

# AVALON SQUARE

*freedom to live well®*

March 2022

**W**e miss learning your stories. If you are interested in sharing your story for future newsletters please contact Ashley Lane or Julie Johannes. We'd love to hear them.



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## Life Enrichment

### Grab & Go Paczki (FREE)

Tuesday, March at 1:30 pm in the MULC

### Irish Music with the Tom Duo

Tuesday, March 8 at 1:30 pm in the MULC

### March Birthday Party

Wednesday, March 16 at 1:30 pm in the MULC

Come celebrate the holiday of the Irish and all March birthdays. The Dolce Duo will perform and cupcakes will be served.

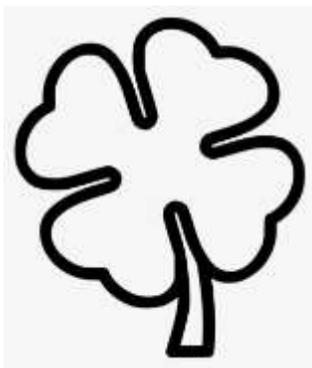


### Shamrock Bingo

Thursday, March 17 at 1:30 pm in the MULC  
Don't forget to wear green.

### Music with Greg Siemsen

Tuesday, March 22 at 1:30 pm in the MULC



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

## 10 Acts of Kindness

1. Say "good morning" to a person standing next to you in the elevator.
2. Write a letter to a child who could use some extra attention. Kids love getting mail. 
3. Say "I love you" to someone you love.
4. Each time you get a new item of clothing, give a old item of clothing away.
5. Say "I'm sorry" when you're wrong. 
6. Encourage someone who seems downtrodden.
7. Pass along a great book you've finished reading. 
8. Help a friend who is downsizing.
9. Listen with all your senses.
10. Ask someone "How are you really doing?"—and then truly listen to their response.

ACTS OF  
KINDNESS

# AVALON SQUARE

## Foundation—A Simple Gift, a Significant Impact

**Y**our will is one of the most important documents you can own. It dictates how your assets and possessions will be divided after your lifetime. It ensures your loved ones are financially protected should something happen to you. It provides peace of mind for your family. A will also is the first step in creating your legacy.

### Use Your Will to Give

In addition to caring for loved ones, you can also use your will to extend your support of the missions you care about most. This gift is simple to make—all it takes is one sentence. You can also update your wishes as life changes to ensure your will meets your needs. Plus, a gift in your will doesn't require you to part with assets today, but it allows you to make a big impact in the future.

### To make this gift:

**Contact charities** to request sample language to use to make your gift.

**Make an appointment** with your estate planning attorney to create your will. If you already have a will, your attorney can draft a codicil to add your gift to the existing document.

**Notify charities of your intention.** It would be our honor to thank you and welcome you into the Presbyterian Homes Foundation Legacy Society. Plus, your generosity may even inspire others to follow in your footsteps. (Wishes of anonymity will be honored, of course.)

### Create Your Legacy

When you include PHS or your PHS community in your will, you create a legacy of giving and ensure we can continue our work well into the future. For assistance, please contact the Presbyterian Homes Foundation at 651-631-6408 or visit our website at [preshomes.org](http://preshomes.org) and click on "Make a Gift" at the top of any page.

## A Little Bit Can Go a Long Way

**R**esearch continues to support the notion that small amounts of exercise, accumulated throughout the day, may provide many of the same benefits as one continuous activity, including improvements in aerobic fitness, weight loss and helps promote long term adherence to an exercise program. This can be performed in 30-minutes of activity five days a week, or it may be accumulated with mini-workouts throughout the day that are at least 10 minutes in duration. Below are a few suggestions to help ensure exercise becomes and remains a part of your routine.

- **Schedule exercise into your day-** Just like you would for a meeting or an appointment, set aside time each day for exercise and note that designated time frame down on your calendar as a reminder to get moving.
- **Recruit a workout partner or a fitness professional-** The added motivation that another person can provide, as well as knowing they are expecting you at a certain place or time, can enhance accountability.
- **Try 10-minute mini-workouts-** As mentioned above, three 10-minute bouts of physical activity throughout the day can have all the same benefits as one continuous 30-minute workout. Try taking 10-minutes in the morning, afternoon and evening to get active.

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



Avalon Square

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Waukesha, WI 53186

262-446-9300

[www.avalonsquare.org](http://www.avalonsquare.org)

*Postmaster—Return Service 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.

## *Employee Learning and Development*

*“Vocation is the place where our deep gladness meets the world’s deep need.”*

*~Frederick Buechner, Presbyterian minister and theologian*

The mission of Presbyterian Homes & Services (PHS), “to enrich the lives and touch the hearts of older adults,” relies on the good work of over 7,100 employees throughout the organization. Leadership and talent development remains a high priority for PHS because our mission requires people who are ready and engaged in this ministry.

Organizations like PHS are facing growing challenges now and in the coming years with a limited skilled workforce available to meet the needs of older adults. Developing the talents of employees and placing every employee into their optimum role is vital to our mission. For these reasons, PHS is committed to promote from within and to ensure that every employee has a development plan that builds on their strengths. This development may be targeted to a current position, emphasize general leadership and

professional skills, or prepare for new opportunities to serve in the organization.

Among the best practices of all PHS staff is to “complete all required training and seek additional personal and professional growth and development.” This commitment takes courage and investment of the individual who is growing and sometimes being stretched in new ways. It also calls on managers and other mentors to give regular feedback, set goals, and evaluate performance. Genuine growth calls on the energy of everyone on the team to create a culture that welcomes people warmly and prepares a nurturing and stimulating environment.

The outcome is our increasing capacity to provide the highest quality service and care to you, the residents, whose homes we are privileged to come into and work every day.