

Welcome Annette Sundem!



Please welcome Folkestone's new Assisted Living Clinical Coordinator, Annette Sundem! Annette was born and raised here in the Twin Cities, and currently resides in Plymouth. She started her career in health care as a nursing assistant in a nursing home, then attended the University of Minnesota, for nursing, and has been an RN for over 30 years. Annette decided to leave the Allina clinic she had been working at, to take a position as the Assisted Living Clinical Coordinator at Summerwood of Chanhassen.

When Julie Breitung retired in August, Annette decided to interview for the same position at Folkestone. We are so glad she made the switch! She is happy to be back working in senior care, as her parents are getting older and she wants to familiarize herself in the field of Gerontology again. Annette started her position at Folkestone in mid-August.

Not only is Annette close with her parents, they also live close to her in Plymouth. She enjoys spending time with them and her two grown sons. She has been spending a lot of her free time working on DIY (do it yourself) projects and remodeling her home. When she has more free time, she enjoys traveling, especially to Hawaii.

Staff can find Annette either on the floor or in her office in the 3rd floor Home Care Office. If you would like to meet with or speak to Annette, you can make an appointment by calling her at 952-249-2474 or *2474.

Welcome Annette!

FOLKESTONE FEATURE

Pastor's Corner

Living with Confidence (Alive in Christ)

We've heard stories of Christian martyrs who unflinchingly confessed their faith with boldness and were put to death because of it. No fear. Confidence.

Fear... In the Christian it comes from some level of forgetting who we are. We are children of God. We proclaim God who came to us in human flesh. We believe in a God who died on a cross in our place. Our sins no longer burden us because we trust that Jesus took them to the cross at Calvary. We understand ourselves to be buried in baptism and dead to the fears of this world because we know that our eternal life is secure in Jesus. He rose from the dead. When we forget who we are, our faith takes a back seat and "fear" drives our lives.

Usually we fear losing the things that are most important to us. For some, that's loss of family. For others it is a loss of our health or danger to our physical safety from people who are violent. And for others it may be a loss of purpose because we get our identity from what we do. Alone, insecure, being without purpose. Fear.

"Dead to Sin, Alive in Christ:" what does this mean?

If I am dead to sin, I have died. What a freeing thing to have died and therefore have no fear of death. I can say to the Evil One, "Go ahead, what more can you do to me? I've already died. To live is gain for me now! I live for Christ!" And that is what I am suggesting those martyrs kept in view. Their eyes were resolutely fixed on Jesus. They were free in the Gospel. Free to be. They were looking forward to something better – Eternal Life in Heaven. They had no fear of death.

As a new seminary graduate I once had an interesting conversation with a neighbor of the church I served. This man was a gang leader in the inner city of Shreveport, Louisiana and shootings were common in the neighborhood. He explained to me that the basketball shoes tied together by their laces, hanging on inner city power lines, were a tribute to someone who had died. I told him, "I'm not afraid of dying from gunfire." He pointed out that when you die you are done! I told him I would preferably not be -impaired for life. (My sister was born without her right arm and my father had gone blind from Glaucoma.) He said that I sounded like a gang member. So, I explained to him that I was confident of life beyond death. Even though my body would die someday, my soul would never pass away.

As we journey through life with Jesus, you and I have nothing to fear, not even death. We live with confidence. "We are those who have died to sin..." - Romans 6:2

Pastor Andrada

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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
Canceled until further notice.

Tuesday Prayer & Praise Group
Canceled until further notice.

Wednesday Chapel Service
Canceled until further notice.

Wednesday Arbor Hymns
(Led by Pastor Ted Andrada)
3:00 p.m. in The Arbor.

Thursday Bible Study
(Led by Carolyn Cardle)
11:15 a.m. in Auditorium
Every Wednesday

Thursday Catholic Service
Catholic Communion
Wednesday, October 7
1:00 p.m. in Chapel

Thursday Hearth Hymns
(Led by Pastor Ted Andrada)
3:30 p.m. in the living room.

Friday Gables Hymns
(Led by Pastor Ted Andrada)
1:00 p.m. Gables living room.

Friday Faith Study
Canceled until further notice.

Friday Commons Hymns
(Led by Pastor Ted Andrada)
3:00 p.m. in the Commons dining area.

Saturday Men's Bible Study
Canceled until further notice.

Wayzata Bay Fellowship
Canceled until further notice.

FOLKESTONE FEATURE

Wellness/Fitness Tips

Exercising with Pain

Pain is 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. Sometimes acute pain can be caused by exercising too hard. 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 those types of injuries.

Exercising with Acute Pain

If you experience a sharp pain in your muscles 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 stretches or strength training you can do with a therapist to help with recovery. Your doctor might recommend you reduce the intensity of your activity so you do not make the pain 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 the exercise 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 and activities might be right for you. Endurance, strength, balance, and flexibility all have their own benefits, so a combination may be best.

Endurance exercises can make the heart and arteries healthier and may reduce swelling in some joints. Low-impact endurance exercises include swimming and bicycling. Strength exercises can help maintain or add to your muscle strength. Strong muscles support and protect joints. Flexibility exercises help 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 maintain a healthy body weight, which could relieve knee or hip pain. 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

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October Birthdays

Oct 1	John Pierson - Commons Walter Pratt - TS
Oct 2	Barbara Sieling - TW
Oct 3	Annette Ahern - TN
Oct 5	Marcia Eaton - TS
Oct 6	Harlan Riedesel - Gables Kathryn Habstritt - TN Audrey Thiesse - TS
Oct 8	Darlene Amundson - Gables Sam Child - TW
Oct 10	Walt Benjamin - TN Amandus Schneider - TW
Oct 11	Dorothy Rand - TW Loren Adams - TS
Oct 14	Shirley Teig - TN Jari Nichols - TS
Oct 18	Jackie Harris - TN
Oct 20	Alice Brown- TS
Oct 21	Jo Rich - TN Johanna Duclos - TN
Oct 26	Wildie Swanson - Gables
Oct 27	Jim Hennessey - TW Ruth Peterson - TN
Oct 31	Ron Beauchane - TN



Please extend a warm welcome to our newest Terrace residents

- Tom & Nancy Caswell in South
- Mary Grover in West
- Karen Schreiner & Ron Ellingson in South
- Sue Redetzke in North
- Bill & Sharon Frank in North
- Peg Henninger in West
- Sara Ann Tatsumi in West



FOLKESTONE FEATURE

Community Information



With Gratitude – Blessings to You!
**Thank you from the Presbyterian Homes
Foundation**

Nearly 3,000 donors chose to make charitable gifts to PHS communities in this last fiscal year, October 1, 2019 – September 30, 2020. Now more than ever, what a blessing you are to PHS and to your community! Thank you for your caring spirit and generous heart.

Residents, family members, friends and employees feel called to give and volunteer their time to make communities caring and enjoyable homes for you and your neighbors.

Because of your generous gifts, PHS is able to reflect the love of God in these ways:

- Lift up greatest needs at PHS and your PHS community
- Extend benevolence support to help residents weather financial hardship
- Show employees they are appreciated during this challenging time and beyond
- Help employees facing crisis

All charitable gifts are important and make a difference. The Presbyterian Homes Foundation accepts annual gifts to fund current needs and future gifts to address what is to come after us.

The Apostle Paul in 2 Corinthians 9:8 reminds us “And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work.” May you find joy through giving!

If you have questions about ways to give, please call the Presbyterian Homes Foundation at 651-631-6408 or 651-631-6418. Or if you prefer, visit the PHS website at www.preshomes.org and click on Make a Gift at the top of any page. *Thank you!*

North Courtyard Outdoor Patio Time

The Terrace

Sunday-Saturday, 8:30 a.m. -7:00 p.m.

The door to the North Courtyard will be unlocked
8:00 a.m.-5:00 p.m.

From 5:00 a.m.-7:00 p.m., you may place a wedge in the door to ensure you are able to reenter, or alert the receptionist.

You must wear a mask and stay six feet away from fellow residents. Please avoid family visit stations which occur Monday-Thursday, 10:00 a.m.-4:00 p.m.

See Recreation staff for extra chairs, if needed.

The Commons

Monday-Friday, 1:00 p.m.-2:00 p.m.

The door to the North Courtyard will be open to the Commons at 1:00 p.m.

You may go out alone, but you must wear a mask and stay six feet away from fellow residents. Danessa will check in periodically.

Commons residents may use the 3rd floor patio 24 hours a day, 7 days a week.

The Hearth

Tuesday, 2:30-3:30 p.m. and

Thursday-Friday, 2:00-3:00 p.m.

Diane will escort residents to the North Courtyard

Tuesday from 2:30 p.m.-3:30 p.m. and

Thursday-Friday from 2:00 p.m.-3:00 p.m.

Residents must wear a mask and must be escorted by staff. Please meet in the Hearth living room.

We appreciate your cooperation!

We are keeping you safe by reducing the number of people using the space at the same time.

FOLKESTONE FEATURE

Community Information

Salon News

1st Floor Salon

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

Open to The Terrace, Tuesday-Friday
Open to The Commons and The Hearth on Mondays

Open to Arbor for scheduled appointments

Call Cindy for more details at *2435.

Manicures/Pedicures still unavailable

4th Floor Gables Salon

Open

Professional Therapeutic Massage

Closed until further notice

Swim Schedule

Now Open!

See inserted booklet for details.



Stamps

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

Vote!

Register to vote online at mnvotes.org

You may also fill out an absentee ballot application and have your ballot mailed to you.

Register

to

VOTE

Folkestone Gift Shop

Closed until further notice

Blood Pressure Checks

Closed until further notice

Let's Play Bridge

Canceled until further notice





Folkestone
100 Promenade Avenue
Wayzata, MN 55391

952-249-2400
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.

The Wellness Journey – Active Aging Week: October 5-11

“The purposes of a person’s heart are deep waters, but one who has insight draws them out.”

~ Proverbs 20:5

Celebrating aging and the benefits of active living at any age, Active Aging Week showcases the capabilities of older adults as fully participating members of society and promotes the benefits of a healthy lifestyle. Presbyterian Homes & Services vision: “To provide more choices and opportunities for more older adults to live well,” shapes Active Aging Week in our communities with opportunities for you to discover how you can continue living well.

Each day of the week will feature one of the *Seven Dimensions of Wellness*: physical, social, intellectual, emotional, vocational, environmental and spiritual, demonstrating the unity of the different departments that support you on a day to day basis. Throughout the week, we will explore your personal wellness goals while providing opportunities to re-connect and learn more about the community surrounding you.

Throughout COVID-19, our attention has been drawn to what we are unable to do. Active Aging week will shift that focus and highlight what you CAN continue

doing, even when obstacles appear. Although this year has brought us challenges, we are here to walk with you on your Wellness Journey to rediscover the purpose that is within you.

Initiated in 2003 by the International Council on Active Aging®, the weeklong observation calls attention to and wholeheartedly celebrates the positivity of aging today. Active Aging Week challenges society’s diminished expectations of aging by showing that, regardless of age or health conditions, older adults can live as fully as possible in all areas of life. The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the life span.

Check the community calendar for October 5-11 to see what great activities are planned for Active Aging Week at your community.