

Dear Residents,

It is the most wonderful time of the year! However, it is hard to believe that it is the last month of 2021—time, for me, seemed to fly by.

I am looking forward to Christmas this year as Ella is now at an age that she can engage in the celebrations—from decorating, visiting lights, to opening presents. However, what I am most excited to share with her is the real meaning of Christmas and the birth of Jesus Christ. My husband and I have purchased several children books to read this year about that night long ago in Bethlehem.

Traditions around Christmas time bring so much joy. I love hearing from residents and staff about the different traditions they have enjoyed over the years. It is interesting the differences of traditions across cultures and generations. For example, in the Philippines they have a festival of Giant Lanterns to symbolize the Star of Bethlehem, or in Mexico they have a religious march to symbolize the path of Joseph and Mary or, finally, in Liberia you won't see Santa but instead you'll find Old Man Bayka! Generationally there can also be differences with the decorations or sometimes with the music.

However, even with all of the differences, Christmas time, no matter the year nor the country, is filled with strong similarities—hope, love, joy and celebration over the birth of our savior and the time spent with family. I hope whatever the traditions of your family that you are able to enjoy the wonder of the season!

Sincerely,
Danielle Salisbury
Campus Administrator

Sources:

<https://www.countryliving.com/entertaining/g4933/christmas-traditions-around-the-world/>

<https://www.one.org/us/blog/how-africa-celebrates-christmas-2/>

PEOPLE OF EAGLECREST



MATT ANDERSON

Employee Spotlight: Matt Anderson, Campus Pastor

Pastor Matt has worked at EagleCrest for about four months. Something

unique about him is that he is a very good listener. If you need to talk, he is your guy!

He would like the staff and the residents to know that he is married and has two teenage kids. Also, he enjoys laughing and was also in a rock band! Something he would like to learn how to do in his lifetime would be to speak Spanish.

He is most grateful for his family, his friends and his faith. When he is not at EagleCrest, you can find Pastor Matt playing the guitar, reading and blogging. His favorite meal of all time is cream chicken artichoke.

Thank you for being at EagleCrest, Matt!

EAGLECREST

WELLNESS WORDS

Nurturing Wellness at Christmas Time

There are many dimensions of wellness. Although we often hear about physical exercise and care, this is a perfect time of year to take time to nurture your emotional, social and spiritual wellness as well. (We'll add in a little intellectual wellness, too, since this requires a bit of reading.) Merry Christmas from your Wellness Team!

EMOTIONAL WELLNESS: (A little laughter!)

Help Wanted by Timothy Tocher

Santa needs new reindeer. The first bunch has grown old.
Dasher has arthritis; Comet hates the cold.
Prancer's sick of staring at Dancer's big behind.
Cupid married Blitzen and Donder lost his mind.
Dancer's mad at Vixen for stepping on his toes.
Vixen's being thrown out—she laughed at Rudolph's nose.
If you are a reindeer, we hope you will apply.
There is just one tricky part: You must know how to fly.

SOCIAL WELLNESS:

There's More to Christmas... Author Unknown

There's more, much more to Christmas than candlelight and cheer;
It's the spirit of sweet friendship that brightens all the year;
It's thoughtfulness and kindness, its hope reborn again,
For peace, for understanding for goodwill to men!

SPIRITUAL WELLNESS:

(We often sing this beautiful song, but reading it as a poem brings a depth to its meaning.)

Joy To The World - words by Isaac Watts

Joy to the world! The Lord is come: let earth receive her King!
Let every heart prepare him room, and heaven and nature sing.
Joy to the earth! the Saviour reigns: let men their songs employ,
while fields and floods, rocks, hills and plains repeat the sounding joy.
No more let sins and sorrows grow, nor thorns infest the ground:
he comes to make his blessings flow far as the curse is found.
He rules the earth with truth and grace, and makes the nations prove
the glories of his righteousness and wonders of his love.

All is well, God is nigh,

Christmas Blessings to you, Your Wellness Team

EAGLECREST

PHS FOUNDATION – YOUR GREAT GIFTS

This year has shown – yet again – that **all gifts make a difference.** If a gift is personally meaningful to you, it is every bit as meaningful to your PHS community. **Thank you!**

We continue to pray for your protection and peace of mind. Your friends, neighbors and employees appreciate and care about you. Thank you for keeping your community close to your heart and in your prayers.

Some helpful reminders for you:

Give direct. Rest assured that if you give directly to PHS, 100% of your donation goes to where you direct it, like to a fund at your community.

Your friends and neighbors. Gifts to greatest needs, resident benevolence and spiritual life are needed and used.

Employees serve. Many want to show gratitude to employees. You may direct your gift to employee appreciation, employee education assistance or employee hardship.

Tributes. This is a wonderful time to make a tribute gift *In Honor or In Memory* of a loved one or friend.

A note about timing: Some gifts take more time to complete. If your year-end giving plans include gifting stock or a qualified charitable distribution from your IRA, please know that these gifts take time for brokers or advisors to process. If you need assistance, please call the Presbyterian Homes Foundation at 651-631-6408 or 651-631-6418.

Thank you for all you do to make your PHS community great. May your Christmas season be filled with much love! **YOU are special to your PHS community!**

A NOTE FROM THE PASTOR

Stimulating Love and Good Deeds – Pastor Matt
“And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching” (Hebrews 10:24-25, NRSV).

Jewish Rabbi Abraham Joshua Heschel commented, “When I was young, I admired clever people. Now that I am old, I admire kind people.”

In our Bible passage, Christians are called to consider how they might mutually *provoke* one another to love and good deeds. Provoke is a strong word. We usually don’t use it in a positive way. But here it is a good kind of incitement. Love and good deeds, however, do not happen in isolation. We need one another. Each day is an opportunity to encourage others to live out the goodness of God expressed in Christ Jesus through love and good deeds.

Getting to know your fellow residents is a helpful first step. What does love and care look like for the person next to or across from you? I became acutely aware of

the importance of learning what communicates love when I did a book study with my wife of *The 5 Love Languages*, by Gary Chapman. I learned that my wife feels loved when I do acts of service for her and offer words of appreciation. Now, you don’t have to necessarily learn your neighbors’ “love languages,” but it would be beneficial knowing how to best serve, love and motivate those you live alongside. This is part of *considering* one another.

Hebrews 10 reminds us that we need each other to successfully live out our Christian calling.

Together, we can be a creative community that positively spurs one another to live out our values of love and good deeds.

“WHEN I WAS YOUNG, I ADMIRER
CLEVER PEOPLE. NOW THAT I AM OLD,
I ADMIRE KIND PEOPLE”
- ABRAHAM JOSHUA HESCHEL



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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.



The light of Christ shines through us

As the darkness of winter enfolds us, the beautiful lights of the Christmas season begin to shine in our communities. Their radiance reminds us that Jesus Christ is the Light of the World. The Gospel of John proclaims, "The true light that gives light to everyone was coming into the world." (John 1:9)

Christmas also shines light on acts of good will, reminding us that we are called to share the light of God's love, revealed in Jesus, with one another every day. Jesus taught his followers to "...let your light shine before others, so that they may see your good works and give glory to your Father in heaven." (Matthew 5:16)

Jesus' words shape Christian ministry at PHS all year long. Our mission *to honor God by enriching the lives and touching the hearts of older adults* is grounded in the belief that all we do is motivated by God's love revealed to us in the light of Jesus Christ and we, in turn, are called to reflect this love and light in everything we do.

Every resident, volunteer, employee, family member, donor and friend of PHS is invited to carry this light in an environment where serving one another and the world is encouraged and appreciated. We faithfully honor God when we serve and God faithfully blesses us by calling us to service that bears love and compassion.

God's light in Jesus shines brightly at Christmas to remind us that we are loved and capable of loving in return, and that together we can cultivate communities of care where Christ's love shines within and among us.

May the light of Christ's love shine on you and yours this Christmas and throughout the year ahead.

Merry Christmas!

