

Terrace Residents Take on Mask Project!

Did you know that 10 Folkestone Terrace residents have made over 1,000 face masks? Back in March, Angie Bratsch, who was Gables Clinical Administrator, asked resident Marilyn Zastrow if Helping Hands could make some masks for Folkestone employees. Helping Hands is a group of Folkestone women who make dolls and other toys for Operation Christmas Child shoeboxes. In addition to Marilyn, the group, pictured below, includes Jan Taylor, Arlene Risch, Linda Golinvaux, Gladys Utoft, Kathy Probelski, Nell Ray, Christine Maxson, Betty Rohmann, and Anna May Tobelmann.

Folkestone bought material and elastic for the women to make masks but soon the supplies ran out. When Angie transferred to another Presbyterian Homes site, Rachel Knickerbocker, Office Manager, came to their rescue and was able to purchase more material and elastic, which had become very difficult to find. Other Folkestone residents also contributed material and elastic they no longer needed.

Three of the “Mask Project” members cut all the fabric and elastic and all ten sewed independently in their apartments, not in a group setting.

Although the original request was for 300 masks, 603 masks were made during March and April for Folkestone staff as well as for another Presbyterian Homes site that requested some. In addition, members made masks for friends, family and other organizations bringing the total to over 1,000!

Currently, Marilyn is busy making 150 masks (all look-alikes) for a grandchild’s wedding in August. Everyone involved with the wedding, as well as attendees, will wear a “matching” mask made by Marilyn!

The “Mask Project” women said it felt really good to be doing something worthwhile that helped people during this difficult time of COVID-19.

If you know any of these women, please say a big thank you!!

(Compiled by Jo Frerichs)



Top from left: Marilyn Zastrow, Gladys Utoft, Betty Rohmann, Linda Golinvaux, Christine Maxson, Arlene Risch.

Bottom from left: Anna May Tobelmann, Jan Taylor, Nell Ray, Kathy Probelski

FOLKESTONE FEATURE

Terrace Culinary News

DINING ROOM RESERVATIONS AND HOURS

The Terrace Dining room will be open Monday – Friday for lunch and dinner. Dinner and lunch menus are attached to give you a preview of next week’s delicious meal options. Because we must limit the number of residents in the dining room, reservations are required for both lunch and dinner. No walk-up seating will be provided. Please call *2445 to make a reservation following this schedule:

Lunch Service Hours: Noon – 1:00 pm

Call between 9:00 and 11:00 am for a reservation on the same day.

Dinner Service Hours: 5:30 pm (one seating only)

Call between Noon and 2:00 pm for a reservation on the same day.

Note: At this time reservations may only be made for 1 day at a time.

No advance or standing reservations may be made at this time.

DINING ROOM SEATING AND SERVICE

We are making the following accommodations that comply with MDH guidelines to maintain a safe environment for you while encouraging your social interaction during meals.

- The dining room will seat no more than 35 residents at a time.
- All meals will be plated and served by staff. Self-serve dining is not available at this time.
- Tables will be placed no less than 6 feet apart from chair to chair.
- 4 residents will be seated at a table made for 8
- 2 residents will be seated at a table made for 4
- 1 resident will be seated at a table made for 2

All tables will be pre-assigned, based on reservations and availability. Please let us know when you make your reservation if you wish to dine alone, with another person or in a group of 3-4 and we will do our best to accommodate you. To seat as many residents as possible, you may be assigned a seat at a table with others. If you would like to dine with specific residents with whom you do not share an apartment, let us know who when you make your reservation and, pending their agreement, we will make every effort to accommodate your request.

At this time, only residents may use the dining room. No guests or outside family will be allowed to join.

ADDITIONAL DINING ROOM REQUIREMENTS (MDH GUIDELINES)

All diners must wear a face mask into and out of the dining room. Masks may be removed in order to eat your meal. If you do not have a mask, they are available for purchase (\$2.00 each). All residents must maintain social distancing of 6 feet while waiting to be seated.

THE OLIVE BRANCH BISTRO

The Bistro is open for Lunch only, 11:00AM – 1:00PM. No continental breakfast will be served at this time. Pick-up service only, no seating is available at this time. Cold food, Grab n Go items, hot soup and chili are available for purchase. Eggs, milk and bread are available for purchase. Social distancing and face masks are required.

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FOLKESTONE FEATURE

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 Worship

(Led by Pastor Ted Andrada)

3:00 p.m. in The Arbor.

Thursday Bible Study

(Led by Carolyn Cardle)

Canceled until further notice

10:00 a.m. in the Superior Shores Clubroom

Thursday Catholic Service

Canceled until further notice.



Thursday Hearth Worship

(Led by Pastor Ted Andrada)

3:30 p.m. in the living room

Friday Gables Worship

(Led by Pastor Ted Andrada)

1:00 p.m. Gables living room

Friday Faith Study

Canceled until further notice

Friday Commons Worship

(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.

Terrace Culinary News: Continued from Page 2

MEAL AND GROCERY DELIVERY

As of **Friday, July 10**, Folkestone staff will no longer provide grocery or prepared Lund meals delivery. We provided this service to accommodate the extensive limitations created by COVID-19, including dining venue closings, stay-at-home orders and other safety measures. Grocery stores and area restaurants are now open. Our staff will focus on reopening the dining room and The Bistro and resuming normal operations as quickly and efficiently as possible.

We are able to offer pickup and delivery of dinner menu options. Please call *2445 on between Noon and 2:00 pm on the day you wish to order pickup or delivery and place your order from the current menu. Pickup time is at 5:00 pm at the Terrace dining room and there is no additional service fee for pick up orders. There is a \$6.00 delivery fee for orders brought to your apartment.

Groceries and heat & serve meals are available to purchase directly from Lunds & Byerly's by calling the store at 952-476-2222 for delivery or curbside pickup.

FOLKESTONE FEATURE

Wellness/Fitness Tips

Choosing Healthy Meals As You Get Older

Making healthy food choices is a smart thing to do, no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods and beverages for better health at each stage of life.

Drink plenty of liquids

With age, your sense of thirst may diminish. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have a lot of added sugars or salt.

Make eating a social event

Meals are more enjoyable when you eat with others. Even while social distancing, you can invite a friend to join you. There are many ways to make mealtimes pleasing.

Plan healthy meals

Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

Know how much to eat

Learn to recognize how much to eat so you can control portion size. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

Vary your vegetables

Include a variety of different colored, flavored, and textured vegetables. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

Eat for your teeth and gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables or meats. Don't miss out on needed nutrients! Try cooked or canned foods like unsweetened fruit, low-sodium soups or canned tuna.

Use herbs and spices

Foods may seem to lose their flavor as you get older. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

Keep food safe

Food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are risky such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat or poultry.

Read the Nutrition Facts label

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

Ask your doctor about vitamins or supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

For more information visit www.nih.gov

Kathy Kmetz – Fitness Director

FOLKESTONE FEATURE

August Birthdays

- Aug 1- Shirley Bernard - TN
Barbara Schmidt - TW
Hugh Weed - TS
- Aug 2- Ken Bernard - Arbor
Wini Hed - Commons
- Aug 3- Barbara Sill - TW
- Aug 5- Anna Lou Ford - TW
Ann Hommeyer - TW
- Aug 6- Elizabeth Like - TN
- Aug 7- Mark Thalacker - TW
- Aug 9- Marney Norman - Gables
Helen Hughes - Arbor
Gerry Hansen - Arbor
- Aug 10- Curt Gustafson - Hearth
Barbara Schoenwetter - TS
Morris Eaton - TS
- Aug 12- Warren Tobelmann - TW
Michael Wood - TW
- Aug 14- Cecil Schmidt - TW
Betty Beach - TW
Wyman Nelson - TS
- Aug 15- Barbara Petitchclair - TN
- Aug 16- Peter Cook - Gables
- Aug 19- Mary Anne Dyer - Hearth
Tom Quaal - Commons
- Aug 20- Anne Weimerskirch - TS
- Aug 23- Sarah Maney - TW
- Aug 24- Phyllis Starkey - TN
- Aug 26- Norma Pierson - Commons
Roger Strand - TW
- Aug 27- Tom Colwell - TN
- Aug 28- Joan Paulson - Arbor
- Aug 30- Nancy Horn - TN



Please extend a warm welcome to our newest Terrace residents

- Jean & Pat Corbett in West
- Tom & Nancy Caswell in South
- Mary Grover in West
- Karen Schreiner & Ron Ellingson in South
- Sue Redetzke in North



FOLKESTONE FEATURE

Community Information



A Simple Way to Reflect Your Intentions Beneficiary Designations

Last month we shared the importance of completing, maintaining and organizing important documents. A sometimes overlooked important document is your beneficiary designations. It is worth the time to make sure these special forms are in order and reflect your current intentions.

Beneficiary designation forms are used with retirement plans, life insurance policies, commercial annuities and banking accounts like savings and checking, certificates of deposit (CDs) or brokerage accounts.

Making beneficiary designations is usually a simple process, typically not requiring an attorney. Depending on the type of account, you will need to contact the plan's customer service line, insurance company or financial institution where you have an account. You will select your beneficiary through completing a form that is entirely separate from your will or trust. You may name more than one beneficiary – family members, friends and even charitable organizations that you care about.

Some may also appreciate that designating beneficiaries on these types of assets means that they are excluded in the probate process which allows for confidentiality. Typically advisors will request that you obtain the charity's federal tax ID number to ensure an effective transfer.

Also, for some people, designating retirement assets to a charity is a convenient and cost-effective gift. If retirement plans are designated to heirs, these assets are subject to income tax as well as possible estate taxes. Under the recent SECURE Act, some accounts may also be subject to mandatory emptying in 10 years. This makes them a potentially poor asset to pass on to children or grandchildren, but an excellent asset to use for a charitable gift. One of the easiest ways to become a member of the PHS Legacy Society is through a beneficiary designation.

For more information on naming Presbyterian Homes Foundation as a beneficiary, or to obtain the Foundation's Federal Tax ID number, please call the Presbyterian Homes Foundation office at 651-631-6408, 651-631-6418 or visit our website at <https://preshomes.planningyourlegacy.org/beneficiary-designations>.

North Courtyard Outdoor Patio Time



Open to The Terrace:

7 Days a week, between 8:30 am-7:00 pm

The door to the North Courtyard will be unlocked 10 am to 4 pm. From 8:30 to 10 am and 4 to 7 pm, 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 6 feet away from fellow residents. Please avoid family visit stations which occur Monday -Thursday, 10 am to 4 pm. See Recreation staff for extra chairs if needed.

Open to The Commons:

Monday-Friday, 1:00 pm - 2:00 pm

The door to the North Courtyard will be open to Commons at 1 pm. You may go out alone but you must wear a mask and stay 6 feet away from fellow residents. Danessa will check in periodically.

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

Open to The Hearth:

Tuesday, 2:30-3:30 pm and

Thursday and Friday, 2:00 - 3:00 pm

Diane will be escorting residents to the North Courtyard Tuesday from 2:30 to 3:30 and Thursday - Friday from 2:00 to 3:00pm. 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 preventing the
intermingling of our levels of care.*

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.

It is unlikely that the Folkestone bus will be providing transportation to city hall.



Folkestone Gift Shop

Stay tuned in August!

Blood Pressure Checks

Closed until further notice

Let's Play Bridge

Canceled until further notice





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100 Promenade Avenue
Wayzata, MN 55391

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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.

Enriching Lives in Challenging Times

Presbyterian Homes & Services (PHS) communities share a deep and long-standing tradition of family participation, special entertainment and dedicated support from a large robust volunteer program to create smiles in the eyes of those we serve. This is the work of PHS Life Enrichment teams. The calling of the Life Enrichment/Activity Professional is to enrich the lives of those we serve through engagement and purpose.

COVID-19 has disrupted “normal” and in this environment, life enrichment teams have adapted by imagining and implementing new ways to ensure that each day, residents find meaning and purpose while staying safe. Fortunately, innovation and creativity run through the veins of our life enrichment professionals. The exponential results are new best practices and silver linings that are overwhelmingly filled with moments of joy.

Life enrichment teams have been generating innovations that make a difference, including programs such as a virtual library (endless resources for learning, entertainment and virtual adventure),

theme weeks for all, wearing inflatable costumes, organizing car parades, sign/poster parties for special celebrations, window visits (for families, entertainers, volunteers, animals, etc), themed carts delivering treats ‘n’ smiles, hallway activities (BINGO!) and more!

Necessity has inspired innovation in a short period of time and technology has been an important tool. As the pandemic first emerged, digital devices were deployed rapidly to all PHS communities. Each has “souped up” Life Enrichment applications for virtual chats and resident engagement. Life enrichment teams use these devices to capture smiles and moments in time and post them to social media bringing reassurance and comfort for families and the greater community. With added social media stories and photos from Life Enrichment, PHS breached over 1.15 million social impressions just in April!

Although the future is still uncertain, this we can assure: amidst the changing, challenging days, our life enrichment teams will keep residents active, engaged and in good hands!