

## Danessa Weiss - Bound For Glory!

**C**ongratulations to Danessa Weiss, Life Enrichment Director and the latest “Bound for Glory” recipient. Danessa was recognized on January 25, 2021.

The Folkestone staff submitted over 20 good reasons to nominate Danessa for the Bound for Glory award. Danessa touches the lives of many Folkestone residents daily.

Mark Specht, Care Center Administrator states “I’ve never heard Danessa say ‘I can’t,’ or ‘we won’t be able to,’ when it comes to something that will benefit a resident. She makes it happen and we are blessed to have her!”

Joni Czura, Housing Counselor, states “Danessa is the definition of a ROCK STAR. She has boundless positive energy that she brings daily into Folkestone. She puts in 100% of her heart and soul in to creating smiles on the residents’ faces. She is hands on, reliable, relatable and prepared. She excels in her ability to organize, create and execute activities for the residents. She is a positive impact person to resident and staff alike.”

We at Folkestone, are so proud of Danessa and are happy that her commitment to service excellence has been recognized with the Bound for Glory award!

Congratulations Danessa!



***Read more about the Bound for Glory award  
on the back page of this newsletter.***

# FOLKESTONE FEATURE

## Faith Foundations

### **“Hallowed be Thy Name”**

This may, in some ways, be the most forgotten, yet most weighty, petition in the Lord’s Prayer. Forgotten? Well, maybe “passed over” might be more accurate. Too often we simply “say” the Lord’s Prayer rather than “pray” the Lord’s Prayer. And so we speak the words we know so well with others who have also gathered to “pray, praise and give thanks” to God. If we do slow down enough to really think about what we are saying, or even who we are talking to... well, it doesn’t usually happen until a little later in this prayer.

Of course, we know who we are talking to... it’s God. He is holy and His name represents Him. So, His name is holy as well. It’s wrong to use it thoughtlessly. That is, to yell His name when we’re surprised and hurt. Do we really want God to damn “it” whatever the “it” may be? No. If we yell, “Jesus Christ!” what would we do if He responded, “Yes, here I am, you called. What do you want?” Would we say, “Sorry Lord, I was just mad. I wasn’t thinking.” We don’t want to use His name frivolously. It is the name above all names. At His name every knee will bow and every tongue confess that Jesus Christ is Lord.

As Christians we bear His name. We don’t dishonor His name. And so, in our lives we don’t practice witchcraft, use satanic arts or participate in activities that would shame the Holy One. We call on His name to thank and praise, serve and obey him. We strive to live “Holy Lives” and keep His name holy.

Do you want to feel that “chill up your spine” when you pray? Here’s an idea. Next time you are in worship and the congregation speaks to the Lord in corporate prayer... be a rebel. As they pray each petition, keep repeating the petition, “Hallowed be Thy Name.” As the rest of the congregation moves on to “Thy Kingdom come,” softly whisper out loud “Hallowed be Thy Name.” Continue to repeat that phrase to God and tune out what everyone else is saying. Tell God that you want His name to be holy in your life. Hallowed be Thy Name. No rush, continue to repeat it as the congregation moves on. “Hallowed be Thy Name.” Do it all the way until it is time to say “Amen.” He hears you. He is with you. He loves it when you are really talking with Him. And His name is holy.

“Praise the Lord, O my soul; all my inmost being, praise His holy name.” ~ Psalm 103:1

“As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.”  
~ Ephesians 4:1 (The Apostle Paul)



May the Lord bless your time in prayer this month.

Pastor Andrada  
(952) 249-2424

# FOLKESTONE FEATURE

## Spiritual Care

### Sunday Church Transportation

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



**Monday Rosary**  
Mondays at 12:30 pm  
on Channel 996 or 16-12

**Wednesday Chapel Service**  
Canceled until further notice.

**Friday Arbor Prayer Service**  
11:00 am in Arbor Living Room  
(Led by Pastor Ted Andrada)

**Thursday Bible Study**  
(Led by Carolyn Cardle)  
Canceled until further notice

**Thursday Catholic Service**  
Tuesday, April 6  
at 11:00 am in Chapel

**Wayzata Bay Fellowship**  
Canceled until further notice.

**Friday Hearth Prayer Service**  
4:00 pm in Hearth Living Room  
(Led by Pastor Ted Andrada)

**Friday Gables Prayer Service**  
(Led by Pastor Ted Andrada)  
1:00 pm in Gables Activity Room

**Friday Faith Study**  
Canceled until further notice.

**Friday Commons Prayer Service**  
2:30 pm in Fireside Lounge on 2nd floor  
(Led by Pastor Ted Andrada)

**Saturday Men's Bible Study**  
Canceled until further notice.

**Sunday Virtual Chapel Service**  
3:00 pm every Sunday  
on Channel 994 or 16-8  
(IN-PERSON RESUMING SOON)

# FOLKESTONE FEATURE

## Wellness & Fitness Tips

### Five Tips to Help You Stay Motivated to Exercise

**W**ith the COVID-19 pandemic (global outbreak), it's important to maintain a safe distance and other precautions when exercising. However, it's also important for older adults to continue to exercise and be physically active. Weather permitting, try and get outside, it gives you nice fresh air and can help enhance your mood. Continue to participate in the virtual classes and once in person classes are allowed, come join the fun!

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

- ▶ Find ways to fit exercise into your day. You are more likely to get moving if exercise is a convenient part of your day.
- ▶ Do activities you enjoy making it more fun. Be creative and try something new!
- ▶ Make it social. Find a virtual "exercise buddy" to help keep you going and provide emotional support.
- ▶ If there's a break in your routine, get back on track. Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.
- ▶ Keep track of your progress. Make an exercise plan and don't forget to reward yourself when you reach your goals.

If you feel you need more instruction, please call the fitness desk (952-249-2425) and talk with us about personal training!

For more tips and tricks on staying active go to: <https://www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults>

Let's welcome spring.... I think it is right around the corner!

Kathy Kmetz  
Fitness Director

# FOLKESTONE FEATURE

## February Birthdays

Mar 1 Bill Kendall - Commons  
Mar 3 Bob Backlund - TW  
Susan Redetzke - TN  
Mar 4 Beryl Munson - TN  
Mar 9 Jo Frerichs - TW  
Mar 10 James Carle - TS  
Mar 10 Dr. Bill Schoenwetter - Gables  
Mar 12 Charlotte Nelson - TS  
Mar 13 Don Browne - TS  
Bette Johnson - TN  
Mar 15 Betty Pederson - TS  
Mar 16 Betty Rohmann - TW  
Mar 17 Rebecca von Fischer - TN  
Mar 20 John Risch - TS  
Mar 23 Jim Thoermer - TW  
Mar 26 Irene Renk - TS  
Charlotte Anderson - TW  
Mar 27 Ken Novak - TS  
Elizabeth Powers - TW  
Mar 28 Connie Hines - TN



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Please extend a warm welcome  
to our newest Terrace  
residents:

**David and Marianne Frees**  
**Terrace West**





# FOLKESTONE FEATURE

## Community Information



### Are You Prepared for Tax Time?

**T**ax filing time is here again. IRS Publications 526 and 1771 on charitable contributions outline the federal tax laws for organizations like Presbyterian Homes & Services, churches and other charities that you might support. Keeping detailed records of contributions is an important practice for donors. This is a summary of some of the record-keeping requirements imposed by the IRS. As always, it is recommended that donors consult with their tax advisors for guidance.

**For cash gifts.** Donors must have a record or written communication from the organization for any monetary contribution showing the name of the charity and the date and amount of the contribution. These are needed before donors can claim charitable contributions on their federal income tax returns. Presbyterian Homes Foundation acknowledges all gifts.

**For gifts of \$250 or more.** Donors must receive a gift acknowledgement that includes the organization's name and the amount of the cash contribution or a description (but not the value) of the noncash contribution. In addition, and depending on the type of gift, there must be a statement that the organization provided or did not provide goods or services in exchange for the gift.

**Gifts of non-cash property above \$500 and gifts of property above \$5,000.** IRS Code regulations impose greater responsibilities on donors who make these types of contributions. Maintaining detailed information about the property is a must, along with completing additional IRS forms. Gifts of property of \$5,000 and greater require an independent appraisal by a subject expert.

**We are here to help.** If you have questions about gifts that you've made to PHS or a PHS community, please call the Presbyterian Homes Foundation at 651-631-6408 or 651-631-6418. PHS is grateful to all the donors who lift our mission and ministry through their generosity. We appreciate you!

## Folkestone Library

### Now Open!

#### Hours of Operation

**Mondays 9:00 am - 12:00 pm**

**Wednesdays 12:00 - 2:00 pm**

**Fridays 1:00 - 3:00 pm**

#### Library Guidelines During COVID

- ONLY 1 Volunteer and 1 resident allowed in the Library at one time.
- Masks are always required.
- You must sanitize your hands before entering.
- Please restrict each visit to about 15 minutes to allow time for others to browse.
- The daily newspaper is no longer available to read inside the Library due to infection control issues.
- No more donations please.

For a book delivery, please call :

Mary at \*2869

Marian at \*2806

Elaine at \*2926

See a list of books in each building's lobby

# FOLKESTONE FEATURE

## Community Information

### Salon News

*Now Open to Terrace*

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

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

**Now open to all residents Tuesday-Friday**

**9:00 am - 4:00 pm**

Call Cindy for more details at \*2435.

Manicures/Pedicures still unavailable

### Stamps

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

### Folkestone Gift Shop

Closed until further notice.

### Blood Pressure Checks

Closed until further notice.

### **Therapeutic Massage**

**Now taking appointments!**

**Call Rita Magnan at 763-443-3308**

### Swim Schedule

See Booklet for schedule.



### Family Visit Schedule in Conservatory

#### **Tuesdays - Arbor & Hearth**

10:30 am-12pm & 1-5pm

#### **Wednesdays - Commons**

10:30 am-12pm & 1-5pm

#### **Thursdays - Gables**

10: 30 am-12pm & 1-5pm

#### **Fridays - All levels of care (except Terrace)**

10:30am –12pm & 1-5pm

#### **Saturdays - All levels of care (except**

**Terrace) 10:30am –12pm & 1-5pm**

- Visits are held in the Conservatory and allows only 1 resident family visit per every 30 minutes. Each resident may have up to 3 guests.
- The last group for family visits must end at the times listed above.
- Please call 952-249-2400 at least 24 hours in advance to schedule a visit.
- Please, no standing appointments. To be fair to all, please only schedule visits 7 days in advance.
- Pets ARE NOW allowed!
- **SURGICAL MASKS AND GOGGLES ARE REQUIRED FOR VISITORS**



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.

## *Activity Professionals: Bound for Glory*

**A**t Presbyterian Homes & Services (PHS), the nearly 200 activity professionals dedicated to life enrichment, recreation and volunteerism come up with ideas, large and small, to engage residents in meaningful ways, have fun, learn and connect with others.

This past year, impacted in every way by COVID-19, required creative adaptations from our activity professionals. In the midst of uncertainty and limitations, they have stepped up in remarkable ways to keep residents engaged with each other and connected to their families.

Jess Drecktrah, PHS Vice President of Life Enrichment, is passionate about elevating the profession of life enrichment in senior living. Inspired by a song by Gospel singer, Rosetta Tharpe, Jess conceived the Bound for Glory award, a traveling award that allows managers and peers to recognize the important work of life enrichment staff and volunteer

coordinators as they create opportunities for fun and purpose for those they serve.

The trophy combines a plant, a rock (with a star painted on it), and a golden microphone. Jess explains its symbolism, “The plant represents the live nature of the work we do. The rock with the star on it represents that we are all rock stars. The golden microphone symbolizes the show. The train represents movement and the belief that we are bound for glory.” Each recipient is given the opportunity to be involved in selecting the next recipient of the traveling award – because glory is meant for sharing.

Since its launch in fall 2018, Bound for Glory has been awarded to 12 PHS employees. We thank these recipients, along with all the Life Enrichment professionals at PHS. They are the heart and spirit of our communities and fulfill our mission “to honor God by enriching the lives and touching the hearts of older adults.” The important part says Jess, “is that