

## AN AMAZING VISION!

*In the year the King Uzziah died I saw the Lord sitting upon a throne, high and lifted up; and the train of his robe filled the temple...for my eyes have seen the King, the Lord of hosts!*

*Isaiah 6:1, 5b*

**I**saiah had such an amazing vision! As I often say, “Oh, to have been there!” To have seen what Isaiah saw would have been amazing. And yet, we have the holy Scripture to give us a taste of this amazing vision. Please read Isaiah 6: 1-7.

This vision of the Lord seated on his throne is powerful and majestic. There is none other that is lifted high like our God, and Isaiah had a front row seat. It wasn't just what Isaiah saw, but also what he heard. The whole of that vision placed our King, the Lord of hosts, in his proper place – on the throne, the train of his robe filling the temple (v.1), the flying seraphim (v.2), the worship and praise (v.3), the foundations shaking (v.4), the smoke (v.4) and the action and voice of the seraphim touching Isaiah's lips with a burning coal and pronouncing his sin atoned for (v.6-7). That's a vision we can be in awe of and proclaim to others!

You are loved. -PK



# JOHANNA SHORES SPOTLIGHT

## BEATING THE HEAT

**A**s much as we may enjoy spending time outdoors on warm summer days, warmer temperatures carry with them the dangers of heat-related illnesses. Heat-related illnesses occur when the body's normal methods of cooling down, mainly sweating, are not sufficient to keep up with the increased temperature of the nearby environment.

Here are a few tips to safely prevent heat-related illnesses:

- **Drink plenty of water.** When you are sweating a lot, drinking a sports drink or other electrolyte-containing beverage can help replace salts lost from your body due to sweating.
- **Wear loose-fitting, lightweight and light-colored clothing.** It can even be helpful to wear a lightweight, damp shirt on hot, dry days. As the shirt dries, it will help you cool off!
- **Be aware of sun exposure.** Direct sunlight, especially during the middle of the day, can make you feel hotter and cause sunburn or skin cancer. Wearing sunscreen on exposed skin and avoiding direct sun exposure during the middle of the day can help prevent these concerns.
- **Time outdoor activities** for cooler times of the day, such as morning or evening. During the middle of the day, especially the afternoon when temperatures are highest, is a good time to plan indoor activities, and take advantage of air conditioning.

I hope the above tips are helpful. Stay safe, and enjoy your July!

Danica White,  
Fitness Instructor



# JOHANNA SHORES SPOTLIGHT

## A GIFT THAT PAYS YOU...EVEN MORE

**W**e have some exciting news that could help you support charities close to your heart, like your PHS community, and boost your retirement income. **Effective July 1, 2022, charitable gift annuity rates will increase.**

### How It Works

The concept is simple. With a charitable gift annuity, you make a donation using cash, marketable securities or other assets, and we, in turn, pay you a fixed amount for life. With this type of gift, you can feel secure knowing you can count on receiving stable payments for as long as you live.

### Here's an Example of How You May Benefit

Under the current rate schedule, Carol, 85, transfers \$25,000 in exchange for a charitable gift annuity. She will receive annual payments of \$1,900, a rate of 7.6 percent. Instead, if Carol waits to make her gift on or after the new rate schedule is in place on July 1, the same gift amount will provide \$2,025 in annual payments, reflecting an 8.1 percent rate.

New Rate Charts

One Recipient		Two Recipients	
Age	Rate	Ages	Rate
85	8.1%	85/90	7.5%
90+	9.1%	90/95	8.8%

### We Can Help

We would be happy to provide you with a free, no-obligation illustration showing you the increased benefits you can receive from a charitable gift annuity if you make your gift on or after July 1, 2022. To qualify for a PHS gift annuity, you must be 85 or older. Your personalized illustration will include your potential income tax charitable deduction and our annual payments to you for life. Please contact your Foundation Gift Planner or Presbyterian Homes Foundation at 651-631-6408 or 651-631-6418 for assistance. ***Thank you for all that you do for your PHS community!***





Johanna Shores  
3220 Lake Johanna Boulevard  
Arden Hills, MN 55112

651-631-6000

[www.johannashores.org](http://www.johannashores.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.

*Does a PHS employee stand out for you?*  
Nominate one or more for the 2022 CROSS Awards

**W**e are pleased to announce that nominations are open for the 2022 Presbyterian Homes & Services (PHS) CROSS Awards! Launched in 2019, these awards recognize individual employees for going above and beyond expectations as they embody and extend our values.

Over 7,000 employees serve PHS. They make us proud through the dedication, compassion and excellence they demonstrate every day. That is why every employee is eligible for nomination by residents, coworkers or friends for the ways in which they live out our CROSS values.

Five recipients will be awarded for demonstrating exceptional work in one of five PHS values:

- † **Christian Ministry**
- † **Ready and Engaged People**
- † **Operational Integrity**
- † **Service Excellence**
- † **Stewardship**

Which employees stand out for you? The nomination form, which can be opened using the QR code, provides instructions on how you can nominate them for one of the five value-based awards. **Nominations are due August 1, 2022.** Award recipients will be honored in November 2022. Please complete and return the form to the reception desk. You can meet past CROSS award recipients by visiting [www.preshomes.org](http://www.preshomes.org) and searching for "CROSS award."

