

Dear Residents,

Happy New Year! Each year, when one year comes to a close and a new one is on the horizon, it always feels like a good time for reflections. As January is National Hot Tea Month, it seems as good of a time as any to sit down by the fire and think about the year passed.

However, in Latin, “January” comes from the word for door: *ianua*. So January is seen as the door to a new year, not necessarily as a time for reflection, but rather a time used to focus on hope for the future. As I think about the year ahead, I am filled with hope. Instead of making New Year’s resolutions that I never stick to, I decided that I would make a list of things I am hopeful will happen this year.

In 2022, I hope...

- I will be able to spend time with friends and family
- Ella will adjust well to full time at daycare (and that mom and dad will adjust too!)
- To spend less time in my office and more time with residents
- For COVID to be less prevalent in our lives
- To spend more time at Church and with Christ
- For continued good health of residents, staff, friends and family

Luckily, we have a Savior of Hope. My Bible verse and prayer for you in 2022 is Psalm 33:20: “We put our hope in the Lord. He is our help and our shield.”

May you have a very blessed year ahead.

Sincerely,

Danielle Salisbury
Campus Administrator

PEOPLE OF EAGLECREST



Employee Spotlight: Vicky Faraon, Nursing

Vicky has worked at EagleCrest for 5 months, but has been with Presbyterian Homes for over 2 1/2 years. She believes every individual is unique. What makes her unique is her amount of patience and optimism. She always sees the good in every situation and is a firm believer that every cloud has a silver lining. She shares a line from her favorite poem, *Desiderata*, "With all it's sham, drudgery and broken dreams, it is still a beautiful world."

Vicky would like residents and staff to know she is a passionate worker, a cheerful nurse and a peace-loving, family-oriented individual. If she could learn something new it would be to ice skate.

She is most thankful for the gift of life, family, friends and good health. When she is not at work, Vicky enjoys spending time with her family, whatever it may be. She also loves talking to her very curious 5-year-old son, who always makes her day.

Thank you Vicky for all you do at EagleCrest!

EAGLECREST

NOTE FROM THE PASTOR — A YEAR OF NEW BEGINNINGS

When my wife and I moved from Minnesota to Portland, Oregon, so I could pursue seminary studies, we had many new beginnings. It was quite the adventure. We experienced a whirlwind of changes — selling our car, trekking over 1,500 miles, starting new jobs, meeting new people, learning a new city, taking new classes and much more. It required adjustments.

Can you think of a time when you started something new? Maybe the change was a new job, moving to a new city, retirement or the birth of a grandchild. Coming to EagleCrest was a big change. Can you recount all the adjustments needed for that transition? New beginnings are good because they help us grow, mature and serve others in ways we may not have done before.

What comes with new beginnings?

- **Learning new things.** It might be new skills, knowledge, schedule or tasks.
- **Saying goodbye.** When my wife and I moved to Portland, we had to say goodbye to family, close friends and people from our church community.
- **Embracing opportunities.** New beginnings mean possibilities that would not have been experienced or realized without the change.

God is a God of new beginnings. In the Bible, we read: “Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come” (2 Corinthians 5:17 ESV). There is nothing stagnant with the God of new creation. The same is true for each of us. God continues to work in and through us at each stage in life. Grab hold of the new beginnings before you, and see God work through the change.

Happy New Year,
Pastor Matt Anderson

MONTHLY REMINDERS

- **For daily activities (or cancellations), community updates and the daily menu, please select channels #992 on your TV or check out the television monitor in your lobby.**
- **Name Tag Days:**
Terrace is Wednesdays
Commons/Hearth is Tuesdays
- **Commons and Hearth residents:**
If you are ill and need assistance (even on nights and/or weekends), please press your pendant for help.



Fun at Christmas

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PHS FOUNDATION: YOU'VE DONE SOMETHING GOOD FOR YOU

Thank you for making a difference through your charitable giving in 2021. From showing your gratitude for employees to enhancing experiences for your friends and neighbors, you touched hearts throughout 2021. **We thank you!** Please take a moment to consider how your generous sharing is helping you, too, because it does! These are some benefits that you may experience:

Giving provides a sense of purpose, which is linked to identity. Phases of life provide us with different defining roles, like employee or parent. As life moves forward, we may feel less connected to some roles. Sharing our time, experiences and treasure are roles that have staying power, though. Studies show that these roles enhance an overall sense of purpose and identity.

Giving may aid overall health. Research has shown that giving can create happy feelings, lessen chronic pain and lower blood pressure for some. Sharing our

time usually enhances our social lives, which in turn can positively affect our long-term health.

Altruism is contagious. It is often observed that when one person performs a good deed, it causes a chain reaction of other good deeds.

The positives created by sharing your time, talents and money doesn't just benefit your PHS community, they benefit you as well! As 2022 begins, what plans might you have for your giving this year?

We give thanks to residents, family members, friends and employees who made charitable gifts to Presbyterian Homes & Services during the holiday season. **We say this every month and it is always true: 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 this year.



WELLNESS WORDS: Slips Trips and Falls

According to the CDC, one in four older adults will experience a fall, and one in five falls results in a broken bone, too often a hip fracture.

Most falls can be prevented

Mary Gray is the director of rehab for Lakeview Hospital and HealthPartners Stillwater. She has seen patients with hip, wrist and rib fractures from falls, as well as concussions and head trauma, muscle and joint pain. Mary says people of all ages fall, but the majority of them are older adults, who do not seek medical care because they are afraid of losing their independence. She cautions again this. "Most falls can be prevented, so it is important to talk with your care provider for a comprehensive assessment of your vision, muscles, balance, strength and medications to determine your risk of falling and provide strategies to decrease your risk of falling."

Tips for preventing falls

- Do exercises that maintain strength and improve your balance

- Do not use throw rugs
- Avoid floor clutter, like magazines, boxes and other items
- Make sure your home has good lighting, particularly your path to the bathroom and kitchen
- Quickly clean up spills on bathroom and kitchen floors
- Use grab bars in the tub and shower
- Wear proper shoes, not just socks, unless they have grips on their bottom
- Get annual eye exams and correct issues with eyesight
- Make sure electrical cords are not tripping hazards
- Clear snow and ice from outdoor surfaces in the winter

Be Well, Your Fitness Team

Source: <https://yourjuniper.org/be-well/take-the-right-steps-to-prevent-falls/>

Call today for information or to schedule a personal tour, 651-628-3000



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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.

EQUAL HOUSING OPPORTUNITY.
ALL FAITHS WELCOME.

Better Together

“And let us consider how we may spur one another on toward love and good deeds...” ~Hebrews 10:24

How often in these past two years of quarantines and visitor restrictions have we realized how much we want to be together? Being together makes us happy, but even more important, being together makes us better and helps us thrive. This is the very spirit of a community and reflects the love of God.

In Jesus, God summons us into a holy relationship and invites us into meaningful human relationships. Through the Holy Spirit, God dwells within and between us. In these ties, we can know and be known; serve and be served; love and be loved; celebrate and be celebrated. And that’s what we want to do – celebrate life together at Presbyterian Homes & Services (PHS) through the many stories that narrate how we *“spur one another on toward love and good deeds...”* – how we are better together.

Throughout 2022, the PHS Communication Team wants to tell our stories in a series entitled, “Better Together.” We’ll share the stories through the PHS blog, videos, social media, and daily staff huddles known as StandUP. But we need more eyes and ears, not to mention hearts and minds.

To do this, our team asks for your help. We’re sure you know of special people, including you, whose relationships and experiences show how we are better together. These relationships can be among two or more employees, residents, volunteers, family members, friends or any combination of the above.

We want to hear about a new (even unlikely) friendship, a common or shared journey, a problem solved or goal achieved together through collaboration and teamwork. We want to hear about overcoming challenges and finding resilience and hope, recognizing God’s hand and blessing, living into a larger view of God, expanding our mission and enriching ministry.

From your and others’ suggestions, we will select and follow up on stories of being better together. Throughout the series we’ll share the stories that show and tell how our lives interweave, our gifts multiply, our blessings abound and God is glorified. So much to celebrate and fortunately, we’ll have all year!

E-mail us at communication@preshomes.org or share your suggestion with your campus staff. We look forward to hearing from you.