire safety procedures and how you can be best prepared.

Severe weather awareness week in Minnesota is April 8 - 12, with the tornado sirens testing on Thursday, April 11.



## Wings Wellness

### **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 learned that balance is the foundation of all movement. Did you try any of the balance exercises? Read on to learn more about Cardio Fitness!

### **ENDURANCE**

Endurance, or cardio, exercises are important for our circulatory system, heart, and lungs! We utilize the Rate of Perceived Exertion scale to assess how hard we are exercising. This numerical scale goes from 1-10 with the lower end of the scale (1-2/10) equaling very light intensity exercise and the higher end of the scale (9-10/10) equaling maximum intensity exercise.

The CDC recommends adults over the age of 65 participate in 150 minutes a week of moderate intensity activities such as biking (NuStep/Sci-Fit), brisk walking, dancing, or swimming! Moderate intensity exercise would equal 4-5/10 on this scale – you can carry a conversation, but it might be a little breathy!

Try these exercises to get your heart rate up:

\*Sitting and Standing options presented below to reach abilities of all our residents. If you are unsure where to get started or need assistance progressing these exercises, contact your Fitness Instructor!\*

### **SEATED ENDURANCE EXERCISES:**

- ⇒ Marching
- ⇒ Step Out, Out, In, In
- ⇒ Seated Jacks
- ⇒ Alternating Leg Kicks

Repeat each exercise for 30 seconds, equaling 2 minutes of cardio! Complete additional rounds as able!

### **STANDING ENDURANCE EXERCISES:**

- ⇒ Marching
- ⇒ Step Together (Right foot steps Right, step together, Left foot steps Left, step together)
- ⇒ Modified Jacks (No Jump, just tap one foot outward!) Repeat each exercise for 30 seconds, equaling 90 seconds of cardio! Complete additional rounds as able!

- Theresa Hanson  
Wings Wellness



## Human Resources Corner Employee Anniversaries

### **March:**

Jacqueline Cirillo - Culinary - 16 years

Jeremiah Johnson - Clinical - 14 years

Luke Newman – Culinary - 1 year

Jennifer (Gaylord) See - Clinical - 3 Years

### **April:**

Nathan Dahlstrom - Culinary - year

Nikita Bhurtel - Clinical - 2 years

Sarah Raney - Culinary - 1 year

Doug Anderson - Environmental Services - 3 years

Sidney Leciejewski-Culinary - 1 year

Qiana Whidby-Clinical - 2 years

Carrie Kammerer - Housekeeping - 3 years

Daniel Perron - Environmental Services - 44 years

Elijah Martinez - Culinary - 2 years

Abyssinia Fisseha - Clinical - 1 year

### **May:**

Michelle Crescenzo - Culinary - 1 Year

KangBao Yang - Clinical - 2 years

Bontu Hinika - Clinical - 1 Year

Melissa Crowley - Culinary - 11 years

Drew Feustel - Culinary - 2 years

Emma Mckusick Landrain - Culinary - 2 years

Sarah Hoffman - Clinical - 2 years

## Welcome to team SAV!

Mickayla Handberg - Clinical

Dwine Lovala - Clinical

Katelyn Thompson - Clinical

Sophia Vang - Clinical

Andrew McCann - Culinary

Kate Nelson - Housekeeping

Marco Rodriguez - Culinary

Joanne Vacek - Life Enrichment

## From the kitchen

We were excited to welcome the Spring/Summer menu on March 25. This five week cycle menu runs through September.

We will continue to have Chef Chat monthly in the Shoreline Lounge. I always welcome your feedback and suggestions.

We have received a lot of positive feedback regarding the “always available” menu. Please come try it if you haven't yet.

Also, please come and share your recipes and favorites with me! We are continuing to bake desserts in house and I would love the opportunity to try my hand at making YOUR famous recipes!

- Michelle Crescenzo, Director of Culinary



## Resident Moves

### **Welcome to the Village**

Carl B.  
Barb B.  
Peg J.  
Alice L.  
Marlys N.  
Karen & Harm O.  
Kathy P.  
Emmy & Harold R.  
Marjorie S.  
Sylvia W.

### **Friends Who Have Moved Away**

Jim A.  
Bill E.  
Bruce G.  
Tom H.  
Marina H.  
Mary M.  
Trudy O.  
George S.

### **Friends Who Have Passed Away**

Bob B.  
Sandy B.  
Carroll E.  
Roger E.  
Sylvia H.  
Jessie H.  
Jan & Don K.  
Clara K.  
Florence M.  
Duke P.  
Ed S.  
Jerry S.  
Vickie T.

## Mark your calendars!

In honor of Spring, and to make up for the cancelled Holiday Open House, we will be hosting a Spring Fling Community party on Friday, April 19 from 1:00pm - 3:00pm.

Each resident is welcomed to invite 2 guests for an afternoon of music, food, drinks, laughs and memories!

We hope to see you there.

St. Andrew's Village  
240 East Avenue  
Mahtomedi, MN 55115

651-762-4100  
StAndrewsVillagePHS.org

St Andrew's Village is a partnership of St. Andrew's Lutheran Church and Presbyterian Homes & Services, a nonprofit organization serving older adults through community services, housing and health care.

## Thank you, volunteers for making a difference every day

St. Francis of Assisi famously said, "Remember that when you leave this earth, you can take with you nothing you have received – only what you have given." At Presbyterian Homes & Services (PHS), our vital corps of volunteers understands this better than most.

Although National Volunteer week is celebrated in the third week of April, PHS community recognition events are held from early April through May. Each of our campuses hosts tea, luncheon or other events to give a gracious thanks to those who serve year-round.

Volunteerism is one of the hallmarks of PHS. From the very beginning, local church members, children, service clubs, neighbors, resident family

members and staff have volunteered in every one of our communities. We are blessed to have a wide diversity of volunteers, some who are here once a year, and some who are with us every day, including our own residents.

These volunteers complete a variety of tasks — reading to residents, assisting with activities, tending gardens, delivering mail, running errands and helping with office projects. Our volunteers lighten the work of the staff and brighten the days of our residents.

If you are interested in volunteering, contact [volunteering@preshomes.org](mailto:volunteering@preshomes.org).

Please take time to thank a volunteer today!