

Welcome Lauren Boyum!

Please welcome Folkestone's new part-time receptionist, Lauren Boyum. Lauren was born and raised in West Haven, Connecticut. She has lived in Minnesota for 42 years now, so we could *almost* consider her a Minnesota native! Lauren is married with two daughters, three step-daughters, nine grandchildren and four great-grandchildren.

Her career was in the medical field and she is a retired registered nurse with 38 years of experience! Lauren says she loves working here because the staff and residents are caring, professional and exemplify the Christian culture within Folkestone.

In her free time Lauren loves to travel, bike and golf. She also enjoys cooking and baking for family and friends.

If you see Lauren at the front desk or hear her over the phone, please welcome her to our wonderful community!



FOLKESTONE FEATURE

Pastor's Corner

Criticism: Not the Final Word

We are in the midst of the election season and it seems that all one hears is criticism for the other candidate. It doesn't appear to matter which side of the fence one is on, there is definitely no lack of criticism. Is there anyone who likes criticism? As a matter of fact, criticism is one of the hardest things to hear. It's not that we deny that we have imperfections; we just don't want to hear others tell us about them.

A woman once told Abraham Lincoln that he was an abominable boor, ill-mannered and illiterate. Lincoln took what she said to heart and worked hard at making himself literate and kind. When Lincoln was President, he asked Edwin Stanton to be his Secretary of War. When Stanton disagreed with Lincoln on something, he called Lincoln a fool. Congressman Owen Lovejoy was there at the time and went back to tell Lincoln what had been said about him. "Did Stanton really call me a fool?" Lincoln asked. "Yes, Mr. President, he did." Lincoln responded with, "Stanton is a wise man. If he said I'm a fool, then I had better look into the matter." We should all be as gracious as Lincoln.

Even Jesus had his critics. When Jesus showed compassion and concern for people whom society rejected, his critics said, "Here is a glutton and a drunkard, a friend of tax collectors and sinners" Luke 7:34. If the Lord had his critics, can we think that we won't?

There are a few things we can do to handle criticism. One, when criticized, consider the source. Is it someone whose opinion you respect? If so, pay attention. Is it a person who always seems to be criticizing someone or something? If the criticism has an ounce of truth, use it, profit from it and then forget it. If there is no truth, then listen to what Jesus has to say and turn the other cheek.

We can also be mindful and gracious when we're tempted to criticize something or someone. While we're instructed by the Apostle Paul to, "...admonish the unruly," he also encourages us to "be patient with everyone" I Thessalonians 5:14. Commenting on someone's words and actions should always be done out of love and care for that person, not irritation or indignation.

There is one way we can avoid criticism. And that is to do nothing and say nothing. What kind of a world would that be? As Max Lucado said, "Dog's don't bark at parked cars. But as soon as you accelerate, expect the yapping to begin. Expect criticism." We can either go around during those times of criticism with our heads down or mad at everyone, or we can take what is useful and grow from it.

Above all, during what is looking to be an acrimonious election season, let us all guard our hearts and seek the best for and from everyone.

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)

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

Canceled until further notice.

Thursday Catholic Service

Stay tuned for new announcements
coming soon!



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.



FOLKESTONE FEATURE

Wellness/Fitness Tips

Basic Categories of Exercise

Exercise and physical activity fall into four basic categories—endurance, strength, balance, and flexibility. Most people tend to focus on one activity or type of exercise and think they’re doing enough. Each type is different, though. Doing them all will give you more benefits. Mixing it up also helps to reduce boredom and cut your risk of injury.

Though we’ve described each type separately, some activities fit into more than one category. For example, many endurance activities also build strength. Strength exercises also help improve balance.

Endurance

Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities. Examples are:

- Brisk walking or jogging
- Yard work (mowing, raking, digging)
- Dancing

Strength

Strength exercises make your muscles stronger. Even small increases in strength can make a big difference in your ability to stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises also are called “strength training” or “resistance training.” Examples are:

- Lifting weights
- Using a resistance band
- Using your own body weight

Balance

Balance exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises also will improve your balance. Examples are:

- Standing on one foot
- Heel-to-toe walk
- Tai Chi

Flexibility

Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities. Examples are:

- Shoulder and upper arm stretch
- Calf stretch
- Yoga

For more information or other ideas on staying healthy, visit www.nia.nih.gov-Go4life

Kathy Kmetz
Wellness Director

FOLKESTONE FEATURE

September Birthdays

Sept 1 Marilyn Skantz - Commons
Mary Jo Zinn - Commons
Karen Schreiner - TS
Chuck Grimsrud - TN

Sept 3 Paul Coombs - Gables
Mary Ellen Olson - Commons

Sept 4 Barbara Struyk - Arbor
Donald Chase - TS
George Ritzinger - TS
Jerry Shaw - TW

Sept 5 Jean Corbett - TW
Mary Oelke - TW

Sept 7 Marlys Jordan - TS
Gene Hickok - TW

Sept 9 Jack Von Bokern - TW

Sept 12 Inge Welsh - TS
Jo Ellen Hurr - TW

Sept 13 Chadwick Nelson - TS
Shirley Meidinger - TN

Sept 15 Joan Green - TN

Sept 16 Barbara Koch - TW

Sept 18 Al Quie - Commons
Nancy Collins - TS
Jackie Dekoning - TN
Evelyn Headen - TW

Sept 19 Wally Crosby - Commons
Bob Smith - TW

Sept 22 Joanne Paulson - TW

Sept 23 Larry Kalp - TN

Sept 24 James Taylor - TS

Sept 27 Tom Holloran - TS
Richard Borchers - TS

Sept 28 Sara Ann Tatsumi - TW

Sept 29 Janet Conley - TS

Sept 30 Darlene Smith - TW



**Please extend a warm welcome
to our newest Terrace residents**

- Tom & Nancy Caswell in South
- Mary Grover in West
- Karen Schreiner & Ron Ellingson in South
- Sue Redetzke in North
- Bill & Sharon Frank in North
- Peg Henninger in West
- Sara Ann Tatsumi in West



FOLKESTONE FEATURE

Community Information



We Are Grateful For YOU!

For the Presbyterian Homes Foundation, our central calling is to support you and your desire to make a difference for your PHS community. We are grateful for your generous heart and the charitable gifts you make to help your neighbors and employees.

Giving from the heart is always a perfect gift and always makes a difference. You may direct your gifts to:

- Employee Appreciation – recognize all employees for their service
- Where the Need is Greatest Fund and Special Projects – enriches programs and community
- Benevolence – helps your neighbors who face short term financial hardships
- Spiritual Life – programming at your community

The Presbyterian Homes Foundation accepts **annual gifts** to fund current needs and **future gifts** to address what is to come after us. The Foundation is a 501(c)(3) organization eligible to receive tax-deductible gifts.

Foundation gift planners are available to help those who are interested in realizing their philanthropic goals by working with them and their advisors to carefully help plan their giving.

Thank you for your financial gifts and all the ways that you enrich **your communities!**

If you are interested in making a current charitable gift or would like to learn more about making a future gift, please call the PHS Foundation office at 651-631-6408 or 651-631-6418. You may also wish to visit preshomes.org and click on Make a Gift to learn how your charitable gifts make a difference every day!

North Courtyard Outdoor Patio Time



Open to The Terrace

7 days a week, between 8:30 a.m. and 7:00 p.m.
The door to the North Courtyard will be unlocked 8 a.m. to 5 p.m. From 5:00-7:00 p.m., 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 six feet away from fellow residents. Please avoid family visit stations which occur Monday-Thursday, 10 a.m. to 4 p.m. See Recreation staff for extra chairs, if needed.

Open to The Commons

Monday-Friday, 1:00 p.m.-2:00 p.m.
The door to the North Courtyard will be open to the Commons at 1 p.m. You may go out alone, but you must wear a mask and stay six feet away from fellow residents. Danessa will check in periodically.
Commons residents may use the 3rd floor patio 24 hours a day, 7 days a week.

Open to The Hearth

**Tuesday, 2:30-3:30 p.m. and
Thursday and Friday, 2:00-3:00 p.m.**
Diane will be escorting residents to the North Courtyard Tuesday from 2:30 to 3:30 and Thursday-Friday from 2:00 to 3:00 p.m. 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 reducing the number of
people using the space at the same time..*

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.

Register

to

VOTE

Folkestone Gift Shop

Stay tuned!

Blood Pressure Checks

Closed until further notice

Let's Play Bridge

Canceled until further notice





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.

Nominations Open for 2020 CROSS Awards

We are pleased to announce that nominations are open for the 2nd Annual PHS CROSS Awards! These awards recognize individual employees who go above and beyond expectations as they embody and extend our values.

CROSS is the acronym for the 5 PHS values:

Christian Ministry: Reflect the love of God

Ready and Engaged People: Create ownership and utilize strengths

Operational Integrity: Do what we say we will do

Service Excellence: Create exceptional customer experiences

Stewardship: Optimize resources and expand ministry

If you have experienced a PHS employee who has demonstrated one or more of these values in a remarkable way and is making a difference in your community, let us know! To make a nomination, pick up a nomination form at the main reception or submit your nomination online at <https://tinyurl.com/phscrossaward>

The deadline for nominations received from PHS residents has been extended to September 14, 2020. Award recipients will be honored in November 2020.