

## From the Care Center Administrator

**H**appy New Year! The start of a new year often brings feelings of renewed excitement and inspiration. It is a time of new year's resolutions, fresh starts and blooming dreams. Only a few months ago, the staff and residents of Castle Ridge were preparing for the long-awaited move to their beautiful new home, Flagstone. When moving day arrived, it felt as if it were more than just another Wednesday, or a day of "hustle and bustle"; to many, it was a new beginning, an achieved dream or a place of opportunity.

The year of 2021 brought with it many challenges, including the continued presence of the COVID-19 pandemic; it could be described as a year of grief and disappointment for many. We look to 2022 in anticipation that it will bring with it the power to wash away all of the despair of 2021. In the midst of this hope, it can be easy to forget about the good things that also came to us throughout the past year. 2021 has brought the opportunity to create and expand the Flagstone community, as new residents move into their new home each day. It has allowed musical performances, BINGO games and Homecoming dances to be held in brand new, beautifully decorated gathering areas. Personally, 2021 presented me with the opportunity to join the Flagstone family and continue to humbly serve Presbyterian Homes & Services. But most importantly, for all of us here at Flagstone, last year brought new friends, lots of laughter and the chance to be a part of this thriving new community.

Before 2021 is gone, take a moment to reflect on the good things that it has brought to you and your loved ones. As one of my favorite quotes states, "Acknowledging the good that you already have in your life is the foundation for all abundance". With a feeling of gratitude, we welcome 2022 with open arms and I wish you all an abundance of blessings and joy in the upcoming year. Goodbye 2021, welcome 2022!

Annika Olson  
Care Center Administrator



2022  
HAPPY NEW YEAR

# FLAGSTONE NEWSLETTER

## Presbyterian Homes Foundation News

### You've Done Something Good for You

**T**hank 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.



### January Birthdays

Jan 2      Kathy Schindel #411  
Jan 9      Judy Yanke #426  
Jan 16     Angie Smith #2015  
Jan 17     Joann Flynn #2029  
             Mike Samuels #330  
Jan 29     Shirley Stevenson #2006  
Jan 31     Flora Baillargeon #1008  
             Al Yanke #426



# FLAGSTONE NEWSLETTER

## Chaplain's Corner

New Year, New Life, New Purpose, New Vision

*Then Joshua blessed him, and he gave Hebron to Caleb the son of Jephunneh for an inheritance. Therefore, Hebron became the inheritance of Caleb the son of Jephunneh the Kenizzite to this day, because he wholly followed the Lord, the God of Israel.— Joshua 14:13-14*

As we embark on another year – 2022, I am reminded of a phrase I have heard before: “Out with the old and in with the new.” As we say good-bye to one year and begin another, we often begin taking stock of the past, and thinking about what we hope to accomplish in the present and future. We make resolutions, clean and organize our houses or start a new project. This year, how about striving for a new life, a new purpose or a new vision?

LIVE wholly following the Lord. What does this look like? In the book of Joshua, Caleb is mentioned as a man who “wholly followed the Lord” (Joshua 14:8-9). I imagine that from the time he woke up, he devoted his day to God. He viewed the day as a gift from God. In fact, every day and every year was a gift from God to be used for His purposes. And so, to wholly follow the Lord looks like giving your whole day, your whole mind and your whole body to God. You see that everything belongs to God – your possessions, your bank account and your family. Your faith is cultivated when you have a whole heart for God. Getting old is inevitable. Cultivating faith is a *choice*. Being old does not mean you are godly. Just because you have lived many years does not mean you have walked many miles with God. My advice is this – do not waste the time you have left on things that do not matter.

Caleb also did not see his life as a random series of happenstance. He acknowledged that it was by the Lord's providence that he had been kept alive. His days and his life had a divine PURPOSE. We live in a culture that glorifies youth, so, sadly, some of you may believe that because you are old you have less value, less significance or less purpose. While you may find your purpose changing at different seasons of life, if you keep yourselves centered on the purposes of God, you can still find plenty of reasons to get out of bed each morning. You can be spiritually stronger today, even if you become physically and mentally weaker.

In addition, Caleb looked forward and onward. He did not know what laid ahead as he forged into the hill country, but he was energized by a newer, brighter VISION for the future. Perhaps your new vision might sound something like this: “Give me more holiness” so that God might help you as you work to look more like Jesus every day. “Give me more love” so that you will be able to display plenty of patience and kindness toward others, especially those who are hard to love. “Give me more influence.” Ask the Lord to continue placing you in situations where you can be of great influence for Him. “Give me more intimacy with you, God.” One thing you have going for you now in these “golden years” is more freedom over your schedule. Why not use this time to draw closer to God and connect with Him in a deeper way?

My prayer for you in this new year is that God would cultivate a faith in you that continues on until the finish line, and that He would fuel you with new and fresh vision to accomplish His purposes.

Grace and peace,  
Pastor Paula

**Call today for information or to schedule a personal tour, 952-829-6400**



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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*

**H**ow 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 and narrative 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](mailto:communication@preshomes.org) or share your suggestion with your campus staff. We look forward to hearing from you.