

## *For God So Loved the World...*

**T**he celebration of Valentine's Day, February 14, goes back to 270 AD. Saint Valentine, a priest, performed secret wedding ceremonies for soldiers who were forbidden to marry. Saint Valentine was caught and executed on February 14. He left a note to a girl who visited him every day in the prison to thank her, and he signed it, "Your Valentine"!

The gift of eternal life was a priceless act of God's love for us. Eternal life and forgiveness were unreachable for us, but God performed the impossible on our behalf.

- *"Greater love hath no man than he lay down his life for another."* ~ John 15:13
- *"For God so loved the world that he gave his only begotten Son that whosoever believeth on Him should not perish but have everlasting life."*  
~ John 3:16
- *"If we confess our sins he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."* ~ I John 1:9

As we celebrate God's wonderful love to us, we can find meaningful ways to show love to those around us. Our words, our actions and gifts are just some of the ways.

## **Happy Valentine's Day!**



**Ash Wednesday, February 22** begins the forty days of Lent that lead to Easter. You will see residents with a little ash on their foreheads. You might wonder why. Early Christians mourned their sins and repented of them. To show their sincerity, they placed ashes on their foreheads and thus we have the tradition.

As we approach this Lenten season, let's express our love to God for His gift of new life!

May God's blessings be with you!

**Chaplain Tom Geselle**

## *Garden Planning*

**D**uring the summer of 2011, SummerWood residents were able to enjoy the first opportunity to garden in our newly constructed raised gardens. It was a fun and successful gardening season for all involved, culminating in a garden party for all

on our patio and a special pizza party for the Gardening Group.

At this time we are compiling a list of who would like a garden space during the summer of 2012. Space is available. Please notify the front desk soon if you are interested.

# SUMMERWOOD OF PLYMOUTH

## Community Happenings

### A Matter Of Balance

The “Matter of Balance” class is in full swing and will continue each Wednesday through the end of February. Participants are learning ways to make themselves safer and adapt their environment and lifestyle in ways to lessen the chance of falling.

### Customer Satisfaction Surveys

All Presbyterian Homes communities will be conducting the annual Customer Satisfaction Surveys during the month of February. This is a very helpful way for you to communicate with us regarding what suggestions you may have to make this a better community. Previous survey feedback led us to add a second shuttle bus trip each month. Surveys will be sent to all family members of the Arbor residents. Commons and Terrace residents will receive your own surveys in most cases. If you have not received a survey by February 17 and feel that is an error please notify the front desk. ***The deadline return your surveys in the mail is Monday, February 27.*** We value your feedback.

### Tenant Council

The next ***Tenant Council Board Meeting*** will be held on Thursday, February 2.

Attendance at the Tenant Council meeting is limited to those residents who have been selected to serve 2-year terms as representatives of the resident body.

Your council board members are: Bill McCabe, Chair; Jim Stover, Vice Chair; Virgil Weber, Interim Secretary; Pat Vanetten, Dorna Waters, Pat Meyer, Joy Beck, Bruce Chase, and Ken Urke.

***The council has an immediate need for a new board member to fill the vacant role of secretary. This position requires attendance at monthly meetings and note taking. Minutes are then typed by Reception staff.***

***Won't you consider helping out? See one of the council members, or Shelli or Eileen if you want more information.***

The next ***Resident Meeting*** will be on Monday, February 13 at 2:00 p.m. All SummerWood residents are encouraged to attend this monthly meeting where you will receive information and updates from management on community happenings.

## Norovirus: the “Stomach Bug”

There have been numerous reports of other senior communities dealing with outbreaks of Norovirus this winter. We can keep ourselves free of this highly contagious illness by avoiding the typical methods of contact. Coming into contact with contaminated surfaces or objects, then placing your hand in your mouth; or having direct contact with an ill person by sharing food, drinks, or eating utensils are behaviors that should be avoided. To keep yourself healthy, practice proper hand washing; do not prepare food when infected; clean and disinfect contaminated surfaces with a bleach based cleanser and wash contaminated laundry thoroughly.

SummerWood dealt with this illness a few years ago. The most helpful steps we took at that time involved eliminating many group activities so that infected persons would stay home and get well.

# SUMMERWOOD OF PLYMOUTH

## Community News

### Staff Updates



#### Thank You For Your Generosity!

The Staff of SummerWood of Plymouth enjoyed a post-Christmas party on January 5 in the Library. Food was catered by Joe Sensor's in Plymouth. All staff received a Target gift card as well as door prizes for those who attended.



Becca Hanna ▶

HHA



◀ Rose Fallt  
Recreation Assistant



◀ Mark Gondek  
Environmental Services

#### SummerWood Phone Numbers

**Main Phone Number: 763-383-8888**

**Main HHA after hours cell # 651-335-5180**

**Arbor HHA after hours cell # 763-286-9797**

**Shelli Bakken ext. 101**

**Sharon Millett ext. 102**

**Kitchen ext. 103**

**Michelle Olson ext. 106**

**Debbie Willis, RN ext. 107**

**David Palmer ext. 108**

**Eileen Phifer ext. 109**

**Justin Nyandika ext. 113**

**Hair By Mare Salon: 763-551-1266**  
*Mary Birkhauser*

**Therapeutic Massage: 952-239-1841**  
*Tippy McInerny*

#### February Birthdays

<b>Eileen Fedo</b>	<b>2nd</b>
<b>Bettie Kellor</b>	<b>2nd</b>
<b>Glenn Martin</b>	<b>3rd</b>
<b>Bill McCabe</b>	<b>12th</b>
<b>Virginia Olson</b>	<b>12th</b>
<b>Dan Paustis</b>	<b>13th</b>
<b>Mary Lou Weber</b>	<b>27th</b>



Call Sharon today for information or to schedule a personal tour, 763-383-8888 ext. 102

# PRESBYTERIAN HOMES & SERVICES NEWS

## *Optage™ In-home Care & Services: Your Bridge to Optimum Aging*

Your home is your haven where you feel secure. It offers stability, freedom and solace. That's why Optage™ In-home care & services exists: to provide services, care and support to those whose needs are changing, but want to stay in the place of familiarity and comfort. In-home care and services, one of the bridging options offered by Optage, is a full service home care provider offering continuity of care should your needs change over time.

The choice of qualified provider is yours to make. At such a time, Optage In-home care is just outside your door. Optage In-home care brings all the assurance you need that you have chosen a trustworthy and effective home care service to provide whatever support you may need. Your service team consists of Optage staff that is trained to provide what you need to achieve your optimal well-being. They are specially selected and undergo a thorough background check and competency testing to show they possess the unwavering commitment your trust deserves.

Optage In-home care and services gives you personalized choices. You select from an extensive range of services, the ones that will benefit you most on an as-needed basis including:

- Nursing Services
- Home Health Aide Services
- Homemaker/Companion Services
- Rehabilitation Services

All Optage services are covered by Medicare, Medicaid, HMO, private insurance, and self-pay.

Optage™ is the service division of Presbyterian Homes & Services, offering innovative programs and products to help you confidently and successfully live each day to the optimum. Optage emerges from a rich history, spanning more than a half-century, of housing and health care choices for older adults, provided in a spirit of Christian ministry. For more information go to [www.optage.com](http://www.optage.com) or call us at 651-746-8200. We would love to talk with you about how Optage can help you build a "bridge to optimum aging."



### **Summerwood of Plymouth**

16205 36th Ave. North  
Plymouth, MN 55446

763-383-8888

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

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

