

AVALON SQUARE

freedom to live well®

February 2022

These Hands

These hands came into the world on a wintery day in West Allis Wisconsin in 1935. They joined an older sister and a brother...and later they became a family of seven adding two more sisters! These hands grew up and attended Nathan Hale High School where they were active in chorus (sang alto), Girls Athletic Association, Student Finance, and Hay Shakers (square-dancing club). These hands also served the church singing in the chorus, teaching Sunday school, and youth group. These hands were even an active member of Jobs Daughters. Throughout these hand's early life, they met friends that have remained an important part of her adult life.

As these hands continued in life, they married and had three wonderful children. These hands were fortunate enough to stay at home with them until they were in school. With the children in school, these hands were able to work part-time and become involved in the community: a couple being a Den mother and a Girl Scout Leader. Of course, she was also heavily involved in her children's activities like having a pizza party for 60 high school wrestlers and their friends! (Unbelievably no one spilt anything that night!)

At age thirty-eight these hands traded housework for homework! These hands traveled to the University of Wisconsin-Madison where they worked hard to graduate with a B.S in Special Education and eventually with a master's degree. They continued to teach students with learning disabilities for twenty years!

Throughout these hands' life, they had two major passions: sewing and camping! These hands enjoyed cutting, pinning, and guiding the sewing machine to make clothes for her and her daughter. These clothes would take their family from campsite to campsite – exploring some of the best areas in the United States.

Later in life, these hands were diagnosed with rheumatoid arthritis and had to adjust to new challenges. As life continued and these hands found themselves in an empty house, they decided to continue their passion for camping! They bought a small tent and continued to travel and camp in Wisconsin parks until their late 70s.

Today these hands have found Avalon Square as a spot to enjoy activities and new friends for the rest of her life.

Advice: Spend as much time and care with your children as you can, because you have the ability to influence them for the better, and go outside!



This Month's Featured
Hands: Juanita Gorden

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Life Enrichment

Cupid Bingo

**Thursday, February 10th at 1:30pm
in the MULC**

Don't forget to wear red or pink!

February Birthday Party

**Wednesday, February 16th at 1:30pm
in the MULC**

Come celebrate the holiday of love and all of the February birthdays at Avalon Square! Joe Kadlec will perform; cupcakes and beverages will be served.

Great Decisions with Dr. Scott Hendrix: *End of the Global Order?*

**Wednesday, February 23rd at 3:00pm
in the MULC**

Bourbon Street Stompers

**Monday, February 28th at 1:30pm
in the MULC**

The Bourbon Street Stompers will be here to perform some New Orleans style jazz music and get us in the spirit for Mardi Gras!



Christina may be on maternity leave but the fun doesn't stop!

Staying Healthy During Cold, Flu and COVID Season

Unfortunately, winter is often a season of sickness. Most of us know that winter means cold and flu season is upon us, but not everyone is aware that winter weather can also affect our mental health. During the winter months, it's not only important to take precautions in order to prevent physical illness, but also to practice healthy habits and guard your mental health.



1. **Get the Flu Vaccine.**
2. **Get Natural Light.**
3. **Eat Balanced Meals.**
4. **Staying Mentally & Physically Active.**
5. **Stay Entertained with New Interests.**
6. **Engage in Physical Activities Indoors.**

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Touch a Heart This February

There is an easy and meaningful way for you to show your appreciation to an employee who has **delivered exemplary service** to you. It's called a **Shining Star**.

PHS employees are honored to serve you. Many people participate in your daily service and care. Some staff play a highly visible role, like resident assistants, servers, housekeepers and nurses. Others, like those who work for culinary or environmental services, generally work behind the scenes to ensure that your needs are met.

Shining Star envelopes are available at your community. Please check with your receptionist or campus administrator for an envelope. You may use it to make a gift to your community in honor of service, care, or an act of kindness that you received from your Shining Star. You can honor one staff member who will be notified that a gift was made in their honor. The staff member will receive a special pin and a thank you letter about the recognition. Most important, your Shining Star will experience a great sense of pride knowing that their service, care, or act of kindness has left a positive impression on you.

Your gift helps your community

Your charitable, tax-deductible gift is a thoughtful way to express your appreciation. Your gift will be directed to the Where the Need is Greatest Fund for your community's use.

The Foundation is happy to help you, too. Please call the Presbyterian Homes Foundation at 651-631-6105.

February is the perfect month to thank them from your heart!

Wellness Zone

Try these tips to help increase your immune system to keep you healthy for the chilly season!

- **Eat the Rainbow!**

Eating a diet rich in vitamins and minerals is vital to a functioning immune system. Fruits and vegetables are high in antioxidants, and anti-inflammatory properties that aid in an effective immune response.

- **Exercise Regularly**

Research has shown that consistent moderate exercise has a positive effect on the immune system. It allows the system to work more efficiently. So, try and get 150 minutes of exercise a week!

- **Maintain a Healthy Weight**

Excess body weight decreases immune function. Therefore, try and maintain a healthy body weight to increase immune functioning.

- **Drink in Moderation**

Drinking alcohol in excess weakens the immune system through depletion of immune cells. So, if you drink – drink in moderation.

- **Get Adequate Sleep**

Sleep deprivation leads to a depletion of the immune system, making you more susceptible to illness.

- **Take Extra Steps to Avoid the Spread of Disease**

Wear Your Mask /Wash Your Hands /Cough into Your Elbow / Clean all Surfaces

- **Minimize Your Stress Levels**

<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>

Call today for information or to schedule a personal tour, 262-446-9300



Avalon Square

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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.

EQUAL HOUSING OPPORTUNITY.
ALL FAITHS WELCOME.



Practicing stewardship: past, present and future

Much has changed at Presbyterian Homes & Services (PHS) since we opened our first senior community in 1955, not to mention in just the past 24 months! But one important thing has not—we remain a faith-based and mission-driven organization where the older adults we serve today, and in the future, come first.

Despite the uncertainty of our time, we recognize God's blessings and the rich legacy on which we stand. God has entrusted to us the wise stewardship of resources for this ministry. We rise to this responsibility guided by Paul's words that "...those who have been given a trust must prove faithful." (1 Corinthians 4:2)

Together we are facing a rate of rising costs unseen in nearly four decades. We know that individual households, like yours, are withstanding higher costs of living. Likewise, the cost of goods and services that PHS requires to provide safe and comfortable communities for you are rising, coupled with unprecedented workforce challenges. We are making

every effort to navigate rising costs while delivering a level of care and a wide array of services you enjoy and rely on.

PHS will not waver in our commitment to stewardship. We are not just operators of senior living communities, we are owners. We take a long view - to make and keep commitments to the people and the wider communities where we serve. We are also deeply grateful that many of you choose to invest your time and charitable financial gifts as well. We simply couldn't do this without you.

In the 4th century AD, philosopher and theologian Augustine said, "Pray as if everything depends on God. Work as if everything depends on you." Please know that at PHS we do both—praying in faith that God will provide and working in earnest to serve you as efficiently and effectively as possible. In return, we find our joy in celebrating residents who have lived with us for decades. Thank you for your trust and understanding, your prayer and support, and for continuing to choose to live at a PHS community.