

Every Patriotic Heart Beats True

Hot summer days. Watermelon juice dripping off your chin. Lying in the grass watching clouds change shapes. The whine of mosquitoes. Sheets flapping on the clothesline. Fireworks exploding against the inky, black night.



When you hear the word summer, what do you think of? Did the 4th of July pop into your thoughts? No matter where you grew up, we all celebrated our country's birthday. A few of our Dickson Hollow residents shared their 4th of July memories.

Al Strobel grew up in Milwaukee, Wisconsin. His family always went to Estabrook Park where the kids rode their decorated bikes in the 4th of July parade. They strung crepe paper between the spokes, over the handlebars, and wrapped it around the frame. It was great fun to ride their bikes in the parade. While he never won a prize, the dixie cup ice cream at the end was what he loved. Following the parade, the kids played games. The water balloon toss was always welcome on a hot day. The 3-legged foot race using a potato sack was a hit. Al said, "I think I spent more time eating grass than running." To watch the fireworks at night, they would sit on the blanket put out earlier to reserve a spot.

Kathy Newlin grew up in Montana. Her family spent their vacation and 4th of July at Flathead Lake, the largest natural freshwater lake in the western United States outside of Alaska. While she didn't recall anything particularly special for the 4th, the summer days were spent swimming in the lake and fishing for trout. They cooked the trout over a campfire or in the trailer her dad had fixed up.

Irene Kiernan hails from New York City. When she was a little girl, she lived in an apartment building and went up on the roof top to watch the fireworks from Coney Island. As a young teenager, she and her mom rented a room in the Catskill Mountains. In later years, her family went to Long Beach on Long Island. It was so festive as different towns around the lake all had celebrations. The whole neighborhood would gather at the docks. Guy Lombardo would arrive via his speed boat and conduct the orchestra at the Amphitheater. Everyone really looked forward to the festivities.

What are your favorite memories of the 4th of July? I invite you to share them with your fellow residents, family, and friends. No matter how you celebrate, have a Happy 4th of July.

Submitted by Colleen Meyer, Resident Services Director

DICKSON HOLLOW

July Life Enrichment

by Jenny Lehocky, Life Enrichment Director

Summer is here and so much is happening at Dickson Hollow! We sure hope that you enjoyed our "Dickson Dayz" the last week of June! Our food truck day was awesome and hope that you all got to taste the wonderful food from Just Smokin' BBQ! What a great time for both residents and staff! Dickson Hollow is proud to have achieved the #1 scores for employee satisfaction at PHS! We thank you all for being a part of our celebration!

July Events



Celebrate Independence Day!

Tuesday, July 5 at 2:30 pm in the Fellowship Hall—Entertainment by the Three Grands and Ice Cream Sundaes

Summer Courtyard Concert

Tuesday, July 12 at 6:30 pm in the Main Courtyard—Entertainment by the Dolce Duo

In-Person Voting

Thursday, July 21 from 10 am-Noon in the Chapel—Come vote absentee ballot for the August Partisan Primary Election

July Birthday Celebration

Thursday, July 21 at 2:30 pm in the Fellowship Hall—Entertainment by the Bourbon Street Stompers

July Band Concert

Tuesday, July 26 at 7:00 pm in the Fellowship Hall—Entertainment by The Milwaukee Letter Carriers Band

Inescapable God

by Peter Haskins, Campus Pastor



Greetings in the name of the Risen Christ! Pastor Pete here with a winning word of love here at Dickson Hollow. As we all navigate the news headlines these days it is important to **remember how important you are to this world.** You and your prayer life can make a difference in this world today so let us take a quick look at what David said about how important you are.

One of my all-time favorite Psalms is Psalm 139. It is a Psalm of David and it oftentimes entitled 'The Inescapable God.' It is an absolutely beautiful poem addressing the relationship God has had with each one of us, even prior to birth. The heart of the poem says this:

"For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well. My frame was not hidden from you when I was made in secret, intricately woven in the depths of the earth. Your eyes beheld my unformed substance."

To think that each one of us is vital and important to the God of the Universe! No matter where you are on your journey on this Earth please remember how important you are...how important you have always been...and how important you will always be to this world. Your prayers for the trials and tribulations of this world matter, no matter how distant or near they may feel or be. Your prayers matter in building up this Earth as we all strive to build the Kingdom of God here and now, just as Christ preached and taught and lived over 2,000 years ago. Your prayers can be a part of this building up of the Kingdom of God.

Plain and simple: you matter! You matter to God, to your family and to this community at Dickson Hollow. You are loved!

In Christ, Pastor Pete

DICKSON HOLLOW

Maintaining your Independence

by PHS Wellness Department

Happy July! This month we celebrate Independence Day! Independence Day celebrates the Declaration of the United State's independence from Britain. This day is usually associated with outdoor events such as parades, barbecues, baseball, and even fireworks!

BUT – what about **YOUR** independence? Decreased ability to be independent in tasks as we age is normal. This is because the aging process can decrease mobility, which can lead to limitations in movement and activities (National Institute on Aging, 2020). The Centers for Disease Control and Prevention found that one in three adults experience limitations in activities of daily living. Some activities of daily living can include bathing or showering, dressing, getting in and out of bed or a chair, walking, using the toilet, and eating. So, how might you increase your independence now and in the future?

Maintain your independence through these tips and tricks!

- ☼ Exercise your mind and body
- ☼ Know your bodies boundaries and abilities (and stick to them!)
- ☼ Ask for help when you need it!
- ☼ Adjust or make modifications and updates to your home if needed
- ☼ Maintain an active social calendar
- ☼ Be open to learning and adding new technologies
- ☼ Advocate for yourself and your abilities



So, today, celebrate yourself by investing in your independence!

Resources:

Walden University. Aging Well: Helping the Elderly Maintain Independence. Retrieved from <https://www.waldenu.edu/online-doctoral-programs/phd-in-human-services/resource/helping-the-elderly-maintain-independence>

Maintaining mobility and preventing disability are key to living independently as we age. (2020). National Institute on Aging. Retrieved from <https://www.nia.nih.gov/news/maintaining-mobility-and-preventing-disability-are-key-living-independently-we-age>.

Olivari BS, Baumgart M, Lock SL, et al. CDC Grand Rounds: Promoting Well-Being and Independence in Older Adults. *MMWR Morb Mortal Wkly Rep* 2018;67:1036–1039. DOI: <http://dx.doi.org/10.15585/mmwr.mm6737a4>

Summer Haiku



Watermelon slice
Sticky face from juicy flesh
Spitting out the seeds

By Betty Janko

Warm midnight falling
Stars shining, dancing brightly
Peaceful all at once

By Sazaria Quarles

Call today for information or to schedule a personal tour: 262-599-8300



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Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

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ALL FAITHS WELCOME.

Does a PHS employee stand out for you?
Nominate one or more for the 2022 CROSS Awards

We are pleased to announce that nominations are open for the 2022 Presbyterian Homes & Services (PHS) CROSS Awards! Launched in 2019, these awards recognize individual employees for going above and beyond expectations as they embody and extend our values.

Over 7,000 employees serve PHS. They make us proud through the dedication, compassion and excellence they demonstrate every day. That is why every employee is eligible for nomination by residents, coworkers or friends for the ways in which they live out our CROSS values.

Five recipients will be awarded for demonstrating exceptional work in one of five PHS values:

- † **Christian Ministry**
- † **Ready and Engaged People**
- † **Operational Integrity**
- † **Service Excellence**
- † **Stewardship**

Which employees stand out for you? The nomination form, which can be opened using the QR code, provides instructions on how you can nominate them for one of the five value-based awards. **Nominations are due August 1, 2022.** Award recipients will be honored in November 2022. Please complete and return the form to the reception desk. You can meet past CROSS award recipients by visiting www.preshomes.org and searching for "CROSS award."

