

## Trust in the Lord with...



**W**hat does it mean to trust? We have many different definitions of this word, and we use it in many ways. We trust the chair we are about to sit in to hold us up, or we trust the word of a friend or family member to give us the truth in any situation. Yes, there are even times that our trust is tarnished and depleting.

Sometimes trust is very positive and sometimes trust is disappointing. In human terms, trust is a hard thing to live by and a hard thing to accept as we face the many struggles of this life. Who do we trust? What do we trust? Because our lives are secure in the basic things we trust and believe in.

So, as we live, work, and struggle in this world, we often want to put our faith in something that will always be the best for us in any situation.

Let us consider today's Scripture reading from Proverbs 3:5-6:

**“Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.”**

This passage is not wishful, hoping, or trusting in the unknown. If we trust in the Lord with everything we have and everything that matters to us, we can know that He will be there for us. In other words, this type of trust is for us to get out of the way, to say Lord, it is in Your hands and not in my hands. We then realize that we need to say to God, thank you for your word of promise to never leave us and to guide us throughout this life.

By Campus Pastor Tom Parker, Timber Hills

# KIRKLAND CROSSINGS NEWS



## Commons and Arbor Gold Star Status Members



**K**irkland Crossings is a member of WCCEAL, a quality initiative for assisted living providers in the state of Wisconsin. We are excited to share that our assisted living and memory care communities are Gold Status Members. What does that mean? We submit and review our quality metrics, seek customer satisfaction input and make plans and adjustments for continuous improvement.

Kirkland's Arbor Memory Care is ranked, by our customer satisfaction, in the top 25% of all providers in the state. This is a wonderful achievement, and we are grateful to our staff for their hard work and dedication. We are thankful to our customers who have recognized these efforts and feel Kirkland is a wonderful place to call home!

### Make a difference by encouraging others

*“Therefore encourage one another and build each other up, just as in fact you are doing.”*

*~1 Thessalonians 5:11*

**I** received a nice note of encouragement awhile back. I cannot remember exactly what the note said. I can, however, without question, tell you that the note brought a smile to my face and made me feel cared for, important, supported and loved.

The presence of encouragement is an important part of life. When encouragement is absent, people can feel unloved, unimportant and forgotten. God knows we are people in need of grace-filled reminders. In fact, giving and receiving encouragement is important for the receiver as well as the giver. So, scripture is packed with encouraging verses. In Hebrews 3 we read that Christ calls us to encourage each other every day.

Encouragement is not about complimenting someone's haircut or what they are wearing. It is about sharing encouragement with the hope that someone's heart will be lifted toward the Lord. It points out the evidence of grace in another's life to help them see that God is using them.

Scripture tells us of an encourager who cared for and supported others. His original name was Joseph, but the apostles named him Barnabas, which means 'Son of Encouragement.' After Paul's conversion on the road to Damascus, Barnabas joined Paul in ministry, and he encouraged him as well as others.

Be a Barnabas (an encourager) to those on your team, to those you serve, and to your friends and family, as they will always remember how you made them feel.

As author Maya Angelou said, “I have learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

By Campus Pastor Bev Modlin  
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# KIRKLAND CROSSINGS NEWS

## Health and Wellness

### AUGUST is National Wellness Month

**T**hroughout this month, take the time to focus on self-care, stress management, and creating healthy routines. It can take 21 days for something to become a habit and 90 days for it to be a lifestyle change. Practicing self-care, managing stress, being mindful, and focusing on proper nutrition and exercise are all habits you could work towards incorporating into your daily routine. Here are some simple self-care habits to begin trying to incorporate daily to improve your overall health and wellbeing.

**Exercise.** Just 30 minutes of exercise a day can be a major mood booster! Not only does it benefit your mental health, but it also helps maintain your weight, improves pain management, and aids in activities of daily living.

**Drink More Water.** Keeping your body hydrated is one of the best things you can do for your overall health, especially during these hot summer months. Water aids in the transport of nutrients throughout your body and also maintains/lubricates healthy joints. It is key for healthy digestion and can even help facilitate weight loss.

**Get Enough Sleep.** Sleep is essential to every process in the body, affecting our physical and mental functioning the next day. It impacts our ability to fight disease and develop immunity, and our metabolism and chronic disease risk.

**Spend Time Outside.** Fresh air can do wonders for the mind and body, especially if you're exercising outdoors. Spending time in nature can reduce stress/anxiety, improve your memory, and boost your overall mood.

**Practice Deep Breathing.** The effects of stress and anxiety can limit your breathing, without you even realizing it, causing you to take shallow breaths. Practicing deep breathing techniques and utilizing the strength of your diaphragm can make a big difference while experiencing feelings of anxiety.

**Try Something New.** Whether it's a new walking/bike route, a new restaurant, or even volunteering. Doing something new can improve your mental outlook and break your day-to-day cycle.

*Source: <https://eatmighlymeals.com/8-ways-to-celebrate-national-wellness-month/>*

*Source: <https://thekimfoundation.org/august-is-national-wellness-month/#:~:text=This%20August%20celebrates%20National%20Wellness,management%2C%20and%20creating%20healthy%20routines.>*

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

This 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.