

From the Campus Administrator

April is here and even though the saying is “April showers bring May flowers,” I have been noticing new little buds popping out of the ground and buds pushing their way out of the branches of the trees. Spring always amazes me as I think about how everything is dormant under the earth and then all of a sudden, everything is bursting back into life. ☺ Hmm, kind of reminds me of the Lenten and Easter season we just went through. Jesus experienced an extremely dark walk during his time on Earth, died on the cross and then rose from death.

A year ago, all of us had to put a halt to all our normal routines due to the COVID-19 virus. We had to stop family gatherings, church activities, worship; we had to sanitize every surface every time we touched it; we had to hold mail for 24 hours; we had to constantly wash/sanitize our hands, wear masks and face shields; we had to distance 6 feet apart; we had to find new ways to shop for groceries...and through all of this I witnessed some of the most beautiful moments of LOVE!

- ♥ I saw families connect more through emails and FaceTiming. Our Life Enrichment team set up ways families could visit on FaceTime, at windows across from each other, and at tables, both indoors and outdoors.
- ♥ I saw families and vendors deliver groceries to our doors, and staff ensure the packages made it to resident apartments.
- ♥ I saw technology used to enhance communication.
- ♥ I saw residents establishing daily prayer times with each other via email.
- ♥ I witnessed the beginning of virtual book clubs.
- ♥ I shared tears of joy with residents and essential visitors who were so grateful to receive their vaccinations.

I could go on, but I know all of you get the point and many of you can add special moments of your own.

Now we are in a time when we are opening up (blossoming in a sense). We are seeing more opportunities for visitors to come and see their loved ones. We are beginning to worship and dine together. We are seeing opportunities to bring volunteers back to help us with special projects and events. We do need to continue to wear our masks and social distance.

I am grateful for all of the blessings we have received through this pandemic. I am grateful for Spring and the re-birth we are witnessing, and I am especially grateful for the new beginnings we are experiencing on our campus.

May all of you find many blessings in this new season!

Blessings,
Michelle Sullivan



Presbyterian Homes of Bloomington Campus

Newton Manor ~ Gideon Pond Terrace ~ Ridgeview Terrace

Arbor ~ Commons ~ Care Center ~ SummerHouse

BLOOMINGTON OUTLOOK

VOLUNTEERING

Happy National Volunteer Appreciation Month! If COVID-19 has shown me anything, it is how crucial volunteers are to our community. Our group of volunteers has shrunk down to just resident volunteers.

We didn't get to have our regular outside volunteers after March 2020. But our residents and staff still have needed them. We tried to make sure all the tasks of volunteers still got completed, such as delivering mail or meals. However, it really wasn't the same without all our volunteers.

As we begin planning to welcome some volunteers back onto campus, it is making me smile! We might hear more laughter and see more smiles on our campus again. That is what our volunteers do: they bring life, joy and vitality to our campus.

The words 'Thank You' are not enough to say how much gratitude we have for our volunteers. But it's a great place to start, so thank you, volunteers! Thank you for all that you mean to our campus and community. It will be wonderful when we see each other again.

Tisha Van Haaften, Volunteer Director

WELLNESS ZONE

Women's Eye Health Month

Myth: There's nothing you can do to prevent vision loss.

Fact: More than 90% of eye injuries can be prevented, when simple and relatively inexpensive safety precautions are followed. Regular eye exams can help save your sight. Early detection of vision problems is crucial to preventing vision loss from many eye diseases—especially diabetic retinopathy and glaucoma.

Get routine eye care. Many causes of eye-related problems are preventable, so all women should make eye examinations a regular part of their healthcare routine. Even if no eye-related symptoms are present, it is recommended that all women receive a comprehensive eye examination and obtain routine follow-up care as recommended by their eye care professional. Remember that an eye exam evaluates much more than just blurry vision.

Know your family history. Genetics plays an important role in what diseases people may be at

risk for, including eye diseases. It is important to notify your eye care professional of any conditions that your family members may have had. In some cases, this information may prevent or lessen the possibility of those conditions occurring in you.

The rate of eye disease is on the rise in the United States, mostly because people are living longer. Women, on average, live longer than men. As a result, more women are susceptible to age-related eye diseases such as macular degeneration, cataracts, dry eyes, glaucoma, diabetic changes of the eye and other conditions.

Eating healthy foods and exercising regularly are important in maintaining a proper weight and reducing the risk for certain conditions. Healthy habits can also help guard against vision loss. Obesity, a lack of exercise, stress, and a bad diet can affect the health of your eyes.

Source: preventblindness.org

-Lisa Teske, Fitness Director

BLOOMINGTON OUTLOOK

SPIRITUAL CARE CORNER

Easter, the Day of Resurrection, has come. Christ is Risen! Christ is Risen indeed!

The resurrection of Christ is foundational for Christian faith. Like a building collapses if the foundation crumbles, the Christian faith collapses if the resurrection is not maintained as essential. I Corinthians 15:17 (NIV) says, “if Christ has not been raised, your faith is futile; you are still in your sins.” How wonderful to know our foundation is secure!

We did not know what to expect a year ago when COVID became a new word in our vocabulary. Most of us assumed it would be over and gone long before now. But here we are. We still wait for freedom to come out from behind masks and goggles. It seems like an eternity since we breathed easy and didn't contemplate whether it was “safe” to get close to someone.

We long for permission to abandon social distancing. Friends, that time will come. But until then, take courage knowing Christ has conquered the grave. Sin and death have lost their power over those who are in Christ. Despite any restrictions we experience, we are not ultimately separated from God, nor from others.

Christ came to set us free from fears about what the future holds. When Christ died the curtain in the temple was torn apart to demonstrate that we now have full access to the most holy place of fellowship with God. We can boldly draw near to God in prayer because the risen Christ intercedes in heaven on our behalf. Because Christ is alive we, too, shall live. Praise God! Hallelujah!

Pastor John

A THOUGHTFUL WAY TO SAY “I CARE”

Showing people that you care about them is a special part of life. And sometimes finding the right gift to express your feelings can be difficult. Presbyterian Homes' *Tribute Giving* program makes it easy for you. You will feel good and your honoree will feel special.

Every tribute gift goes to support the mission of PHS to honor God by enriching the lives and touching the hearts of older adults. At this time of year, with Mother's Day, Memorial Day, and Father's Day approaching, you are invited to honor or remember someone special in your life. This is a time for us to reflect on those who touch or have touched our hearts – a parent, grandparent, family member or a dear friend.

To make a tribute gift *In Memory Of* or *In Honor Of* a special person in your life, please call the Presbyterian Homes Foundation at 651-631-6105, 651-631-6416 or 651-631-6418. Or if you prefer to make your gift online, please visit preshomes.org and click on **Make a Gift**.

As always, you may designate your gift to support greatest needs, employees, resident benevolence or spiritual care at your community.

We hope that you are well and looking forward to spring. May this time of year provide you ways to show gratitude for those who have touched your life.



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



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Bloomington, MN 55431

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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.

Volunteers offer God's grace in various forms

Each of you should use whatever gift you have received to serve others, faithfully administering God's grace in its various forms. ~ 1 Peter 4:10

Happy National Volunteer Month! While we may not see large celebrations until later this fall; we can't let this moment pass without sharing our gratitude. Thank you to all our volunteers for your steadfast dedication to our ministry and the people it has touched over the past year.

We have all had to reimagine our lives, what we can give of ourselves and how we can continue to share our gifts with others. Some of you began visiting via phone with other residents, volunteers, or college students. Many of you sent cards or wrote letters; sewed masks and gowns or knitted prayer squares. Some helped with clerical opportunities so that staff could focus on offering more activities for small groups or one on one and ensuring that residents could continue to connect with their family members. No matter how you spent the last 12 months, if it included volunteering, we appreciate you.

As we begin to reintroduce volunteer roles into our PHS communities, we urge you to speak to the Volunteer Director at your PHS community about ways to share your time and talents. Please keep in mind that volunteering will indeed look different as we move forward. We thank you for your grace as we continue to learn how to navigate this new reality.

One thing is true and unchanging; volunteers make the world a brighter place. And the past year has been a testament to this truth, our communities are brighter with volunteers in them.

Thank you,

*Samantha Sleeman
PHS Volunteer Services Director*

*Jess Drecktrah
Vice President, Life Enrichment*