

Halley's Story

Halley Klemm, Central Towers Receptionist, was born in St. Paul in 1986. She and her parents and younger sister lived in St. Paul until 1999, when they moved to Eagan. Halley graduated from high school in 2005, then attended Inver Hills and Dakota County Tech, where she trained to be a medical administrative assistant. During her training she acquired knowledge of anatomy, physiology, and medical terminology, all of which have been relevant to her later work. Halley returned to St. Paul in 2021 to live with her grandfather and has lived with him since.



After returning to St. Paul, Halley worked for 5 years in the gift shop of Children's Hospital. She loved the customer service aspect of that position. She received a lot of calls and also in-person visits from parents, friends and other relatives wanting gifts for the hospital's young patients. Halley would often suggest gifts she considered appropriate for the child's age and health issues, and she found joy in the good feedback that she got as a result.

Halley's next job was at the front desk at Catholic Charities. She took this job in part because she ultimately hoped to work in a medical clinic and front-desk experience was a requirement for clinic receptionists. At Catholic Charities, Halley acted as "resource coordinator," setting up appointments for the agency's clients to meet with mental health and social service staff and making referrals to community resources for people calling in with problems. After 1½ years, Halley's position at Catholic Charities was eliminated because of budget cuts. She got a job at the Minnesota Department of Health working as an administrative assistant in the HR Department. She did not feel that position was a good fit because it was basically administrative, without the customer service components. She has worked as receptionist at Central Towers for the past 1½ years.

Halley's active interest is cooking. She loves to bake cookies and pies and to prepare entrees that are creative or that introduce her grandfather to new foods. The two also like to visit restaurants offering unusual or foreign menu items. Halley enjoys her relationship with her grandfather who has a background in political science; they discuss politics and many other topics. Halley loves to watch TV shows from the '90's and loves soft rock from the 80's and 90's, such as Talking Head's, Peter Gabriel and David Bowie. Her favorite musical group is the Backstreet Boys, whom she saw at the Excel Center on her birthday in 2019.

Halley also loves to travel. When she was in high school, her family traveled by car to Hollywood where they visited Paramount Studios; they went on to Seattle to visit relatives. About a year later, they traveled to Grand Teton Park where Halley was enthralled by Jackson Hole. In 2005, to celebrate Halley's graduation, she, her mother and her grandparents visited New York City where they went to the popular tourist sites and attended the musical "Spamalot." Halley fell in love with NYC and in 2014 she returned with her grandfather. They saw a Broadway musical and sampled food at a variety of NYC restaurants. Also in 2014 she and her grandfather traveled to London and Paris and enjoyed local cuisines. Halley accompanied her mom on business trips to San Francisco in 2017 and to San Diego in 2018. She is planning a trip to Hawaii in December.

Halley enjoys her position as receptionist at Central Towers because it has the right combination of administrative and customer service elements; occasionally her medical knowledge is an advantage. She enjoys working with older adults and making them smile. Central Towers is also conveniently near her residence.



Greetings from the Central Towers Assisted Living Department!

Welcome from the desk of the HUD World

I would like to take a few minutes and inform you of some of the benefits of joining our assisted living program. You might want to consider joining our program if you are in need of a little extra help with your daily routines and/or managing your health care needs.

Hello Everyone, It is my pleasure and honor to work with each and everyone of you sometime throughout the year, mainly at Annual Recertification Time. I would like to start by saying thank you so much for your diligence to respond and attend our appointments, even if you are not able to attend at the assigned time. A quick phone call to reschedule works out just fine for me.

First of all, and probably most important, once you're on the assisted living program, your emergency pendant will ring directly to our staff who are right here in the building 24/7 and we will promptly respond to your calls. Our after-hours staff also has access to a registered nurse if needed.

Overall, through this last year and the pandemic, things have been going smooth. I have made some safety changes to procedures when it comes to Annual Recertifications signing (The start of the 120 days process). Starting with always having a mask on, canceling your appointments if not feeling well, washing hands between residents, sanitizing the table top before and after each resident, and using a brand-new pen for each resident, plus keeping a safe distance between each other.

Some of the other benefits of our assisted living program include: help with housekeeping and laundry, help with scheduling and managing medical appointments and transportation to and from those appointments, assistance with medications such as ordering refills, having the medications delivered to the building on a daily basis free of charge, and daily reminders to take the medications if needed.

My famous words are "No news is good news" which means I have verified all your income, assets, annuities, pensions, medical and so on. If I start running into complications with verifying or not receiving VOD's back, then I will contact you with the situation and, going forward, you and I will work quickly to finish the process and complete the recertification on time. Once again, thank you.

We can also help coordinate therapies such as in-home physical therapy and occupational therapy, and can help with personal cares such as assistance with dressing, bathing and grooming, not to mention access to our Registered Nurses who are also right here in the building. We can provide as much or as little as needed and can personalize our services to best meet your needs.

I am always looking for suggestions for ways to improve. Please feel free to contact me with any questions regarding HUD and rent payments.

Pay sources for assisted living services include county waivers such as Elderly Waiver or CADI Waiver or private pay.

"Don't be afraid," he said, "for you are very precious to God. Peace! Be encouraged! Be strong!"

Please feel free to call me with any questions you may have at 651-215-4548. I would love to visit with you and see how we can be of any assistance to you!

Sending warm Blessings,
Briana Wright

Julie Olson
RN, Clinical Administrator



Alive in Christ

Upcoming Spiritual Care Activities

- **Gathering of Grace:** This time of worship with communion takes place Thursdays at 3 p.m. Since COVID, we've met in the Dining Room in order to physically distance. Because we can't sing right now, we use recorded music and/or written words to songs and hymns with accompaniment so people can read or hum along. We share our joys and concerns for prayer, and there's a brief meditation. Signup is available each week at the front desk.
- **Bible Study:** The next Bible study is the Old Testament Book of Ruth. Our study guide is a book entitled *The Gospel of Ruth: Loving God Enough to Break the Rules*. We'll meet on Wednesdays at 3:30 p.m. in the Chapel beginning May 5. All are welcome! There is no cost to you.
- **Book Club:** This group meets Thursdays at 10:30 a.m. in the Chapel. We read all kinds of books together and some weeks we bring an article or book to share. Some books we enjoy more, others we enjoy less. Either way, discussion is lively and thought provoking!
- **Prayer:** We gather in the chapel the 1st, 2nd and 4th Friday mornings of the month at 10:30 am to pray for the staff and residents in our community, including those who are ill, hospitalized and/or in transitional care centers. Currently, we have focused on praying about the trial of Derek Chauvin in the death of George Floyd.
- **Devotions via Channel 991:** Pastor Gail provides a brief devotional on many Tuesdays and Fridays. Please see the Message Board for specific times.
- **Change, Loss & Transition Group:** We meet the 3rd Friday morning of the month at 10:30 am in either the library or the chapel. Support is offered for those experiencing grief due to death, difficult life transitions, and other losses.

Prior to COVID the group was led by Optage Hospice Chaplain Jenny Schroedel. Chaplain Jenny has extensive experience helping people understand and process grief, losses and other life challenges. During COVID Pastor Gail has been facilitating the group.

- **Honoring Choices:** On Tuesday, May 18 at 3 p.m., there will be a presentation by Sash and Pastor Gail about Honoring Choices (Health Care Directive). Please check the May calendar and message board for details.
- **Rosary and Legion of Mary:** Volunteers lead services for our Catholic residents. Rosary meets daily in the Chapel at 5 or 6 pm, and Legion of Mary meets each Wednesday at 2 pm in the Chapel.
- **Saturday Evening Events:** These gatherings (6-8 times a year) will resume in May or June. Take advantage of these opportunities to grow in your faith and to be reminded of God's enduring love for you! Events are listed in the monthly calendar and on the Message Board.

Blessings,
Pastor Gail





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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 & Social Distancing is still of the utmost importance.

Let's keep our building healthy!



**Pantry Bag Pick-up
Will be**

**Thursday, May 27
10:00 a.m.**

**In the Resident Services
Office**

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





TOWER VIEWS



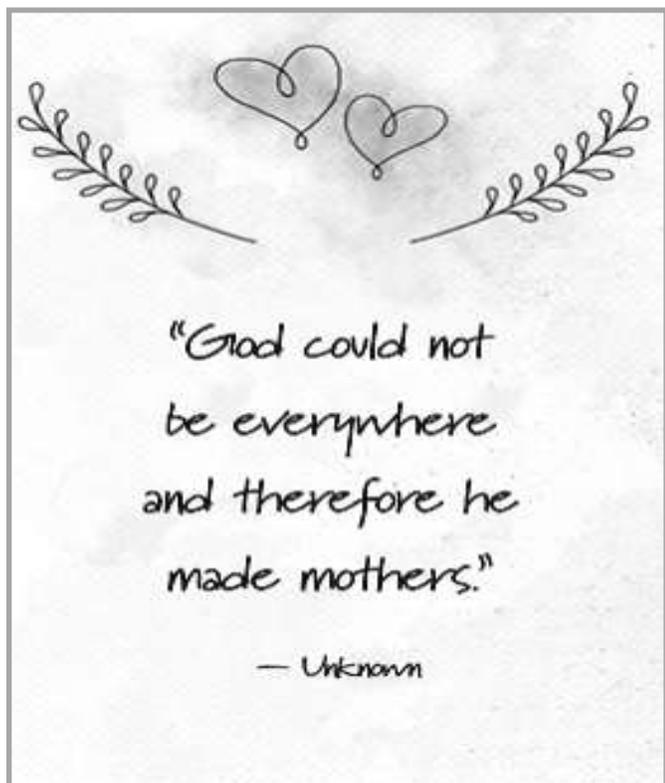
Its time to do some spring house cleaning in May



Central Towers Management will be offering a free dumpster in May

1. You are responsible for bringing your own items down or you can put in a maintenance request and there will be a small fee to move it for you.
2. No persons will be allowed to go into the dumpsters to look for items.

The date will be forth coming.



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**



BBQ on the Patio is BACK!

**Thursday, May 20
5:00 pm**

A few changes this year

- ◆ Grilling will be every other Thursday.
- ◆ QST members will be doing the grilling.
- ◆ We will offer a Hot Dog meal which includes a hotdog, chips & pop for \$4.00 or you can bring your own meat.
- ◆ We do not grill fish
- ◆ You need to bring a clean plate with and when you pick up your food.
- ◆ There will be NO deliveries.
- ◆ CASH only NO charging.



TOWER VIEWS



May Wives' Tales: Marriage Predictions

- If a young girl plucks a white (not a pink) dogwood blossom on May Day morning and puts it in her bosom, the first man she meets wearing a white hat will have the same Christian name as her future husband.
- If a single girl puts her handkerchief out on the grass on May Day Eve, the name of her future husband will be written on it in the morning. (Note: In Ireland they believe it is written by a snail crawling over it.)
- If you find a snail really early on May Day morning, and then lay it on a board, it will make your future husband's initials when it crawls.
- On May 1, look for birds' nests. The number of eggs you find will be the number of years you will be single.
- On May 1, walk around a wheat field and you will meet your mate.
- On the morning of May 1, a maiden should get up early and speak to no one. She should then go under the cedar tree and turn around 3 times and then listen for noises. If she hears singing, she will be happily married. If she hears knocking, it is the driving of nails in her coffin and she will die before she marries. If she hears no sound at all, she'll never marry.

10 traits of Someone Born in May!

1. They are self motivated people
2. Affection revolves around them
3. They are big dreamers but never let go of reality
4. Miser or extravagant? They are confusing!
5. Ever known a stubborn head? Meet people born in May
6. They appreciate literature and arts
7. Travelling compels them to their core
8. They don't find peace easily
9. May born are very diligent people
10. Lovers beware from May born people! They are quite possessive.





TOWER VIEWS



ACROSS

1. Behold, in old Rome
5. Clout
9. It was (contraction)
13. Emollient
14. Parts portrayed
16. Relative status
17. An indistinct shapeless form
18. Concerning
19. Dwarf buffalo
20. Impolite dinner sound
22. Growing old
24. One who accomplishes
26. Fangs
27. Piece of furniture
30. Sneaks
33. Infidelity
35. Ski jacket
37. Coniferous tree
38. Slowly losing life
41. Petroleum
42. A red fluorescent dye
45. A star with 5 points
48. Threaded
51. Braided cords
52. Contorted knot in wood
54. Faucets
55. Intersection
59. Adjust again
62. Protagonist
63. Sweetener
65. Trailer trucks
66. As just mentioned
67. Colonic
68. Saturate
69. Sit for a photo
70. Sketched

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DOWN

1. Wanes
2. Phone
3. Downpour
4. Involve
5. Brassiere
6. Charged particles
7. Swift
8. African foxlike animal
9. Windpipe
10. Diminish
11. Again
12. Three-handed card game
15. Drive
21. Confined
23. Stair
25. Marsh plant
27. Eatery
28. "Bye"
29. Attempt
31. Parade
32. Expertise
34. Sharp high-pitched cry
36. Beers
39. Mesh
40. Small flying insect
43. Annoying
46. Russian emperor
47. Bad-mouth
49. Medical professional
50. Dry land
53. Type of beer
55. Flake
56. Start over
57. Mining finds
58. Madam
60. Quaint outburst
61. Sounds of disapproval
64. Uncooked





Central Towers
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www.centraltowersphs.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*