

May 2024

Veteran Spotlight

“Memorial Day isn’t just about honoring veterans, its honoring those who lost their lives. Veterans had the fortune of coming home. For us, that’s a reminder of when we come home we still have a responsibility to serve. It’s a continuation of service that honors our country and those who fell defending it.”

– Pete Hegseth



Ray Russell has been a resident at Lake Minnetonka Shores since 2018 and is an Army veteran. Ray was born and raised in Chicago and lived there with his parents until joining the Army in 1946, just months after his high school graduation. When asked if he voluntarily enlisted or was drafted, he giggled and stated “I was drafted, but it didn’t seem to make a difference, because if you didn’t go voluntarily, you were probably getting drafted anyways. My friends and I all went together.” With Ray being an only child, I asked how his parents felt about him being drafted. He states, “my mom was very shaken up, but my dad was a WWI veteran, so he wasn’t too bothered.” Ray served for 1.5 years and explains that although his time served was shorter than others, he still had many experiences. He completed basic training in Virginia and was stationed in the Philippines. He stated that his Officers were very strict and that they had many rules they needed to follow.

Ray chuckled when he said, “they had to be strict. We were a bunch of teenagers!” Ray states that his time in the military taught him a lot of life lessons like being organized and hardworking. He goes on to state that he has a lot of respect for veterans and our fallen heroes.

When Ray got out of the Army, he chose to move to North Dakota to be with his cousin. He attended the college and graduated with a four-year degree in teaching with support from the GI Bill. He married his wife and they had four children together. When asked what he liked to do in his leisure time, he was excited to talk about his biking adventures. He started biking at the age of 41 and didn’t stop until he was 91! He did many across-state trips and has many fond memories of them.

Thank you, Ray, for your service!

Shaylee Sokoloski, Care Center Administrator

Lake Minnetonka Shores

PHS Foundation: A Beneficiary with Benefits

Leaving a legacy that extends kindness to your community beyond your lifetime doesn't have to be complicated nor require an attorney's involvement. You can make an impact when you designate Presbyterian Homes Foundation or your own community as a beneficiary of one or more of your assets. This is one of the simplest ways you can secure your financial affairs and leave a gift that reflects your values. It expresses deep appreciation for your community and makes a difference in the future of your neighbors.

Naming a beneficiary on a retirement account, life insurance policy, bank account, or other investment ensures that your resources continue to serve the needs of those around you. It's usually as straightforward as completing a form from your insurer/custodian or, if you prefer, you may complete a form online. **Please give us a call at (651) 631-6418 or 651-631-6408 if you would like assistance with this.**

Did you know that you can name both individuals and charities as beneficiaries on the same accounts? For example, you may choose to give 80% to family members and 20% to charities. It's also possible to specify a certain dollar amount that you would like to leave. And, if a primary beneficiary becomes deceased, a charitable organization could be named as a contingent beneficiary. If you already have a donor-advised fund set up, the distribution of investment funds may also be managed for years to come.

Naming a charity as a beneficiary brings flexibility to your financial plans so that assets are available during your lifetime. It also enables you to sow seeds of kindness and compassion that will bear fruit into the future, demonstrating gratitude for blessings and ongoing care for our loved ones. Thank you for considering taking the step to designate your community or Presbyterian Homes as a beneficiary of one or more of your assets. Your generosity makes a difference!

Creating Smiles:

Residents enjoyed Lori Casey and her sisters
Hymn sing



Spiritual Care: National Mental Health Awareness Month

Growing up as a child, there were few topics that were not discussed freely in my home. Some topics were considered taboo. For example, mental health was never a subject that was breeched in our family conversations. Yet, when we did talk about mental health, we employed a more colorful word to describe a person's mental health; it was called "crazy." No one that I knew or still know wants to be called crazy. Thus, mental health is rarely discussed in public settings. Most often if the term, crazy, does come up in a conversation, it is due to the stress that surrounds a person. The stress would be so much that the person may utter these words, "I feel like I am going crazy." Let me warn you now, to be careful of uttering that phrase in my presence, because I may ask you, "Is it a short drive?" The humor is quickly recognized. Of course, that has been the way that most of us approach the subject of mental health: through a bad joke or a pun. It seems like no wants to talk about it.

That is why I would like to start a conversation about mental health among our staff and residents at Lake Minnetonka Shores. The month of May has been declared "National Mental Health Month." With this open opportunity to discuss mental health without judgment on anyone's part, I have scheduled five messages to be delivered in the chapel by a minister who struggled with mental health in his life. For over twenty years, this minister never told anyone that he suffered with depression and sadness until one day, he could no longer function. So, he began mental health therapy with a Christian counselor who helped him put his life back together. This pastor shares his story through five biblical messages on mental health.

Here are the titles of five of those messages:

1. The Most Dangerous Myths of Mental Health!
2. Heal My Anxiety.
3. Battling Depression!
4. Why Do I Always Worry?
5. Silence Your Negative Thoughts.

Even if mental health is not an area of struggle for you, please join us any way to gain a better understanding of this topic that few people want to discuss. The times for these messages will take place on Wednesday at 10:30 am, starting on May 1. Did someone say, "May Day, May Day? I need help. I need mental help!"

John Cordova, Pastoral Care Director



Lake Minnetonka Shores

Creating Smiles:



Terry Juliar taking his best gal Nadine on his new Ride.



Dick Catton sitting on the bench that he and his family dedicated to the Arboretum in memory of his wife Sharon.



Patrick Allen plays all the songs that the residents love for the Friday all campus entertainment.



Tuesday afternoon Tea.



Volunteer News:

Volunteer of the Quarter winner is... Flossie Finnicum

Flossie was nominated by several people in recognition for her compassion, encouragement, involvement, and friendship. The nominators she is the very most positive person they have ever met. She helps whenever and wherever she is able and always with a smile in her heart. Flossie has been a highly active volunteer (newspapers, rosary and mass, mentors with high school students, happy hours, event helper, entertainment Friday's) and she has such a kind, loving, and welcoming way about her. As a nominator said, *"she is love personified and the most helpful person I've worked with."* Congratulations Flossie!

Volunteer of the Quarter nominations for second quarter can be sent now until July 1.

Fun ways to volunteer this summer.

- Care Center Garden waterer- Saturday and/or Sunday
- Front Door greeter
- Music on the Patio- once a month
- Pontoon rides - weekly
- Watermelon Socials- once a week
- Friday entertainment- weekly
- Firepit Fun- once a month

If you are interested in learning more about volunteering, please reach Betty Carlson, Volunteer Director at bjcarlson@preshomes.org or (952) 471-3920.



Happenings *Contact Donna Olsen, Life Enrichment Director, if you have questions 471-4407*

Outings*

Jubilees/Errand Trips every Tuesday & some Fridays

- 5/2 Trader Joe's trip
- 5/3 Mackenthun's Trip
- 5/8 Play outing "Til Beth Do Us Part"
- 5/9 Arboretum Café Scenic Ride
- 5/13 Swimming at Folkestone
- 5/16 Target/Ridgedale trip
- 5/17 Lund's/Byerlys Trip
- 5/23 Cub Foods/Dollar Store Trip
- 5/24 Aldi's Trip
- 5/29 Lunch outing to Benihana
- 5/30 Walmart Trip
- 5/31 Lund's/Byerlys Trip
- 4/29 Crossroads Deli lunch outing
Swimming at Folkestone

* *Outings/events subject to change*

Entertainment and Special Events*

- 5/2 Gillespie Singers
- 5/3 Music entertainment - "Mike Riddle"
- 5/5 River Valley Dance Performance
- 5/6 Resident Council Gables 2nd
- 5/10 Mother's Day Tea
- 5/11 Mt Calvary Choir performance
- 5/13 Ambassador meeting
- 5/15 Painting Tile craft class
St. John's Youth Choir "A technicolor Promise"
- 5/16 Honey Bee Presentation
- 5/17 Watch Battery Service
Music entertainment - "Trio on a Stick"
- 5/21 Resident Council Gables 3rd
- 5/22 Court/Villa Tenant meeting & Birthday Bash
- 5/24 Music entertainment - "Tara Bruseke"
- 5/29 Happy Hour with Lydia & Isaac
- 5/31 Arbor/Gables Birthday Bash & entertainment

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

We are thrilled to announce the brand-new website!

The Presbyterian Homes & Services website is new and improved. Designed specifically with YOU in mind, the redesigned website is easy to use with simple navigation, abundant resources and a fresh look.

- Get news, stories and updates on PHS communities, residents and employees, plus resourceful information on living well!
- Access your community's newsletter, social calendar and dining menus all in one place.
- Explore the many different types of support PHS offers including rehabilitative services, home meal delivery and more.



Visit PresHomes.org today!