

## From the Housing Administrator's Desk

As I reflect on the many events of this past year, I find myself reflecting on my grandfather's words. He would often say, "Any day that I can look down at the ground versus looking up at it, is a good day!" Growing up, we spent a lot of time with our grandparents and they always had a very interesting and humorous way of providing a positive perspective on things.

For this month's article, I thought it would be a nice change to share some fun, interesting and humorous observances in the month of January. I hope you enjoy this and it brings a smile to your day.

- Jan. 2:** National Science Fiction Day (Growing up, my brothers and I enjoyed watching the Star Trek and Star Wars television shows and movies. I was so intrigued by the idea of traveling throughout the universe and discovering new civilizations!)
- Jan. 4:** Trivia Day and National Spaghetti Day
- Jan. 8:** Bubble Bath Day
- Jan. 10:** Peculiar People Day, Houseplant Appreciation Day, National Bittersweet Chocolate Day
- Jan. 14:** Dress Up Your Pet Day
- Jan. 17:** Benjamin Franklin Day, Ditch New Year's Resolutions Day
- Jan. 19:** National Popcorn Day
- Jan. 21:** National Hugging Day, Squirrel Appreciation Day
- Jan. 26:** Spouse's Day
- Jan. 31:** Backward Day, Inspire Your Heart with Art Day



I have to admit, I thought of my grandfather when I read this list. It made me smile to think of someone taking the time to recognize the appreciation of houseplants, popcorn, or squirrels. But it also made me pause and remember all of the simple joys we have, the fond memories that simple things can make, God's many blessings, and the lesson to always try our best to remain positive and lighthearted in our lives.

Grace and peace,  
Isaac Rue

Source: <https://www.thespruce.com/special-days-and-observances-in-january-1448887>

# LAKE MINNETONKA SHORES

## Spiritual Care

By John Cordova, Pastoral Care Director

**W**hew! We made it through another year, a very rough year this time. I am sure that this may be debated by some, but the majority will admit that it was a painful and difficult year. We had losses in so many areas, especially in losing loved ones to the virus and the loss of many privileges and freedoms that we have enjoyed most of our lives.

On the other hand, I felt that it was a year of drawing near to God. Personally, I cannot remember an entire year where I can honestly say that my roots grew deeper in my Christian faith. It has been reassuring to me that I did not go through the year without God by my side. I felt His presence every day and every step.

Moreover, it was in early January that I received the phone call that I was being offered the position of Pastoral Care Director at LMS. I was thrilled by this

opportunity, and I have not been disappointed, even during a pandemic that no one envisioned, including myself. It is my prayer that you take time this week to reflect on the past year before moving onto the new year. I trust that your roots, too, grew deeper in your faith.

Perhaps this annual exercise that I do may help you start the new year. Each year in mid-December, I begin praying that God will bring me a specific word or theme that will guide me throughout the year. Once this word has been established in my heart and mind, I adopt it as a spiritual guide, making sure that it is rooted in biblical teaching. Last year, my word was “Yeast.” Now, this may sound a bit odd, however, for me that word represented the biblical

*(continued on page 3)*

## PHS Foundation

### How You Make a Difference

**T**hank you for touching hearts through your charitable giving in 2020! You helped your neighbors and employees feel appreciated, connected and hopeful last year. We are grateful for you! These are just some ways that your gifts are put into action and service:

**Benevolence:** Over \$3.8 million was granted to help residents continue living at PHS communities. Many, many charitable gifts were added together to make this great difference. Your gifts help to bridge the gap between income and expenses for residents who face financial hardship due to prolonged illness, the loss of a spouse and increased healthcare needs.

**Employee Appreciation:** You recognized employees who are here for you and your loved ones in continued and new ways. Your employee appreciation gifts express that you appreciate them and the services they provide. They are grateful, and we thank you!

**Greatest Needs:** PHS communities are great because of you. Sharing your time, talents and treasure allows your site leaders to respond to new ideas and needs.

As we welcome 2021 with **abundant hope**, we give thanks to residents, family members, friends and employees who made charitable gifts to Presbyterian Homes & Services in 2020. Every gift makes a difference. We are grateful for you and for your giving spirit! Please feel free to contact us at 651-631-6408 or 651-631-6418 if we can be of assistance to you in the future.

# LAKE MINNETONKA SHORES

## Volunteer News

By Sue Wagener, Volunteer Director

### What's Next?

Christmas decorations have been put away and we have turned the page of the calendar to a new year. So what's next? That's what my grandkids keep asking me. We finish one fun thing and they want to know, "What's next, Mema?" Really??? But, aren't we just as impatient? Don't we always look forward to what's next too?

This year, especially, we want to get through this period of quarantines and social distancing. We look forward to a brighter and better tomorrow after the vaccination process takes effect. But, may I caution you to stop and think about several months down the line?

Let's see, I'll be another year older and so will everyone else. Everyone will return to busy, busy, busy and time will run at that crazy pace we were at before COVID. We won't have time to read the latest best seller, or write that letter to a friend. My grandkids probably will be too busy to text me a message letting me know how their day

went. I won't be able to have meaningful conversations through Facetime since everyone will be busy with their sports and I will be busy rushing to watch their games, but not connecting with them. Everyone will have forgotten what a special time it was to be able to have meals together as a family.

May I encourage you to take the time to list some things that you enjoyed during this time? It couldn't have been all bad, could it?

What if God allowed this virus to move through the earth to slow us down and get our attention? Maybe we need to appreciate this time for what it is—a time to reflect and be alone with him; a time to listen to his wisdom and just "be".

Maybe when this is all over, we will want to reprioritize the activities of our lives. Some of us have lost loved ones. Maybe this is our time to grieve our losses and grow closer to those we love by intentionally making time for them. Just maybe we will decide a new normal is better than the old.

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### *Spiritual Care, continued from page 2*

teaching that a little yeast in the bread will cause it to rise and ruin the entire loaf. In fact, yeast is referred to in the Bible as sin. Yeast represented many areas that could cause me to sin and fall away from God.

When I saw that something in my life could be called yeast, I moved quickly to eliminate it from my life. Sometimes, I did not move fast enough, and I let the yeast rise in my life, driving me away from God. In those cases, I returned to God and asked for its removal and for a new recipe that did not include any yeast. Paul warned about this dangerous yeast,

"Don't you know that a little yeast leavens the whole batch of dough? Get rid of the old yeast, so that you may be a new unleavened batch, (1 Corinthians 5:6-7, NIV). This is how that specific word helped me grow spiritually in 2020.

I am looking forward to a new word to guide me in 2021. I don't know what that is now, but one will show up. Take time to reflect on your relationship with God and seek His help to find a specific word or theme that can guide you through the new year.

May God bless you in 2021.

# LAKE MINNETONKA SHORES

## First Responders are a Blessing

LMS residents bringing Christmas gift boxes filled with goodies to Orono Police, Mound Fire, Ridgeview Ambulance and North Memorial Ambulance.



## Happenings

### Outings

Buses will continue on shopping trips for independent residents only. Watch calendar for those outings. You must sign up as there are only 5 spaces available on the bus. One shopping trip per week, per resident.

**Please Contact Donna Olsen,  
Campus Life Enrichment Director,  
at 952-471-4407 if you have questions.**

### Entertainment and Special Events

Arbor, Gables, and Commons continue to have group activities in their living spaces with limitations. Find these programs on the calendar delivered to your door.

At this time we cannot co-mingle the Arbor, Gables, Commons and Villa/Court.

Also listed on Channel 991 (or, if no converter, 16.2) you will find the daily activity schedule for Court/Villa, and Commons.

# LAKE MINNETONKA SHORES

## Special Moments During COVID-19

### Holiday Door Decoration Contest



### Christmas in the Gables & Arbor





Lake Minnetonka Shores  
4515 Shoreline Drive  
Spring Park, MN 55384

952-471-4000

[www.lakeminnetonkashores.org](http://www.lakeminnetonkashores.org)



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.

## *Optage Hospice offers support for grief in the time of COVID-19*

The COVID-19 pandemic has impacted our lives in so many ways. People find themselves feeling anxious, sad, depressed, angry or lonely. They may also feel physical symptoms like fatigue, pain, sleeplessness and changes in appetite.

Optage Hospice Chaplain Jenny Schroedel tells us that these feelings may be signs of grief. “Every time we have loss, we grieve,” she says. “We often don't think of it that way, as grief tends to be more associated with death, dying or bereavement.”

Loss not only involves separation from those we love, but also other aspects of our life. Grief may emerge from the loss of work or purpose, health or the ability to be with others in meaningful ways. Even losing the future as we imagined can be cause for grief.

If you are experiencing such feelings, Optage Hospice wants to assure you that you are not alone. We're here to offer support and fellowship for anyone who is suffering loss and want you to know about two valuable resources to help keep you in touch with yourself and connected to others while you navigate the grief journey.

**Grief e-newsletter:** An online publication is available to anyone who wishes to receive it in their email inbox. This newsletter will deliver helpful articles and spiritual support for you to read and use at your own convenience. See below to sign up and receive the newsletter.

**Virtual grief groups:** Whether you live in a PHS community or several states away, you are invited to join one of our virtual grief support groups that meet by Zoom online video chat. New groups continue to form each month. Current groups that are formed or forming (each limited in size):

**Finding Meaning & Purpose Through Loss:**

Tuesdays @ 10 - 11 am, Jan. 5 - Feb 9.

**Caregiver Book Club: *Loving Someone Who Has Dementia* by Pauline Boss.** Thursdays @ 6:30-7:30 pm, Jan 7-March 11

**A Grief Observed Book Club:** Thursdays @ 1:00 pm, Feb. 4 - Feb 25 (read and discuss the journal CS Lewis kept after his wife died)

To join a group, subscribe to the e-newsletter or ask a question, contact Chaplain Jenny Schroedel, [jschroedel@preshomes.org](mailto:jschroedel@preshomes.org), (651)341-7105.