

AVALON SQUARE

These hands have seen many things over the last 100 years.... These hands were born in Waukesha, WI, and although they lived in different areas in the country during their life, eventually they ended up back “home.” They attended UW Madison for education, but upon graduating, WWII was transpiring and there wasn’t an education position to fill. After looking for jobs, these hands packed their bags and moved to Indianapolis, where they worked for Trans World Airlines in the office. Both these hands and their friend moved together and shared an apartment. The office job at Trans World Airlines was fascinating and fast paced. There would be car and bus loads full of soldiers looking for flights and needing transportation to get to where they were going. People were running around the airports, trying to catch flights and find their next destination. The tickets were physically written out on paper and handed out to each person. They loved meeting people from all over the world and being in the middle of fast moving lines. While working at the airlines, one of their friends found out that Louis, a gentleman from the US Army, was coming into town, and they knew that these hands and Louis had to meet. The friends, Louis and these hands met for dinner and three months later, on August 26th, 1944, these hands and Louis were married.



This Month's Featured Hands: Miriam Wellford

Louis was stationed in Ft. Lewis, Washington as a Sergeant Major, and the two of them lived in the US Army Headquarters. Many of the young married couples lived there. They all had their own individual little log cabins and were within walking distance of the Army Post and gathering halls. These hands enjoyed the social functions, playing games, cards, dances, listening to music and working as a receptionist in the doctors office. When Louis was discharged from the US Army, he completed his schooling (paid for by the GI Bill) and was offered a new job opportunity shortly after.

The two packed up their belongings and headed back to Waukesha, WI, where Louis landed a job at The Freeman. It was quite difficult to find a home at the time and with short notice, but from a childhood friend, Mr. Schock wanted to rent the upper portion of the home to these hands and Louis. The apartment was a beautiful home on Baxter Street, that overlooked the river. Mr. Schock was happy to rent it out to friends and was grateful for their service. At The Freeman, Louis worked as the Circulation Manager and was in charge of the printing plant, and these hands substituted in a multitude of departments. Whether it was proofreading, writing a column or delivering a paper, these hands were there to help. Over the next ten years, these hands had six beautiful children and lived in a home on Frame Ave in Waukesha. They became very involved in the schools, programming and community events. 100 years of memories and they still call Waukesha their home.

Can you guess whose hands these belong to?

“For behold, the winter is past: the rain is over and gone. The flowers appear on the earth, the time of singing has come, and the voice of the turtledove is heard in our land.” Song of Solomon 2:11-12

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Spiritual Wellness

When we think of wellness, we think of the physical aspect of health. Wellness, however, is a combination of physical, mental and spiritual wellbeing. With Easter fast approaching, it's important to reflect on the spiritual side of wellness. Sometimes we can forget to pause and reflect on all we have and who we are in Christ.

Spiritual wellness can mean different things to different people. A few signs of spiritual wellness are a nurturing and insightful relationship with yourself and with others, strong personal values and finding your purpose in life.

How do we get spiritually healthy?

Be still. It is important to learn to be quiet and listen. It is hard to hear God above all the chaos and noise of life. Spending time in prayer with God and meditating on His Word is a great way to start and/or end your day.

Feel your feelings. Allow yourself to grieve losses, feel pain and to cry. Confide in a friend, counselor or join a support group.

Forgive. Forgiveness can be very freeing; holding on to past resentments and hurts only hurts you and brings about discontentment. Learn to let go of the past and turn it over to God.

Show compassion. When I focus on others instead of myself, I feel so much joy. Being kind can bring about spiritual centeredness.

Be joyful! Stay positive even when life isn't going the way you want it to. Lean on the Lord, friends and family to help you through those tough times. Facing life with a positive attitude can make all the difference.

Meditate. Deep breathing, relaxing, taking a Yoga or Tai Chi class are all forms of meditation. Meditating can help relieve stress and help you to focus on the positives in your life.

Volunteers



April 18-24 is National Volunteer Week. Avalon Square wishes to express its heartfelt gratitude to all volunteers.

Our volunteers include residents, family members and community members. Avalon Square volunteers deliver morning newspapers, keep our libraries tidy, lead worship services, participate in resident council and open their homes to tours. We also have volunteers who share their expertise, such as gardening, travel and current events, with us. Over the last year, volunteers have also entered the "virtual world," holding groups and services over Zoom and our in-house TV channel. This is just a short list of some of the ways our volunteers help us. We look forward to re-introducing more volunteer roles over the coming months.

***THANK YOU, volunteers,
for sharing your time, talent, and creating
smiles in the eyes of our residents!***

Contact Christina Miller at

262-446-9307

If interested in a volunteer opportunity!

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A Thoughtful Way to Say “I Care”

Showing people that you care about them is a special part of life. And sometimes finding the right gift to express your feelings can be difficult. Presbyterian Homes’ *Tribute Giving* program makes it easy for you. You will feel good and your honoree will feel special.

Every tribute gift goes to support the mission of PHS to honor God by enriching the lives and touching the hearts of older adults. At this time of year, with Mother’s Day, Memorial Day and Father’s Day approaching, you are invited to honor or remember someone special in your life. This is a time for us to reflect on those who touch or have touched our hearts – a parent, grandparent, family member or a dear friend.

To make a tribute gift *In Memory Of* or *In Honor Of* a special person in your life, please call the Presbyterian Homes Foundation at 651-631-6105, 651-631-6416 or 651-631-6418. Or if you prefer to make your gift online, please visit preshomes.org and click on **Make a Gift**.

As always, you may designate your gift to support greatest needs, employees, resident benevolence or spiritual care at your community.

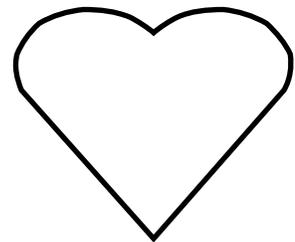
We hope that you are well and looking forward to spring. May this time of year provide you ways to show gratitude for those who have touched your life.

Wellness Zone

Exercise for a Healthy Heart

As we all know, having a healthy heart is extremely important. Without a healthy heart, we may not be able to do things we normally enjoy doing. Did you know, exercise is one of the best things you can do to maintain a healthy heart? Here are some ways exercise is beneficial for the heart:

- ♥ Exercise helps to lower blood pressure.
- ♥ Exercise is pivotal in weight control; diet alone won’t get you there.
- ♥ Exercise reduces inflammation, helping to avoid heart disease.
- ♥ Exercise has been found to help people quit smoking.
- ♥ Exercise can manage diabetes.
- ♥ Exercise lowers stress.
- ♥ Exercise helps strengthen muscles and enhances muscle ability to take oxygen from the blood.



As you can see, there are several ways regular exercise can help maintain a healthy heart. As we get older, it becomes even more important to keep a healthy heart. If we want to be able to continue to do things that we enjoy and be more independent, it requires a healthy heart. If you need help getting started on an exercise program that is appropriate for you and will keep your heart running well, talk to your site’s fitness instructor!

Source: <https://www.ahajournals.org/doi/full/10.1161/01.CIR.0000048890.59383.8D>

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



Avalon Square

222 Park Place

Waukesha, WI 53186

262-446-9300

www.avalonsquare.org

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.



Volunteers offer God's grace in various forms

Each of you should use whatever gift you have received to serve others, faithfully administering God's grace in its various forms. ~ 1 Peter 4:10

Happy National Volunteer Month! While we may not see large celebrations until later this fall; we can't let this moment pass without sharing our gratitude. Thank you to all our volunteers for your steadfast dedication to our ministry and the people it has touched over the past year.

We have all had to reimagine our lives, what we can give of ourselves and how we can continue to share our gifts with others. Some of you began visiting via phone with other residents, volunteers, or college students. Many of you sent cards or wrote letters; sewed masks and gowns or knitted prayer squares. Some helped with clerical opportunities so that staff could focus on offering more activities for small groups or one on one and ensuring that residents could continue to connect with their family members. No matter how you spent the last 12 months, if it included volunteering, we appreciate you.

As we begin to reintroduce volunteer roles into our PHS communities, we urge you to speak to the Volunteer Director at your PHS community about ways to share your time and talents. Please keep in mind that volunteering will indeed look different as we move forward. We thank you for your grace as we continue to learn how to navigate this new reality.

One thing is true and unchanging; volunteers make the world a brighter place. And the past year has been a testament to this truth, our communities are brighter with volunteers in them.

Thank you,

Samantha Sleeman
PHS Volunteer Services Director

Jess Drecktrah
Vice President, Life Enrichment