

CAMPUS CORNER

Maranatha Honored

The 2019 Sun Post News Readers' Choice Awards were recently announced and Maranatha Commons was named Best Assisted Living! Every year, the readers of our local newspaper, vote for the area's best in, each of numerous categories. Categories include such things as: Automotive, Home & Garden, Health care, Style & Fashion and more. This is the second year in a row that The Commons has won this award of confidence.

We are honored and humbled by the community's ongoing support of Maranatha. We appreciate everyone who trusts us with their own care or that of their loved one. We take pride in the services we provide and our reputation. Thank you to the Sun Post readers who voted Maranatha number one, the community at large, our residents and their families, our employees and volunteers.



Residents' Valentines Gift

An expression of gratitude from residents was given as a gift to Maranatha staff in celebration of Valentine's Day. The Resident ResoLute™ Crafters Group created beautiful hand-stamped Valentine Greeting Cards for each staff member and included the message, "Thank you for your kindness and care." The residents dropped a piece of Dove chocolate into each card as a Valentine Treat. The residents also created and crafted beautiful flower pens placed in a vase and gave these to each nursing unit and the reception desk for staff use. You may have seen retail locations displaying pens in a vase with flowers adorning them in order provide a spare pen to their guests without pens disappearing. Now staff will always be able to find a pen! Staff members expressed delight and surprise for the sweet gesture.

This wonderful group of residents has crafted many beautiful and fun projects. The group was created in response to resident feedback during ResoLute conversations through which many expressed a desire to find purpose and meaning in contribution to service projects and other needs in the community and at Maranatha. Previous projects have included Pet Toys for Rescue Operations, Christmas clear glass ornaments with messages of gratitude, love, faith and memories tucked inside and children's toys made for Operation Shoebox donations. The crafters chose the Valentine project, "Because we don't get much of a chance to thank our staff for all they do." All residents are welcome to participate in the Crafters Group or the Connection Circle chat groups offered by ResoLute.

ResoLute is a grant-funded program, sponsored by Presbyterian Homes and Services to help residents and their loved ones bravely face the "Work of Aging" through thoughtful conversation. Specially trained Quality in Living Specialists (QILS) assist residents to discover and uphold what matters most. For more information Jeane-Marie Bakken, QILS 612-709-3470.

MARANATHA NEWS

LIVING WITH A POSITIVE ATTITUDE

When you look at a glass of water, do you see a glass-half-full or glass-half-empty? The answer to this question could make a difference in your health! Recent studies have found is that there is a strong link between “positivity” and health. A positive attitude can improve outcomes and life satisfaction across a spectrum of conditions, such as cardio vascular disease, traumatic brain injury, stroke and brain tumors.

A University of Kansas study found that smiling or laughing reduces heart rate and blood pressure during stressful situations. One can reduce stress, lower the risk of cardio vascular disease and even fight off the common cold with more ease by simply thinking more positively. In fact, smiles and laughter are still one of the best medicines (and maybe the cheapest).

Researchers at John Hopkins found that a positive personality is something we're born with and not something we can inherently change but people are able to learn resiliency. Resiliency is the ability to adapt to stressful and/or negative situations and losses.

They recommend these key ways to build your resiliency:

- Maintain good relationships with family and friends.

- Accept that change is a part of life.
- Take action on problems rather than just hoping they disappear or waiting for them to resolve.

Lastly, in the article, “Positive thinking: Reduce stress, enjoy life more” the Mayo Clinic suggests that people should try to changing the negative thoughts into positive ones. Change the phrase “I’m never going to be good at this” into “I will give this another try.” In short, never say anything negative in your head that you wouldn’t say out loud. The Mayo clinic also suggested we exercise at least three days a week and eat a healthy diet to help maintain a positive outlook. Plus, we should practice positive self-talk. That little voice in your head that can raise or lower our feelings.

Your challenge for the month is to write down three different things each day that bless your life. At the end of the month you will have almost 100 different blessings listed. You can then reflect on the positive feelings and all of the blessings in your life. Make it a POSITIVELY wonderful day!

Be Well, Your Wellness Team

Sources: <https://www.hopkinsmedicine.org>
<http://www.mayoclinic.com>

MARCH ENTERTAINMENT

Friday Concerts

Friday March 1- Mary Franz-Guitar

Friday March 8-Tara Brueske- Piano

Friday March 15- Vern Werth-Guitar

Friday March 22-Jim Christenson- Piano

Friday March 29- Dan Newton- Accordion

MARCH BIRTHDAYS

March 3 - Sharon M.

March 4 - Rodney G.

March 4 - Ruth C.

March 7 Diane W.

March 10 – Elma P.

March 11 – Violet W.

March 11 – Richard B.

March 11 – Dick W.

March 12 – William D.

March 13 – Mary R.

March 15 – Dolores A.

March 16 – Eileen B.

March 19 –Jeanette S

March 22 – Edith J.

March 23 –Joye A.

March 26 – Don J.

March 27 – Allen B.

March 30 – Lucy G.

March 30 – Lynn D.

Monthly Birthday Party

Gables: Tuesday, Mar. 12, 2:30 p.m.
Bobby and Christine, guitar

Commons: Tuesday, Mar. 12, 2:30 p.m.
Mary Hall, Guitar

Terrace: Tuesday, Mar. 12, 2:00 p.m.

Join us every
Friday
at 2:30 p.m.



MARANATHA NEWS

CAMPUS PASTOR

THE SIGNIFICANCE OF LITTLE THINGS!

Zechariah 4:6, 9-10

Why discuss this seemingly trivial topic in winter? Recently, Maranatha has been thinking of ways to continue to improve the quality of its services to its highly respected residents, their esteemed families, our cherished guests and valuable staff.

While brainstorming on the best ways to achieve that, we came to a realistic conclusion. Whereas others are going for bigger, cutting-edge ways to satisfy customers, we at Maranatha will start from the seemingly “insignificant, little and small,” gestures! We strongly believe that, with the right intentions and sincerity of purpose, this little strategy will take our customer service to the next desirable level.

Therefore, we opted to ask everyone we have the opportunity to serve, these little twin questions: First, we ask, **“How can I help you?”** After offering the help, we further ask the other question, **“Is there anything else I can do for you?”** Everyone was very satisfied with this little strategy and it’s currently being practiced among Maranatha staff at all levels. Testimonies abound about the significant and unlimited opportunities it creates on the quality of services our valuable staff offer to our respected residents.

The Biblical text above presents the story of a people who just returned from a very devastating, depressing and despairing seventy years exile in a distant Babylonian land. This exile completely dehumanized, devalued and destroyed everything they held as dear to their hearts as a people, culturally, politically and spiritually. I am sure in this precarious condition, they were expecting the God of Abraham, Isaac and Jacob who allowed them to be exiled and after seventy years and miraculously brought them back to their land, to perform a very spectacular miracle to improve their lot. However, God in His infinite grace, mercy and wisdom decided not to act according to their expectations. Instead, He used little things to dispel their doubts and fears. Isaiah gives us a clear reason why God sometimes acts contrary to our expectations of Him in, Isaiah 55:8-13. God works in mysterious ways, His wonders to perform!

Therefore, God raised the Prophet Zachariah and gave Him a very precise and simple message to the people. The message can be summarized thus: though the tasks of settling down in their devastated land, improving their human condition and rebuilding their destroyed homes and the revered Temple are overwhelming and humanly impossible, with God on their side, everything is possible! (Zech. 4:6; Mt. 19:26; Mk. 9:23; 10:27; Lk. 18:27; Rom. 8:28-39). How possible is that—seeing that they had little or nothing to start with and are vulnerable to surrounding enemies who ridicule and might launch another attack on them? God responded by giving them the sign of some seemingly little things. This was to inspire and motivate them into thinking as He thinks, seeing things from His own ways not their ways and to move into action using the little available resources at their disposal as divinely supplied by Him. God showed the Prophet the following signs to drive home some terrific lessons as can be found in Zechariah 4:2-3, 9, 10, 11-12.

God is a God of variety. Whatever holds His presence and blessings will perform His purpose. Humanly speaking, these are indeed mere little things! How can they be used as signs for someone to believe that such enormous and insurmountable tasks could be achieved? But God intentionally decided to use them as His means of communicating this simple truth about Himself to His people . specializes in using seemingly insignificant little things by turning them into enormously significant things with great impacts. He can also work with little people, few or little things to achieve big things. What little things do you have at your disposal? Do you appreciate or despise them? Do you utilize or push them aside? Try appreciating and using them. I assure you, you will be so surprised at the results they spring out for you.

(Article to be continued next month).

*We lay our burdens
at the cross of Jesus.*





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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.