

TOWER VIEWS

Sandy Quinn

Sandra Quinn was born and raised in St. Paul, the 4th of 6 children (one was deceased). Although her parents were strict, the kids had a happy childhood. Their father created an ice rink on an adjacent property so the kids could skate in the winter; they played baseball there in the warmer months. Sandy attended Derham Hall High School, a Catholic girls' school in St. Paul, and graduated in 1957. While in high school she began working as a nurse's aide so that she could reimburse her parents for room and board and pay for her tuition. After graduation, she entered the University of Minnesota School of Nursing and obtained her LPN degree in 1958. As part of her training, she worked for 6 months as an OR nurse at the U's School of Medicine – a busy place with many ORs. That was often a tense situation; surgeons would get angry when things didn't go as planned. Sandy also realized that she would rather work in an area where she could interact with patients. After her training period, Sandy worked in the intensive care and recovery unit at Miller's Hospital (now United), often on the night shift or on weekends.



In 1969, Sandy and her mother moved to Florida. Her older brother had convinced their mom to sell her home in Minnesota and come to live with him. Florida had no reciprocity regarding nursing licensing, so Sandy began working as a doctor's assistant, but the office closed a short time later. She then went to work as manager of a dentist's office, where she stayed for the next 30 years. During that time, she began delivering the Eucharist to seniors who were homebound, in hospitals, and in nursing homes; she continued to provide that service for 27 years. After the dentist retired, Sandy began working for an adult day care center run by Easter Seals. She cared for patients with Alzheimer's disease who often displayed difficult behavior and personality changes. That situation helped her prepare for dealing with her younger brother who later had problems with Alzheimer's. In 1997, Sandy's mother died at the age of 96. In 1999, Sandy was diagnosed with breast cancer and underwent the first of numerous surgeries; she also underwent 5 years of chemotherapy and is now cancer-free. Sandy's brother was not supportive during her treatment and a short while after her treatment began he moved out of state. Sandy returned to Minnesota in 2015 to care for a sister-in-law, who was suffering from MS and needed assistance. This sister-in-law lived with her husband, Sandy's younger brother; he had Alzheimer's and was unable to care for his wife. Sandy traveled from St. Paul to Cottage Grove each day to feed care for her sister-in-law, but decided that it could only be a temporary situation. She has lived at Central Towers since 2015.

Two life experiences were of great significance to Sandy. Pope John Paul visited Miami while Sandy was living there and thousands of people came to honor him. Sandy was delivering the Eucharist near the spot where the Pope was celebrating Mass. She felt very honored to be so near to this holy man. In 2000, Sandy had the opportunity to visit the Holy Land. The tour group visited the places of Christ's birth and death and walked the same route as he had traveled bearing the Cross. They celebrated the Stations of the Cross at Via Dolorosa, where Christ was crucified.

The most important thing in Sandy's life is her religion. She began attending Mass at the age of 3, after her mother converted to Catholicism. Her mother attended mass regularly until she was 94 years of age and, when she was in the process of dying, she and Sandy said the rosary together one last time. Sandy currently attends Mass every day. She is also a music lover who especially likes classical, opera, and Gregorian chant.

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Central Towers Dining



Lunch & Dinner

Pick them up at your floor's assigned time.

Lunch is Free

Dinner \$5.00

Your lunchtime pick-up changes each week.

Please check the elevators, Dining Room and Message Board for the correct time.



Food Distribution Opportunities

(All dates subject to change)

Salvation Army Food Bag Pick Up

Every Wednesday

You must be signed up by 4 p.m. on Sundays.

You can sign up at the Front Desk.



Dining Room

215-4544

Front Desk

215-4600

Security

651-900-5856



Mission

To honor God by enriching the lives and touching the hearts of older adults.

Just a reminder

Wearing of Masks and Social Distancing is still of the utmost importance.

Let's keep our building healthy!



Pantry Bag Pick-up

Will be

Thursday, March 25

10:00 a.m.

In the Resident Services Office

**** See Brian for more information****



TOWER VIEWS



SASH stands for **Support and Services at Home**. This program is available to residents living at Central Towers. Through this person-centered program, your social worker and wellness nurse can connect you to resources and programming to meet your health and wellness needs.

If you are interested in hearing more about this free program, contact the SASH office to learn more.

**Deb Paulson, LSW, SASH Coordinator
and Judy Ratliff, RN
651-215-4975**



We are finally having our
BINGO STORE

There will be two for social distancing. You may only sign up for one.

Friday, March 19, 2:00 p.m.
&

Friday, March 26, 2:00 p.m.
Both in the Dining Room.

Fitness Classes New Schedule

Mondays

Balance class
1:30 p.m. - 2:00 p.m.
Dining Room

Chair Yoga
2:15 p.m. - 2:45 p.m.
Dining Room

Open Gym
3:00 p.m. - 3:30 p.m.

Wednesdays

Silver Strength
1:30 p.m.-2:00 p.m.
Dining Room

Tai Chi
2:15 p.m.-2:45 p.m.
Dining Room

Open Gym
3:00 p.m. - 3:30p.m.

TOWER VIEWS

KEYSTONE COMMUNITY SERVICES GROCERY DELIVERY



For many homebound seniors and adults with disabilities, getting groceries and essentials can be challenging, especially during the COVID-19 pandemic. Keystone is launching a new free grocery delivery program to increase food access for low-income seniors and adults with disabilities. Food is sourced from the Keystone food shelves, and we will try to accommodate customer choice as possible. Those who qualify can receive monthly deliveries.

How The Program Works

Here are many of the logistical details for this new free, grocery delivery program:

What Kinds of Groceries Will I Receive?

Food is sourced from the Keystone food shelf program and includes meat, dairy, fresh produce, and shelf-stable items. In each delivery, you will receive on average 25 pounds of food per person in the household.

While we can accommodate customer choice models (i.e. vegetarian, halal, etc.) the food you receive will depend on what is available.

When Will My Food Be Delivered?

Each participant will receive monthly grocery deliveries, unless you only want one delivery. The service area is divided into routes, and deliveries will be conducted on Tuesdays, Wednesdays, and Thursdays. Deliveries will be dropped off between 12:15 and 1:30 p.m. by a neighborhood volunteer.

How Do I Sign Up?

To find out if you qualify or want to get registered for grocery deliveries, please call Brian Moline, our Resident Services Director at 215-4550.

Please note, there is a limit to the number of deliveries we can schedule each day. We will work with participants to schedule deliveries as quickly and as conveniently as possible.

How To Qualify

Due to grant guidelines, all people must meet the following guidelines to participate:

- Seniors over the age of 60 OR adults with disabilities (SSDI, CADI, DD, BI) who have one of the following barriers:
- Mobility issues limiting ability to carry groceries. Transportation issues limiting their ability to get food and essential items.
- High-risk for COVID-19 and following strict isolation guidelines.
- Low-income households of 3 or fewer individuals.
- Resides within program services area and doesn't have the Keystone Foodmobile stopping at their location.



Delivering nutritious groceries to homebound seniors and adults with disabilities.

TOWER VIEWS

The Grace to Wait *by Charles Stanley*

Nobody in our culture likes to wait. It's easy to become impatient for the doctor to enter the exam room, the grocery cashier to work faster, or the website to load. Patience can even be elusive in our relationship with God if He doesn't answer our prayer requests as soon as we want.

David, the author of today's psalm, wrote often about the need to wait on the Lord. In the original language, this word means "to rest quietly" or "to quiet oneself." Does that describe how you wait, or do you fret and worry?

The key to waiting quietly for the Lord is to maintain your hope in Him regardless of your situation. That's how David was able to wait for God's ordained time to become king. Although he was anointed as king in his youth, the promise wasn't fulfilled until he was 30 years old. In those intervening years he suffered much hardship and unfairness, but he upheld his hope in the Lord.

Are you waiting today for God to change or accomplish something in your life? If so, follow David's example: With awareness that the Lord is your refuge and strength, trust in both His timing and provision.

Psalm 62:5-8

*My soul, wait in silence for God only,
For my hope is from Him.*

*He only is my rock and my salvation,
My stronghold; I shall not be shaken.*

*On God my salvation and my glory rest;
The rock of my strength, my refuge is in God.*

*Trust in Him at all times, O people;
Pour out your heart before Him;
God is a refuge for us.*

Selah.

A Hymn of Encouragement

Leaning on the Everlasting Arms

What a fellowship, what a joy divine,
Leaning on the Everlasting Arms!
What a blessedness, what a peace is mine,
Leaning on the Everlasting Arms!

Chorus:

Leaning, leaning,
Safe and secure from all alarms;
Leaning, leaning,
Leaning on the Everlasting Arms.

O how sweet to walk in this pilgrim way,
Leaning on the Everlasting Arms!
O how bright the path grows from day to day,
Leaning on the Everlasting Arms!

Chorus

What have I to dread, what have I to fear,
Leaning on the Everlasting Arms!
I have peace complete with my Lord so near,
Leaning on the Everlasting Arms!

Chorus

As we move into March with the uncertainties we have had since 2020. Lord we thank you for this message from Charles Stanley. That yes waiting is hard at times but when we lean upon you, trust you and keep our focus on you, you will fill us with your peace. Your peace that surpasses all understanding!

~ Amen

TOWER VIEWS

St. Patrick's Day Fun Trivia

By Invader Bethany

St Patrick's Day is Celebrated In Many Different Places.

Celebrations can be found in Ireland, United States, Canada, Australia, Japan, Russia, and Singapore.

Why Is St Patrick's Day Celebrated On March 17?

St Patrick's Day is celebrated on March 17th because he died on this day in 461 AD at the age of 79. St Patrick is buried at Down Cathedral. St Patrick's Day has been celebrated since the 9th or 10th century.

St. Patrick Wasn't Irish.

St Patrick didn't have Irish heritage nor was he born in Ireland. His parents, Calpurnius and Conchessa, were Roman. And It is believed he was born in either the area that would be modern day Britain or Wales or Scotland, but there is quite a lot of debate on this topic.

Patrick Wasn't St Patrick's Birth Name.

Patrick's real name is Maewyn Succat. He changed his name after becoming a priest. The modern name Patrick comes from the Latin name "Patricius" which means nobleman or father figure.

St. Patrick Was A Slave.

At 16, St Patrick was kidnapped by Irish raiders who attacked his family's estate. They took him to Ireland where they sold him as a slave. He spent many years herding sheep and learning about the Irish people. It wasn't until he was 22 years old that he was able to escape. He had a dream in which God told him to flee Ireland and where he could find a ship to leave. The trip to the coast was estimated to be a 200 mile walk. Once he got to the coast, he boarded a ship that took him to Great Britain.

St. Patrick Returns to Ireland.

While In Great Britain, Patrick had a dream about an angel wanting him to come back and teach the Irish about Jesus. After that he went to a monastery in England where he spent the next 12 to 15 years getting closer to god and studying to become a priest.

He later returned to Ireland as a Christian missionary in 433 AD to convert the Irish to Christian and to Minister the already Christians living there. His mission was so successful that St Patrick reportedly baptized 12,000 people all in one day near Killala. The Christian Church of Ireland was even founded by St Patrick. In the United States, there are over 450 churches named after St. Patrick.

St Patrick Did NOT Get Rid Of All The Snakes In Ireland.

According to fossil records, there is no proof that Ireland ever had snakes. Through the Ice Age, Ireland was too cold for reptiles and in modern times, the surrounding seas keep away any possible snakes trying to invade the area. Snakes were likely a metaphor for converting the pagans/druids into being Christians. St. Patrick spent most of his adult life converting Irish Pagans/druids into Christians.

St Patrick's Day Used To Be A Dry Holiday In Ireland.

Between 1903 to 1970, by Irish law, all the pubs were shut down for the day because of religious reasons. The law was later overturned when St Patrick's Day was reclassified as a national holiday.

St Patrick's Day In Dublin Ireland.

In Dublin, they have a multi day celebration with parades, concerts, theater productions and fire works. Around one million people attend this celebration each year.



TOWER VIEWS



St. Patrick's WORD SEARCH



W	N	P	E	P	S	N	I	O	C	Y	C	M	Y	N
R	V	H	F	O	O	J	C	M	A	V	L	R	W	D
L	L	G	M	C	H	R	I	D	Z	M	O	A	S	K
U	K	Z	F	H	T	S	S	R	I	A	V	H	B	C
T	Z	E	C	L	E	K	E	S	E	B	E	C	N	O
Q	Y	R	U	K	C	I	C	S	Q	L	R	T	W	R
B	A	C	R	I	E	H	D	B	R	D	A	U	G	M
M	K	Z	R	F	I	F	L	F	P	O	Y	N	I	A
Y	A	T	Y	E	H	Y	Y	U	W	G	H	V	D	H
N	A	V	V	N	U	A	H	C	E	R	P	E	L	S
P	E	O	Y	R	W	A	R	R	A	I	N	B	O	W
Q	U	E	W	O	D	U	D	P	S	E	J	O	M	Z
S	A	R	R	Y	P	P	C	J	A	P	A	C	E	L
G	O	L	D	G	U	F	Q	S	E	R	S	H	E	R
W	S	S	X	C	O	R	U	C	V	P	J	Y	V	B

CHARM
CLOVER
COINS

GOLD
GREEN
HARP

HORSESHOE
IRELAND
LEPRECHAUN

LUCKY
MARCH
MISCHIEVOUS

PATRICKS DAY
RAINBOW
SHAMROCK

Red and Rover by Brian Basset





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Saint Paul, MN 55101

651-215-4600

www.centraltowersphs.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.”