

Christmas in July at Folkestone

We love the summertime holidays: Memorial Day, Father's Day, Flag Day, Independence Day, Christmas...

Wait, what? Christmas?

Yes, it's like Christmas in July at Folkestone. While most of our holiday preparations are still months away, Christmas is already in the hearts, minds and hands of talented and dedicated Folkestone residents. They have been hard at work crafting gifts to be given to children through an international charitable organization during the coming winter holidays.

Toy trucks ready to roll



When Gene Anonsen moved from Waverly Gardens in North Oaks, MN to Folkestone, he was delighted to learn about the vibrant woodworking group formed by George Ritzinger and Bill Jordan. Gene had been active in a similar group at Waverly Gardens, which had made toy cars. "I brought a model of the toy we made at Waverly Gardens; The woodworkers picked it up and improved the design," he said. He described the new design as a small pine pickup truck that can carry two toy passengers. "It's very simple but it has wheels and rolls," explained Gene.

With Gene's organizational leadership, the woodworkers came together with a shared purpose: to create these toy trucks and give them to children. A team member negotiated with a local lumber store to donate its scrap wood. It takes a pair of woodworkers to build one toy; one person drawing the pattern onto

the wood and the other person cutting and assembling. The whole team meets monthly to share their progress. "The people on the team have such a variety of talents," said Gene. "They're enthused by what they are doing and everyone pitches in," he said.

Within three months the Folkestone woodworkers had crafted over 100 pine pickup trucks. Some 60 toys will be placed in Operation Christmas Child shoeboxes. Gene said, "It amazed me because they took it on so well and have really enjoyed working together on the toys. It's a great group of people."

Dolls, bears and rabbits waiting for hugs



When Folkestone resident woodworkers Marilyn Zastrow and Jan Taylor started making toy trucks, they were inspired to organize a group of crafters who might sew, knit and crochet even more toys. They approached Arlene Risch to join them and the three friends brainstormed ideas and hunted for good patterns. They placed an announcement in the "Folkestone Feature" newsletter and 12 women attended their first meeting this past January. "People who enjoy crafts tend to seek out each other," Marilyn said.

The whole group of crafters has only met twice since then, but each member worked diligently on their own with materials donated by Folkestone residents, staff and families. They started by making the "Fancy Nancy" doll that featured long striped legs and

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FOLKESTONE FEATURE

Spiritual Care

Sunday Church Transportation

We 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.)

St. Philip the Deacon

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

Wayzata Free Church

9:00 a.m. departure (service at 10:00 a.m.)

Wayzata Community Church

9:40 a.m. departure (service at 10:00 a.m.)
(Summer hours from July 7 to September 8)

St. Bartholomew Catholic Church

10:15 a.m. departure (Mass 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.

Wednesday One Year Through The Bible 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

Thursday One Year Through The Bible Group

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

Thursday Catholic Service

(Once a month)

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.

Friday One Year Through The Bible 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

Rangers from Texas, Indians from Ohio and Braves
are coming to town!

Not the Old West! The boys of summer are in full swing—baseball, baseball, baseball! Some birds (Cardinals and Seahawks) are also flying into town as the NFL Preseason is getting on the ball. For children, August marks the end of summer and back to school with the Minnesota State Fair. And this month you might see *Floyd's Guys n Dolls* collect *Rent* from a *Fiddler on the Roof*, if you enjoy the theatre! With all life's comings and goings, welcoming friends in town, taking vacations to see exotic places (or exotic relatives) the summer will quickly pass. Summer is a time of resting and "getting away."

The Prophet Isaiah knew about the source of rest and renewal...

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.
- Isaiah 40:30-31

As you wrap up summer this month ask, "How do people see me rest in God?" We work hard, volunteer and seek to honor God with our talents. Do people see God in my life, His joy, His peace?" No matter our circumstances, we can be confident in the Lord's care for us. That confidence and peace are boosted when we attend worship. Deal with sin through the forgiving power of Jesus.

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.
- Acts 3:19

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!
- 2 Corinthians 5:17

Plenty of times we struggle, toil and endure. At other times we are at ease, comfortable and sail peacefully. In whatever circumstance, our rest is in the Lord and we can help other people find that same rest. He is our Prince of Peace, our Sabbath Rest.

May God bless your time in worship this week.

Rev Ted Andrada

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 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 Chronic Conditions: Heart disease, Diabetes, Arthritis and Osteoporosis

Exercise and Heart Health

Your heart keeps your body running. As you grow older, some changes in the heart and blood vessels are normal but others are caused by disease. To keep your heart healthy, be more physically active. Aim for 30 minutes of moderate intensity activity on most or all days of the week. It doesn't have to be done all at once—10 minute periods will do. Follow a heart-healthy diet. Choose low-fat foods and those that are low in salt. Eat plenty of fruits and vegetables, and foods high in fiber. Keep a healthy weight. Your healthcare provider can check your weight and height to learn your BMI (body mass index). A BMI of 25 or higher means you are at risk for heart disease, as well as diabetes and other health conditions.

Exercise and Type 2 Diabetes

You can take small steps to prevent or delay the onset of Type 2 diabetes by reaching and maintaining a healthy weight, moving more, and making smart food choices. If you already have diabetes, exercise and physical activity can help manage the disease and help you stay healthy longer.

Set small goals to start. Add a little more activity until you reach at least 30 minutes a day, 5 days a week. Go4Life has easy exercises to get you started, and fun ideas for being active all year. Put away the remote control—get up to change the TV channel. Stretch during commercial breaks. Walk around when you talk on the phone. Take more steps by parking the car farther away from stores, movie theaters, or your office. Learn more about preventing and managing diabetes from the National Diabetes Education Program.

Exercising with Arthritis

Exercise is safe for almost everyone. For people with arthritis, exercise can reduce joint pain and stiffness. It can also help with losing weight, which reduces stress on the joints. Flexibility exercises can help keep joints moving, relieve stiffness and give you more freedom of movement for everyday activities. Examples of flexibility exercises include upper and lower body stretching, yoga and tai chi.

Strengthening exercises will help you maintain or add to your muscle strength. Strong muscles support and protect joints. Weight bearing exercises, such as weight lifting, fall into this category. You can use bottles of water or soup cans if you don't have weights. Endurance exercises make the heart and arteries healthier and may lessen swelling in some joints. Try low impact options such as swimming and biking.

Exercise and Osteoporosis

Osteoporosis is a disease that weakens bones to the point where they break easily—most often in the hip, spine, and wrist. Osteoporosis is more common in women, but men also have this disease.

The good news is there are things you can do at any age to prevent weakened bones, such as including regular weight bearing exercise in your life, eating foods rich in calcium and vitamin D, stopping smoking, and limiting how much alcohol you drink. Your bones and muscles will be stronger if you are physically active. Weight bearing exercises, three to four times a week, are best for preventing osteoporosis. Walking, jogging, playing tennis, and dancing are examples of weight-bearing exercises. Try some strengthening and balance exercises too. They may help you avoid falls, which can cause a broken bone.

If you have a chronic condition, before beginning any exercise program, talk with your health care provider about the best activities for you to try. For more information go to www.go4life.nia.nih.gov

Folkestone Fitness Team

FOLKESTONE FEATURE

August Birthdays

Shirley Bernard	Aug 1	TN	Cecil Schmidt	Aug 14	TW
Hugh Weed	Aug 1	TS	Elizabeth Beach	Aug 14	TW
Barbara Schmidt	Aug 1	TW	Barbara Petitclair	Aug 15	TN
Kenneth Bernard	Aug 2	Arbor	Mary Ann Dyer	Aug 19	Hearth
Winifred Hed	Aug 2	Commons	Thomas Quaal	Aug 19	Commons
Barbara Sill	Aug 3	TW	Anne Weimerskirch	Aug 20	TS
Marilyn Bailey	Aug 4	Commons	Sarah Maney	Aug 23	TW
Anna Lou Ford	Aug 5	TW	Arthur Skantz	Aug 24	TS
Ann Hommeyer	Aug 5	TW	Phillis Starkey	Aug 24	TN
Elizabeth Like	Aug 6	TN	Roger Strand	Aug 26	TW
Mark Thalacker	Aug 7	TW	Thomas Colwell	Aug 27	TN
Marney Norman	Aug 9	Commons	Joan Paulson	Aug 28	Arbor
Helen Hughes	Aug 9	Arbor	Nancy Horn	Aug 30	TN
Gerald Hansen	Aug 9	Arbor	Donna Gustafson	Aug 30	Hearth
Barbara Schoenwetter	Aug 10	TS			
Morris Eaton	Aug 10	TS			
Curtis Gustafson	Aug 10	Hearth			
Marvin Muires	Aug 12	TS			
Warren Tobelmann	Aug 12	TN			
Michael Wood	Aug 12	TN			
Shirley Johnson	Aug 13	Arbor			
Wyman Nelson	Aug 14	TS			



August Birthday Social

Friday, August 16

2:00 p.m. in the Auditorium

Music by the band "Dragonfly"

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cornrow hair. With all her pieces and parts, the group found "Fancy Nancy" to be very labor intensive, so they added simpler fabric and knit dolls as well as stuffed rabbits, bears and small purses to the project. "One of our crafters is a master seamstress," Marilyn explains. "She cuts the patterns and sews many of the pieces. We stuff them and resident artists paint faces on the dolls, bears and rabbits."

An abundance of gifts wrapped in blessings

The crafters aimed for 60 toys to place in Operation Christmas Child shoeboxes but by the end of March, they had created 220. "That's enough for three years!" admits Marilyn, "but we like to do this. We have fun and don't want to quit."

After the shoeboxes are filled in November, the two groups will hold a sale of their remaining creations at Folkestone to raise funds for shop equipment and craft supplies for future projects. They also look to residents and neighbors to donate materials of wood or fabric, including cloth napkins and bed linens, instead of discarding them. The groups are also reaching out to new and prospective residents who are downsizing to consider donating materials as they

clean out their homes. "We crafters know our kind—we save every useable scrap," she laughed.

When the crafters have finished their projects, they don't leave empty handed. Gene describes the intangible but real benefits. "Friendships grow out of this effort. We get back camaraderie, common purpose and a good social experience," he said.

Marilyn adds, "We all have a soft spot in our hearts for children, especially children who might not have access to a doll or truck. But the biggest reason we do this is out of God's love to give back anywhere we can. We've all had wonderful lives and feel like it's our turn to give back," she said.

In a few months, when the holiday season arrives, the crafters will, no doubt, feel an extra measure of blessing knowing the joy they give to a child who opens a gift made by their hands with love and care added in. "We just want to bring a smile to a child's face," said Marilyn.

If you would like to join or donate materials to the crafters' groups, contact Gene Anonsen or Marilyn Zastrow.

FOLKESTONE FEATURE

Community Information

Another Way to Advance the Mission of PHS

The Presbyterian Homes Foundation has established a Donor Advised Fund (DAF) for those interested in advancing the mission of Presbyterian Homes.

A DAF is a giving vehicle established at a public, sponsoring charitable organization. It allows donors to make a charitable contribution to establish the fund, receive an immediate tax deduction, then recommend grants from their fund to virtually any IRS qualified public charity. Donors can make additional contributions to their DAF over time. Funds can be invested for tax-free growth.

The DAF through the Presbyterian Homes Foundation is administered by the American Gift Fund and all accounts will be custodied and managed at RBC Wealth Management by the Lambert Dickson Group in Minneapolis, MN. Fees for administration and financial management of a DAF are determined by the amount and account value. No fees are paid to Presbyterian Homes Foundation

In addition:

- The minimum contribution to establish a Presbyterian Homes Foundation DAF through the American Gift Fund is \$25,000.
- Once the DAF is funded, grant requests can be made immediately. There are no annual minimum or maximum number of grants that must be made from the DAF.
- For each grant made to a qualified charity, a matching grant in the same amount will be made to Presbyterian Homes Foundation and directed to a PHS fund of the donor's choice.
- All requested grants are verified by the American Gift Fund to ensure that the charity is an IRS approved 501(c)(3) charity.

Final distribution of the DAF can be made to Presbyterian Homes Foundation to benefit Presbyterian Homes & Services or the balance can be divided equally between Presbyterian Homes Foundation and one other charity.

You Can Make a Difference

How can you make a difference? Please contact Presbyterian Homes Foundation at 651-631-6408. Thank you!

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

Residents 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 - 1:00 p.m.

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

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

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

Gift Certificates are available!

4th Floor Gables Salon Hours

Open Thursdays 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, Myofacial 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, Wednesday and Friday
11:00 a.m. - 1:00 p.m.

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

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

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.

Refreshed to Serve: PHS Redevelopments & Renovations

In addition to pursuing new communities to fulfill our mission, Presbyterian Homes & Services (PHS) is committed to redeveloping and renovating our existing communities. These projects build on our legacy of service while responding to the changing needs and demands of older adults. Led by Senior Housing Partners, the development arm of PHS, and Senior Lifestyle Design, the PHS interior design team, projects are progressing at these communities:

Langton Place, Roseville, Minn.: The long awaited redevelopment broke ground in December 2018. The first phase will offer transitional care suites with a hospitality focus. Staff and guests in our care will transition to the new campus in January 2020. Once this phase is complete, the former structure will be demolished and we will build senior living apartments and a town center. www.LangtonPlace.org.

Walnut Ridge, Clive, Iowa: Construction of the new care center is on track to open in winter 2020. The addition of 60 private and semi-private long-term nursing care suites will complete the continuum of care on the campus. The construction is also adding a fellowship room, chapel, therapy suite, spa, salon and

administrative offices. A renovation of the memory care common areas is underway as well. www.WalnutRidgeatClive.org

Founders Ridge, Bloomington, Minn.: Construction begins soon to expand the existing campus with new senior independent living apartments and stand-alone brownstone row-style homes, additional community space, new amenities and underground parking. [www.FoundersRidgephs.org](http://wwwFOUNDERSRIDGEPHS.org)

Interior renovations complete: Central Towers, St. Paul, Minn.; EagleCrest senior apartments, Roseville, Minn.; SummerWood of Plymouth common areas, Plymouth, Minn.; The Mayfield common areas, Little Canada, Minn.

Interior renovations started (select sites): EagleCrest assisted living and memory care apartments, Roseville, Minn.; GracePointe Crossing village homes, Cambridge, Minn.; Johanna Shores care center, Arden Hills, Minn.; Presbyterian Homes of Bloomington Gideon Pond Terrace senior apartments, Bloomington, Minn.; and common areas at SummerWood of Chanhassen, Minn.