

## Folkestone's Wellness Team



**Cole**



**Riley**



**Bruce**



**Jill and Kathy**

**K**athy started with PHS as a Fitness Instructor in 2014. Then in 2017 she accepted the position as Regional Fitness Director overseeing Folkestone, Lake Minnetonka, Beacon Hills, Summerwood of Chanhassen and Summerwood of Plymouth. She gets satisfaction from getting to know all of the residents and her fellow co-workers. Before Kathy decided to enter a fitness vocation, she worked as a grocery store clerk, working her way up to bookkeeper. When her dad was diagnosed with cancer and neuropathy, it seemed to her that there should be more than taking a pill to help him. That is when she decided to get into senior fitness.

**Bruce** has been with Folkestone since 2014 as the Fitness Instructor. He says that the best thing about working at Folkestone is the residents! He appreciates the way they care for each other. Bruce formerly worked for the Social Security Disability Administration so he learned a bit about medical practices without having to do any actual health care!

**Jill** has been with Folkestone for 3 years as a Fitness Instructor/Personal Trainer. She loves the people here and how they continually teach her every day. She would love it if you would come and participate in the fitness activities - including the pool at Folkestone! Jill graduated from Wayzata High School. In her free time, she enjoys going SCUBA diving, playing tennis and traveling.

**Cole** started with PHS in November 2017 at Boutwells Landing. He now works as a Fitness Instructor at Folkestone, Plymouth, Beacon Hill, and Lake Minnetonka Shores. He loves that there is a great team environment within the PHS communities for both residents and staff. Cole grew up in New Richmond, WI on a beef farm. He has two brothers, and attended UW-River Falls for Exercise Science and Health/Wellness Management. In his free time, he enjoys exercising, hiking, disc golfing, playing catch and hanging out at the lake or pool!

**Riley** is new with PHS starting as a Fitness Instructor. She cannot wait to get to know all the residents and staff! She has already been welcomed with open arms, friendly hellos and warm smiles. Riley is originally from Lawrence, Kansas and moved to Minnesota to pursue a degree in Kinesiology from the U of M. In her free time she loves to read, workout and walk her dog (she's the classic over-obsessed dog mom and proud of it!) She is excited to join the PHS family!

*If you see members of the Wellness Team around Folkestone be sure to say Hi!*

*(Compiled by Sarah Cupryna, Home Care Services Coordinator)*

# FOLKESTONE FEATURE

## Spiritual Care

### **Sunday Church Transportation**

**W**e are happy to offer transportation to and from the churches listed below. Sign-up sheets are located at the front desk. Please sign up in advance and be at the main entrance prior to departure time.

Messiah Methodist

**8:20 a.m.** departure (service at 8:45 a.m.)

Wayzata Free Church

**8:20 a.m.** departure (service at 9:00 a.m.)

St. Philip the Deacon

**9:00 am.** departure (service at 9:45 a.m.)

St. Bartholomew Catholic Church

**10:15 a.m.** departure (Mass at 10:30 a.m.)

Wayzata Community Church

**10:15 a.m.** departure (service at 10:45a.m.)

Redeemer Lutheran Church

**10:15 a.m.** departure (service at 10:30 a.m.)

### **Monday Faith Study** (Resident led)

Monday Bible study on the book of Revelations

3:00 p.m. in the Town Center  
Conference Room

### **Monday Rosary** (Resident led)

12:30 p.m. Mondays in the Chapel.

### **Tuesday Prayer Group**

(Led by Gordy Engel)

Meets every Tuesday at 3:45 p.m.  
Alternates between Gables and Arbor.

### **Wednesday Chapel Service**

Held every Wednesday at 11:00 a.m. Communion is served on the first Wednesday of each month.

A local guest Pastor will officiate the first Wednesday of each month, and Pastor Ted Andrada will officiate the following weeks of the month.

### **Wednesday Arbor Worship Service**

(led by Pastor Ted Andrada)

3:00 p.m. Wednesdays in The Arbor.

### **One Year Through The Bible: Wednesday Group**

4:00 p.m. in Pastor Andrada's office

### **Thursday Bible Study**

(Led by Carolyn Cardle)

### **The Book of Genesis**

10:00-11:00 a.m. in the Superior Shores Clubroom

### **One Year Through The Bible: Thursday Group**

10:30 a.m. in Pastor Andrada's office

### **Thursday Catholic Service**

(Once a month w/ St Bartholomew)

11:00 a.m. the first Thursday of each month, Chapel

### **Thursday Hearth Worship Service**

(Led by Pastor Ted Andrada)

1:00 p.m. Thursdays in the living room

### **Friday Gables Worship Service**

(Led by Pastor Ted Andrada)

1:00 p.m. Fridays, Gables living room

### **Friday Faith Study**

(Led by Ruth Peterson)

11:00 - 12:00 p.m. Fridays: The video series is "Holy Land" and is held in the theater.

### **One Year Through The Bible: Friday Group**

3:00 p.m. in Pastor Andrada's office

### **Saturday Men's Bible Study**

(Led by Gordy Engel)

Wayzata Bay Fellowship, will be facilitating a men's bible study for all denominations at Folkestone to be held in the Auditorium, every Saturday morning at 7:00 - 8:00 a.m.

### **Wayzata Bay Fellowship**

Saturdays at 4:30 p.m.

Folkestone Chapel

Please join us for an uplifting and meaningful time of worship to grow in the peace and love of Jesus Christ.

# FOLKESTONE FEATURE

## Chaplain's Corner

### Justice

*"I Myself will be the shepherd of My sheep, and I Myself will make them lie down," declares the Lord GOD. "I will seek the lost, and I will bring back the strayed, and I will bind up the injured, and I will strengthen the weak, and the fat and the strong I will destroy. I will feed them in justice. As for you, My flock ... Is it not enough for you to feed on the good pasture, that you must tread down with your feet the rest of your pasture; and to drink of clear water, that you must muddy the rest of the water with your feet? And must My sheep eat what you have trodden with your feet, and drink what you have muddied with your feet?" Therefore, thus says the Lord GOD to them: "Behold, I, I Myself will judge between the fat sheep and the lean sheep. ...and I will set up over them one shepherd, My servant David, and he shall feed them: he shall feed them and be their shepherd."*

*~Ezekiel 34:15-17a, 18-20, 23*

**T**here is a special pain that comes from being hurt by people within the Christian church. We expect pain and conflict in the world around us, but we hope for better things from fellow Christian believers. And so it hurts. It hurts when someone gossips about us, when someone spreads malicious lies, when we are ignored or left out or treated as anything less than a full brother or sister in Christ. It hurts so much that some people even leave because of the pain—leave the Christian faith altogether.

God is not asleep. He is fully aware of our pain when these evil things happen. And He will put an end to it, as He has promised: "I will feed them in justice. As for you, My flock," thus says the Lord GOD: "Behold, I judge between the fat sheep and the lean sheep... Must my sheep eat what you have trodden with your feet, and drink what you have muddied with your feet?" God will not put up with this behavior in His church forever. Judgment is coming.

But more than that, comfort is coming, for God has also promised us that Jesus will be our Shepherd. He will watch over us, provide for us and keep an eye on what is going on in the flock. He will not allow injustice to stand forever. How could He? He is the One who destroyed the power of evil on the cross, even as it cost Him His own life. He won that victory when He rose from the dead. And He will certainly cleanse His church both now and on that final day when He returns to bring us all into the new heavens and new earth.

Rev. Ted Andrada, Campus Pastor

### **Pastor Ted's Hours at Folkestone**

**Wednesday: 9:00 a.m. to 4:00 p.m.**

**Thursday: 9:00 a.m. to 4:00 p.m.**

**Friday: 9:00 a.m. to 4:00 p.m.**

If you would like to visit with Pastor Ted at another time, please feel free to drop him a request by email [eandrada@preshomes.org](mailto:eandrada@preshomes.org) or by phone at Ext. 2424.

He has a lot of experience helping people with issues of marriage, children, extended family, work, finances, addictions, death and dying.

# FOLKESTONE FEATURE

## Exercising With Pain

**P**ain. It's your body's way of warning you that something might be wrong. But that doesn't necessarily mean you should avoid exercise. In fact, depending on the type of pain you have, exercise could actually help. There are two kinds of pain: acute (temporary) and chronic (ongoing).

### **Acute Pain**

Acute pain begins suddenly, lasts for a short time, and goes away as your body heals. There are many causes for acute pain. With exercise, sometimes acute pain can be caused by overdoing it. Practicing exercise safety is the best way you can prevent over-exercising. Set realistic goals and pace yourself. Begin your program slowly with low-intensity exercises and work up from there.

Acute pain can also follow an injury, like a strain, sprain, or break from a fall. Balance exercises can help prevent falls that lead to these kinds of injuries.

### **Exercising with Acute Pain**

If you experience a sharp pain in your muscles and/or joints, stop exercising and see your doctor. He or she will be able to say whether it's safe to exercise while experiencing acute pain and what activities might help. There may be simple stretching or strength training exercises that you can do with a physical therapist or trainer to help with recovery. Your doctor might recommend that you reduce the intensity of your activity so you do not make the health issue worse, prolong the symptoms, or cause re-injury.

### **Preventing Lower Back Pain**

Exercise is an effective way to lower your risk for some pain. For example, research has shown that exercise combined with education can reduce risk of lower back pain. The study looked at exercises like strength training activities targeting the back and abdominal muscles, stretching and spine range of motion exercises, and aerobic conditioning.

### **Chronic Pain**

Chronic pain is ongoing and often a symptom of a larger health problem like arthritis, cancer, diabetes, or shingles.

Most people living with chronic pain can exercise safely, and it can assist with pain management. In fact, being inactive can sometimes lead to a cycle of more pain and loss of function.

### **Exercising with Chronic Pain**

Talk to your doctor about what exercises/activities might be right for you. Each type of exercise—endurance, strength, balance, and flexibility—has its own benefits, so a combination may be best.

**Strength exercises** can help maintain or add to your muscle strength. Strong muscles support and protect joints.

**Endurance exercises** make the heart and arteries healthier and may lessen swelling in some joints. Low-impact endurance exercises include swimming and bicycling.

**Flexibility exercises** help to keep joints moving, relieve stiffness, and allow for more freedom of movement for everyday activities. Flexibility exercises include upper- and lower-body stretching, yoga, and tai chi.

Exercise can also help you maintain a healthy body weight, which may relieve knee or hip pain from osteoarthritis, for example. Putting on extra pounds can slow healing and make some pain worse.

Remember to listen to your body when exercising and participating in physical activities.

For more information visit [www.go4life.nia.nih.gov](http://www.go4life.nia.nih.gov)

# FOLKESTONE FEATURE

## October Birthdays

Walter Pratt	Oct 1	TS
Geraldine Hallberg	Oct 2	Arbor
Barbara Sieling	Oct 2	TW
Annette Ahern	Oct 3	TN
Marcia Eaton	Oct 5	TS
Audrey Thiesse	Oct 6	TS
Harlan Riedesel	Oct 6	Gables
Mary Weisel	Oct 7	TW
Sam Child	Oct 8	TW
Darlene Amundson	Oct 8	Gables
Walter Benjamin	Oct 10	TN
Amandus Schneider	Oct 10	TW
Kae McQueen	Oct 10	Gables
Sunny Hansen	Oct 11	TW

Loren Adams	Oct 11	TS
Shirley Teig	Oct 14	TN
Mary Nichols	Oct 14	TS
Jacqueline Harris	Oct 18	TN
Jo Brown	Oct 20	TS
JoAnn Rich	Oct 21	TN
Johanna Duclos	Oct 21	TN
Ruth Petersen	Oct 27	TN
Wildie Swanson	Oct 26	Gables
James Hennessey	Oct 27	TW
Mary Lou Klassy	Oct 29	TS
Rosita Wright	Oct 30	Commons
Susan Krueger	Oct 31	Hearth



### October Birthday Social

Friday, October 18

2:00 p.m. in the Auditorium

With Mary Franz

# FOLKESTONE FEATURE

## Community Information

### Many Ways to Give

**F**or many people, the end of a calendar year is a time that they consider making gifts to favorite charities. If your Presbyterian Homes community is a mission that you feel called to support, you may direct your gift in a way that it helps **your neighbors or the staff at your community**. Funds for **benevolence, chaplaincy & spiritual life and greatest needs** enhance residents' experience. Giving to **employee education assistance** is a great way to show that your appreciation for employees.

Another way to think about your giving is by the timing of your gift. Examples of **Current Gifts** are:

**Cash** – you may send a check to Presbyterian Homes Foundation, 2845 Hamline Ave N, Roseville, MN 55118. Some donors find it satisfying and easy to be sustaining donors by making automatic monthly gifts to benefit their communities.

**Credit Card** – PHS provides a secure online giving site on the Presbyterian Homes Foundation website. You can find this at [www.preshomes.org](http://www.preshomes.org) and click on Make a Gift.

**Stock** – If this is a good option for you, it's a smart idea to put time on your side for a 2019 gift by not waiting until December to begin the stock gift process. Please contact the Foundation at 651-631-6408 if you make a stock gift. **Looping us in to your plans earlier helps us to better steward your gift through the sale process.**

#### Examples of Future Gifts:

**Will or trust bequest** – you may name PHS in your will or trust. You may designate your community or a specific fund in your legal documents.

**IRA or life insurance designations** – contact your plan administrator to complete your beneficiary designation form to document your gift.

**Bank or stock accounts** – your bank or brokerage will have a form for you to complete.

#### For your planning:

All gifts are welcomed and important. For assistance, please call the Presbyterian Homes Foundation at 651-631-6408 or 651-631-6418. Thank you for all you do to make your Presbyterian Homes community a welcoming home for you, your neighbors and the staff.

### Meal Times

#### Breakfast

*Olive Branch Bistro*

Monday - Friday, 8:00 a.m.- 10:00 a.m.

#### Continental Breakfast

*Terrace South Club Rm, 4th floor*

Monday - Friday, 8:00 a.m.- 10:00 a.m.

#### Lunch

*Olive Branch Bistro*

Monday - Friday, 11:30 a.m.- 2:00 p.m.

Monday-Thursday, 2:00-6:00 p.m. (limited menu)

#### Dinner

*Terrace Dining Room*

Monday -Thursday, 5:00 p.m. or 6:15 p.m.

Friday limited menu 5:30 only

*Reservations are required; call \*2400*

*Monday-Friday between 12:00 and 3:30 p.m.*

### Dinner Delivery and Pickup

**R**esidents may **call extension \*2400** between the hours of 12:00 p.m. and 3:30 p.m. Monday-Friday. A member of the Culinary Team will call you back and take your name, apartment number and your order.

All meals will be delivered at 5:00 p.m.

The delivery charge is \$5.00 per delivery for Independent Living.

No delivery charge from Culinary for Arbor, Commons, Gables or Hearth; however, Nursing charges may apply.

#### Commons Assisted Living

##### Dining Room Hours

*Breakfast:* Daily, 8:00 - 10:00 a.m.

*Lunch:* Daily, 11:30 - 1:30 p.m.

*Dinner:* Daily, 4:30 - 6:00 p.m.

Please call \*2444 if you would like to bring guests.

#### Arbor, Gables and Hearth

##### Dining Room Hours

*Breakfast:* Daily, 8:00-10:00 a.m.

*Lunch:* Daily, 12:00-1:30 p.m.

*Dinner:* Daily, 5:00-6:30 p.m.

# FOLKESTONE FEATURE

## Community Information

### **The Salon**

#### **1st Floor Salon**

**Cuts, permanents, coloring and foiling available with Cindy, Angie & Sue**

Tuesday thru Thursday, 9:00 a.m. - 4:00 p.m.  
Friday, 9:00 a.m. - 3:00 p.m.

#### **Manicures, Pedicures, Toenail Clipping**

**Mary** can come to you for any nail needs if you are not able to come to the Salon at Folkestone. Stop in to ask any questions you may have about nails and hair.

For appointments and questions,  
call the Salon  
at 952-249-2435

Wednesday and Thursday  
9:00 a.m. - 4:00 p.m.

Gift Certificates are available!

#### **4th Floor Gables Salon Hours**

Open Wednesdays 9:00 a.m. - 3:00 p.m. with  
Rebecca

Call or stop in for appointments:  
952-249-2505

#### **Professional Therapeutic Massage with Rita Magnan C.M.T.**

Rita is trained in Esalen, Relaxation, Deep Tissue, Cranial Sacral Therapy, Neuromuscular, Myofascial Release, LA Stone Therapy, Reiki and Manual Lymph Drainage.

30 minutes \$38.00 / Package of 10 \$350.

60 minutes \$70.00 / Package of 10 \$660.

Traditional oil massage or fully clothed  
massage options

Call or Text 763-443-3308

### **Swim Schedule**

Please see the activities newsletter and postings in the Wellness Center for up-to-date information on the swim schedule.



### **Stamps**

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

### **Hours for the Folkestone Gift Shop**

Monday and Wednesday 11:00 a.m. - 1:00 p.m.

Tuesday and Thursday 12:00 p.m. - 2:00 p.m.

Friday - Temporarily closed

### **Blood Pressure Checks**

A friendly reminder that we offer FREE blood pressure checks on the second Thursday of every month at 11:15 a.m. in the Wellness Center.

### **Let's Play Bridge**

Every Saturday, 2:00 - 4:00 p.m.

Northern Lights Club Room



### **Beginners Bridge**

Fridays at 3:00 p.m. in the  
Superior Shores Clubroom



Folkestone  
100 Promenade Avenue  
Wayzata, MN 55391

952-249-2400

[www.folkestonephs.org](http://www.folkestonephs.org)

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 Leads Development of Specialized Medicare Advantage Plans*

Selecting and enrolling in a Medicare plan is not a one-time decision. Insurance plans — and your needs—change each year. **The Medicare Open Enrollment Period, October 15 through December 7**, is a good time to evaluate your current Medicare coverage to make sure it meets your needs and to consider your options for the coverage best for you.

### **Introducing PHS Medicare Advantage Plans**

Last year PHS introduced special Medicare Advantage plans (D-SNP) in partnership with Medica, Blue Cross Blue Shield and UCare targeted to individuals dually eligible for Medicaid and Medicare at 14 PHS communities. In 2019, PHS also acquired a 50% share in Genevive, a leading geriatric primary care provider in the Minneapolis/St. Paul metro area serving around 5,500 older adults.

Now, in collaboration with Genevive, Medica, and 9 other senior care organizations, PHS is introducing specialized Medicare Advantage plans exclusively designed for residents living 90 days or longer in

long-term care, memory care or assisted living. These specialized “I-SNP” plans combine on-site primary care provided by Optage, Genevive or other select providers; integrated care coordination and access to Medica’s health network as well as coverage for prescription drugs, transportation, dental, vision and hearing care.

This is a pioneering collaboration to bring together expertise from the various partners to simplify and align the best possible quality of care for older adults with complex needs and to provide them with a health insurance product targeted to their actual needs.

Watch for more information or talk with PHS staff at your community to learn more.

During Open Enrollment you can compare options and re-evaluate your Medicare coverage. Take the time to evaluate your needs and coverage options to make sure you’re getting the best coverage at the best rates for you.