

# The Landing Page

YOUR RESOURCE FOR WHAT IS HAPPENING AT LEXINGTON LANDING



SEPTEMBER 2022



# The Landing Page

## Spiritual News and Events

### Campus Pastor Lin Update

As we welcome little Hannah into our family, I'll take some time at home. While I'm away Pastor Brad Moe, a Presbyterian Homes campus pastor, will cover for my maternity leave.

His contact information is:  
bamoe@preshomes.org  
651-631-6100

### Arbor Worship

Wednesdays at 11:00 a.m.

### Arbor Bible Study

Tuesdays at 11:00 a.m.

Worship services are held on Wednesdays at 10:00 a.m. in the Multipurpose Room (MPR)

### Communion with Sister Carol

Wednesdays, 9/14, 9/21, 9/28 at 11:00 a.m., MPR

### Confession and Mass

Wednesday, 9/7, Confession at 10:30 a.m. and Mass at 11:00 a.m., MPR

### Men's Bible Study

Join us on Thursdays at 10:00 a.m. in the Club Lounge

All men are welcome and encouraged to come.

Men's Bible Study is led by Mike Anderson and will be using "Following the Call, Living the Sermon on the Mount Together," edited by Charles Moore.

### Women's Bible Group

Join us on Fridays at 10:00 a.m. in the Club Lounge

This is not a closed group. All are welcomed at anytime!

Call Monnie with any questions at (251) 753—1148

Facilitated by: Monnie Anderson

### Rosary

Tuesday Evenings at 6:30 p.m. in the Club Lounge

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## Movies

Movies will be on Monday and Saturday evenings at 6:30 p.m. in the MPR.

- ⇒ Saturday, September 3, 6:30 p.m.  
*Persuasion (2022)* PG
- ⇒ Monday, September 5, 6:30 p.m.  
*Royal Treatment (2022)* PG
- ⇒ Saturday, September 10, 6:30 p.m.  
*The Talented Mr. Ripley (1999)* R
- ⇒ Monday, September 12, 6:30 p.m.  
*The Fundamentals of Caring (2016)* TV-MA
- ⇒ Saturday, September 17, 6:30 p.m.  
*When Harry Met Sally (1989)* R
- ⇒ Monday, September 19, 6:30 p.m.  
*Purple Hearts (2022)* TV-MA
- ⇒ Saturday, September 24, 6:30 p.m.  
*12 Strong (2018)* R
- ⇒ Monday, September 26, 6:30 p.m.  
*The Pursuit of Happyness (2006)* PG-13



### We need your help!

We are looking for residents to assist with starting movies on Monday or Saturday evenings. We will train you. Contact Sammi.

## Did You Know?



**D**id you know that you have a mailbox AND a mail cubby? Many residents are not aware they have a mail cubby. Your mail cubby is located in the mailroom next to the bulletin board on the left. This is typically used by staff, volunteers or residents to place flyers, newspapers, mail or anything else small. Please note that you may see changes coming to flyers or newsletters being placed in your mail cubbies.

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## Programs & Committees

### *Coffee with Courtney*

September 27

8:30 a.m. in the 2nd floor Dining Room

**W**e welcome the residents of Lexington Landing to join Campus Administrator, Courtney, for coffee and conversation twice a month at 8:30 a.m. in the dining room, 1st and 3rd of the month. This is an open invitation where conversation will flow with no set agenda.

Coffee will be provided but please feel welcome to order your own breakfast if you wish or carry your continental items upstairs. If you plan to order a hot breakfast, please call ahead to make a reservation with our culinary team (AL residents do not need to make a reservation).

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### **Sunflower Wreath**

September 8 at 11:15 a.m. in CAR

**C**ome join us as we create a sunflower door décor. Craft is pictured. No experience needed! We ask that you make reservations with Lori, our Life Enrichment Assistant, if you would like to join. There will be a sign up sheet outside the Commons Activity Room. There are 10 available spots. If you have questions, feel free to reach out. We look forward to seeing you there!



### **Resident Meeting**

September 30 at 2:00 p.m. — MPR

**J**oin members of our QST (Quality Services Team) for a resident meeting where we will share updates about our community and introduce new Lexington Landing team members. The meeting will be streamed via channel 991 if you prefer to watch from your apartment television. Please submit questions for discussion to Courtney by September 19. We will work to include as many as possible and will follow up individually as needed.

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### **Manicures by Lori**

Tuesdays at 4:45 p.m. in the CAR on 2

Limit is three people. Reservations only.

**Only available for Assisted Living.**

See Lori or Cora to sign up.

Manicures performed by life enrichment staff.

Manicure includes file, polish and a relaxing hand massage.



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## Programs & Committees

### Committee Meetings

- Out and About Committee — Thursday, September 1, 10:00 a.m., Library
- Education Committee — Thursday, September 1, 11:00 a.m., Library
- Movie Committee — Wednesday, September 7, 11:15 a.m., CAR
- Library Committee — Thursday, September 8, 1:00 p.m., Library
- Spiritual Life — TBD

### Chat & Craft

Join us every **Tuesday** at 1:30 p.m. in the Bistro!  
All are welcome. (Resident driven)

### Bridge

Wednesdays at 1:30 p.m.

Club Lounge

All levels are welcome  
and encouraged to come play.



### First Wednesday Book Club

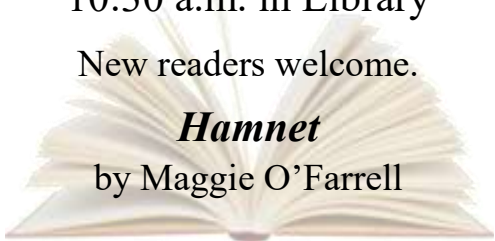
Wednesday, September 7

10:30 a.m. in Library

New readers welcome.

***Hamnet***

by Maggie O'Farrell



### Men's Coffee

Every Friday at 10:00 a.m.  
in the MPR

All men are welcome to join their  
neighbors for a cup of coffee  
and conversation.

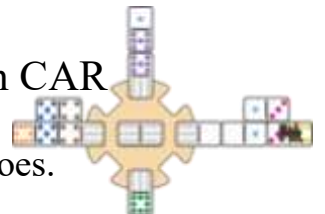
### Mexican Train

Wednesdays at 2:00 p.m. in CAR

A game played with dominoes.

All levels are welcome.

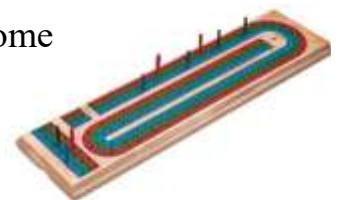
This is a staff and resident led group.



### Cribbage

Friday at 11:00 a.m. in Bistro

All levels are welcome  
and encouraged  
to come play.



# The Landing Page

## Educational Presentations



**Thursday, September 15, 2:00 p.m., MPR**

Educational Presentation by J. Drake Hamilton

### **Fresh Energy**

**J.** Drake Hamilton is the senior director of science policy for Minnesota's Fresh Energy. She will present the latest information on the carbon reduction needed in Minnesota, and how it will be achieved. J. will have the latest news on actions by the U.S. Congress to address the crisis of climate change. J. represents Fresh Energy at global climate summits. In November 2022 she will be--along with 197 countries--at the global climate summit in Egypt, Africa, her 7th opportunity to work directly with U.S. diplomats.

**Thursday, September 22, 2:00 p.m., MPR**

Educational Presentation by Joann Ellis

### **Election Information**

**C**ome learn about the upcoming elections in November. Joann Ellis will talk about who you will see on the ballots for all parties. She will discuss voter registration, where you can vote and how you can vote. This discussion will encourage you to feel more comfortable about voting in November. There will be plenty of time for question and answers you may have.



**Tuesday, September 27, 3:00 pm, MPR**

Educational Presentation by Jane Helmke

### **Create Your Own *Epilogg*: a better obituary Workshop**



**R**ecently, we had a presentation from Epilogg: a better obituary at Lexington Landing. They gave a demonstration on a simple and free option for creating a wonderful obituary with unlimited photos, stories & more. At the request of residents, the Epilogg team is returning to give hands on help to those interested in creating an Epilogg for a loved one or even starting your own life story. Bring a tablet or a laptop to the workshop & the instructors will walk you through the step-by-step creation process. No extensive computer skills needed! While you do need access to a computer, it is an easy & rewarding process for anyone. Prior to the workshop, you can start identifying photos on your computer you might like to include or even make notes about the life events important to you. Learn more here: [epilogg.com](http://epilogg.com) & we look forward to seeing you again in September & helping you get started with Epilogg!

**Thursday, September 29, 2:00 pm, MPR**

Educational Presentation by Samantha Armacost

### **Cultural Landscape of the Mississippi River**



**F**riends of the Mississippi River's Cultural Landscapes workshop affirms and honors the ancestral homelands of the Dakota people (Očhéthi Šakówin), discusses Indigenous stewardship practices, and explores the range of living cultural expressions and relationships to the natural world. Participants will practice personal, critical reflection and meaningful discussions about their relationships to and connections with nature.

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## Outings

### Minnesota Historical Society—MN Greatest Generation

Friday, September 23 at 10:00 a.m.

COST: \$10 per ticket

Visit the 20th century through the eyes of Minnesota's Greatest Generation. True stories from this remarkable group of people will take you through each era and leave you inspired. These defining events have resulted in a variety of rich and diverse life stories: tragic heroic, dramatic to ordinary. Some of you may be apart of the greatest generation.



to



### Fireside Restaurant

Monday, September 26 at 11:00 a.m.

COST: Determined by what you purchase—you pay

Fireside Restaurant is a relaxed locale with fireplaces & sports on TV offering hearty American food, pizza & a full bar. It is located in Rosemount.

## SHOPPING!

Tuesdays at 10:00 a.m.

Please sign up in the activity sign up book by the mailboxes.

**September 6:** HyVee

**September 13:** Target

**September 20:** Lund's & Byerly's

**September 27:** Cub



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## All Campus Events



### All-Campus Birthday Party Friday, September 16 at 2:00 p.m. — MPR

Please join us Friday, September 16 for the all-campus, Hawaiian themed birthday party. We will celebrate those who were born in September, but all are invited and welcomed.

#### Entertainment by *Johnny Pineapple*

Johnny Pineapple and his Waikiki Wildcats!!! is based out of Minneapolis, MN. Johnny Pineapple is the Midwest's premier Hawaiian musical band. The entertainment features: ukulele, Hawaiian steel guitar, (not steel drums) and hula dancers, - perfect for Hawaiian luaus and tropical beach parties!



## National Assisted Living Week!

September 11 - 17, 2022

Join Lexington Landing as we celebrate National Assisted Living Week with fun events! Check calendars for special programs.



**SUNDAY: Comfy Day**  
Wear your most comfortable onesie or pair of sweatpants.



**THURSDAY: Throwback Thursday**  
Break out the clothes from your favorite decade.



**MONDAY: Sports Day**  
Wear your favorite jersey or sport's attire! Food truck will be available out front.



**FRIDAY: Hawaiian Day**  
Dress in your best Hawaiian outfit for the Hawaiian Birthday Party!



**TUESDAY: Hat Day**  
Break out your favorite hat!



**SATURDAY: Tie Dye Day**  
Bring back the 70's tie dye shirts.



**WEDNESDAY: Casual Day**  
Wear your favorite jeans and shirt.



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## World Alzheimer's Day

Wednesday, September 21 at 3:00 p.m. — MPR

Join the Lexington Landing ‘Walk To End Alzheimer’s.’ We will hold our own walk with residents and staff. We encourage residents to invite family and friends, and everyone dress in purple. We will walk roughly a mile, beginning and ending at Lexington Landing.

There will be purple drinks and snacks provided. As part of this event, we will be accepting donations for the Alzheimer’s Association for those who wish to contribute. Donations will be matched by the J.A. Wedum Foundation up to \$5,000.



(There will be a flyer with more details and a walking map.)

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## Culinary News

### DINING ROOM RESERVATIONS AND HOURS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Closed	7:30-9:30am	7:30-9:30am	7:30-9:30am	7:30-9:30am	7:30-9:30am	Closed
Lunch	11:30-1:30pm	11:30-1:30pm	11:30-1:30pm	11:30-1:30pm	11:30-1:30pm	11:30-1:30pm	11:30-1:30pm
Dinner	Closed	Closed	Closed	4:30-6:30pm *	4:30-6:30pm *	4:30-6:30pm *	4:30-6:30pm *

**Starting September 1, we will be closed to Terrace (IL) residents on Tuesdays for dinner.** As our team grows, we will work to expand dining hours. As a reminder, Terrace residents **MUST** make reservations (\*) for the evening meal by 2:00 p.m. on the day you wish to dine (Wednesday—Saturday). You may place your reservation before then with more advanced notice if your plans are known. This helps us know what to anticipate each day and how to best organize our team to serve you. Please note, Commons (AL) residents are able to dine every day of the week, as it is included in the Home Care package. Thank you for your understanding.

The receptionist will take reservations and ask you to select a dining time, **4:30, 5:15 or 6:00 pm**

**Arbor and Commons families need to make reservations prior to coming to dining room**

Please call the front desk at 651-695-6400 to make your reservation.

Dining Room menus are available in the mail room.

We are now serving the spring menu featuring a five-week rotation of daily specials.

The ‘Always Available’ menu choices continue to be available.

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## Weekly Fitness Calendar & News

MONDAY	WEDNESDAY	FRIDAY
1:00 - 1:30 pm Chair Yoga	1:00 - 1:30 pm Tai Chi	1:00 - 1:30 pm Chair Yoga
1:40 - 2:10 pm Balance	1:40 - 2:10 pm Balance	1:40 - 2:10 pm Balance
2:20 - 2:50 pm <b>Arbor</b> Fitness Class	2:20 - 2:50 pm Strength	2:20 - 2:50 pm Strength
3:00 - 4:15 pm Open Gym	3:00 - 4:15 pm Open Gym	3:00 - 4:15 pm Open Gym

**Times and classes above are subject to change.**



Dancing has been a human tradition for thousands of years and is enjoyed all over the world! Dancing can provide many benefits to use, regardless of age or ability levels.

These benefits may include:

- Better cardiovascular health
- Greater strength & endurance
- Improved bone health
- Better weight management
- Increased energy levels
- Improved flexibility
- Enhanced agility
- Improved balance
- Better cognition
- More opportunities for social interaction
- Lifts the spirit
- Builds confidence

### **national dance day**

Monday, September 19

Line Dancing Class will be at 3:00 pm in MPR

### **Looking for gym access and to get fitness orientation?**

Please email Fitness Instructor, Susan Eichensehr  
at [seichensehr@preshomes.org](mailto:seichensehr@preshomes.org)

OR

Call Receptionist at 651-695-6400



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## Miscellaneous

### Your Opinion Matters!

Thank you for the opportunity to serve you! Please take a moment to share your experience with Lexington Landing by leaving a review on Facebook or Google. It's valuable to those who are making important decisions about senior living! We would greatly appreciate your feedback.

Leave a review on Facebook and/or Google!

### Salon Hours

Kathy

**Tuesdays, 8:00 a.m. - 12:00 p.m.**

**Thursdays, 8:00 a.m. - 5:00 p.m.**

**Fridays, 8:00 a.m. - 12:00 p.m.**

Stop by the salon to book your appointment.

## How the PHS Foundation Helps Your Community

**T**he Presbyterian Homes Foundation is here to help you and your community with charitable giving. Our purpose is to assist residents, families, friends and employees with making financial contributions that help residents and employees at PHS communities.

All PHS communities and the Foundation are 501(c)(3) organizations, eligible to receive tax-deductible gifts. When you give directly to the Foundation, 100% of your gift is passed on to the community and fund that you designate, and you will receive a receipt acknowledging your contribution. Most of all, you will encourage smiles and brighten days!

### How You Make a Difference

There are many ways to be a donor. **Annual gifts** are made with cash, check or credit/debit card through the mail or on our secure online giving page at [preshomes.org](http://preshomes.org). **Future gifts** may be made through a will, trust, beneficiary designation on a retirement account or life insurance policy or gifting a portion of a PHS entrance deposit. **Gifts of all sizes are meaningful and help your community!**

### You may direct your charitable contribution to:

**Residents** – funds include benevolence, greatest needs or spiritual life

**Employees** – funds include PHS employee hardship, scholarships or appreciation

Foundation gift planners and operations staff are available to help you make a gift or provide you with more information to discuss with your financial advisors.

If you are interested in making a cash gift or would like to learn more about making a future gift, please call the PHS Foundation office at 651-631-6408 or 651-631-6418.

You may also wish to visit [preshomes.org](http://preshomes.org) and click on “Make a Gift” at the top of every page to learn how your charitable gifts make a difference every day.

**Thank you for your financial gifts and the many ways that you enrich your community!**





900 Old Lexington Ave S  
St Paul, MN 55116

(651) 695-6400  
[www.lexingtonlanding.org](http://www.lexingtonlanding.org)



Lexington Landing is owned by J.A. Wedum Foundation and managed by Presbyterian Homes & Services, 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: holistic care for body, mind and spirit

Hospice: once a word that evoked shelter for tired and ill religious pilgrims, the term has come to describe a concept of end-of-life care centered on quality of life. When a person faces a life-limiting illness, he or she often questions life's purpose and meaning and wonders how to hold on to hope as the end of life approaches.

Optage<sup>®</sup> Hospice understands and honors these questions by offering a compassionate holistic approach to care that aims to help older adults facing a life-limiting illness live each day as fully and comfortably as possible. This care attends not only to the person's need for physical relief, but for their emotional and spiritual needs as well.

Optage Hospice Chaplains can offer help to persons who are grappling with the spiritual and emotional issues surrounding death. As members of the Optage Hospice care team, Chaplains bring specialized skills and understanding to help individuals and families access the resources of faith. Their role is to open the door to conversation and remain present if a person

wishes to talk. They are prepared to engage with those who are grappling with fear, suffering, uncertainty, estrangement, resentment, grief and a host of difficult emotions and spiritual questions.

They are also available to listen and talk about such matters as faith, forgiveness, gratitude, hope, and what makes life worth living now and beyond death. They stand ready to share in prayer, scripture, hymns and music or other means of spiritual reflection that respect the faith of those they serve. They can also help individuals and families stay in touch with their home faith community and spiritual leaders.

As a bridging option of Optage<sup>®</sup> home and community services, Optage Hospice plays a significant role in the continuum of care provided by Presbyterian Homes & Services and shares a foundation of ministry that upholds the Christian spirit of compassion and service. To learn more about Optage Hospice, call 651-746-8200, visit [optagehospice.org](http://optagehospice.org) or follow us on Facebook.