

## What's Happening / Articles

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

**Angie Swetland, Customer Service Director**  
**May 2010**

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 the third week of April, PHS community recognition events are held from early April through the month of May. Each of our campuses hosts a tea, luncheon or other event to give a gracious thanks to those who serve throughout the year.

[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. These volunteers complete a variety of tasks – reading to residents, assisting with activities, tending gardens, delivering mail, running errands and helping with office projects.

Volunteers help to supplement the paid staff's efforts- to do the little extras and to spend valuable time with the residents. All of our volunteers lighten the work of the staff and brighten the days of our residents.

Please take time to thank a volunteer today.

### WINGS Wellness: "The best exercise is the one you'll do."

**Angie Swetland, Customer Service Director**  
**March 2010**

This month's issue of Prevention Magazine reports that "older women who walked at a moderate pace for 20 minutes, 3 times a week for 3 months improved their aerobic fitness by 12%" They also lowered their resting heart rate, improving overall heart function. Australian scientists found that adults who exercise three times a week lowered their blood glucose levels, and felt more energetic. The Mayo Clinic has shown that exercise may be the #1 way to prevent the cognitive decline that signals the early stages of dementia or Alzheimer's disease.

It is no coincidence that one of the key measures we review monthly at Presbyterian Homes is the number of residents who exercise at least three times per week. Our goal is fit residents. Fit residents are more satisfied with their overall health and well-being. Fit residents are better able to contribute to the broader community, and enrich the lives of their fellow residents. We encourage our residents to use the fitness equipment provided in our [WINGS Wellness Centers](#). We also encourage them to report the many ways that they continue to exercise on their own by taking walks, bike riding, golfing, playing tennis or other favorite physical activity.

If you are not currently exercising, we encourage you to start small. Steven Blair, Professor of Exercise Science at the University of South Carolina says "The best exercise is one you'll do." Isaiah 40: 31 inspires our program: "but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Join us as we work together to earn our wings.

### Social Accountability: Serving the Greater Good

**Joy Lenz, Marketing Director**  
**February 2010**

Giving back, changing lives and meeting needs of individuals and communities are at the heart of what Presbyterian Homes & Services does. And what we do fits naturally with our mission and values.

Presbyterian Homes & Services (PHS) enriches the lives of older adults through services and communities that reflect the love of God. As we serve in these dynamic and nurturing environments, unlimited opportunities to reach beyond our communities arise.

Social Accountability refers to activities and contributions directed toward the greater good of the public community in ways that do not financially benefit the organization.

Examples of how PHS contributes to the larger community can be seen in our services and at all our communities. Consider that nearly every PHS community serves as a meeting location for groups from the larger communities; or how local schools include intergenerational activities with PHS as part of their curriculum. Several PHS communities house affordable child care within their campuses.

PHS partners with higher education and government systems to improve education and credentialing opportunities for people who work with the older adult population. Best practices are shared with the goal of improving the lives of all older adults, regardless of where they live.

There are many compelling stories about how individuals are impacted by PHS. You may learn more about some of them by reading [The Greater Good, the 2009 PHS Social Accountability Report](#).

**The mission of Presbyterian Homes & Services is to enrich the lives of older adults through services and communities that reflect the love of God.**

[www.preshomes.org](http://www.preshomes.org)