

## Love is in the Air!



Can you name the couples above?  
(See page 6 for listing) There are currently 30  
couples making McKenna Crossing their home!

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And much more!

### Mission Statement

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

### Vision

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

### Values

Compassion, Service, People, Stewardship, Christian Ministry, Growth & Innovation



Around the time you receive this newsletter, you will also be receiving our annual resident and family satisfaction survey in the mail or at your door.



We encourage you to take the time to complete the survey and let us know how we are doing.

This information has been very valuable to us in the past in setting our goals and finding new ways to improve the services we provide. We appreciate your suggestions and the wonderful compliments that we've also received each year that we've conducted this survey.

## Bedside Memorial & Procession of Honor Service

When you decide to live at McKenna Crossing you are not just choosing an apartment in a larger continuum of care complex; you are choosing to become part of a community. Each resident plays a special part in the community here. With the passing of residents, it is not only a loss experienced by the family, but a loss to the resident's peers and caregivers on the campus. The **Bedside Memorial Service** helps to provide closure and is initiated by the staff, with the family, in the residents apartment. With the consent of family, this service can happen day or night. The option to perform a bedside memorial is not obligatory, but a decision left up to the family. Residents, staff, and/or family members are invited to participate in bedside memorial which includes an opportunity to share memories about the deceased, words of comfort, assurance from the Bible, and prayers.

Following the service a **Procession of Honor** takes place. All staff are encouraged to come to the front entrance/lobby for the procession. The body of the deceased is covered with a special quilt and those present accompany the funeral director with the body to the coach at the front entrance of the building. Please see Melissa or Amanda if you have questions on either program.

Peace,  
Melissa K Kirchhoff  
Campus Administrator  
952.230.3302



## Mark Your Calendars...



<i>Schwan's Visits</i>	<b>Every Tuesday!</b>
<i>Vitality Clinic</i>	<b>February 2</b>
<i>Resident Council</i>	<b>February 2</b>
<i>Super Bowl Sunday</i>	<b>February 5</b>
<i>Parkinson's Support Group</i>	<b>February 8</b>
<i>Ambassador Meeting</i>	<b>February 9</b>
<i>February Birthday Party</i>	<b>February 13</b>
<i>Caregiver Support Group</i>	<b>February 13</b>
<i>Podiatrist Visit</i>	<b>February 14</b>
<i>Montessori Children Visit</i>	<b>February 14</b>
<i>Valentine's Dinner</i>	<b>February 14</b>
<i>Catholic Communion</i>	<b>February 16</b>
<i>Piano by James Shaw</i>	<b>February 18</b>
<i>Mardi Gras Dinner</i>	<b>February 21</b>
<i>FREE 5-Min. Chair Massages</i>	<b>February 21</b>
<i>Ash Wednesday</i>	<b>February 22</b>
<i>Men's Flapjack Breakfast</i>	<b>February 23</b>
<i>Monthly Resident Meeting</i>	<b>February 23</b>
<i>Ladies Hotcakes</i>	<b>February 28</b>

## A New Focus Group is Coming to McKenna!



In February, Melissa will be hosting three Transportation Focus Groups for interested residents. The groups will focus on our transportation needs and requests, what transportation is available currently to McKenna residents and what we would like to see in the future. **Available dates are February 7, 14 and 21, at 8:30 a.m.** Please contact Melissa (\*3302 or mkirchhoff@preshomes.org), or the front desk, to sign up.



## Is This Gift Right for You?

In general, *a charitable bequest* works for anyone who would like to support Presbyterian Homes in the future. Because you can change your mind at any time and make your gift in relative proportion to bequests to family and friends, this type of gift has universal appeal.

### Putting Your Family First

When planning a future gift, it's sometimes difficult to determine what size donation will make sense. Emergencies happen, and you need to make sure your family is financially taken care of first. Including a bequest of a *percentage of your estate* ensures that your gift will remain proportionate no matter how your estate's value fluctuates over the years.

### Profile of a Giver

- ~ You want to support Presbyterian Homes after your lifetime.
- ~ You have a will or living trust, or are ready to create one.
- ~ You are young or old, wealthy or middle class.
- ~ You want to make a charitable gift while ensuring family is taken care of first
- ~ You want to maintain the flexibility to change your mind at any time.
- ~ You want estate tax relief.

### We Can Help

Contact at 651-631-6132 or [phfcomments@preshomes.org](mailto:phfcomments@preshomes.org) (or contact Paul Deakins at 651-631-6189, [pdeakins@preshomes.org](mailto:pdeakins@preshomes.org)) with any questions about naming Presbyterian Homes Foundation in your will or living trust. We're happy to help, without obligation.

### Pausing to Reflect....

#### *Stopping to Help*

A friend tells of visiting Pittsburgh during a snowfall that gave the city a very bad time. The radio announcers urged the people to stay at home, at work or wherever they were. The traffic on the streets was completely snarled. Horns were blowing, policemen were frantically trying to get the traffic moving; people on foot were darting between cars to get to their destination.

It was actually peculiar because only a couple of inches of snow had fallen. In the prairie cities, this would have little consequence. But in Pittsburgh, it was different. The city is built on a hill and its roadways wind through them, around them, and over them. Thus only a little slippery snow makes driving hazardous.

How typical this is of life. It seems rather strange to some of us when someone stalls or breaks down right in the middle of life. We say to ourselves 'why can't they just barrel through life like the rest? We solve our problems; why don't they stay off the main roads of life if they can't handle it?'

That may be the attitude of some, but, thankfully not of most. The Bible talks of one very unique exception. It's recorded in the tenth chapter of the Gospel of Luke. A man was assaulted and left in desperate need. People passed by and saw his plight, but had no time to help. They had their agenda and left the needy man for others to help. But the 'Good Samaritan,' who undoubtedly had things to do and places to go as well, derailed his schedule to help. Jesus saw to it that this man was never forgotten. I have a feeling the Lord will see to it that our 'Good Samaritan' deeds will never be forgotten either!

- Paul Siewert

*"Faith plants the seed. Love makes it grow."* - unknown

# McKENNA MONTHLY



## Happy FEBRUARY Birthday!

<b>Dorothy Clausen</b>	<b>February 1</b>
<b>Clarice Oswald</b>	<b>February 1</b>
<b>Mickey Srdar</b>	<b>February 2</b>
<b>Howard Schwanke</b>	<b>February 4</b>
<b>Donna Swanum</b>	<b>February 6</b>
<b>Ruth Larson</b>	<b>February 10</b>
<b>Louise Botko</b>	<b>February 10</b>
<b>Marilyn Carroll</b>	<b>February 11</b>
<b>Elaine Kelley</b>	<b>February 12</b>
<b>Susan Reese</b>	<b>February 12</b>
<b>Zita Lundahl</b>	<b>February 13</b>
<b>Bruno Waldner</b>	<b>February 16</b>
<b>“Kee” Height</b>	<b>February 19</b>
<b>Ardis Asp</b>	<b>February 19</b>
<b>Jim Bailey</b>	<b>February 25</b>
<b>Joan Miller</b>	<b>February 26</b>
<b>Lillian Eggers</b>	<b>February 28</b>
<b>Lucille Bellew</b>	<b>February 29</b>



**Kelly & Vanessa's Hours  
at McKenna:**  
Tuesdays 9:00 a.m.-12:00 p.m.  
Thursdays 12:00 p.m. -3:00 p.m.



## Pathway Café

### Open:

*Monday-Friday, 8 AM -4 PM*  
*Saturday, 8 AM -2:30 PM*

### We Offer:

- ◆ Grocery Store & Personal Shopping
- ◆ Greeting Cards
- ◆ Dry Cleaning  
*by Martinizing Dry Cleaners*
- ◆ Floral Arrangements  
\*48-hour notice please
- ◆ Starbucks Coffee
- ◆ Zeba Shakes
- ◆ UBake Products
- ◆ Postage Stamps

## The Catholic Connection

### Rosary at McKenna:

Mondays, Wednesdays and Fridays,  
at 9:30 a.m. in the Chapel.



### Mass with Father Juniper:

Every Thursday, at 9:30am, in the Chapel.

*“Love is just a word until someone  
comes along and gives it meaning.”*

- Unknown



## Shepherd of the Lake Lutheran Church (SOLLC) News

**Large Print Bulletins and Hearing Devices**  
can be requested and picked up at the Welcome  
Center Front Desk when you come to worship.

### **Pastoral Visits at McKenna...**

Bible Study - Tuesdays at 1:00 p.m.

Grief & Loss Group - Tuesdays at 2:00 p.m.

Chaplain's Chat - First Wednesday at 2:30 p.m.

Worship Services - Thursdays at 2:00 p.m.

### **Worship Times...**

**Sunday Worship** is held weekly at  
8:45 a.m. and 10:45 a.m.

### Church Pastors:

Rev. Mark Holman, Senior Pastor

Rev. Mark Schmidt, Associate Pastor

Rev. Diana Hunstad, Associate Pastor



## **Fruit of the Spirit Focus for February: LOVE: Unselfish, loyal and benevolent concern for the well being of another.**

One of the main messages that comes through loud and clear from studying our Bible is the extreme importance that God the Father places on everyone learning how to love Him, love ourselves, love one another, and to even go as far as to be able to love our enemies and those who would try and hurt us. However, our abilities as fallen humans to love one another is very limited.

This is why it is so important for every Christian to work very closely with the Holy Spirit to cultivate this fruit into the core of our personalities. It is only when the love of the Holy Spirit starts to flow into and out of our personalities that we can even begin to love God, love ourselves, and love one another to the degree and to the intensity that God would really like to see from each of us.

<http://www.bible-knowledge.com/fruits-of-the-holy-spirit/>



## **Luther, the Reformer**

**A Movie Ministry**

**Part of SNL at SOLLC**

## From Roman Catholic Priest to Protestant Pastor...

Meet the son of a peasant, a man of sorrows, a student of theology, the maturing professor, the outlaw, the exile, pastor and teacher, defender of the faith in a Sunday Night Learning (SNL) Ministry at SOLLC. This study combines watching segments of the movie "Luther", followed by discussion led by Pastor Diana Hunstad.

This SNL ministry runs from 6:30 to 8:00 p.m., **Sunday, February 12, to Sunday, March 11**, at the McKenna Theater.



## A Wellness Minute...

*Join the McKenna Strollers Walking Group!*

Starting in February, the McKenna Strollers will be “strolling” their way towards completing a 5K!

There is no registration required or fee to pay to belong to this fun group of walkers. The group meets Mondays and Wednesdays in the afternoon. Walk as part of the group or on your own during the allotted time.

Distances will be tracked by Nan in the Wellness Center. Those who complete their 5K will earn a tee-shirt and their photo on the “Walking Wall of Fame” in the Wellness Center. For more information on the walking group or the 5K, contact Linda or Nan.

## Bring Your Water

Remember to keep yourself hydrated when you exercise, especially in the winter. If

you do not have a water bottle, there are glasses available in the Wellness Center for water. Your skin and thirst will thank you!



Support Groups Hosted At  
McKenna Crossing

### **Grief & Loss Support Group**

Meets Weekly on Tuesdays from 2-3 p.m.  
in the Club Lounge

### **Caregivers Support Group**

Meets the Fourth Monday of the Month from  
6-7 p.m. in the 2nd Floor Activity Room

### **Parkinson’s Group**

Meets the Second Wednesday of the Month from  
6-7 p.m. in the 2nd Floor Activity Room

**If you have any questions or ideas to form another support group please contact Amanda Waite, Resident Services Director at 952.230.3303**

## Mail Call...



The Shakopee post office has verified that postal rates rates have changed, **effective January 22.**

Regular mail will go from \$.44 to **\$.45**

Postcards will go from \$.29 to **\$.32**

2<sup>nd</sup> ounce and each subsequent ounce will be **\$.20**

Mail to Canada and Mexico will be **\$.85**

All other International mail will be **\$1.05**

Priority boxes/flat: small - **\$ 5.35**  
medium - **\$11.35**  
large - **\$15.45**

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### *Couples from Page 1:*

- |                                |                           |                          |
|--------------------------------|---------------------------|--------------------------|
| 1. Paul & Lois Olson           | 6. Bruno & Margie Waldner | 11. Dale & Merlys Lewis  |
| 2. Regis & Ruth Seidenstricker | 7. Frank & Sandy Burris   | 12. Bob & Pat Ritter     |
| 3. Miles & Zita Lundahl        | 8. Vern & Shirley Discher | 13. Paul & Helen Siewert |
| 4. Dale & Carrie Dickey        | 9. Bob & Jill Aicher      | 14. Jim & Nancy Bailey   |
| 5. Frank & Mary Bawden         | 10. Bob & Wilma Sellin    | 15. Karl & Judy Nath     |

# MCKENNA MONTHLY



River Valley Y News



**Lena:** I'm exercisin' to get in shape.

**Ole:** You're already in shape.

Dat shape is round!

## Building Better Balance

The Building Better Balance program will provide a safe and effective exercise format where you will practice balance skills, reduce your fear of falling, increase muscular strength and improve posture, mobility, range of motion and gait. Class size is intentionally small to ensure individualized attention to address your particular balance concerns.

6-week class runs Wednesdays, February 29 – April 11, at 1:15 PM; cost is \$48 for Y members, \$96 for non-members. **Registration forms are available at the Y and are due by Monday, February 27.**

## Meet & Greet + Treat

Please stop in on **Wednesday, February 15 between 10 and 11 AM** to say Hi, meet other AOA members, and enjoy a homemade breakfast treat. This is a great chance to meet other AOA members, share your ideas or ask questions of the AOA Coordinator. We meet in the conference room at the Y, right in the lobby. McKenna residents who are not & members are welcome, so please come on over and say Hi!

## Silver Sneakers MSROM®

*SILVER SNEAKERS® Muscular Strength and Range of Movement (MSROM)*

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

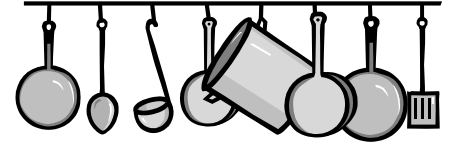
This multi-level class is good for EVERYONE – seated or standing, everyone can benefit from all over body conditioning and range of motion exercises. **Free to members, this class is offered every Tuesday and Thursday at 10:30 AM.**

**Amy McGarness**

**Active Older Adult Coordinator**

952-230-6681, [Amy.McGarness@ymcampls.org](mailto:Amy.McGarness@ymcampls.org)

Skillet  
Chicken



- ◆ 1 - 8 ounce can pineapple chunks
- ◆ 4 boneless, skinless chicken breasts
- ◆ 1 can fat free chicken broth
- ◆ 1 tablespoons brown sugar
- ◆ 1 medium carrot sliced into thin coins
- ◆ 1 medium green bell pepper, cut in square chunks
- ◆ 3 tablespoons cornstarch
- ◆ 2 teaspoons soy sauce
- ◆ 1/4 cup cider vinegar
- ◆ 1 large clove garlic, minced
- ◆ 1/4 cup water



Drain pineapple chunks, reserving liquid. Spray large nonstick skillet with cooking oil spray. Brown chicken on both sides in heated skillet. Add reserved pineapple juice, broth, vinegar, sugar, soy sauce carrots and garlic. Cover and cook over low heat for 30 minutes stirring occasionally. Add green pepper and pineapple chunks and cook 5 minutes more, until pepper is crisp tender.

Combine cornstarch and water; gradually stir into sauce. Cook stirring until thickened. Serve with cooked rice and garnish with parsley sprigs. Serve over rice for an easy low fat main dish. Serves 6.

*Nutrition facts per serving: 344 Calories; 3g Fat; 60g Protein; 23g Carbohydrate; 1g Dietary Fiber; 137mg Cholesterol; 549mg Sodium*

**Call today for information or to schedule a personal tour, 952-230-3300**

# 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."



McKenna Crossing 13810  
Shepherd's Path NW  
Prior Lake, MN 55379

952-230-3300

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

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

