

An Attitude of Gratitude

As many of you are aware, this past winter I fell and broke both my wrists. During the months of recovery, I could have felt sorry for myself, gotten depressed or questioned why this happened to me. But I turned the situation from a negative into a positive. God gave me this time to heal my body and my spirit. I looked at the situation with gratitude. I was grateful I had my husband to help me with absolutely everything. Grateful that we had savings to cover my lost salary. Grateful for my doctors and physical therapists. And I definitely was grateful for Netflix. I learned that *gratitude can change my attitude*.

Ashley Elizabeth, Resilience Mastery Coach and Motivational Speaker, writes,

There is one way to make sure that you wake up every single day feeling calm, joyful and blissed-out, and that is to adopt an attitude of gratitude. When you make it a conscious habit to express appreciation for your life, the Universe listens and responds with more love. Let me be clear... this doesn't mean that you're a bad person if you aren't able to see the good on a bad day.

Life is far from perfect. Sometimes things happen that cause us to react negatively. Having a pity party is okay now and then. However, it does nothing good for your mental and emotional well-being. An attitude of gratitude forces you to get outside of your problems and look at the bigger picture. In turn, you are better able to bounce forward when challenges occur in life.

An attitude of gratitude means that you operate from a place of abundance instead of a place of scarcity and fear. Each of us always has a choice of what we will focus on. Grateful people give thanks for everything in their life, even on the days when it feels like nothing is going right.

Blogger Marquita Herald writes, "To turn an attitude of gratitude into a sustainable habit, your foundation for feelings of gratitude must be independent of your circumstances."

Katie Burdette, Housing Counselor

KIRKLAND CROSSINGS NEWS

Special Announcements

Congratulations Andrea Zeitler, Activity Director, on the birth of her baby girl:

Raya Lynne

Congratulations Rachael Bronsted, Culinary Director, on the birth of her baby girl:

Rylee Grace

Congratulations Matt Luther, Fitness Instructor, on fostering to adopt:

Ava and Angel

Wellness Zone

Importance of Social Wellness

You have probably heard the saying “Health is Wealth”, but what does that mean? At first, we begin to think of ways to become more physically active to enhance our health, such as walking, cycling, or resistance training. Then, we look at our diet and eating habits and begin to critique those. Although a good diet and moderate exercise will generally lead to a healthier lifestyle, most people tend to ignore the social aspects of wellness and the various benefits they may bring.

The term *social wellness* means nurturing yourself and your relationships with those around you. By ensuring you have friends and family to turn to in times of need, you allow yourself to develop a broader focus and positive self-image. This social support system can improve quality of life and provide a buffer against traumatic events. Social support often presents itself in multiple forms:

- Emotional support: the actions people take to make others feel cared for
- Instrumental support: physical objects, such as money and clothes
- Informational support: providing information which directly helps someone

The health risks of being alone or isolated have been compared to the most extreme of health risks, including smoking. By getting out and participating in everyday activities, relationships can be made and maintained. Research has shown that individuals with a strong social network and healthy relationships tend to live longer, show improved heart and blood pressure responses to stress, and have enhanced endocrine, cardiovascular, and immune systems.

If you have any questions or concerns regarding how to improve your social wellness, or need general information, please feel free to contact the life enrichment director, fitness trainer, pastor, or resident services director.

<https://www.takingcharge.csh.umn.edu/july-social-wellness-month>

KIRKLAND CROSSINGS NEWS

Habits to develop an Attitude of Gratitude

1. **Say ‘Thank You’ As Much as Possible**

Thank you are two of the most powerful words you can say, and they can truly lift someone else’s day, even if you don’t know it.

2. **Keep a Daily Gratitude Journal**

While thinking about things you are grateful for works wonders, actually writing them down adds much more power to your words.

3. **See the Light on the Darkest of Days**

We all have rough days, that is a fact of life, and while it is true that without the lows we might not appreciate the highs, it does not have to be that way. In any given situation there will be something to be grateful for, and while it may be a struggle to find it, it is worth doing.

4. **Pay it Forward**

As well as being grateful to receive kindness or generosity, a wonderful way to foster the feeling is to pay it forward, too. While kindness can never be repaid, we can spread kindness by way of thanks for what someone has done for us. There are multiple ways of doing this, and it is even more powerful when it is done completely selflessly, and without expecting or needing to be thanked or recognized – just let it be enough to know that you have brightened someone else’s day.

5. **Finally...Wake up and Smell the Coffee**

Spending a few minutes a day to seek out these tiny things will get you into the habit of noticing. It is when your mind is alert to all the wonders of life that you will begin to see all the kindness, generosity and opportunities which life affords you every single day. And that is when an attitude of gratitude will become second nature.

by Erin Evans—BrightDrops.com

Hobbies that Help

Study reveals these hobbies can increase your IQ

IQ tests are a tool to measure a range of Cognitive reasoning skills such as problem solving and logic.

According to Very Well Mind, an average IQ test score is around 100, with different countries around the world varying between 59 and 108. With over 6,000 people searching Google monthly on how to take up new hobbies due to Covid-19, DIYS.com decided to share their six-month study they conducted. where they asked volunteers to take an IQ test before and after to discover which activities improve our cerebral intelligence. Here is what they found:

- Learning a new instrument proves to be the hobby that increases IQ the most: 9.71%.
- In second place, knitting improved IQ by 9.68%.
- Exercising (7.37%) and reading (7.07%) rank third and fourth respectively.
- Volunteers in the category ‘joining an online gaming group’ commenced with the highest average IQ (104 to 109).

Other activities making the top ten include:

- Learning a new language: 5.88%
- Gardening: 5.10%
- Joining an online video game group: 4.81%
- Making and editing videos: 4.26%
- Trying new recipes every week: 4.17%

www.diys.com

Call today for information or to schedule a personal tour, 262-695-5800



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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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Building up, reaching out: New project updates

Senior Housing Partners (SHP), the project development arm of PHS, is advancing our vision to “provide more choices and opportunities for more older adults to live well.” Here are project updates for new communities in the making:

Prairie Gate, Council Bluffs, IA: Prairie Gate opened in March 2020. The 17.5 acre campus offers senior living, assisted living and memory care apartments, and a care center. PrairieGate.org.

Lexington Landing, Saint Paul, MN: Lexington Landing welcomed residents in December 2020 and was named a “2020 Top Project” by Finance & Commerce business publication. Owned by J. A. Wedum Foundation and managed by PHS, Lexington Landing offers senior living, assisted living and memory care apartments, all with amenities and community programs. LexingtonLanding.org.

Mount Carmel Bluffs, Dubuque, IA: A shared ministry with the Sisters of Charity of the Blessed Virgin Mary, Mount Carmel Bluffs overlooks the scenic Mississippi River. In February 2021, residents moved into enriched living apartments, memory care

and care center suites. A second phase will provide senior apartments and repurpose the Motherhouse to offer town center amenities.

MountCarmelBluffs.org.

Flagstone, Eden Prairie, MN: Construction continues on a full continuum of senior housing and care anticipated to open in fall 2021. Current Castle Ridge residents will move to the new location and the old building will be demolished to make way for other retail and housing. FlagstonePHS.org.

Future Community at Highland Bridge, St. Paul, MN: This new senior community in Highland Bridge, a master-plan development on the former Ford Motor Company location, will offer a variety of housing options and care services for older adults, all near retail, parks and paths along the Mississippi River.

Senior Housing Partners provides consulting and project development services to other non-profit senior housing organizations across the nation. Visit SeniorHousingPartners.com. In the future, we will share progress on redevelopment projects at existing PHS communities.