

## What's Happening / Articles

### Christmas: Life in His Name

#### **December 2011**

*But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name.~John 20:31 (NIV)*

At Christmas we celebrate God's coming to earth in the flesh. Jesus was born in human form into a fully human life, yet was the very presence of God, fully divine. Two centuries after the first Christmas, Bishop Irenaeus of Lyon wrote, "The glory of God is a human being fully alive." So when we believe and accept his gift to us, we are started on a path of becoming fully alive and experiencing "life in his name."

The Presbyterian Homes & Services tagline, Freedom to live well, tells of its determination to shape and maintain communities where older adults can feel fully alive. This commitment to provide choices for healthy living touches all aspects of personal well-being; physical, emotional, social, and spiritual. Add to these the power to live well that comes from God in Jesus Christ, offered to all who are willing to receive it, and we have all we need to be fully alive.

While the celebration of Christmas appears only once a year on the calendar, choosing to "live in his name" is a daily decision and exercise of our freedom to live well, no matter our circumstances, age or position in life. Merry Christmas to you and yours, and may we all live well in the name of Jesus throughout the coming year.

### The Heartfelt Joy of Giving

#### **November 2011**

Did you know that year-end is a time when many make the majority of their philanthropic gifts? According to a study conducted by the "Network for Good", over 40% of annual giving to non-profits occurs in December. A key factor contributing to this phenomenon is the Christmas holiday season that encourages giving and receiving.

Giving is personal for many of us. There are many worthy causes and missions that seek our financial support. As we learn in 2 Thessalonians 3:13, As for you, brothers and sisters, do not grow weary in doing good.

Most of us desire the deep satisfaction that giving brings. In some way, we want to better the life of another, whether increasing someone's well-being, filling a spiritual void, or helping to provide a roof over someone's head, we want our gifts to impact others—to make a difference!

Would you prayerfully consider a gift this year to one or more of the following funds of Presbyterian Homes & Services Foundation?

**Benevolence Fund** – Providing financial assistance to those in need, helping them to remain in their home during times of financial strain. These men and women do not always need much to make ends meet. Often times they have experienced a health challenge or loss of a spouse that has affected their well-being.

**Chaplains & Spiritual Life Fund** – provides support for chaplains and worship services, prayer, and counseling services for residents and family members.

**Where the Need is Greatest** – Giving that benefits your community allows you to see first-hand the impact of your gift. Experience the real "joy" this holiday season by supporting causes that make a difference in your life.

To contribute, please direct your gift to Presbyterian Homes Foundation, 2845 Hamline Avenue, Roseville, MN 55113 and earmark your gift for the community of your choice. For information on other ways that you can support Presbyterian Homes & Services, please call 651-631-6110

### Around the World with Shoeboxes: Operation Christmas Child

#### **October 2011**

What does American Idol winner Scottie McCreery have in common with former Presidents George W. Bush and Bill Clinton? If you guessed that they all have filled Operation Christmas Child shoeboxes you are right! Join these very busy people who took time to send a box of hope and delight around the world. As part of a world wide team we can circle the globe with the smiles the boxes bring to children.

Around the world with shoeboxes. Can you imagine what that might look like? Hindu children in India learned what Christmas is all about when they received their first gifts sent all the way from us, here in the Midwest, in 2010. Haitian children, survivors of an earthquake, were thrilled to receive shoeboxes full of gifts and the message that someone cared about them. Over the years shoebox gifts have gone to 130 countries in Africa, Asia, Eastern Europe, Latin America and many other places where children are in need.

At our PHS campuses you can fill a box with other residents or on your own. Boxes will be collected by the second week in November and shipped around the world. In 2010 residents and staff at 23 campuses filled 1500 shoeboxes. Brochures with helpful ideas are available from your site leader or on the Operation Christmas Child website.

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**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)

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Stuffed animals, small calculators, soap, jump ropes, stocking caps, notebooks, crayons and dozens of others simple gifts can quickly fill a shoebox and provide necessities and fun for children. If you have a shoebox or a plastic box you are ready to begin.

For more information contact your site leader or email [Jean Greener](mailto:Jean.Greener@phs.org), Director of Church & Community Relations.

## The 2011 Walk to End Alzheimer's™

### September 2011

Every 69 seconds a person is diagnosed with Alzheimer's disease. Today, as many as 5.4 million Americans are living with Alzheimer's – and nearly 11 million more act as caregivers for a loved one with the disease. More than half of all Americans know someone with Alzheimer's. Soon, no one will be left untouched.

Along with many local PHS community events, you can join a PHS team or sponsor a walker in the 2011 Walk to End Alzheimer's, Saturday, September 24, 2010:30 AM - 10:30 AM: Registration and walk at Hyland Lake Park Reserve, Bloomington, MN.

The Walk to End Alzheimer's (formerly known as the Memory Walk) is the nation's largest event to raise awareness and funds to fight Alzheimer's disease. Since 1989, the Walk has raised more than \$300 million for the cause. Last year, PHS raised over \$50 thousand toward research to treat and prevent Alzheimer's, and programs to improve the lives of millions of Americans.

All donations benefit the Alzheimer's Association, whose mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Whether you walk or sponsor a walker, you're joining a nationwide community of thousands of people who are standing up and participating in the fight against this devastating disease. For more information or to donate, or go to [www.alz.org](http://www.alz.org).

## Optage In-Home & Community Services

### August 2011

Beginning September 1, 2011, Presbyterian Homes in-home and community services will operate under the new name **Optage**. This new name will encompass all of our current home and community services building a bridge to optimum aging.

#### **What is now called:**

Creative Independence In-Home Care

Creative Senior Dining

Presbyterian Homes Hospice

Helpmates (Serving Eastern Wisconsin)

Adult Day Center

#### **Will become:**

Optage In-Home Care

Optage Senior Dining Choices

Optage Hospice

Optage In-Home Care

Optage Adult Day Center

Personalized services are designed to deliver just what you need. The Optage staff will coordinate services and communication to contribute your health and safety while supporting your wish to remain in your home.

Optage will play a significant role in the continuum of care provided by PHS and shares a foundation of ministry that upholds the Christian spirit of compassion and service. Reaching into and beyond Presbyterian Homes' communities, Optage expands the range of services available to older adults and extends the mission of PHS to enrich their lives in ways that reflect the love of God.

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Learn more at [www.optage.org](http://www.optage.org). To inquire about receiving Optage services, call 651-746-8200.

### Preventing Falls

#### **July 2011**

A fall is a sudden and unexpected change in position that usually results in landing on the floor. Each year, one in every three adults age 65 and older falls. Falls can lead to moderate to severe injuries, such as hip fractures and head traumas, and can even increase the risk of early death. Fortunately, falls are largely preventable. Presbyterian Homes & Services' community-based falls prevention initiative aims to reduce the number of falls in our senior living communities to 6 falls or less per 1,000 resident days.

To meet this goal PHS clinical staff are trained to know how to assess fall risk and all staff have been informed about fall prevention. When a fall does occur, a multidisciplinary team analyzes the incident, evaluates implemented interventions, and determines program enhancement activities. We are also providing educational information and opportunities so that residents can reduce the risk of falling as part of their wellness routines.

By making some changes, you can lower your chances of falling. Here are 4 things you can do to prevent falls:

- Exercise regularly to increase your strength and balance
- Have your health care provider review your medications
- Have your vision checked
- Make your home safer by eliminating clutter, rugs and having clear well lit paths

Our overall goal is to promote the health and well-being of the residents in our communities. Fall prevention is one of the many wellness services provided by PHS help older adults maintain healthy lifestyles and improve their overall quality of life.