

These Hands

by Ashley Lane, Resident Services Director

These hands were born in Decorah, Iowa. They lived in the Norris Miller Stovewood House. Little did they know that this special family home had many hidden treasures. These hand's parents sold the home to a new family and they completed some renovations, which included taking some of the siding off the home. Behind the siding, were beautiful stones. After the discovery, it was brought to the Norwegian-American Museum. The Vesterheim's addition was shown at a formal opening at the Norwegian-American Museum and is still there today.

After selling the home in Iowa, these hand's family moved to Wauzeka, WI. They spent the rest of their childhood in Wauzeka and graduated from high school. Their mom was a nurse in Boscobel, WI and the traveling became hard between both locations. Their family built a home in Boscobel to help limit the traveling. Along the way, these hands met a very kind friend and they had many celebrations, gatherings and cookouts at their family home. At one of the cookouts, these hands was introduced to their friend's cousin, Ted. It was love at first sight. They went on many dates and one night when Ted was dropping these hands off at home, as they were getting out of the car he said, "Wait a minute," and pulled a ring box out of his pocket. He placed the beautiful engagement ring on her hand and these hands ran inside, woke their parents up and shared the wonderful news.



*This Month's Featured Hands:
Laurayne Dobson*

One weekend, these hand's friend asked her to go to Waukesha, WI with her. The friend had just landed a new job and had family in the area. These hands went along and also quickly found a job and enjoyed what Waukesha had to offer. After talking with Ted, he agreed that he would also move to Waukesha, WI, where he lived in an apartment and worked at a factory and these hands lived with their friend and her aunt and uncle and worked at East Side Dry Cleaner. They pressed the clothes and enjoyed working for such caring owners. After some time, these hands and Ted got married in Boscobel and these hands started a new job at Oak Tavern Cheese. Many Hollywood stars bought cheese from Oak Tavern Cheese, including Bob Hope. They packaged the cheese individually and sent it. It was the best tasting cheese these hands ever had.

These hands and Ted had then moved to an apartment on Main Street, next to Lombardi Tavern. The landlords were related to Vince Lombardi in Green Bay. The Lombardi family took great care of them and their apartment. They loved their apartment and raised their first three children there. As their family was expanding, they moved down the street, bought a home and had a fourth child. These hands stayed home with the children and Ted worked for Waukesha Utility for 40 years. There was a fountain at his work that looks like the fountain outside of Avalon. Every time these hands looks at the fountain, she is reminded of the wonderful memories spent with Ted.

Can you guess who these hands belong to?

AVALON SQUARE

Aggi's Corner



Think Spring

by Agnes Thurner © 2018

Hear the birds sing?
They are welcoming spring.
The topsoil is warming.
Early buds forming,
Squirrels scamper from trees,
Hunting for food; sniffing the breeze.
Butterflies with mosaic wings
Flutter by happily - It's spring.

Crickets make chirping sounds,
Bees buzzing all around.
Tulips poke sleepy heads,
Through dormant soil beds.
Lilacs burst into flowers.
Air fills with fragrant bowers.
Everyone's thinking spring.
Hear the birds sing?

Let's all welcome spring!



Communities of Strength

Historically, dating back to 1963, Older Americans Month (OAM) has been a time to acknowledge the contributions of past and current older persons to our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. OAM is celebrated across the country through ceremonies, events, and other activities.

This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again at Avalon Square as resident, staff, families, volunteers, friends, and neighbors have found new and creative ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

We can foster communities of strength by:

- ∞ Creating opportunities to share stories and learn from each other;
- ∞ Engaging older adults through education, recreation, and service; and
- ∞ Encouraging people of all ages to celebrate connections and resilience

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate!



COMMUNITIES OF STRENGTH: MAY 2021

AVALON SQUARE

Presbyterian Homes Foundation

How You Make a Difference as a Joy Society Member

Presbyterian Homes & Services was founded through a visionary and generous gift from Ms. Lillias Joy in the early 1950s. She gifted 20 acres of land on the shores of Lake Johanna in Arden Hills, the site of the first Presbyterian Home in Minnesota and what is now PHS' Johanna Shores community.

In honor of Lillias Joy, the Presbyterian Homes Foundation created the Joy Society. This is our way to recognize donors who – like Lillias Joy – have a vision of providing more choices and opportunities for people PHS serves. Donors who make annual or continuing gifts of \$1,000 or more are members of the Joy Society.

Charitable gifts may be directed to advance the mission of PHS or to benefit your community for a purpose that speaks to you: greatest needs, employee hardship or scholarships, resident benevolence or spiritual life.

As a member of the Joy Society you will:

- Be invited to special events with PHS leaders
- Learn about the future of older adult services from industry experts
- If desired, receive recognition in print and interactive media
- Make a personal investment in PHS' future



The Presbyterian Homes Foundation welcomes the opportunity to provide you with information about becoming a Joy Society member or other ways you can support PHS. Please contact us at 651-631-6408 or 651-631-6418 or visit preshomes.org and click on Make a Gift.

Wellness Zone

Minerals aren't just some fancy rocks that you can dig up, they are also a necessary part of our diet! Minerals in our diet include calcium, phosphorous, potassium, magnesium, sodium, chloride, sulfur, iron, manganese, copper, iodine, zinc, cobalt, fluoride, and selenium. That's a lot of minerals, but we'll only focus on a few.

Sodium plays several vital roles in our body, but too much can be detrimental to our health. It is recommended people ages 51 years and older should eat about 2300 mg each day. Most of the sodium you eat is already in the food you eat and not added with a salt shaker, so make sure you check those food labels for sodium levels!

Calcium is an extremely important mineral for healthy bones and teeth health. As we get older, our bones become more brittle. We need more calcium to keep our bones and teeth nice and strong. Men and women age 71 years and older are recommended to eat 1200 mg per day, but don't exceed more than 2000 mg a day!

Potassium has a unique role in our bodies. Potassium helps our nerves function properly as well as make our muscles function properly. We also need potassium to maintain a normal heartbeat. If you have a diet rich in potassium, you can help offset the effects of too much sodium and increasing blood pressure. It is recommended men aged 51 years and older eat 3400 mg a day, and females the same age at 2600 mg a day.

As you can see, minerals are very important for our health, especially as we get older. If you have any questions about minerals and the role they play in your body, talk with your primary care physician.

Source: <https://www.nia.nih.gov/health/vitamins-and-minerals-older-adults>

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



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.

PHS Spiritual Care: Our Mission in the Margins

Many senior living communities offer beautiful buildings, attractive amenities, lively activities, and employees who care. However, PHS alone has a mission statement that begins, “To honor God...” Spiritual care within PHS carries that mission and weaves it into the tapestry of everyday living. Under normal circumstances during a normal year, the worship gathering, Bible studies and a variety of groups that bring residents together to grow their faith invigorate a PHS community. These activities and events are open to all and, with great delight, many are able to enhance their experience by getting to know their neighbor through the gatherings.

That is part of doing our mission in open spaces. However, during pandemic times and also in normal times, spiritual care happens “in the margins” or shadows of life. A resident may not have attended a worship gathering, a Bible study or any hymn sing but that person might knock softly on a campus pastor’s door and say, “Uh, I know you’re probably really busy but...” and then fills in the blank with such

words as, “my husband has been gone for five months now and I feel so alone,” or “I saw something about eternity of TV and wanted to ask you about it,” or “I’m feeling guilty that I fall asleep when I pray, is that a sin?”

These real questions and concerns are met with compassion and understanding and are of the highest priority for any campus pastor to address. For when a community member stands before us and asks a question, that person becomes our number one priority. So, we “honor God” both by coming together to know one another and be known. Spiritual care fills these gaps in open spaces and in the shadows.

If you would like personal spiritual or emotional support or want to participate in the spiritual programs at your community, reach out to your Campus Pastor. Every PHS resident is important to us and we will extend our full attention and care to you.

*Dr. Mark Triller, Campus Pastor
Fairway Knoll, Germantown, WI*