

Welcome Bailey and Maddie!

The Fitness Team welcomes **Bailey Windsperger**, their new Fitness Instructor! Bailey is originally from Delano but now lives in Spring Park. She enjoys canoeing, hiking and all things adventurous with her boyfriend, Liam, 2 1/2-year old son, Samuel, and dog, Kacey. Bailey started working at PHS in 2019 as a CNA at Lake Minnetonka Shores while attending college at Rasmussen University. She recently received her Physical Therapy Assistant degree. Prior, she received her bachelor's degree in Biology and Psychology at St. Mary's University. Human health and physical exercise are her passions. She has been working with seniors for 7 years and loves the PHS mission: honoring God by enriching the lives and touching the hearts of older adults. Bailey says, "I love working for a company that highlights faith and emphasizes quality care for seniors." Now that she is finished with school, she is excited to have transferred to the Fitness Centers at Folkestone and also Maranatha to use her passion for wellness through teaching fitness to older adults. Something quirky about Bailey is that she can stick an empty pop can to her forehead and hold it there with no hands!



The Life Enrichment Team welcomes Maddie Griggs, their new Commons Life Enrichment Coordinator! Maddie grew up in Hopkins and then attended California Polytechnic State University, San Luis Obispo. She received her Bachelor's of Science in Psychology and then moved back to Hopkins where she currently resides with her Bichon dog, Molly. Molly requires lots of patience because she has anxiety from being attacked by a pack of coyotes! Maddie enjoys cooking yummy dinners, hiking with friends and spending time playing the piano and singing. Maddie comes to us from another senior living community in Minnetonka. She states "I wanted to work for PHS because I am passionate about seniors and my faith. I have worked with seniors throughout high school and college and I love learning from them!" What she loves most about working at Folkestone so far is meeting and getting to know the residents and their stories. She adds, "They have made the adjustment to a new job easy for me because they are very friendly and kind." One quirky thing about Maddie is that she is left-handed living in a right-handed world.



If you see Bailey or Maddie, please introduce yourself and give them a warm welcome!

FOLKESTONE FEATURE

Chaplain's Corner

A People United

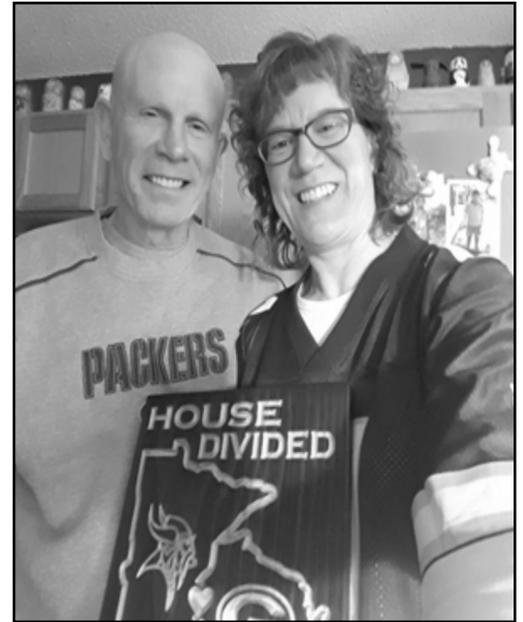
During my first years of marriage, my brother invited me to his house whenever the Packers and Vikings played each other in national football. I guess he was attempting to spare friction between my husband (a die-hard Packers fan) and me (a forever Vikings fan). Yet, over the years, I surrendered to the fact I would never convert Robert, and now say in jest “being a Packers fan is the only negative thing about my husband — I guess no one is perfect.”

This past Christmas, my brother gave us a wall hanging showing our teams' logos in each state, with a heart connecting the two. The plaque has the words “HOUSE DIVIDED, YET UNITED” sketched on it. Although the gift was one of my favorites, it is not theologically correct.

Consider the words of Jesus. After He cast a demon out of a man, the religious leaders accused Jesus of doing so by the power of Beelzebub, the prince of demons. Matthew recorded Jesus' response, “Every kingdom divided against itself is laid waste; and no city or house divided against itself will stand” (Matthew 12:25). Jesus understood the importance of unity within a group. Indeed, His longest documented prayer contained one request: for His followers to be as one (see John 17).

Right now, one of the needs for God's people is to stand together against racism. Racism runs directly counter to everything the Gospel represents. God affirms the infinite value of all people, regardless of nationality, race, development, appearance, or ability. In the Church “there is neither Jew nor Greek, neither slave nor free, neither male nor female” and where “all are one in Christ Jesus” (Galatians 3:28).

So first, may I suggest we pray as Jesus did? That as followers of Jesus, we “may be brought to complete unity” (John 17:23). Second, let us love one another as Jesus loves each of us (John 13:34).



Pastor Jane and Robert Morgan are committed to a united household despite their rival football loyalties!

Pastor Jane Morgan
SummerWood of Chanhassen
SummerWood of Plymouth

FOLKESTONE FEATURE

Spiritual Care

Sunday Church Transportation

Due to COVID-19, church transportation is suspended. Please check your church's website to livestream the Sunday church service from your home.

Monday Rosary

Mondays at 12:30 pm

Chapel (in-person)

(We encourage only Terrace to attend)
or on Channel 994 or 16-8

Friday Arbor Piano Hymns

11:00 am in Arbor Living Room

Led by Karla Keller

Thursday Faith Study

Led by Lindy Purdy

Thursdays, May 13 & 27

11:00 am

Northern Lights Club Room

(We encourage only Terrace to attend)

Thursday Catholic Service

TBD

Worship w/ Wayzata Bay Fellowship

Every Saturday

4:00 pm in the Chapel

(We encourage only Terrace to attend)

Friday Hearth Piano Hymns

4:00 pm in Hearth Living Room

Led by Karla Keller

Friday Gables Prayer Service

Led by Bonnie Davis

1:00 pm in Gables Activity Room

Friday Faith Study DVD

Every Friday

11:00 am in Theater

(We encourage only Terrace to attend)

Friday Commons Piano Hymns

2:30 pm in Fireside Lounge on 2nd floor

Led by Karla Keller

Bible Study

Led by Carolyn Cardle

Starting 1st Wednesday in June

Every Wednesday

11:15 am

Auditorium

(We encourage only Terrace to attend)



FOLKESTONE FEATURE

Wellness & Fitness Tips

How To Add Healthy Fats, Carbohydrates & Proteins To Your Diet

Eating nutrient-rich foods can help you stay healthy as you age. Choose a variety of nutrient-dense foods across and within all the food groups: vegetables, fruits, grains, protein foods, dairy products, and oils. Picking an assortment of fats, carbohydrates, and proteins within every food group throughout the week will help you get many nutrients.

Fats give you energy, and they help the body absorb certain vitamins. Certain kinds of fat can be bad for your health. To lower the unhealthy fat in your diet, consider:

- Choosing cuts of meat with less fat and remove the skin from chicken
- Using low-fat or fat-free dairy products
- Selecting oils, such as olive or canola, for cooking

Carbohydrates are the body's main source of energy. Many foods with carbohydrates also supply fiber that can help prevent stomach or intestinal problems, such as constipation, and lower cholesterol and blood sugar. To add fiber to your diet, consider:

- Eating cooked dry beans, peas, and lentils
- Leaving skins on your fruit and vegetables but wash them before eating
- Choosing whole fruit over fruit juice

Proteins are used to build and repair tissues. They also help you fight infection. Protein from plant sources tends to be lower in unhealthy fat and provides fiber. To include a variety of protein-dense food, try:

- Getting protein from eggs, beans, and peas, as well as nuts, seeds, and soy products
- Eating 8 ounces per week of a variety of seafood
- Counting beans and peas as protein foods if you are a vegetarian or vegan. If you regularly eat meat, poultry, and fish, count them as vegetables.

Visit the National Institute on Aging's website to learn more about these important nutrients: [https://www.nia.nih.gov/health/Important Nutrients to Know: Proteins, Carbohydrates, and Fats](https://www.nia.nih.gov/health/Important%20Nutrients%20to%20Know%3A%20Proteins%20Carbohydrates%20and%20Fats)

Happy Spring!

Kathy Kmetz

Fitness Director

FOLKESTONE FEATURE

May Birthdays

May 3	Connie Luce	Hearth	May 24	Ardis Graham	TN
	Jeri Anderson	TS		Carla Nolan	TS
May 4	Bob Rupp	TS	May 27	Richard Renk	TS
	Elmer Schindel	TS	May 28	Fran Kendall	Commons
May 5	Charlotte Gelfand	TS		Nancy Bradley	TS
May 6	Judy Carling	TS	May 30	Barbara Miller	Hearth
May 7	Maxine Holland	TN		Dottie Dekko-Frey	TW
May 8	Marilyn Bryant	TW		Dick Remde	TW
	Helen Bernston	TW	May 31	Peg Henninger	TW
May 9	Lynda Minnick	TN			
	Wade Clarke	TN			
	Anne Creed	TS			
May 10	Shirley Keller	Hearth			
May 11	Carol Griffin	Gables			
	Marlyss Wolf	Commons			
May 12	Mertha Flaten	TN			
May 16	Rod Sanders	TS			
May 18	Lou Frank	TW			
	David Lindblom	TW			
May 19	Norma Dolliff	TS			
May 20	Charles Utoft	TS			
	Delores Engelstad	TS			
May 22	Elaine Mead	Commons			
	Tom Nelson	TW			
May 23	JoAnn Haanstad	Commons			



FOLKESTONE FEATURE

Community Information



How You Make a Difference as a Joy Society Member

Presbyterian Homes & Services was founded through a visionary and generous gift from Ms. Lillias Joy in the early 1950s. She gifted 20 acres of land on the shores of Lake Johanna in Arden Hills, the site of the first Presbyterian Home in Minnesota and what is now PHS' Johanna Shores community.

In honor of Lillias Joy, the Presbyterian Homes Foundation created the Joy Society. This is our way to recognize donors who – like Lillias Joy – have a vision of providing more choices and opportunities for people PHS serves. Donors who make annual or continuing gifts of \$1,000 or more are members of the Joy Society.

Charitable gifts may be directed to advance the mission of PHS or to benefit your community for a purpose that speaks to you: greatest needs, employee hardship or scholarships, resident benevolence or spiritual life.

As a member of the Joy Society you will:

- Be invited to special events with PHS leaders
- Learn about the future of older adult services from industry experts
- If desired, receive recognition in print and interactive media
- Make a personal investment in PHS' future

The Presbyterian Homes Foundation welcomes the opportunity to provide you with information about becoming a Joy Society member or other ways you can support PHS. Please contact us at 651-631-6408 or 651-631-6418 or visit preshomes.org and click on Make a Gift.

Terrace Culinary Updates

Continental Breakfast

- Continental breakfast boxes are available for pick up in the designated locations below, 8:00 am -10:00 am, Monday - Friday.
- North Residents – Bistro
- South Residents – Lakeside Lounge
- West Residents – Superior Shores Club Room

Bistro – Lunch

- The Bistro is located in the North building and is currently open for lunch, 11:30 am & 2 pm, Monday - Friday.

Terrace Dining Room – Dinner

- Monday - Friday: One seating time at 5:30 pm.
- Reservations can be made from 9:00am to 1:00pm by calling *2400 (Starts May 3)
- Advance reservations can be made one month out by calling *2400 (Starts May 3)

Meal Delivery

- The delivery charge will go back into effect on April 5.
- Meal delivery service to your apartment is available for \$6.00. Please call the culinary offices at *2455 or *2445 or 952-249-2455 or 952-249-2445 during the hours of 12:00 pm & 2:00 pm.
- The kitchen staff will call you back later that afternoon to get details on your order. Delivery time is between 4:30 & 5:00 pm.
- Same day reservations can be made for meal delivery.

FOLKESTONE FEATURE

Community Information

Culinary Updates for Arbor, Commons, Gables & Hearth

Arbor Breakfast: 8:00-10:00 am

Arbor Lunch: 12:00-2:00 pm

Arbor Dinner: 4:30-6:00 pm

Commons Breakfast: 8:00-10:00 am

Commons Lunch: 11:45 am-1:00 pm

Commons Dinner: 4:45-6:00 pm

Gables Breakfast: 8:00-10:00 am

Gables Lunch: 12:00-2:00 pm

Gables Dinner: 4:30-6:00 pm

Hearth Breakfast: 8:00-10:00 am

Hearth Lunch: 12:00-2:00 pm

Hearth Dinner: 4:30-6:00 pm

Salon News

1st Floor Salon

One stylist and one resident in the salon at one time.

Now open to all residents Monday - Friday

9:00 am - 4:00 pm

Call Cindy for more details at *2435.

Manicures/Pedicures NOW available 2 Saturdays per month. Call *2435 to schedule

Folkestone Gift Shop

We are working on opening! Stay tuned.

Desperately seeking volunteers!

Family members and outside community members encouraged to apply!

Contact Danessa at dweiss@preshomes.org



Swim Schedule

See Booklet for schedule.

Folkestone Library

Now Open!

**You may drop in 24 hours a day,
7 days a week!**

Library Guidelines During COVID

- ONLY 2 residents allowed in the Library at one time.
- Masks are always required.
- You must sanitize your hands before entering.
- The daily newspaper is no longer available to read inside the Library due to infection control issues.
- No more donations please.
- **Closed Tuesdays from 10 am to 12 pm for Commons & Hearth use of Library.**

Therapeutic Massage

Now taking appointments!

Call Rita Magnan at 763-443-3308

Stamps

Just a reminder that stamps are available for purchase at the front desk.



Folkestone
100 Promenade Avenue
Wayzata, MN 55391

952-249-2400
www.folkestonephs.org

Postmaster: address correction requested



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*