

From the Administrator's Desk

Dear Residents & Staff,

With St. Patrick's Day approaching, people often ask the question, "Are you Irish?" or "What is your Nationality?" One of the things that make Lake Minnetonka Shores special is that diversity is celebrated. I am truly amazed by the number of residents and staff that God has called from all over the world to be part of our journey in life, for this moment in time.

In the 1860s and 1870s, the first major wave of immigrants came from the "old country," which was primarily from Germany and Ireland with most settlers settling into the central and southern region of Minnesota. Scandinavians from Norway, Sweden and Denmark, as well as immigrants from the Nordic country of Finland soon followed. Irish immigrants were the fourth largest group after the Germans, Swedes and Norwegians, many of whom came as a result of the potato famine. Later on, the southern and eastern Europeans from Italy, Slovenia, Poland and Czecho-Slovakia became a dominant group that settled in the Twin Cities.

As of the 2015, American Community Survey, the largest foreign-born groups in Minnesota is from Mexico, Somalia, India, Laos including Hmong, Vietnam, China, Ethiopia and Thailand.

I am honored to work alongside several employees who have answered the call to our ministry from afar and am forever grateful for the sacrifices that they have made in leaving family members behind in pursuit of the American Dream and for us at Lake Minnetonka Shores—to create smiles in the eyes of our residents!

For those who will be celebrating with Irish friends on St. Patrick's Day, even though you are not "Irish," I invite you to indulge in the tradition of cabbage and corn beef and maybe even green beer, but I also encourage you to share your ethnic background with one another. Take time to celebrate your heritage and share with others treasured meals and traditions from your native country that you cherish. From lefse to lutefisk to chocolate to French pastries; from spicy to bland, let's take a moment to celebrate one another and the diversity that makes Lake Minnetonka Shores so special.

Sincerely,
Jodi Devick Neal
Campus Administrator
(952) 471-6094
jneal@preshomes.org



"And people will come from east and west, and from north and south and recline at the table in the kingdom of God." ~Luke 13:29

LAKE MINNETONKA SHORES

Spiritual Care by Marcia Rosa, LMS Campus Pastor

March 6 is Ash Wednesday. This begins a six week journey in the church year called Lent. The purpose of Lent is to get ready for Easter through prayer, confession, giving and self-denial.

In the early church, Lent originated as an intensive time for new believers to learn about faith in preparation for their baptism. It was the original season of the church year that expanded to include Advent, Epiphany, Lent, Easter and Pentecost. Forty days, plus Sundays, were chosen to replicate the time Jesus fasted and was tempted by the devil in the desert before he began his ministry.

This is where the modern practice of giving something up for Lent originated. During these 40 days, many Christians will choose to give up an unhealthy habit, make sacrifices to support an honorable cause or only eat fish on Fridays to prepare for Easter.

Lent is not only a time to give something up, it is a time to build something in. James 4:7, “Draw near to God and the Lord will draw near to you.” Experts say it takes about 40 days to develop a new habit. Lent is an excellent time, not only to remove that which draws us away from God, but also to build healthy disciplines that draw us closer. Consider a 40 day commitment of reading a Psalm or devotion and praying each morning. Use this season of Lent to draw close to God and just wait to experience what God will do in return. Maybe you will have a resurrection of faith, joy and purpose, even as you prepare to celebrate his.

Presbyterian Homes Foundation News

Fast Facts About Future Giving

If you hear “estate planning, planned giving or future giving” and think it’s only for people who are wealthier than you—or that it’s just too confusing—you’re not alone. However, future giving is for people of all ages and means, and it doesn’t have to be difficult. Here are some important points to keep in mind.

Future gifts are about you and your loved ones.

There are many types of future gifts. Most are simple and affordable—like a beneficiary designation on an IRA or life insurance policy, or a gift through your will or trust. With the help of trusted advisors, you can likely find options that work for you and your loved ones.

Future gifts are for everyone.

Anyone can make a future gift—no matter if your estate is worth \$100 or one million dollars. Gifts of all sizes make a difference at your community. In fact, you may even be able to make a bigger impact than you thought possible when you make a future gift.

The passage of time can change pieces of your life.

Maybe you completed your will or trust plan several years ago when your life looked different than it might now. It is a good idea to review the plans that you have for your assets every 3-5 years. A revisited estate plan makes your current wishes known and provides your loved ones with peace of mind.

We Can Help

The Presbyterian Homes Foundation welcomes the opportunity to provide you with information about current giving and how best to make a future gift. We’re here to help answer questions you may have regarding your individual goals. Please contact us at 651-631-6408 or 651-631-6418

LAKE MINNETONKA SHORES

Campus Volunteer News

By Sue Wagener, Volunteer Director



MEMORY & MUSIC

Each month I will share with you something that has been going on with our volunteers at Lake Minnetonka Shores.

This month I want to tell about a new volunteer group called, "Memory & Music." This group was started by Terry Rockwell, a new volunteer. Terry came to me sharing that her church was sponsoring new research for people with dementia. When someone has dementia, the brain no longer functions as it once did and people begin to lose memory function and everyday skills such as being able to walk or talk.

The research has shown is that when a headset is placed on the ears of someone with dementia and they start hearing their favorite music, they suddenly come alive again. even being able to sing the words to the song even though they haven't spoken for months.

Amazing!

Terry has received funds from her church to buy the equipment needed to start this program and she has also recruited four volunteers to help her. If you would like to be a part of this exciting new volunteer opportunity, please let me know.

Volunteer Of The Month

by Sue Wagener, Volunteer Director

FEBRUARY

If you love dogs, you will love Ollie. She is a cute little Bichon Frise mix who steals the hearts of our many residents. She can even dance, showing off her little tutu changes every week.

Al and Deb Tollefson are very special volunteers who bring Ollie every Saturday to visit with residents all over campus. Volunteering for just over a year, they love coming here and have made many, many friends.

The Tollefson's were nominated for their dedication and how they show warmth and love to everyone; especially to each other.



**Al & Deb Tollefson
with Ollie
February V.O.M.**

CONGRATULATIONS AL & DEB & OLLIE

New to Our LMS Team



Ann Mejorada
RN Gables
Transitional Care



Kayla Painschab
Restaurant Server



Angela Pererva
Restaurant /Care
Center Server



Loretta Koljonen
RN Commons



Sokope Mbayo
"Rose"
RA Gables

LAKE MINNETONKA SHORES

Creating Smiles in the Eyes of the People We Serve



Ceramic class



Gables Pizza Party



Our Lady of the Lake students' volunteer project with Gables residents



Luella Turns 100!



Luella Monson celebrated her 100th birthday with family and friends. Pictured right with her 98 year old sister Hazel.



LAKE MINNETONKA SHORES



Save the Date!



See Activity Calendar for changes that may have occurred after this issue was published.

Special Outings

- 3/4 Ridgedale Mall and Target Trip
- 3/4 Gables lunch out to Cheese Cake Factory
- 3/11 Lunds & Byerlys Trip
- 3/13 Swimming at Folkestone
- 3/14 Trader Joe's Trip
- 3/15 Commons Lunch Outing to Unhinged Pizza
- 3/18 Gables Lunch outing to Scotty B's
- 3/20 Country Music Jam & Lunch at Gillespie Center
- 3/20 Lunch Outing to Hazelwood Grill
- 3/21 Wal-Mart Trip
- 3/25 Lunds & Byerlys Trip
- 3/27 Swimming at Folkestone
- 3/28 Cub Foods and Dollar Store Trip

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

Entertainment and Special Events

- 3/2 Farmers & Adelle entertains (Bluegrass)
- 3/5 Westonka HS band performs
- 3/6 Court/Villa Tenant meeting & Birthday Party
- 3/7 Pizza Party
- 3/8 James Shaw entertains (piano/vocals)
- 3/9 Westonka Historical Society Presentation
- 3/15 Gillespie Singers St Patrick's Concert
- 3/18 Lemon Meringue Pie Social
- 3/22 Commons Tenant Meeting and Birthday Party
- 3/22 Arbor & Gables Birthday Bash
- 3/22 Book Club meets
- 3/25 Veteran's Affair 1-1 Appointments
- 3/25 Guest Speaker, Doug Ohman presents:
"Minnesota Byways"
- 3/29 Allen Carlson entertains (Guitar/vocals)

Valentine's Dinner



The pleasant sounds of "Northern Star"
entertained during the dinner



Lake Minnetonka Shores
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Spring Park, MN 55384

952-471-4000

www.lakeminnetonkashores.org

Postmaster: address correction requested

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.

Our strategic goals uphold your freedom to live well

Everything we do at Presbyterian Homes & Services (PHS) aims to fulfill our vision “to provide more choices and opportunities for more older adults to live well.” The 2019 PHS annual report, due out this month, highlights our strategic goals for 2019 and the years ahead. We want to share some of these goals with you.

PHS offers 15 distinct living options and service divisions to expand choices and ease transitions for each resident and client we serve. We remain committed to grow to 80 communities by 2035 and to triple the reach of our services that extend into the broader community. Our strategic priorities also include robust life enrichment, personalized wellness and expanded volunteerism, because we know that you don’t just want to live, you want to live well.

Through Optage® and Genevive we have expanded our geriatric physician services and care navigation supports that are available to you right in your home. With Medicare Advantage plans and value-

based contracting, we are able to extend these services to many older adults who cannot otherwise afford the integrated care and supports that lead to better living.

We are also working to preserve affordable housing and expand access for a growing number of older adults who find themselves with few options between subsidized and market rate housing. After all, we know that one of the greatest determinants of health and happiness is the place we call home.

Finally, we believe that employees are the most important resource in our ministry and are blessed with the ability to attract people who are purpose driven. Through expanded employee development initiatives, like the Hugh K. and Margaret S. Schilling Leadership Institute, we are committed to an environment where employees are valued and empowered to make a difference. This is our promise to employees that undergirds our commitment to you.