

## Restored

A cheapskate was looking for a gift to give a friend. Everything was too expensive except for a broken glass vase. But then the cheapskate had an idea. He purchased it, for almost nothing, and asked the store to wrap the gift and send it to his friend. The cheapskate imagined that his friend, upon receiving the broken vase would assume that it had been broken by the delivery service. A week later, he received a note from his friend. “Thanks for the vase,” it read. “It was so thoughtful of you to wrap each piece separately.”

We are all broken, though we try to hide it. We may conceal our fears by telling people that we are “fine” when they ask us how we are doing. We may mask our sorrow behind a polite smile. We package our brokenness from hurt and disappointment in a life that tells everyone around us, “I’ve got it all together.” We may try and disguise our brokenness with a busy life or by withdrawing from others or through purchasing things that we think will make us happy. Yet God sees all the individual pieces that are wrapped up inside of us.

*“This is the word that came to Jeremiah from the Lord: ‘Go down to the potter’s house, and there I will give you my message.’ So I went down to the potter’s house, and I saw him working at the wheel. But the pot he was shaping from the clay was marred in his hands; so the potter formed it into another pot, shaping it as seemed best to him.*

*“Then the word of the Lord came to me: ‘O house of Israel, can I not do with you as this potter does?’ declares the Lord. ‘Like clay in the hand of the potter, so are you in my hand...’” ~ Jeremiah 18:1-6*

Brokenness isn’t an issue for God. God is well aware of our failures and frailties. It was for those failures that Jesus was sent to be broken in our place on the cross. He rose again with the promise to us that we too can be remade, restored and repurposed for God. God not only has the power to call us out of our brokenness and mend us, but He also has the power to use those things that make us weak for His purpose.

There is a type of Japanese art called Kintsugi. The artist purposefully breaks a piece of pottery only to mend it. Instead of using glue or filling in the cracks so that they are unnoticeable, the artist fills the cracks with gold, silver or platinum. The purpose of the art is to show that breakage and repair are both a part of the history of the object. This reminds us that even though it is marred, the object still is useful. Jesus has repaired us through His death and resurrection. Though cracks may still be visible, it is through those cracks that God’s grace shines in our lives.

By Pastor Tom Volker

Founders Ridge (a Presbyterian Homes & Services community located in Bloomington, MN)

# KIRKLAND CROSSINGS NEWS

## Interesting 4th of July facts

- Some colonists celebrated Independence Day during the summer of 1776 by putting on mock funerals for King George III of England—symbolizing the death of the Crown’s rule on America.
- John Adams, along with Thomas Jefferson, another Founding Father, both died on July 4, 1826. James Monroe, another U.S. president, also died on July 4th, but he passed in 1831.
- Although the 4th of July has been celebrated each year since 1776, it didn’t become a federal holiday until 1870. And it didn’t become a paid holiday for federal employees until 1941.

## In grief, all that love needs somewhere to go

“**I**n the end, we remember people in pieces—slivers of memory, images, bursts of sound, and trails of whispers,” writes Patti Davis in her book *Floating in the Deep End: How Caregivers Can See Beyond Alzheimer’s*.

If you are a caregiver losing your loved one slowly, or if you have recently experienced the death of a loved one, you may be experiencing some of what Patti Davis describes here. We grieve for our loved ones even as we say goodbye to them, day-by-day. And after they die, we remember them in the moments we expected to share with them: the birth of a grandchild, an 80th birthday party, a family wedding. Grief does not just break our hearts; it can also *frustrate* them. Because after a lifetime of caring, all that love still needs somewhere to go.

Here are some ideas for expressing that love:

**Write a letter...or a book.** What do you do with all the memories you would like to keep?

You could put them into a letter, or you could create a photo book or gather stories for a longer collection.

**Create a space to reflect.** During the caregiving journey, and for quite a long time afterward, it may be helpful if you carve out a space in your home to sit and reflect on the changes you are experiencing. You could add photos, a battery-powered candle, items that help you connect with your loved one and a comfortable chair where you can linger.

**Honor a legacy.** Consider what your loved one was passionate about. Could you donate to an organization in his or her honor or practice random acts of kindness in his or her name? This world is full of brokenness and pain. As you care for others, your own spirit may also find consolation.

**Tend a grave.** After your loved one dies, it can be comforting to tend their grave. Tidy it up, leave flowers, talk to your person. Observe the changes that come as the seasons shift—not just in the world around you, but in yourself as well.

From “*Springs of Living Water*” the grief support newsletter of Optage Hospice

# KIRKLAND CROSSINGS NEWS

## Health and Wellness



**H**appy July! This month we celebrate Independence Day! Independence Day celebrates the Declaration of the United State's independence from Britain. This day is usually associated with outdoor events such as parades, barbecues, baseball, and even fireworks!

BUT – what about your independence? Decreased ability to be independent in tasks as we age is normal. This is because the aging process can decrease mobility, which can lead to limitations in movement and activities (National Institute on Aging, 2020). The Centers for Disease Control and Prevention found that one in three adults experience limitations in activities of daily living. Some activities of daily living can include bathing or showering, dressing, getting in and out of bed or a chair, walking, using the toilet, and eating. So, how might you increase your independence now and in the future?

### **Maintain your independence through these tips and tricks!**

- Exercise your mind and body
- Know your bodies boundaries and abilities (and stick to them!)
- Ask for help when you need it!
- Adjust or make modifications and updates to your home if needed
- Maintain an active social calendar
- Be open to learning and adding new technologies
- Advocate for yourself and your abilities

So, today, celebrate yourself by investing in your independence!

#### *Resources:*

*Walden University. Aging Well: Helping the Elderly Maintain Independence. Retrieved from <https://www.waldenu.edu/online-doctoral-programs/phd-in-human-services/resource/helping-the-elderly-maintain-independence>*

*Maintaining mobility and preventing disability are key to living independently as we age. (2020). National Institute on Aging. Retrieved from <https://www.nia.nih.gov/news/maintaining-mobility-and-preventing-disability-are-key-living-independently-we-age>.*

*Olivari BS, Baumgart M, Lock SL, et al. CDC Grand Rounds: Promoting Well-Being and Independence in Older Adults. MMWR Morb Mortal Wkly Rep 2018;67:1036–1039. DOI: <http://dx.doi.org/10.15585/mmwr.mm6737a4>*

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



Kirkland Crossings

700 Quinlan Drive  
Pewaukee, WI 53072

262-695-5800

[www.kirklandcrossings.com](http://www.kirklandcrossings.com)



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

We 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."

