

## BEST PLANS FOR YOU

**F**or most of us, having a plan to care for ourselves or our loved ones is an important idea to carefully consider. This is one way to share what you value most in life. Answering “yes” to statements like these may be a way for you to begin to shape some of your future plans.

- You want the opportunity to guide decisions about the future ownership of your possessions and the legacy you want for others.
- You want to ensure that your loved ones are taken care of while also providing continued support to your favorite charities.
- You want the flexibility in the future to change your mind about the plans that you put in place

### **Getting Started**

A will or trust are two of the most important legal documents you’ll ever create. But let’s set the legal reasons aside for a moment. These documents reflect your life. They reveal who and what matters most to you. Legally, these documents state how you want your assets distributed after you’re gone. A well-planned will or trust ensures that your loved ones are taken care of in the manner you specify. For those so inclined, making future gifts in your will or trust to a treasured charity is another way to express that you care. This could include your church, alma mater or your PHS community. Your estate planning attorney can help you to structure efficient and meaningful plans.

### **Already Have a Will or Trust?**

Make sure it’s up to date. Life changes such as births, deaths, change in marital status, change in health, change in personal estate value or a move to or from another state should trigger a review of your will or trust. This is always a good time to evaluate if you appointed the right individuals to serve as your Power of Attorney and point of contact for your Healthcare Directive. Updating these documents is unique to your situation, so please be in touch with your estate planning attorney.

### **You Can Further Our Mission**

Every gift begins with an important question: How can I make a meaningful difference? Please contact Janene Connelly at the Johanna Shores Foundation Office at 651-631-6054 or 651-631-6408. Thank you!



# JOHANNA SHORES SPOTLIGHT

## ACCOUNTABILITY AND STAYING ACTIVE

**I**t can be extremely difficult to start a new routine, especially when you have had the same routine for many years and want a change. Individuals at all ages struggle with this. It is easy to say you want to start a new workout 3 times a week or have a healthier breakfast every morning but being able to consistently carry that action out can be challenging. If you are able to be successful on your own, that is a great accomplishment! For most of us, we need someone to help keep us accountable so we can stay on the right path for success.

Here are some tips to help positively encourage one another by staying accountable and active during the summer months:

- Have small, obtainable goals in mind that can lead you to a larger goal in the future. Pick a date to check on your progress and adjust your routine if needed.
- Lead a walking group that meets once a week in the morning or afternoon.
- Ask a friend to join you for the exercise class offered here at Johanna Shores. See Wellness Calendar for details.
- Set a date and a time to grill/cook meals with a friend/neighbor once a week that include fresh veggies in the main dish or as a side.
- Have someone that is supportive and positively impacting your life to help you with the changes you want to make. (Have a friend help keep you accountable! Check on each other's progress once a day, once a week, or once a month. Make sure to set a date and time to do this.)
- Reward yourself for staying on track!

If you don't have someone you are comfortable with to help keep you accountable here are a few tips to be successful independently:

- Keep track of your goals on a calendar. Write down the "good" and "bad" days (we all have bad days!).
- Reward yourself for staying on track.
- Don't be hard on yourself. Remember that change is difficult for everyone. With a positive attitude, you will achieve your goals.

*Smile, **LAUGH** often and **LOVE** one another. 😊*

~ Your Johanna Shores Fitness Team



# JOHANNA SHORES SPOTLIGHT

## THE WEARY TRAVELER

**T**here's an old story about a traveler that had hiked for many miles across a dry, deserted land. He ran out of water, and he knew if he did not find water soon, he would most likely die.

He came upon an old, abandoned cabin, and when he arrived he discovered an old water pump near the back door. Then he noticed a tin can tied to the pump, with a note inside:

*Dear Stranger,*

*The well has never gone dry, but the pump needs to be primed in order to bring up the water. Under the white rock, I buried a jar of water, out of the sun. There is just enough water in the jar to prime the pump. Pour half of it into the pump to wet the leather. Wait, then pour in the rest of the water and begin to pump. When you are finished, please fill the jar, and put it back as you found it for the next traveler ...who comes this way. Have faith and believe. Have you ever been really thirsty? The kind of thirsty where your tongue dries out and sticks to your mouth? If you were a lonely traveler in the desert, what would you do? Will you dig the water jar from the sand and drink it? Or will you believe and in believing follow the directions and pour every drop of water into the pump? Will you take the risk, both for yourself and for the next weary traveler that may pass that way? What would you do?*

Someone in the crowd asked Jesus, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God that you believe in him whom he has sent." Then Jesus goes on, "I am the bread of life; Whoever comes to me shall never hunger, whoever believes in me shall never thirst" (John 6:24-35). We are called to believe and to act on this belief through faith. Everyone places their faith in something or someone. Your faith is only as good as the object or the person in which you place your faith. The Scriptures are clear that we as believers should place our faith and our trust in person of Jesus Christ.

So, what will you do?

## INCOMING INTERN! STACEY NOELDNER

**H**ello everyone! As many of you know, a new intern works under Chandler Hulke and Justin Birkeli every year. This year I am happy to announce that intern is me! I'm currently a senior at the University of Wisconsin – Eau Claire and am here to learn as much as I can about healthcare administration from our two amazing administrators.

I'm happy to answer any curiosities you may have about me, but a short background on me follows. I grew up in a tiny town called Lone Pine, CA and moved to Eau Claire, WI when I was 9 years old! I'm currently serving part-time in the Air Force Reserve, I have 9 full siblings, and I somehow get along with all of them. I enjoy all things outdoors, and love learning anything new.

I'm very excited to be part of the Johanna Shores team for the whole year, and looking forward to working with everyone!



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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.

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ALL FAITHS WELCOME.

## *National Wellness Month: how do you balance your life?*

**T**his August celebrates National Wellness Month. The International Council on Active Aging defines wellness as, "... derived from our ability to understand, accept, and act upon our capacity to lead a purpose-filled and engaged life."

You may be surprised to learn that there are at least seven areas of your life that bear on your overall wellbeing. These seven dimensions are equally important and need to be in balance and working well together to promote holistic health. Presbyterian Homes & Services (PHS) integrates these dimensions in the Wings® Wellness program:

**Physical Health** refers to your mobility, appetite, sight and hearing, and ability to complete activities of daily living. A hearty commitment to remaining physically active and relatively agile will help a great deal.

**Social Health** means that you balance time with family and friends, develop and nurture meaningful relationships, and spend time doing things that you enjoy with others.

**Intellectual Health** has to do with learning and trying new skills, keeping up on current events, and

challenging your brain by reading, taking classes, doing puzzles or playing cards regularly.

**Emotional Health** encompasses your willingness to accept change, and ability to maintain a positive outlook. Good emotional health will affect how well you are able to control your reaction to the challenges that come your way.

**Vocational Health** is the ability to achieve personal satisfaction and fulfillment by matching our interests with our work, hobbies or volunteerism to maintain balance in our lives and make a positive impact

**Environmental Health** means living in a pleasant, stimulating, safe and healthy environment. This includes our homes, communities and nature.

**Spiritual Health** can be described as "a guiding sense of meaning in life"<sup>1</sup> that helps define your personal beliefs, values, and your sense of place in the greater scope of humanity.

PHS offers many opportunities at your community designed to help you maintain wellness and maximize your individuality and independence giving you the freedom to live well.