

From the Campus Administrator: May has blossomed

I love the month of May because, as Minnesotans, we begin to see the full effect of spring. The grass is green, trees are showing off their new leaves, and the sun is increasing its intensity. The other part of May that I love is Mother's Day! Personally, I wish the day was called Woman's Day, as I know so many nurturing women out in the world that treat others as if they were their own children.

In years past, I hosted a tea in May, inviting women from different parts of my life. During our time together, I received some advice on how to be the best mom. Here are some of those responses:

- Always offer your love and hug when you can.
- Show patience, and then show more patience.
- Have one-to-one time with each child.
- When you bring a new life into the world, they should be your top priority.
- Have a great sense of humor.
- Teach your kids how to set boundaries.
- Make sure you always do the best you can, admit when you are not, learn to do better, and follow through.
- Relax a little.
- Always let your children know when they do a good job.

I could go on, as I have had many wonderful motherly figures offer me advice. Thank you to all the women out there, for all you do and have done to nurture other people. I will end with an Irish Mother's Blessing:

There is but one and only one,
whose love will fail you never.
One who lives from sun to sun,
with constant fond endeavor.
There is but one and only one,
on earth there is no other.
In heaven a noble work was done
when God gave us a Mother.

Wishing all of you a blessed May,
Michelle Sullivan

Presbyterian Homes of Bloomington Campus

*Newton Manor ~ Gideon Pond Terrace ~ Ridgeview Terrace
Arbor ~ Commons ~ Care Center ~ SummerHouse*

BLOOMINGTON OUTLOOK

Volunteering

Good wishes from the office of Volunteers! I hope May will bring us our all time low Covid-19 cases, so we can welcome more volunteers back onto campus. As of right now, we have very few volunteers returning. Because of this, I ask that you please give the new and returning volunteers a little grace and patience.

A lot of our volunteers haven't stepped foot onto our campus in more than a year. They may not remember every single thing right away, like which buttons to press on the register in the General Store, or which direction the Commons is from the Bistro. They need a smiling face and a helpful gaze. When you see a volunteer on our campus, please thank them for returning to our community. They have missed you as we have missed them.

Our community is a great one, and I have hope for return of all our volunteers and the welcoming of new ones. Thank you, as always, for the opportunity to serve you.

Tisha Van Haften,
Volunteer Director

Wellness Zone Steps for Better Health

It has come to the forefront, over the course of the pandemic, that it is necessary to take care of your body and mind. The body is an amazing and complex system that works at an optimal level when cared for well. A great take away from this is to focus on what we can do for our health currently, and the steps to take to improve our baseline of health.

Let's get back to the basics:

- Maintain a healthy weight.
- Get and stay active regularly in your home or 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

BLOOMINGTON OUTLOOK

Spiritual Care Corner

Someone much wiser than me wrote memorable words in Ecclesiastes 3, “There is a time for everything, and a season for every activity under heaven. He has made everything beautiful in its time.” Those words ring true in the hearts of the seniors at Presbyterian Homes of Bloomington as they reflect on their lives from a faith perspective.

As residents grow older, so do staff members, and I am no exception. When I began my ministry as Director of Pastoral Care in 2007, I gave no thought about how long I would fill that role. In retrospect, fourteen years have raced by as a meaningful and rewarding season of service for Jesus Christ.

I will soon reach the age of threescore years and ten (Psalm 90:10 KJV), and the time has come for me to retire. I have given notice to Presbyterian Homes that my last day will be July 31. I plan to enjoy the wonderful relationships and ministry opportunities we share on our campus until then, but I look forward to what the Lord has in store for retirement as He directs my steps (Proverbs 3:5-6).

The search for my replacement has begun. God is already guiding someone to become the new Director of Pastoral Care who will bring their gifts, strengths and passion for Christ to enrich this community. I encourage your prayers for every aspect of the transition, and ask you to welcome and surround the new director with your loving support. Let us believe God will guide us all into the marvelous future He has in store.

In Christ's love,
Pastor John

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.



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



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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.

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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*