

November 2022

Sow God's Word

The major theme of Paul's letter to the Galatians is whether, why and how Christians should follow the law. And to many of us who grew up in a historically Christian culture, the answer seems obvious. But to many new Christians, the first response to learning that Christ's death and resurrection offer forgiveness for all our sins is the question, "So then can I sin as much as I want?"

Paul's complete argument is too complicated for our time today, so let's focus on his words to the Christians of Galatia:

"God is not mocked. You will reap what you sow." (Galatians 6:7)

Paul moves the conversation from punishment to consequence. If you plant corn in the spring, you shouldn't be surprised to discover that you've grown corn in the fall. This isn't God stepping in to reward or punish the planting of corn. It's the natural consequence of doing so, and the basis of all agriculture.

And the same is true for many things in life. If you start jogging every day, you shouldn't be surprised if your endurance improves. If you go out of your way to make people around you feel valued and happy, you shouldn't be surprised if you have more friends. And if you engage in a life dedicated to selfishness and excess ... well, would you really be surprised to find yourself feeling empty, meaningless, and unhappy?

In the same way, God's law exists to point us away from things that will make our lives worse, and towards things that will ultimately bring us joy. Even disregarding the question of punishment, it teaches us what to sow so that we may reap a good life.

And what is God's law? Jesus summed it up in two sentences:

"Love the Lord ... Love your neighbor"

This is the reason that Presbyterian Homes & Services looks to the Bible to guide the way we care for elders and treat each other. In all that we do, we seek to put love first, so that we may create a more loving future for everyone.

- Pastor Chris Wheatley, senior director of pastoral care, Presbyterian Homes & Services

Kirkland Crossings

A season of gratitude

“Give thanks for each new morning with its light for rest and shelter of the night. For health and food, for love and friends, for everything thy goodness sends.” - Ralph Emerson

It came as no surprise to me when I learned that there are proven health benefits to practicing gratitude. According to *Time* magazine, here are seven ways that gratitude has been proven to improve your life:

1. Gratitude can increase patience
2. Gratitude improves relationships
3. Gratitude improves sleep—you stay asleep longer and the quality of sleep is proven to be better
4. Gratitude prevents overeating
5. Gratitude lessens depression
6. Gratitude helps sustain feelings of happiness
7. Gratitude improves self care

It is incredible how the simple act of being thankful for what we have can lead to such positive health outcomes. So instead of waiting until Thanksgiving to be grateful, I researched some ways that we can practice gratitude year round.

Here are some suggestions to incorporate gratitude daily:

- Write a letter or start a journal—take the time to write down things you are grateful for that day or even that week.

- Include an act of kindness into your day—it can be as simple as calling someone to let them know the impact they have made on your life or writing a personalized thank you note.
- Post quotes or images around you that remind you to be thankful.
- Meditate about what you are thankful for when you wake up in the morning or before you go to bed.
- Find an organization that helps a cause that you support and become a volunteer for them

These are just a few suggestions that I will be trying to incorporate in my daily routine and I hope you do the same! In the meantime, know that this Thanksgiving I am grateful for all of YOU!

- Katie Burdette, housing counselor

Sources:

“7 Surprising Health Benefits of Gratitude,”
<http://time.com/5026174/health-benefits-of-gratitude>.

“40 Simple Ways to Practice Gratitude,”
<https://www.lifehack.org/articles/communication/40-simple-ways-practice-gratitude.html>

Kirkland Crossings has a new administrator!

As many of you are aware, our administrator, Jackie Laquinta recently had a beautiful baby girl. With motherhood, Jackie made the difficult decision to give up her position here at Kirkland Crossings.

We are blessed to welcome La Kelvin Hill as our new leader. La Kelvin has been part of Presbyterian Homes & Services and will transition into the administrator role this fall.

La Kelvin has extensive experience in operations of residential settings, including underserved populations, senior living, and mental health. He holds an undergraduate degree from Carroll

College and a master's degree from the University of Indiana. He and his wife have raised two children in Waukesha. His son is a medical school resident, and his daughter is completing her nursing degree at the University of Nevada—Las Vegas.

La Kelvin enjoys travel, vocal performance, museums, and coaching youth sports. He is also a Packer fan!

La Kelvin enters the administrator position with a personal mission “to support, improve and connect.”

Strength training benefits

While resistance training is important for staying strong and healthy, research shows that you can get plenty of benefits by getting even a small amount of it.

A position statement from the National Strength and Conditioning Association, for example, notes that just one resistance training session per week can lead to significant increases in strength and muscle mass in older adults.

Strength exercises like lifting dumbbells or doing moves that use your own body weight, such as push-ups and planks, offer compelling benefits, especially for older adults, according to the National Institute on Aging and the American Council on Exercise.

These benefits include:

- Maintaining muscle mass
- Reducing frailty and fall risk
- Increasing mobility
- Supporting brain health and cognitive function

Because of these perks, many studies suggest that strength training may also have a major role in helping you live longer.

Kirkland Crossings
700 Quinlan Drive
Pewaukee, WI 53072

262-695-5800
KirklandCrossings.org

Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

Honoring your gifts

Generosity knows no season, but November and December are historically the months that we like to give to favorite charities. Many feel it's a way to celebrate the blessings in their lives.

If you are inclined, please know that your charitable support of Presbyterian Homes & Services helps you, your neighbors and your community in real ways. You may choose to direct your gift to a priority at the community of your choice, such as the Where the Need is Greatest Fund, Employee Education Assistance Fund, Benevolence Fund or the Chaplaincy & Spiritual Life Fund. The Foundation processes and acknowledges your gifts. In turn, all gifts are routed to where you direct. **The Foundation and PHS communities welcome and honor your gift designations.**

The first PHS community, now Johanna Shores, in Arden Hills, Minnesota, was built from philanthropy. In 1955, Miss Lillias Joy donated 20 acres of land on the shores of Lake Johanna which gave PHS its

beginning. Thus began a faithful tradition of giving to this ministry. **Your charitable gift, together with gifts from other residents, employees, family and friends, enrich lives at your community.**

If you are called to give now or later – thank you!

Cash or check: You may send a check to Presbyterian Homes Foundation, 2845 Hamline Ave N, Roseville, MN 55113. **Online:** Secure online giving is available at preshomes.org (click on "Make a Gift"). **Give direct:** You may hear about national and state Giving Days. The organizations that sponsor these take fees from donors' gifts. To ensure that your online charitable contributions made the difference you desire, it's best to give directly to favorite charities.

We are here to help you! For assistance, please contact Janene Connelly at 651-631-6408 or Jill Kane at 651-631-6418 or Camille Schafer at 651-631-6105. **Blessings and thanks to you!**

