

March 2024

Note From The Pastor

“There are far, far better things ahead than any we leave behind.” C.S. Lewis

At first glance, this quote appears to be an expression of optimism for the future. We hope for world peace, good health and time with loved ones. These are prayers we ask of God for the remainder of the year. Interestingly many of us prayed for them in 2023, yet, clearly in some cases there was no change, or things became worse. Unmet expectations or desires may lead to disappointment, especially when our happiness depends on them.

Thus, when C.S. Lewis penned the words above, he did so with thoughts of everlasting joy not temporal bliss. Consider the sentence he wrote beforehand, “Has this world been so kind to you that you should leave it with regret?” Interestingly, both lines were written to a woman facing a looming death. They were offered to help her focus on the glory that would be hers after she walked through the valley of death.

You see, when we choose to follow Jesus and find ourselves walking through the valley of death, or our hopes for the new year dissipate, we need not fear. As the author of Psalm 23, wrote, “Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever.”

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So, let us take time to thank God for His many blessings, continue to present our requests to God, and cling to the far, far better and eternal joy promised through faith in Jesus Christ.

Blessings ~Pastor Jane Morgan

Out and About at EagleCrest

Last month we celebrated Mardi Gras, Ash Wednesday, and Valentine’s Day within a day of each other, making for some great photos! We want to extend huge thank-yous to everyone that donated roses and valentines to our residents, and to the staff that helped deliver them. What a treat!



EagleCrest

The Difference of a 501(c)3

Since its beginning, Presbyterian Homes & Services (PHS) was established as a 501(c)3 non-profit organization. Today, each PHS community also maintains its own 501(c)3 status, as does the Presbyterian Homes Foundation and Optage®.

Governance by a mission-driven board of directors, instead of profit-driven stakeholders, fuels the purpose of our organization. We believe that reinvestment of revenue back into PHS, rather than into the bottom line, creates a better place for residents to live. That's one reason being a 501(c)3 non-profit organization makes all the difference.

Another difference is due to the generosity of our residents, family members, employees and friends. Every charitable gift received by the Foundation for PHS, your community and Optage is tax-deductible and impacts the lives of residents and employees in important ways. Even memorial gifts that honor a loved one, or Shining Star gifts that recognize an exemplary employee, are allowed by the IRS (Internal Revenue Service) as tax deductions.

Gifts received throughout the year as cash, credit cards or stocks are acknowledged by letter after each gift is received. Some people choose to give charitably through their IRA distribution. Because this type of gift is not treated as income, income taxes are not paid on the distribution.

We are honored, as a non-profit organization, to serve residents, family members and employees, and we appreciate every gift that furthers this important mission.

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If you would like more information about memorial gifts, Shining Star gifts, IRS charitable deductions or to simply learn more about how you can make a difference, please call the **Foundation at 651-631-6408. To visit us online, please go to preshomes.org and click on Make a Gift.** It really does make a difference!



Monthly Reminders

- For daily activities (or cancellations) and community updates, please select channel #1983 on your TV or check out the television monitor in your lobby.
- Commons and Hearth residents: If you are ill and need assistance (even on nights and/or weekends), please press your pendant for help.
- Name Tag Days: Terrace is Wednesdays, Commons/Hearth is Tuesdays.

Can Movement Help Our Brain?

Mental health and brain health are very closely connected with our physical health. What's good for the body is often good for the mind. Physical activity has many well-established mental health benefits. Some of these amazing benefits are:

- Reducing anxiety and depression
- Increasing thinking and cognitive functioning
- Improving stress management
- Improving sleep
- Improving learning and judgment
- Increasing energy
- Improving overall feelings of happiness and quality of life



So, what exactly do we have to do to reap these benefits? Fortunately, it doesn't take much physical activity to see immediate results. Any and all movement can be beneficial! Whether it is going for a walk, doing a few minutes of seated exercises, participating in an exercise class or meeting with a personal trainer.

Move daily in a way that works best for you. Maybe that's doing small 5-minute increments a few times a day or adding your movement to your daily schedule. The exercise that is the best, is the exercise you will do! That means picking something you like and finding an avenue that holds you accountable. For example: schedule an appointment with a personal trainer, find a friend or accountability partner that will do the movement with you or attend a regular exercise class.

Physical activity has a profound effect on our brain and mental health. Knowing that even small amounts of movement can have immediate positive effects can be very encouraging. Make a vow to yourself to start moving, as it can have an instantaneous effect on your mental health and will change your day and your life for the better.

The wellness team at EagleCrest can share simple ways of incorporating movement, recommendations for daily exercise and educate you in the services we offer. If you want to take advantage of a free consultation or set up personal training, please reach out to our Wellness team at EagleCrest by calling 651-635-6026 or emailing me at swiberg@preshomes.org.

~ Sara Wiberg
Fitness Director

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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.

PHS president & CEO announces retirement, board transition plan

Dear Presbyterian Homes & Services family,

It has been a blessing and joy to be part of this ministry for more than 47 years. I am in awe of how God has blessed us and has been faithful through every challenge. The Lord has been in it all, shepherding, guiding and prospering this organization.

My wife, Jeannie, and I have prayerfully considered the best time to step away from my role at PHS and retire. We have determined that now is the right time. As such, I have notified the PHS Board of my intent to retire in spring 2025.

I am humbled, thankful and privileged to have been part of this ministry for my entire career. I have been honored to work side-by-side with an outstanding board, a great leadership team, as well as capable and extraordinarily gifted staff.

You have been an inspiration to me as I have tried to serve with commitment and compassion. Because of

you, our ministry truly embodies and extends our mission to honor God by enriching the lives and touching the hearts of older adults.

A search committee, appointed by the PHS board, has convened. They will meet frequently over the next 12 months to identify, recruit and recommend to the PHS Board the next President/CEO of Presbyterian Homes & Services.

Thank you for your friendship and for your support in this important mission. Together, and with God's hand of blessing, we have a strong foundation. As we look ahead in anticipation, we have adopted Jeremiah 29:11 as a scriptural framework:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

With deepest gratitude,
Dan Lindh, President & CEO