

Folkestone Feature

February 2023

Please welcome Jacob Brehmer Gables administrator

Please welcome Jacob Brehmer, the new Gables administrator at Folkestone. Jacob has been with Presbyterian Homes for about a year and a half. Jacob comes to Folkestone from Flagstone where he served as a leader in training as well as a household coordinator.

Jacob has served at Flagstone, Carondelet Village, St. Andrew's Village, and Valley Ridge. Jacob received his bachelor's degree from the University of Minnesota in biology and then received a master's degree from Des Moines University in healthcare administration.

In Jacob's spare time, he enjoys being active and outside with his wife and dog (golden retriever). Other hobbies include reading, working out, and (sadly) watching the Minnesota sports teams.

Jacob said, "I have 3 younger brothers that are now spread out around the country and parents up in Northern Minnesota, so I enjoy doing some traveling when I am able. Please don't hesitate to reach out and introduce yourselves when you see me around.

"I can't state enough how excited I am for this new opportunity. There seem to be so many great people at Folkestone, and the community has such a great feel. I look forward to joining an awesome team at such a beautiful facility. I love that Presbyterian Homes not only allows, but encourages us to share God's love with resident's, their families, and fellow staff. I really look forward to enriching the lives and touching the hearts with a new team!"



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Chaplain's corner

The Cup of Salvation

I will lift up the cup of salvation and call upon the name of the LORD. ~ Psalm 116

These words are familiar enough to us. We have memorized them, we have recited them, and yes, we have sung them together in Church. But what does it mean to “lift up the cup of salvation”? What precisely is this “cup of salvation which we lift up?”

It is possible for us to see in these words a reference to a literal physical cup. For example, when the Lord Jesus instituted His supper, He took the cup that had been used in the Passover observance. He gave that cup a new place and a new significance in the supper which He instituted. If so, the Psalm speaks directly to what took place in the Passover and we are placing in the context of the Lord's Supper, and from this cup we are to drink freely.

It is possible for us to understand the reference to the cup that way, but it is preferable to look at it in a different way.

I don't think that the cup is intended to be a physical cup. The cup is what we call a figure of speech. The cup has symbolic value, and we have an example of this in Psalm 16:5, “Lord, you have assigned me my portion and my cup. You have made my lot secure.” You have assigned to me my portion and my cup. My cup is simply all that the Lord has determined for me and for my future. When the Psalmist says, “I will lift up the cup of salvation” he means that he will lay hold of and accept salvation, which the Lord has been pleased to grant to him. As we look back in the Psalm, we can understand what he is speaking about. The Psalmist was apparently on the verge of death itself. “The cords of death entangled me. The anguish of the grave came upon me ... Then I called upon the Lord to save me.” And that is exactly what the Lord did. The Lord saved him from death itself and that is the source of the question that we have in verse 12, “What shall I return to the Lord for all his goodness to me?” How in the world am I ever going to repay the Lord for all His kindness to me? How in the world can I show my gratitude to the Lord?

We can understand that question, can't we? How many times have we experienced situations in which people have done very kind and generous things for us? Totally unexpected. What can we do to repay this kindness? How can we show our gratitude for what these people have done? That question is difficult enough for us to answer; how much more so when it comes to deliverance from death? In short, when it comes to salvation from eternal condemnation, there is no response that is adequate to the blessing conferred. The only thing that we can do, and really, the only thing that the Lord expects us to do, is to open our hearts and accept His free gift with a grateful heart.

“I will lift up the cup of salvation and call on the name of the Lord.”

Prayer

Help us to humble ourselves and with arms outstretched in gratitude simply receive with a believing heart all that the LORD is pleased to give us in His kindness and grace with the full recognition that we cannot begin in any measure to repay the Lord for the salvation He bestows upon us.

Wellness & fitness tips: Leg cramps and dehydration

More than a few people have asked me what could be causing their leg cramps. A common reason for leg cramps this time of year is dehydration. People mistakenly think that they do not need to drink as much water during colder months. Think of it like this: you use more lotion during the winter because the dry air is removing the moisture from your skin, which is being supplied by your body. That moisture needs to be replenished. If your doctor has not restricted your intake of fluids, consider the following information:

Drinking water is important to our health throughout our entire lives, but how do we know how much water we should be drinking? Everyone has different needs based age, body type, physical activity level, and certain medications can also influence your fluid needs. By the time you become thirsty you could already be slightly dehydrated. As we age our bodies become less able to sense dehydration and tell our brains we're thirsty.

Some simple steps you can take to stay hydrated:

- Carry a bottle of water with you which allows you to

sip water as needed.

- Start your day with a glass of water, since most of us go the full night without drinking any water.
- Try drinking a glass of water with each meal and another between each meal.
- Drinking water before and after exercise or any physical activity is also a very good idea.
- If you don't always want to drink water or don't like the taste of water, consider fruits such as watermelon and tomatoes which are almost 100 percent water by weight.
- Beverages such as milk and juice are also great substitutions but water is always going to be your best bet because it is inexpensive, calorie free and readily available.
- If you are concerned about your fluid intake, check with your doctor. He or she can help you determine the amount of water that's best for you.

Kathy Kmetz Wellness Director

Presbyterian Homes Foundation news: New legislation and you: secure 2.0 Act

A new year has brought new laws and other changes that may affect you. The new laws include retirement changes, known collectively as "Secure 2.0," that may affect your saving and your giving.

1. Allows for a distribution from your IRA to fund a life-income gift

If you are 70-1/2 or older, you can make a one-time election for a QCD of up to \$50,000 (without being taxed) from your IRA to fund a life-income gift such as a charitable gift annuity, charitable remainder unitrust or charitable remainder annuity trust. These types of gifts allow you to make a gift to a qualified charity and receive lifetime payments, or provide lifetime payment for another beneficiary.

2. Increases the required minimum distribution (RMD) age to 73 in 2023

It does not increase the age when an IRA owner can take a qualified charitable distribution (QCD). That remains at 70-1/2.

3. Adjusts for inflation the \$100,000 annual limit on direct gifts to qualified charities from your IRA

Historically, the amount you could give, tax-free to qualifying charities was capped at \$100,000 per year. This will now be adjusted annually for inflation. This ensures that your giving keeps pace with inflation.

Your financial advisors can provide you with more details. If you have questions about giving to your PHS community, please contact a gift planner at your community or call the PHS Foundation at 651-631-6408 or 651-631-6418. Happy 2023!

Folkestone
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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.

Optage: a fresh look expresses an enduring commitment to support you at home

Optage™, the home and community services division of Presbyterian Homes & Services (PHS), recently introduced a new logo and website.

Our new logo is a stylized flame symbolizing the presence of God's Holy Spirit. It also includes a fish within the flame, an ancient symbol of Christian fellowship.

Optage.org has been redesigned for an exceptional user experience. The new website will be faster and easier to navigate, and brings a range of features that help older adults find and use services for home care, hospice and meals.

Optage services help people live independently, actively and with purpose, whether one's home is in a senior living community or in the broader community. Optage works from a foundation of

Christian ministry that upholds the spirit of compassion and service to all.

In addition, Optage staff maintain special training and certification in geriatric care so older adults receive the best, targeted care for their unique needs. For those living in senior communities, Optage staff apply their expertise in collaborating with multiple caregivers, including family and site staff to deliver seamless, holistic care.

With Optage, you gain the confidence to stay at home and live the life you choose. To contact the Optage care team directly or to learn more about the supportive services available, visit [Optage.org](https://optage.org) today!

