

These Hands

by Ashley Lane, Resident Services Director

These hands were born on December 24 in Hayfield, MN. They lived with their mom, dad, two brothers and a sister. Their family was very close and spent a lot of time with one another. When these hands were little, their family moved to West Allis, WI, for their father's job. At the age of 11, these hand's mom had passed away from kidney disease. These hands quickly began helping in the household with laundry, cooking, cleaning, taking care of their father and helping the siblings with anything they could help with. They grew up during the Great Depression and didn't have a lot of money, but their love was rich. These hands won't forget their 21st birthday. After church, their dad said, "I wish I could give you more, but I want you to know you are the best Christmas present" and handed these hands an envelope with a \$5 bill in it. That was quite a bit of money and the words meant the world.

When these hands were a little older, they enjoyed volunteering, working, and caring for others. Their volunteer work involved many different tasks over 30 years, such as working in an airport as a traveler's aide, sorting books in the libraries, being an usher at the Performing Arts Center, and helping at a veteran's convention in Milwaukee where they even were able to shake the hand of President George Bush. Although quite a bit of time was spent volunteering, these hands also worked as a clerk at Boston Store for over 20 years and saved every penny they could to fulfill their bucket list of traveling. These hands wanted to see the world.

These hands traveled to many places with either their childhood friend, Magdaline, or their spouse. They traveled to Australia, Africa, Europe, North and South America, and Asia. They were also supposed to travel to Antarctica, but unfortunately were not able to go due to an unexpected broken leg. These hands were also able to dip their toes in the Arctic, Pacific, Atlantic, Southern Antarctic and Indian oceans. During the many adventures of traveling, they enjoyed being able to experience the different cultures, view the beauty, visit museums and monuments, attend operas or shows being hosted, try new cuisine and experience something unfamiliar.

Can you guess whose hands these belong to?



This Month's Featured Hands: Elaine Drydyk

"And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them." ~1 John 4:16

AVALON SQUARE

Lenten Learnings

It's March, and in the Christian calendar, that means Lent. This liturgical season gives us an opportunity to deepen our connection to our faith through several spiritual practices. The three pillars of Lent are prayer, fasting and almsgiving. This Lent, return to the Lord with these or other spiritual disciplines. Stop down to the prayer tree and take the name of a staff person to pray for daily. Grab a few extra groceries for the food pantry. Fast from candy or other temptations and use that time to focus on God's call on your life. However you choose to practice, know that you have my prayers for a blessed and fruitful Lenten season.

"Even now, declares the LORD, return to me with all your heart with fasting... Rend your heart and not your garments. Return to the LORD your God, for he is gracious and compassionate, slow to anger and abounding in love."

~ Joel 2:12-13

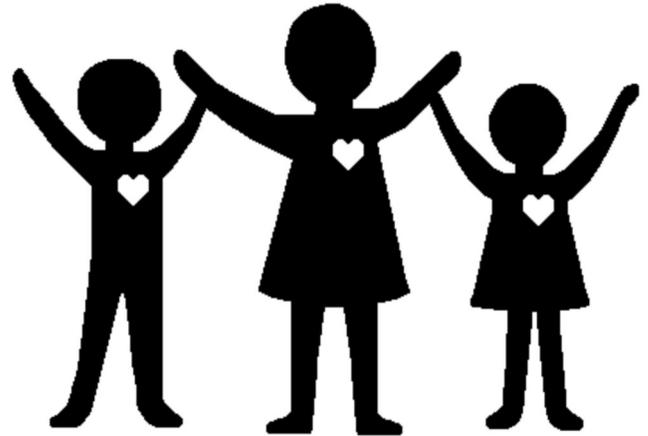
In Christ,
Pastor Erin



Avalon Ambassadors

GOOD FRIENDS = GOOD NEIGHBORS

Together we make a great community! We are grateful for the opportunities to meet your friends, family, past neighbors and acquaintances to share information on all that Avalon Square has to offer. Tours are a great way for people to experience what you get to live every day! Thank you for passing along to others the good news about what you love at Avalon Square! We are so grateful for all of those who open up their homes during a tour.



We appreciate your active participation in 'liking' and sharing our Social Media sites with others. Spreading the word helps people find us when they are ready to explore everything we have to offer. Together we make a great community! Follow us on Facebook!

Google reviews are another wonderful opportunity to share the Avalon story with the community.

If you are eager to share your story or think you might be interested in leaving a review but don't know where to begin, please contact:

Julie Johannes at *4210

AVALON SQUARE

Tax Time

Tax filing time is here again. IRS Publications 526 and 1771 on charitable contributions outline the federal tax laws for organizations like Presbyterian Homes & Services, churches and other charities that you might support. Keeping detailed records of contributions is an important practice for donors. This is a summary of some of the record-keeping requirements imposed by the IRS. As always, it is recommended that donors consult with their tax advisors for guidance.

For cash gifts. Donors must have a record or written communication from the organization for any monetary contribution showing the name of the charity and the date and amount of the contribution. These are needed before donors can claim charitable contributions on their federal income tax returns. Presbyterian Homes Foundation acknowledges all gifts.

For gifts of \$250 or more. Donors must receive a gift acknowledgement that includes the organization's name and the amount of the cash contribution or a description (but not the value) of the noncash contribution. In addition, and depending on the type of gift, there must be a statement that the organization provided or did not provide goods or services in exchange for the gift.

Gifts of Non-Cash Property Above \$500 and Gifts of Property above \$5,000. IRS Code regulations impose greater responsibilities on donors who make these types of contributions. Maintaining detailed information about the property is a must, along with completing additional IRS forms. Gifts of property of \$5,000 and greater require an independent appraisal by a subject expert.

We are here to help! PHS is grateful to all the donors who lift our mission and ministry through their generosity. Please call the foundation at 651-631-6408 with any questions. We appreciate you!

Protect Your Vision

For many of us, as we get older our vision becomes worse and worse. Having good eyesight can help with so many day-to-day things, such as cooking, balance, reading, watching tv and so much more. You may think that there is nothing you can do about it; however, there are ways that we can protect our vision! One thing you can do is get a yearly eye exam. Your optometrist will dilate your pupils to check the back of each eye to see if anything is wrong. Some other things you can do to protect your vision include:

- Wear sunglasses that block UV radiation
- Stop smoking
- Eat healthy
- Exercise regularly and maintain a healthy weight
- Maintain healthy blood pressure
- Control diabetes
- Blink regularly, especially if you are on the computer



Simple things like what is listed above can do wonders for maintaining healthy vision. If you ever cannot see, see flashes of light, have eye pain, experience double vision, or have redness of your eye or eyelid, see your optometrist as soon as possible. If you find your vision starting to fade, simple tricks such as brightening the lighting of a room, writing with bold markers, using motion lights and using phones with large numbers can help us to see better. If you have any questions about how exercise can help with vision, contact your sites fitness instructor for help!

Source: <https://www.nia.nih.gov/health/aging-and-your-eyes>

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



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www.avalonsquare.org

Postmaster: address correction requested

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.

Activity Professionals: Bound for Glory

At Presbyterian Homes & Services (PHS), the nearly 200 activity professionals dedicated to life enrichment, recreation and volunteerism come up with ideas, large and small, to engage residents in meaningful ways, have fun, learn and connect with others.

This past year, impacted in every way by COVID-19, required creative adaptations from our activity professionals. In the midst of uncertainty and limitations, they have stepped up in remarkable ways to keep residents engaged with each other and connected to their families.

Jess Drecktrah, PHS Vice President of Life Enrichment, is passionate about elevating the profession of life enrichment in senior living. Inspired by a song by Gospel singer, Rosetta Tharpe, Jess conceived the Bound for Glory award, a traveling award that allows managers and peers to recognize the important work of life enrichment staff and volunteer coordinators as they create opportunities for fun and purpose for those they serve.

The trophy combines a plant, a rock (with a star painted on it), and a golden microphone. Jess explains its symbolism, "The plant represents the live nature of the work we do. The rock with the star on it represents that we are all rock stars. The golden microphone symbolizes the show. The train represents movement and the belief that we are bound for glory." Each recipient is given the opportunity to be involved in selecting the next recipient of the traveling award – because glory is meant for sharing.

Since its launch in fall 2018, Bound for Glory has been awarded to 12 PHS employees. We thank these recipients, along with all the Life Enrichment professionals at PHS. They are the heart and spirit of our communities and fulfill our mission "to honor God by enriching the lives and touching the hearts of older adults." The important part says Jess, "is that everything points back to the glory of God through the call of service."

Contact your site leader if you wish to suggest the name of a PHS activity professional who you feel is "Bound for Glory."