

## From the Campus Administrator

### SPRING IS BACK!

Springtime is such a wonderful time of year and it always brings me to a point of thinking of new beginnings. We move from cold, long dark days to increased day light, warmer climates, budding trees and the return of the color green! We can open the windows for a bit to feel and smell the fresh air. We also are in the time of Lent where we remember Jesus' path to the cross.

As I write this I think about the new beginnings we are experiencing on our campus. Many of us have received our COVID-19 vaccinations, we are seeing more of our families as there has been a lift on visiting restrictions, we are beginning to dine together, and we are seeing tours for new perspective residents. We are seeing a decrease in overall COVID-19 positive cases not only here in Minnesota but around the world.

My prayer is that we will continue to see more laxation in the restrictions we have been living with for months on end. I will end with a prayer from Max Lucado

“Dear Lord, help me see your hand in life’s bewildering twists and knots. Speak to me so I’ll understand your way when I find myself trapped in a hard place. Shine your light down upon me so I can follow you.”

Blessings to All,  
Michelle Sullivan  
Campus Administrator



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*Presbyterian Homes of Bloomington Campus*

*Newton Manor ~ Gideon Pond Terrace ~ Ridgeview Terrace*

*Arbor ~ Commons ~ Care Center ~ SummerHouse*

# BLOOMINGTON OUTLOOK

## VOLUNTEERING

**S**lainte! or Cheers to a Happy March from the Volunteer office. As March is the time of year that we observe St. Patrick's Day, I'm reminded of the other Gaelic phrase that I learned years ago: "Cead Mile Failte!" It translates to "A Hundred Thousand Welcomes."

I cannot wait until I can utter that phrase to all of our volunteers again. Unfortunately, we are still trying to keep all of our residents safe from Covid-19. Therefore, I'm going to be sending letters out to all of our onsite and offsite volunteers that we will not be having our traditional Volunteer appreciation event this Spring. While I'm very disappointed, I am confident that it is the correct decision. I will be working with our staff and residents to find a way to translate our appreciation and that spirit of 'Slainte!' and 'Cead Mile Failte!!' to our volunteers.

We continue to work diligently to keep residents safe so that we can begin to plan for the return of volunteers in the future. I appreciate your patience and hope March will bring everyone the Luck o' the Irish.

Sincerely, Tisha Van Haaften Volunteer Director

## WELLNESS ZONE

### National Nutrition Month

**E**ating right doesn't have to be complicated. Before a meal, think about what foods you are going to eat. Choose foods that provide the nutrients you need. Build a healthy plate with foods such as vegetables, fruits, whole grains, low-fat dairy and high protein foods. Consider the following tips to help you get started on your way to eating right.

- Make half your plate fruits and vegetables. Eat a variety of different colored vegetables, including dark-green, red and orange. Beans, peas, and lentils are also good choices. Fresh, frozen and canned vegetables can all be healthful options. Look for "reduced sodium" or "no-salt-added" on the labels.
- Make at least half your grains whole. Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too.
- Switch to fat-free or low-fat milk, yogurt and cheese. Older adults need more calcium and

vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day

- Vary your protein choices. Eat a variety of foods from the protein food group each week, such as seafood, nuts, beans, and lentils, as well as lean meat, poultry and eggs. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods are also a source of vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Consult a registered dietitian if you have special dietary needs or questions about your nutritional intake. A registered dietitian can create a customized eating plan for you.

*Source: Eatright.org*

-Lisa Teske, Fitness Director

# BLOOMINGTON OUTLOOK

## SPIRITUAL CARE CORNER

**O**ur theme for Lent is just one word, **TORN**. What do you think when you hear that word? A sad memory of something torn and ruined? A happy thought of gift wrapping torn open? **TORN** as related to Lent is neither of those. Where can we find **TORN** in the Bible? The gospels tell us when Jesus died on the cross the curtain in the temple was torn in two from top to bottom. (Matthew 27:51, Mark 15:38, Luke 23:45)

It is significant that three gospels record that detail about the thick curtain that separated the two rooms inside the Jewish temple in Jerusalem. The outer room was the Holy Place where priests did their daily ministry. The inner room was the Most Holy Place where only the high priest could enter once a year. The Most Holy Place was where God's presence was most powerfully centered. Access was strictly limited. The curtain symbolized the need for people to keep a safe distance from God.

When Jesus died God reached down and by the death of Christ tore apart the curtain, giving direct access to all who come to Him by faith in His Son. Hebrews 4:16 (NIV) tells what this means for us today. "Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

We need not keep distance from God, nor limit how often we enter His presence. We can come boldly by faith because access has been granted through Christ. What a blessing and honor!

*Pastor John*

## Are You Prepared for Tax Time?

**T**ax filing time is here again. IRS Publications 526 and 1771 on charitable contributions outline the federal tax laws for organizations like Presbyterian Homes & Services, churches and other charities that you might support. Keeping detailed records of contributions is an important practice for donors. This is a summary of some of the record-keeping requirements imposed by the IRS. As always, it is recommended that donors consult with their tax advisors for guidance.

For cash gifts. Donors must have a record or written communication from the organization for any monetary contribution showing the name of the charity and the date and amount of the contribution. These are needed before donors can claim charitable contributions on their federal income tax returns. Presbyterian Homes Foundation acknowledges all gifts.

For gifts of \$250 or more. Donors must receive a gift acknowledgement that includes the organization's name and the amount of the cash contribution or a description (but not the value) of the noncash contribution. In addition, and depending on the type of gift, there must be a statement that the organization provided or did not provide goods or services in exchange for the gift.

Gifts of Non-Cash Property Above \$500 and Gifts of Property above \$5,000. IRS Code regulations impose greater responsibilities on donors who make these types of contributions. Maintaining detailed information about the property is a must, along with completing additional IRS forms. Gifts of property of \$5,000 and greater require an independent appraisal by a subject expert.

We are here to help. If you have questions about gifts that you've made to PHS or a PHS community, please call the Presbyterian Homes Foundation at 651-631-6408 or 651-631-6418. PHS is grateful to all the donors who lift our mission and ministry through their generosity. We appreciate you!



**Call today for information or to schedule a personal tour, 952-948-3000**



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[www.phsbloomington.org](http://www.phsbloomington.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.  
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## *The Wellness Journey – Active Aging Week: October 5-11*

“The purposes of a person’s heart are deep waters, but one who has insight draws them out.” ~ Proverbs 20:5

Celebrating aging and the benefits of active living at any age, Active Aging Week showcases the capabilities of older adults as fully participating members of society and promotes the benefits of a healthy lifestyle. Presbyterian Homes & Services vision: “To provide more choices and opportunities for more older adults to live well,” shapes Active Aging Week in our communities with opportunities for you to discover how you can continue living well.

Each day of the week will feature one of the *Seven Dimensions of Wellness*: physical, social, intellectual, emotional, vocational, environmental and spiritual, demonstrating the unity of the different departments that support you on a day to day basis. Throughout the week, we will explore your personal wellness goals while providing opportunities to re-connect and learn more about the community surrounding you.

Throughout COVID-19, our attention has been drawn to what we are unable to do. Active Aging week will shift that focus and highlight what you CAN continue

doing, even when obstacles appear. Although this year has brought us challenges, we are here to walk with you on your Wellness Journey to rediscover the purpose that is within you.

Initiated in 2003 by the International Council on Active Aging®, the weeklong observation calls attention to and wholeheartedly celebrates the positivity of aging today. Active Aging Week challenges society’s diminished expectations of aging by showing that, regardless of age or health conditions, older adults can live as fully as possible in all areas of life. The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the life span.

Check the community calendar for October 5-11 to see what great activities are planned for Active Aging Week at your community.