

April 2024

Volunteer Appreciation

The Deerfield is very blessed to boast that during 2023 we had 101 individuals volunteer with us, and more than a dozen groups come in. So far, we have had 11 new volunteers join our team in 2024 and several groups.

A few of our dedicated groups include:

Tri-Shaw group -7 - leader - Jon Hailey

Garden Club - 10 - leader - Carolyn Craig

Decorators - 8 - leader - Julie Walsh

Worship Leaders - 9

Weekly Worship Pianists - 8 - Ruth Egerer, Loretta Kummerfeldt, Maureen Brunner, Carrie Peterson, Susan Siebach, Cindy Prokash, Lori Stai, Kathy Wettig,

Students- 14

Resident Volunteers - 15 - with Helen Clemas leading this group with 134.5 hours logged and earning the Deerfield Life Enrichment Team \$500 from 3M company for her volunteer time with us.

Other volunteer categories include, manicures, card making, sewing and baking, walks and visits, guitar music, piano players, sing-along leaders, craft and game helpers, entertainers, dog visits, men's groups and more.

Our groups included several church and 4H groups, clubs, resident family music groups, dancers, Upward Hounds dog visits, Christmas Carolers, and even a four-act play about the life of Dorothy Day.

In total during 2023 there were 2,623.5 hours volunteered and I'm sure a few that weren't recorded.

So much appreciation goes out to the efforts that our volunteers put in to improve the quality of life for our residents! Thank you!



The Deerfield

Resident Star of the month: Gene Bonnes



Gene Bonnes was born to Leonard and Evelyn Bonnes on March 29, 1937. He grew up on the family farm and had one brother, Duane, who passed away of Hodgkin's cancer at the age of 23. In 1955, Gene graduated from Baldwin high school and then attended vocational school in Eau Claire for mechanical drafting. His parents worked hard to help him achieve his educational goals.

In 1957, Gene married the love of his life, Mary VanSomeran. They raised two wonderful children, Tammy, and Greg. Tammy and her husband Darrin Powers own a CPA firm in New Richmond and Greg owns Greg's Tree Services in the area too. They have enjoyed watching five grandchildren grow up with two great-grandchildren to spoil and one more on the way.

Gene worked for Presto Industries building government parts until he was laid off in 1961. His family moved to New Richmond, and he started a 41-year career with Doboy. He started in the engineering department. Doboy was a growing company at the time with a very progressive leader who pushed employees to find new opportunities to succeed in the company. During the growing years, Gene was in the field services and started to fly the president of Doboy's airplanes. He received his commercial flying license.

Flying for Doboy sent Gene on many trips around the world, including Switzerland, Southeast Asia, Germany, France and Singapore. One memorable flight was getting a call from his supervisor that one of the companies in Jackson, Miss. had their machines break down. He went into work and took out all the seats in the airplane to load the plane with the parts the company needed. He flew out at 9 p.m. and got to Mississippi at 4 a.m. He shared that the team felt indebted to him forever for this quick response.

During his years of retirement, Gene enjoyed being a Shriner and contributing much charitable time and money to the children's hospital. He also participated in many parades on go-carts to support the great cause. Mary and Gene loved to motorcycle across the country. They would head out on their motorcycle to Banff, Canada and to Glacier National Park in Montana to see the beautiful scenic places. They loved the Ozarks area, too. They traveled three times to the area to see special friends. One place they will never forget is England where they lived for 6 months. They got a BMW, drove on the opposite side of the road, and had their kids come for a week-long vacation. He continues to cherish this memorable experience.

Gene is a well-loved resident of the Deerfield and always has a wonderful, welcoming smile ready for anyone he greets. He is a great ambassador to all of us at The Deerfield by generously showing his apartment to many prospective residents taking tours. We are so fortunate to have Gene as a part of our Deerfield family!

Deerfield resident birthdays

We wish you all a happy birthday and blessed year!

Mary D.-1st

Richard S.-2nd

Edda H.-5th

Maxine S.-7th

Beth T.-15th

Julie A.-16th

Madelon B.-16th

Luane J.-17th



Eleanore K.-19th

Franklin F.-21st

Helen D.-22nd

Elaine V.-24th

Neil T.-26th

Jean Z.-26th

Janet O.-29th

George M.-30th

The rewards of gratitude

In the golden years of life, we often reflect on things we have experienced and achieved. Now, more than ever, we understand the importance of physical and spiritual well-being and ways to best care for ourselves. Through challenges and joys, one simple practice can make a surprising difference: gratitude. Did you know gratitude is key to unlocking a treasure trove of physical benefits?

Countless studies have shown that practicing gratitude can lead to improved physical health, especially as we age. Physiologically, the act of giving thanks has been shown to lower blood pressure, reduce inflammation, and promote better sleep—all essential components of a strong and healthy body.

While King David may not have understood the physical benefits of gratefulness, he certainly encouraged this practice. For example, Psalm 107:1 tells us to "Give thanks to the Lord, for he is good; his love endures forever." Surely David understood that gratitude fosters the kind of

resilience that helps us navigate life's ups and downs – and do so with grace and strength.

This verse also reminds us of God's enduring goodness, even amidst challenges or difficult circumstances. When we cultivate a heart of gratitude, despite what is facing us, we not only honor God but also nurture our own well-being.

Let us embrace the practice of wholeheartedly giving thanks for the blessings that surround us. Whether it's through appreciating the freshness of springtime, greeting a neighbor or thanking someone for their kindness, we can cultivate a spirit of gratitude each day.

In this season of life, we are thankful that you are a vital part of this community, as we journey together. May you, too, find a blessing today and reap the rewards of gratitude.

Source: Mayo Clinic, 2022



The Deerfield

Wellness: The 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 to 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

- **March**
- **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

- **March**

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!

Spiritually speaking: Starting conversations about advance care planning

National Healthcare Decisions Day, April 16

Who would speak for you about your health care options if you are unable 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. 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.

Therapy thoughts: Lymphedema – what is it and how can therapy help?

What is lymphedema? Lymphedema occurs when fluid stops draining because lymphatic system is working properly.

- Can cause **abnormal swelling** in arms, legs, abdomen, neck, etc.
- If untreated, can cause: movement limitations, decreased oxygen to tissues, poor wound healing, infection, cellulitis, skin disorders, elephantiasis
- Frequently seen in people who have had cancer or damage to lymph nodes

What is lymphedema therapy? A combination of manual lymph drainage (massage), compression, exercise, and potential referral for a compression

pump for maintenance. 2-3 sessions per week for about 75 minutes each

What are the possible benefits of lymphedema therapy?

- Reduced swelling, pain, and discomfort
- Improved skin color and texture
- Reduced risk for infection
- Improved wound healing

How do I get started?

1. Ask your doctor for orders for occupational therapy to address Lymphedema
2. Have orders sent to the Deerfield rehab department.

April is Occupational Therapy month. Please join us in thanking our OT staff members for their great work and commitment to the Deerfield community!

The Deerfield
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DeerfieldPHS.org

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

How to find this newsletter online

- Go to DeerfieldPHS.org
- Look at the “At Our Community” navigation menu on the right side of the screen.
- From there you can click on “Newsletter” or “Activities and Events” to find social calendars for the Terrace, Commons, Arbor and Gables.

Vision

To provide more choices and opportunities for more older adults to live well.

Values

Christian Ministry
Ready & Engaged People
Operational Integrity
Service Excellence
Stewardship

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.

Please take time to thank a volunteer today!