

Folkestone Feature

March 2023

Please Welcome Timon Sahlstrom Gables Clinical Administrator

I am absolutely honored to serve as the Clinical Administrator for the Gables Care Center here at Folkestone. I was born in Princeton, Minn., not far from here, and spent the majority of my life in Minnesota. I attended Crown College where I graduated with a double major, my Bachelors of Science in Nursing, and a second major in Christian Studies.

I have been with Presbyterian Homes since I graduated, working in transitional and long-term care. I am passionate about the opportunity to answer God's call on my life by continuing my professional career as a "late-life nurse".

I married my wife, Megan, while in the last year of college. Together we have THREE boys, Dane, Emmett and Asa. My whole family have so enjoyed being able to participate in the lives of those who live in our community at Folkestone, and we are ready to continue engaging on even deeper levels with all those with whom we are privileged to come into contact.

Feel free to come and meet our team and me on the 4th Floor Gables sometime!

Best,
Timon Sahlstrom



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Chaplain's corner

HIDE AND SEEK

I will wait for the Lord, who is hiding his face from the house of Jacob.
I will put my trust in him. (Isaiah 8:17)

What a happy surprise! This month, "Friday the 13th" will come on a Monday. On Monday the 13th, we don't have to be so worried about having bad luck. At least that is the way a lot of people are going to think. Thirteen is thought to be an unlucky number, and how much worse it is when the thirteenth falls on a Friday.

What a sad thing it is when people are terrified by the thought that human life is controlled by forces over which they have no control, forces that may be either benevolent or malevolent. You can never be sure. Or, when people think that things are entirely out of control, that life is chaotic and there is no place where you can find a firm footing. Where are you going to turn for help? Maybe you are thinking such things today?

The Bible talks about times when the Lord hid his face from his people. He withdrew from them because they had withdrawn from him. During those times the temptation was to turn to the mediums and the spiritisms. Today these are the fortune tellers, the astrologers and the channelers. People turn to these sources in a desperate but futile effort to find help because they sense that they cannot make it on their own.

When the Lord hides his face the worse thing we can do is to hide from him. Isaiah urges us to go "to the law and to the testimony" (verse 20). He urges us to go to the written word of God and to find the Lord in the way of faith and obedience.

We say it reverently: The Lord is not very good at the game of hide and seek. "You will seek me and find me when you seek me with all your heart" (Jeremiah 29:13). He is easily found. Wait for him and put your trust in him.

PRAYER

Gracious God in heaven and ruler of all nature, give us the patience to wait for you, especially at those times when we do not see your face. Help us to put our complete trust in you and your Word. Amen.

Wellness & fitness tips

The CORE of fitness

By Bailey (Windsperger) Bickerstaff, PTA,CPT

What is “the core?” Healthline defines the “core” as the muscle groups: abdominals, obliques, diaphragm, pelvic floor, trunk extensor and hip flexors that create a corset effect by tightening around your internal organs. This takes the force of gravity onto the larger muscles and off your spine decreasing the pressure between your spinal vertebrae and other joints (Premier Spine Institute, 2018)

How do we “engage our core”? If you have ever been to even one exercise class with Kathy or myself, you heard us say, “Tighten your tummy muscles. Activate your abdominals. Sit up straight.” wWhat do we mean? Engaging your abdominal muscles and achieving good posture is important for our overall strength and balance. While you are standing, sitting, or laying down, draw your belly button towards your spine until you feel a tightness all around your torso and buttocks like a corset. You should feel a firmness all around your torso. Also pay

attention to your posture by making sure your shoulders are down, your head is up straight and facing forward, and you are standing/sitting at your full height.

Why is this Important? It is common to slip out of good posture as your focus shifts to other tasks (doing exercises, walking down the hall, having conversations etc.) Occasionally remind your self to “check-in” with your posture and core. Put a note on your walker that says “stand up straight” or put a note on the bathroom mirror to have good posture while you brush your teeth, No one is perfect and we all slump or shrug throughout the day, but the benefit comes from making it a habit to be conscious of your posture and returning to your best posture as frequently as possible. Pair good posture with other forms of exercise (yes good posture is exercise!) and you will likely achieve some incredible gains over time.

Presbyterian Homes Foundation news: who is your Shining Star?

Did you know that there is an easy and meaningful way to show your appreciation to an employee who has **delivered exemplary service** to you? There is! It’s called **Shining Star**.

Many PHS employees participate in your daily service and care. Some play a highly visible role, like resident assistants, servers, housekeepers and nurses. Others, like those in culinary or environmental services, work behind the scenes to ensure that your needs are met

Your gift, their recognition - Shining Star envelopes are available at your community, or you make a Shining Star gift online at preshomes.org/foundation. Please check with your receptionist or campus administrator for an envelope. You can honor one staff member who will be notified that a gift was

made in their honor. The staff member will receive a special pin and a thank you letter about the recognition. Most important, your Shining Star will experience a great sense of pride knowing that the service, care, or act of kindness has left a positive impression on you

Your gift helps your community - Your charitable, tax-deductible gift can express your appreciation for exceptional service, care, or an act of kindness that you have received from an employee. Your gift will be directed to the Where the Need is Greatest Fund for your community’s use. Please call the Presbyterian Homes Foundation at 651-631-6105, 651-631-6418 or 651-631-6408. Thank you for identifying **your Shining Star** – this is the perfect time to thank them!

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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.

Personalized rehabilitation therapies now available under our roof

With help from Presbyterian Homes & Services rehabilitation team, you can improve your quality of life and gain greater independence.

Our physical and occupational therapists, and speech language pathologists have advanced training in evaluating and treating disorders that are common as we age. The team will work alongside you and your physician to customize a plan to reach your goals.

Your personalized plan will combine clinical research and relevant knowledge about the effect of aging on the body with specific information about you—your symptoms, your needs and your goals.

We offer exceptional inpatient and outpatient care, serving with compassion whether you're living at one of our communities or visiting for an appointment. If you're unable to leave your home, we also offer home care through our Optage® home and community services division.

For more information, visit
<https://www.preshomes.org/living-and-care-options/rehabilitation-services>.

The PHS communities listed offer physical, occupational and speech therapies:

- **Boutwells Landing**, Oak Park Heights, MN*
- **Carondelet Village**, St. Paul, MN*
- **Flagstone**, Eden Prairie, MN*
- **Folkestone**, Wayzata, MN*
- **GracePointe Crossing**, Cambridge, MN
- **HallMar Village**, Cedar Rapids, IA
- **Harmony River**, Hutchinson, MN
- **Highland Ridge**, Williamsburg, IA
- **Interlude Restorative Suites**, Plymouth, MN*
- **Johanna Shores**, Arden Hills, MN*
- **Lake Minnetonka Shores**, Spring Park, MN
- **Langton Shores**, Roseville, MN
- **Maranatha**, Brooklyn Center, MN
- **Mill Pond**, Ankeny, IA
- **Mount Carmel Bluffs**, Dubuque, IA
- **Norris Square**, Cottage Grove, MN
- **Prairie Gate**, Council Bluffs, IA
- **Presbyterian Homes of Bloomington**, Bloomington, MN*
- **The Deerfield**, New Richmond, MN
- **Walnut Ridge**, Clive, IA*
- **Waverly Gardens**, North Oaks, MN*

*Aquatic therapy available.