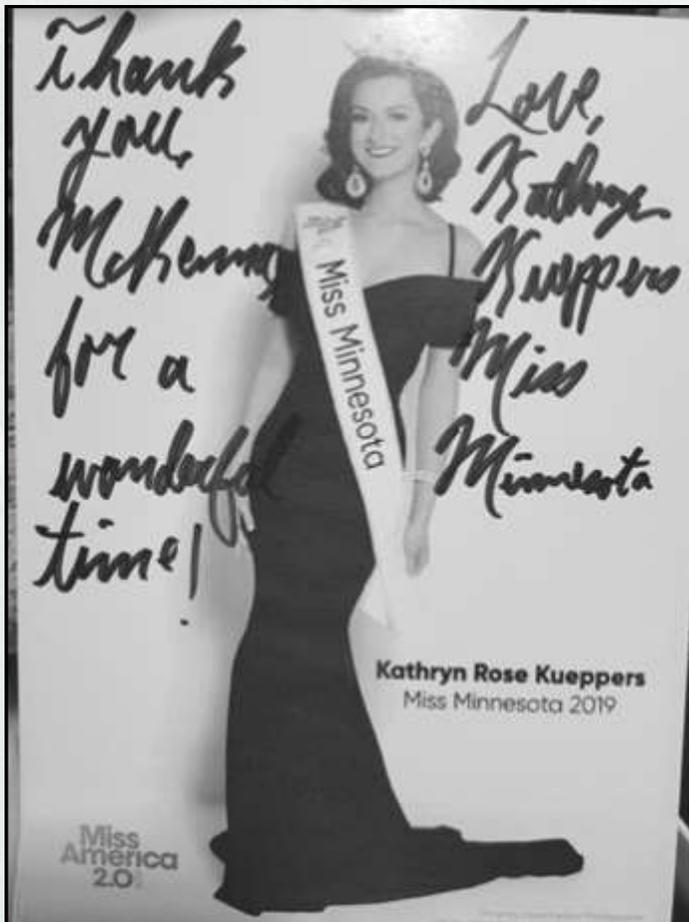


Miss Minnesota, Kathryn Kueppers
Visits McKenna Crossing!



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Mission

The mission of Presbyterian Homes & Services is to honor God by enriching the lives and touching the hearts of older adults.

Vision

To provide more choices and opportunities for more older adults to live well.

Values

- Christian Culture** - Reflect the love of God
- Ready & Engaged People** - Create ownership & utilize strengths
- Operational Integrity** - Do what we said we would do
- Service Excellence** - Create an exceptional customer experience
- Stewardship** - Optimize resources and expand ministry

MCKENNA MONTHLY

Miss Minnesota at McKenna Crossing



McKENNA MONTHLY

Pastor Karen's Corner

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long. Psalm 23:6

The sounds and sights of Arizona contrast Minnesota greatly. It is warmer, the green found in the winter months becomes browner and dryer in April. Instead of tulips from the cool soil, flowers push forward from the cactus. Sweaters and light jackets worn in the early morning hours are soon shed to sleeveless shirts and shorts. The hum of air conditioning grows louder as daylight lengthens.

There are also things that are constant. Birds call to each other, as they do in Minnesota. Varying songs give the same sense there is need of company with each other. I love that fellowship and relationship is the same wherever we live or whoever we are. We are meant to come together.

Time away from the usual routine of life and work has been refreshing for me this spring. I have enjoyed being with old friends, hiking and biking, eating and laughing. We reminisce and wonder about our futures. We enjoy the communion that God wants for us to have.

At the same time we look for respite, life around us keeps on beating. There are masks worn and not worn, politics are stirred up, difficult health diagnosis become apparent and new tragedies seem to appear every day. It is hard to not feel weary. There is no escaping life. What does God say to us in these moments? I do believe we need to listen.

Psalm 23 never changes, no matter where we are. That song is sung for all of us, anywhere and anytime. I encourage you to read Psalm 23 out loud, sing it, read it many times, read it daily and breath it. God wants us to know of still waters and deep peace. God wants us to know of God's presence in those moments we feel we are in the midst of our enemies. God wants us to heal. And, God wants us to know He is never far from us.

We are all God's children, meant to be in company with Him and one another. That is constant. We are all loved by God. That is unchanging anywhere and everywhere, for everyone. Knowing this may help in the healing. Thanks be to God.

Blessings to you as we continue to celebrate the Resurrection,
Rev. Karen Treat
Pastor to McKenna Crossing



MCKENNA MONTHLY



How You Make a Difference as a Joy Society Member

Presbyterian Homes & Services was founded through a visionary and generous gift from Ms. Lillias Joy in the early 1950s. She gifted 20 acres of land on the shores of Lake Johanna in Arden Hills, the site of the first Presbyterian Home in Minnesota and what is now PHS' Johanna Shores community.

In honor of Lillias Joy, the Presbyterian Homes Foundation created the Joy Society. This is our way to recognize donors who – like Lillias Joy – have a vision of providing more choices and opportunities for people PHS serves. Donors who make annual or continuing gifts of \$1,000 or more are members of the Joy Society.

Charitable gifts may be directed to advance the mission of PHS or to benefit your community for a purpose that speaks to you: greatest needs, employee hardship or scholarships, resident benevolence or spiritual life.

As a member of the Joy Society you will:

- Be invited to special events with PHS leaders
- Learn about the future of older adult services from industry experts
- If desired, receive recognition in print and interactive media
- Make a personal investment in PHS' future

The Presbyterian Homes Foundation welcomes the opportunity to provide you with information about becoming a Joy Society member or other ways you can support PHS. Please contact us at 651-631-6408 or 651-631-6418 or visit preshomes.org and click on Make a Gift.

Steps for Better Health

We all know how necessary it is to take care of our body and mind. The body is an amazing and complex system that works at an optimal level when cared for well. It is important to focus on what we can do for our health, and take steps to improve our baseline of health.

Let's get back to the basics:

- Maintain a healthy weight.
- Regularly stay active, inside and outside your home.
- Eat heart-healthy, well-balanced meals and snacks.
- Take care of your mental health. Stay connected with family and friends. Find healthy ways to manage stress.
- Practice good sleep habits to improve your mental and physical health and boost your immune system

As always, talk to your healthcare provider if:

- you are sick.
- stress is getting in the way of your daily activities.
- you have a health condition such as: asthma, diabetes, high blood pressure or obesity, to develop or maintain a plan to keep it under control.

It is not always easy to take steps for better health, and every person has their own approach. The key is to find what works for you.

Lisa Teske
Fitness Director



MCKENNA MONTHLY

Shepherd of
the Lake
Lutheran Church
(SOLLC) News



SOLLC Worship Times

Sunday Worship is normally held weekly at 8:30am and 10:30am and 5:00pm. **In-person worship will be announced when it begins again.**

'Around the Table' Online (Facebook LIVE)

Worship at 9:00am and 5:00pm. Recordings of these services may be watched on Facebook and YouTube after these times.

Hear the weekly sermon at: 952-230-1030

Pastoral Visits to McKenna Crossing

Bible Study / Devotional - Tuesdays, 9:30am on TV. Channel 993

Weekly Worship Services - Wednesdays, Worship in the McKenna Crossing Chapel / Community Room and TV Channel 993. Holy Communion is offered on the 4th Wednesday of each month.

(please see weekly schedules)

Church Pastors

Dan Poffenberger, Senior Pastor

Karen Treat, Pastor of Care Ministries and to McKenna Crossing

Laila Barr, Pastor of Lifelong Learning

Korla Masters, Pastor of Outreach and Stewardship



McKenna Crossing Pathway Café

- The McKenna Pathway Café is accepting **cash** again!
- McKenna Crossing Pathway Café serves one hot item daily, soups, salads and sandwiches. Bottled beverages and desserts are available.
- The General Store is stocked with necessities and niceties. The store sells stamps and provides all sizes of Priority Mail envelopes and boxes.
- If there are specialty items needed, personal shopping can be requested from the Café staff for anything that Sam's Club or Walmart stocks, with the exception of alcohol. Please get your special orders to Café staff by **12:00pm on Tuesday**. Place "special orders" via email (dmahowald@preshomes.org) or in person in the Café.
- **Dry cleaning** is available again, with Tuesday and Friday pick-ups.

STORE HOURS

Monday -Friday: 9:30am-3:00pm

CAFÉ HOURS

Grab-and-go and hot lunch items are available
Monday-Friday: 11:00am-1:30pm.

Catholic Services are coming back!

Catholic Rosary prayers in the McKenna Crossing Club Lounge with resident volunteer Dan Rudolph at: 9:30am on Wednesdays and Fridays. All are welcome.

Deacon Dick Roy from St. Michael Catholic Church will offer Catholic Communion on the first and third Thursdays of the month at 9:00am in the Club Lounge.

Volunteer ministers will offer Catholic Communion on the second and fourth Thursdays of each month.

Did you know that you can watch Mass at St. Michael's Catholic Church in Prior Lake, MN on YouTube? You can search for "St Michael PL" on YouTube to find current and past services.



McKENNA MONTHLY

May Birthdays

May 3

Mary Jane King

May 4

Dorothy Eichten

May 6

Sharon Jerabek

May 7

Marlene Zabel

May 9

Martha Muska

May 12

Dave Heitkamp

Betty Moe

May 14

Yolanda Nouwen

Arlyne Rothschiller

Betty Schatz

May 16

Jean (Jo) Griffith

Jim Rothschiller

May 17

Virgil Reller

May 18

Wanda Grote

May 19

Marlene Kane

May 21

Cindy Johnson

May 28

Laura Annala

May 29

Gladys Chaffee

May 30

Marie Stevens

Themed Fridays in May

May 7: May Flowers/Mother's Day Theme

May 14: Armed Forces Day Theme

May 21: Baseball Theme

May 28: Memorial Day Theme

Upcoming Events

- May 3: Tres de Mayo Mariachi Band!
- May 9: Mother's Day
- May 13: Twin Town Pedicab Rides!
- May 14: Monthly Resident Birthday Party with Firespice performing!
- May 15: Armed Forces Day / NOTEable Singers Outdoor Concert!
- May 28: Mike Hansen History Talk
- May 31: Memorial Day
- June 14; Flag Day
- June 20: Father's Day
- June 21: First Day of Summer
- July 1: Charlie Maguire begins 5-week ENRICH Program Singing and Songwriting residency which goes through July 29.
- July 4: Independence Day



MCKENNA MONTHLY

South Metro FEDERAL CREDIT UNION

During restrictions due to COVID-19, **South Metro Credit Union** is not currently providing services at McKenna Crossing. We will communicate when services will resume.

Main Branch

2573 Credit Union Drive
Prior Lake, MN 55372

P 952-445-0888, ext. 759
F 952-445-6487

Other Branch Location

8001 Old Carriage Ct. N., Suite A
Shakopee, MN 55379

Online Banking and Info

www.southmet.com

Plants That Help Deter Wasps

If you think the population of wasps in your space is unbearable, you can send them away and cut down on their community with plants.

- **Ginger Mint**
 - **Peppermint**
 - **Wormwood**
 - **Mint**
 - **Eucalyptus**
 - **Thyme**
 - **Geraniums**
 - **Basil**
- **Cucumber Peels**
 - **Marigold**
 - **Citronella**
 - **Lemongrass**
 - **Sage**
 - **Rosemary**



Call today for information or to schedule a personal tour, 952-230-3300



McKenna Crossing
13810 Shepherd's Path
Prior Lake, MN 55379

952-230-3300

www.mckennacrossing.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.

PHS Spiritual Care: Our Mission in the Margins

Many senior living communities offer beautiful buildings, attractive amenities, lively activities, and employees who care. However, PHS alone has a mission statement that begins, “To honor God...” Spiritual care within PHS carries that mission and weaves it into the tapestry of everyday living. Under normal circumstances during a normal year, the worship gathering, Bible studies and a variety of groups that bring residents together to grow their faith invigorate a PHS community. These activities and events are open to all and, with great delight, many are able to enhance their experience by getting to know their neighbor through the gatherings.

That is part of doing our mission in open spaces. However, during pandemic times and also in normal times, spiritual care happens “in the margins” or shadows of life. A resident may not have attended a worship gathering, a Bible study or any hymn sing but that person might knock softly on a campus pastor’s door and say, “Uh, I know you’re probably really busy but...” and then fills in the blank with such

words as, “my husband has been gone for five months now and I feel so alone,” or “I saw something about eternity of TV and wanted to ask you about it,” or “I’m feeling guilty that I fall asleep when I pray, is that a sin?”

These real questions and concerns are met with compassion and understanding and are of the highest priority for any campus pastor to address. For when a community member stands before us and asks a question, that person becomes our number one priority. So, we “honor God” both by coming together to know one another and be known. Spiritual care fills these gaps in open spaces and in the shadows.

If you would like personal spiritual or emotional support or want to participate in the spiritual programs at your community, reach out to your Campus Pastor. Every PHS resident is important to us and we will extend our full attention and care to you.

*Dr. Mark Triller, Campus Pastor
Fairway Knoll, Germantown, WI*