

April 2024

Resident Spotlight: Jan

Sitting together by the window in her room with lovely and vibrant arrangements of spring flowers in celebration of her recent 102nd birthday, Jan Ramsey shares some of her story.

Jan was born in 1922 and grew up in a home in South Minneapolis with her parents, brother and sister. She has many fond memories of her childhood, when “everything was so much simpler.” For example, streetcars were used as the main mode of transportation, the radio played news, stories and smooth music. Entertainment while she was growing up was much more limited; she laughs as she tells of a time she and two neighborhood girlfriends “rigged up a line from their outside deck to our deck.” Jan smiles, explaining “we would simply send messages on the line, back and forth to each other’s homes, instead of using the phone. It was kind of fun.” Jan’s childhood home was near the now historic Washburn Park Water Tower. At the time, there was a vacant lot across the alley from her home that would end up being used for assembling the tower. She still recalls being fascinated by the construction of it and remembers the stately stone eagles that still adorn the top of the tower today. The tower was completed in 1932, and is one of three stone water towers built in Minneapolis during that time.

Jan attended a wonderful women’s college in Mount Carroll, Illinois and her first job was working as a secretary in a bridal department. She sold wedding gowns and attended the weddings, assisting the brides on their special day. Jan worked for 9 months until she wed her husband, William, in 1943. Together they raised two wonderful children in Minneapolis.

When asked what she remembers most about her life and childhood, she explained “it was happy, healthy, and we enjoyed whatever we did.” She tells tales of the simpler times, walking to Saturday matinee movies at the Boulevard Theater on Lyndale Avenue, roller skating around the neighborhood, attending hockey games with her dad, explaining “everybody seemed to play hockey!” Jan chuckled as she recalled the days when she and her husband would sometimes catch both a North Stars and University of Minnesota hockey game in the same evening. “We would go to one, leave halfway through, and then go across town to the other game. We really enjoyed watching hockey.” Jan explained, “there was no hockey team for women back then, but I played field hockey in college.” You better believe she would have tried out for a women’s hockey team if there was one! You can still find Jan enjoying the Minnesota Wild on her television to this day.

Some of Jan’s happiest memories in life are of raising her children and enjoying her grandchildren and great-grandchildren. The most rewarding parts of getting older, Jan explains, are “getting to see a lot. I’ve been able to spend a lot of time with my nieces, nephews, children... and just family and children in general.” She is proud of her wonderful family. Within her room she has displayed a beautiful hand crocheted rose, and a meaningful painting from her great-granddaughter. Jan’s best advice to others is this. “Enjoy your family and friends while you can. Life can be so fast-paced. Slow down a little.”

Lydia Buetow, campus administrator

Lake Minnetonka Shores

PHS Foundation: the rewards of gratitude

In the golden years of life, we often reflect on things we have experienced and achieved. Now, more than ever, we understand the importance of physical and spiritual well-being and ways to best care for ourselves. Through challenges and joys, one simple practice can make a surprising difference: gratitude. Did you know gratitude is key to unlocking a treasure trove of physical benefits?

Countless studies have shown that practicing gratitude can lead to improved physical health, especially as we age. From reduced symptoms of illness to enhanced immune function, the effects of gratitude are truly remarkable. Physiologically, the act of giving thanks has been shown to lower blood pressure, reduce inflammation, and promote better sleep—all essential components of a strong and healthy body.

While King David may not have understood the physical benefits of gratefulness, he certainly encouraged this practice. For example, Psalm 107:1 tells us to "Give thanks to the Lord, for he is good; his love endures forever." Surely David understood that gratitude fosters the kind of resilience that helps us navigate life's ups and downs – and do so with grace and strength.

This verse also reminds us of God's enduring goodness, even amidst challenges or difficult circumstances. When we cultivate a heart of gratitude, despite what is facing us, we not only honor God but also nurture our own well-being.

Let us embrace the practice of wholeheartedly giving thanks for the blessings that surround us. Whether it's through appreciating the freshness of springtime, greeting a neighbor or thanking someone for their kindness, we can cultivate a spirit of gratitude each day.

In this season of life, we are thankful that you are a vital part of this community, as we journey together. May you, too, find a blessing today and reap the rewards of gratitude.

April



Each **April**, the American Occupational Therapy Association (AOTA) celebrates OT Month. There are more than 213,000 occupational therapists, occupational therapy assistants and students who work nationwide to create fuller lives for clients and their families!

Mark your calendar:

Wednesday April 10, 5:00-6:30 PM

Dementia Presentation with Ben Ricker, Education and Training Specialist.

Come and learn about types of dementia, stages and process.

Residents, families, staff and the local community are encouraged to attend.

Snacks will be served

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Creating Smiles: market food cart for the Westonka Food Shelf

Construction started at LMS woodshop



Donna Wilson pinning up canopy for sewing



Cart was primed "on air" during the TV interview on National Public Radio's News-Hour.



Painted at Gillespie Center



Designers/ builders Phil Kerber and Phil Johnson



Residents and Volunteers at LMS woodshop

Delivery Day



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Starting conversations about advance care planning

Who would speak for you about your health care options if you are unable speak for yourself? How do you open a conversation about what matters to you and have a say in your health care? These are the questions of the day on April 16 — National Healthcare Decisions Day, designated by the “Conversation Project” of the Institute for Healthcare Improvement.

Presbyterian Homes & Services (PHS) is lifting up this day to encourage you and the people most important to you, especially those who may be called upon to care for you. While we can’t plan for everything, we can talk about what is most important — in our life, and in our health care — with those who matter most.

In an era of increasingly complex medical care, we can’t afford to ignore life’s end, or to separate our medical decisions from our spiritual values. Even amid the sophistication of health care technology, “God is our refuge and strength, a very present help in trouble” ([Ps. 46:1](#)).

PHS is dedicated to helping you open this conversation about your wishes for care with your chosen family, health care providers and with us. Our approach, “Honoring Choices,” offers encouragement and guidance for you to give clear instructions through a health care directive.

A health care directive is a written document that informs others of your wishes about your health care. It allows you to name a person (“agent”) who will assure that your choices are honored. It also allows you to name an agent if you want someone else to decide for you if you are unable to make decisions for yourself. You must be at least 18 years old to make a health care directive.

This document has legal authority and tells your doctor, family and others your values and wishes about health care. Physicians, health care providers and hospital staff are bound by law to follow your directives.

Advance care planning has even deeper value for those who are Christians. It offers us spiritual preparation, to lay up for ourselves treasures in heaven ([Matt. 6:20](#)). It reminds us that We needn’t fear death. Even as our lives draw to a close, we cherish the promise of new life.

Advance care planning is not an easy subject to open. Honoring Choices helps you and your loved ones navigate these conversations focusing on your health goals, spirituality, and what it means to live fully while remaining realistic about the end of life. Talking with the important people in our life can bring us closer together. It also helps us create the foundation of a care plan that’s right for us — a plan that will be available when the need arises.

Reach out to your campus pastor who can help you take it step by step and get the conversation started.

Pastor Chris Wheatley, Director of Pastoral Care PHS management

Volunteer News

Volunteering is healthy for you!

Volunteers make an immeasurable difference in people's lives and often serve to help others. Did you know that volunteering can help your health? Research has shown that volunteering offers significant health benefits, especially for older adults, including:

1. Improves physical and mental health.

Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among adults, age 60 and over, experience benefits to their physical and mental health. They report better physical health than non-volunteers. Research also has shown that volunteering leads to lower rates of depression and anxiety, reduces stress and increases positive, relaxed feelings by releasing dopamine, especially for people sixty-five and older.

2. Provides a sense of purpose and teaches valuable skills.

The work volunteers provide is essential to everyday activities, giving volunteers a sense of purpose, especially when giving their time and talent in the areas they find meaningful. Older volunteers experience greater increases in life satisfaction and self-esteem.

3. Nurture new and existing relationships.

Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen existing relationships is to take part in a shared activity, which helps expand their social network.

People volunteer for varied reasons, such as staying active during retirement, meeting new people, and serving their communities. Yet all volunteers share a common desire to improve the health and welfare of people in their communities.

I invite you to volunteer and learn more about the wide variety of volunteer opportunities you can get involved with at Lake Minnetonka Shores. Doing so will make a difference, in the lives of your neighbors and friends and can also improve your health. Blessings, Betty

*Full article on the benefits of volunteering can be found in the Mayo Health Care System authored by Angela Thoreson, a licensed independent clinical social worker in Psychiatry & Psychology in Austin, Minnesota

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

Outings*

Jubilees/Errand Trips every Tuesday & some Fridays

- 3/4 Swimming at Folkestone
- 4/4 Trader Joe's trip
- 4/11 Target/Kwik trip
- Arboretum Ride & DQ
- 4/12 Lund's/Byerlys Trip
- 4/15 Swimming at Folkestone
- 4/18 Cub Foods/Dollar Store Trip
- 4/19 Aldi's Trip
- 4/25 Walmart Trip
- 4/26 Lund's/Byerlys Trip
- 4/29 Crossroads Deli lunch outing
- Swimming at Folkestone

* Outings/events subject to change

Entertainment and Special Events*

- 4/1 Resident Council Gables 2nd Ambassador meeting
- 4/3 Alison Young & her flute program
- 4/4 Ceramics painting class
- 4/5 Music entertainment - "Bobby & Christine"
- 4/6 Special Bingo with River Valley Church
- 4/12 Music entertainment - "Patrick Allen"
- 4/15 Pizza Party
- 4/16 Resident Council Gables 3rd
- 4/19 Music entertainment - "Mary Hall"
- 4/20 Home Studio Music Showcase recital
- 4/22 "LeagueAries" concert
- 4/24 Court/Villa Tenant meeting & Birthday Bash
- 3/22 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.

Thank you, volunteers for making a difference every day

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

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, including our own residents.

These volunteers complete a variety of tasks — reading to residents, assisting with activities, tending gardens, delivering mail, running errands and helping with office projects. Our volunteers lighten the work of the staff and brighten the days of our residents.

If you are interested in volunteering, contact volunteering@preshomes.org.

Please take time to thank a volunteer today!