

From Our Administrator

Greetings Beacon Hill,

Here we are, January 2021. Happy New Year! As I reflect back on 2020, it's hard to imagine that a year has gone by and we are still having to make many sacrifices from the "normal" way we would choose to go through life.

2020 will be remembered not for joys and celebrations but for a pandemic that changed the normality of our lives. It's not to say that there are not things that we can and should be thankful for, because many blessings do come from sacrifice. This pandemic has shown how resilient humanity can be. There have been many heroes who've stepped up and said, "I will stand in the face of danger so I can protect those who cannot protect themselves." We have neighbors who've taken the time to check on us to see if we are okay. Meals have been delivered to the hungry. Families have found ways to reconnect. We have been blessed to have the technology available to us to help minimize the feeling of isolation from one another. I remember a time when it was just an imaginary thought to be able to see the face of the person on the other end of a phone call. Now this is "normal."

Even though we are all vulnerable to this invisible enemy, there is light at the end of the tunnel. Things may never get back to the way they once were, but we **will** be able to hug and kiss our loved ones again. We **will** be able to come together and celebrate weddings, anniversaries, the birth of a child, the birth of **Christ**. It's hard to see the blessings in the tragedy that we have been experiencing, but I leave you with God's word in John 16:33, "*I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.*"

God's blessings,
Barry Spiers, Campus Administrator

Thoughts from Campus Pastor Gene

January brings in a new year and an opportunity to draw close to God with daily devotions, Bible study, prayer, singing, acts of charity and corporate worship.

Please consider Daily Bible Reading to draw closer to God and his Word through a simple, systematic approach to reading the Holy Scriptures.

Bible readings come in five divisions:

1. The Psalms
2. The Wisdom Books of Proverbs and Ecclesiastes
3. The Old Testament Law and Prophets Readings (in Parallel Order)
4. The Four Gospels
5. The New Testament Letters (in Parallel Order)

All five readings together take approximately 20 minutes per day. The Apostle Paul read twice a day, and following his pattern one could read the Old Testament Scriptures in the morning and the New Testament Scriptures in the evening.

One will also want to plan additional time for prayer around the readings. Some may want to follow the prophet Daniel's practice of three reading times per day: reading the Old Testament readings in the morning and afternoon, with the New Testament readings in the evening.

The Vision: By offering these Daily Bible Readings, many who will practice it will come to know God more deeply and walk in His way.

If you're interested, please ask me for the Bible lists of readings.

In Christ's service,
Rev. Dr. Gene Sipprell— gsipprell@preshomes.org

Beacon Hill



How You Make a Difference

Thank you for touching hearts through your charitable giving in 2020! You helped your neighbors and employees feel appreciated, connected and hopeful last year. We are grateful for you! These are just some ways that your gifts are put into action and service:

Benevolence: Over \$3.8 million was granted to help residents continue living at PHS communities. Many, many charitable gifts were added together to make this great difference. Your gifts help to bridge the gap between income and expenses for residents who face financial hardship due to prolonged illness, the loss of a spouse and increased healthcare needs.

Employee Appreciation: You recognized employees who are here for you and your loved ones in continued and new ways. Your employee appreciation gifts express that you appreciate them and the services they provide. They are grateful, and we thank you!

Greatest Needs: PHS communities are great because of you. Sharing your time, talents and treasure allows your site leaders to respond to new ideas and needs.

As we welcome 2021 with **abundant hope**, we give thanks to residents, family members, friends and employees who made charitable gifts to Presbyterian Homes & Services in 2020. Every gift makes a difference. We are grateful for you and for your giving spirit! Please feel free to contact us at 651-631-6408 or 651-631-6418 if we can be of assistance to you in the future.

ICA Update

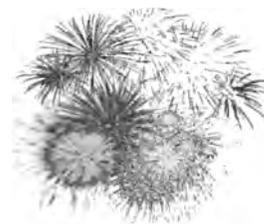
Beacon Hill residents donated 94 lbs.
of food and \$615 cash in December!

Total donations for 2020 equal 304 lbs.
of food and \$1023 cash.

Way to go, Beacon Hill!

Happy New Year!

Welcome 2021!



Beacon Hill

This poem, written by Beacon Hill resident, Ardelle Mills, giving us encouragement for the days ahead when we can enjoy our community and activities.

I love my life at PHS.

You often feel like you're a guest.

You pick and choose the things to do.

If you wish to play pool, just choose a cue.

There's 500, bridge and cribbage, too.

Friday night movies are shown for you.

If music's your thing, they have hymn sing or choir.

A real good voice, they don't require.

For coffee they gather twice a day,

And everyone has his or her say.

From the menu you choose your meal to eat,

The food is the best – it can't be beat.

The backyard walkway is a real treasure

Our garden and woods give us great pleasure.

Residents love to walk – or sit on a bench and read a book.

Nature surrounds you – wherever you look.

Wildlife, also, can be found

As a doe and fawn may drop around.

Wild turkeys strut their stuff –

Open the door and they leave in a huff.

There's a coloring group, perhaps that's for you.

If you like to read, just join the crew.

The staff is the best; to that we'll attest.

With that all said, we have the best.

PHS – it's a place to call home.

There's plenty to do, you're never alone.

We're here to live – with no worry or strife.

Good heavens, folks.

IT'S OUR PRIME TIME OF LIFE!

~ Ardelle Mills

Call today for information or to schedule a personal tour, 952-988-8810



Beacon Hill
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Minnetonka, MN 55345

952-988-8800

www.beaconhillphs.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.

Optage Hospice offers support for grief in the time of COVID-19

The COVID-19 pandemic has impacted our lives in so many ways. People find themselves feeling anxious, sad, depressed, angry or lonely. They may also feel physical symptoms like fatigue, pain, sleeplessness and changes in appetite.

Optage Hospice Chaplain Jenny Schroedel tells us that these feelings may be signs of grief. "Every time we have loss, we grieve," she says. "We often don't think of it that way, as grief tends to be more associated with death, dying or bereavement."

Loss not only involves separation from those we love, but also other aspects of our life. Grief may emerge from the loss of work or purpose, health or the ability to be with others in meaningful ways. Even losing the future as we imagined can be cause for grief.

If you are experiencing such feelings, Optage Hospice wants to assure you that you are not alone. We're here to offer support and fellowship for anyone who is suffering loss and want you to know about two valuable resources to help keep you in touch with yourself and connected to others while you navigate the grief journey.

Grief e-newsletter: An online publication is available to anyone who wishes to receive it in their email inbox. This newsletter will deliver helpful articles and spiritual support. See below to sign up and receive the newsletter.

Virtual grief groups: Whether you live in a PHS community or several states away, you are invited to join one of our virtual grief support groups that meet by Zoom online video chat. New groups continue to form each month. Current groups that are formed or forming (each limited in size):

Finding Meaning & Purpose Through Loss:
Tuesdays @ 10 - 11 am, Jan. 5 - Feb. 9.

Caregiver Book Club: *Loving Someone Who Has Dementia* by Pauline Boss. Thursdays @ 6:30 - 7:30 pm, Jan. 7 - Mar. 11

A Grief Observed Book Club: Thursdays @ 1:00 pm, Feb. 4 - Feb. 25 (read and discuss the journal CS Lewis kept after his wife died)

To join a group, subscribe to the e-newsletter or ask a question, contact Chaplain Jenny Schroedel, jschroedel@preshomes.org, (651)341-7105.