

# ST. ANDREW'S VILLAGE



*freedom to live well®*

July 2022

## Grand Opening of Arbor Patio

**S**ummer in Minnesota seems to come and go in the blink of an eye. We have learned that we need to soak in every ray of sun, plan to be busy, and be ok with being busy. For 12 weeks, us Minnesotans live outdoors.

Up until a few weeks ago, the same could not be said for residents of our Arbor at St. Andrew's Village. Our Arbor patio has seemingly been under construction for nearly four years. At first, we needed to level the concrete. Then we needed a tree or two cut down.

When we thought we finally were able to take the residents out to enjoy– the landscaping and gardens needed work. Last year, we were swarmed with wasps and there wasn't a good time of day where the sun wasn't beating down on us. We had a few sun umbrellas out there, but, of course, the wind took those for their own and we were left with no shade in one of the hottest summers on record.

Luckily, thanks to generous donors, we were able to purchase and install a large pergola this year. Installation was complete the first week of June and residents have been out to enjoy it everyday since!

Lorayne invited all the Arbor families in to celebrate the opening of the new patio on Saturday, June 11. Although the sun wasn't shining, the rain held off and it turned out to be a beautiful day.

See the pictures of our smiling residents and beautiful Arbor patio below.



# ST. ANDREW'S VILLAGE NEWS

## Pastor's Corner

**M**y college roommate, Annie, was probably the kindest, most non-judgmental person I have ever met. In all the time we were together, I never heard her speak a bad word about anyone. She viewed everyone as her friend, even when they had proven themselves unworthy of that friendship. She LOVED animals. We were the only dorm room that I know of that got away with having pets, a cockatiel named Benny, a box turtle named Elmo and a tank full of fish (I drew the line when she wanted to bring a snake in). Living with her was amazing! However, her personal struggle was fitting into a structured way of life, in a city, away from the outdoors that she so dearly loved.

Shortly before the beginning of the second semester of our Sophomore year, she told me she was going to be leaving school. It was too confining for her free spirit and she couldn't do it anymore. As she was telling me this, she handed me a rock. It was a rather nondescript, nothing special, kind of rock. She asked me to hang on to it for her. When I asked her why, she didn't really tell me.

When she left school, she bought a bright yellow pickup truck, named it Moses, got a dog named Boo and went off to live in a teepee out in Yellowstone and work for the park. She came back and bought a cabin in the woods of northern Wisconsin with no modern amenities such as running water or electricity or even indoor plumbing.

She eventually came back to this area and worked for the Carpenter Nature Center caring for wounded birds. We kept in touch and saw each other when she was in town. One day, several years later, while we were hanging out together, I finally asked her about the rock, and why she wanted me to hang on to it. She asked me what I thought about when I looked at it (yes, I still had it). I said I thought about her and how much she meant to me and how lucky I was to have her in my life. She gave me a huge hug and said, "That's why I gave it to you, so you would remember."

Our God is like that, giving us amazing, or even nondescript reminders of His love and grace. The problem is that we don't always look for them or recognize them when they happen. Today, I challenge you to look around you with fresh eyes and ask yourself, "What did God give me today to remind me of how much I am loved?" I think you might be surprised at what you see.

Oh, in case you were wondering, yes, I still have the rock.

Blessings my friends,

**Pastor Carole Lundell**  
**St. Andrew's Lutheran Church**



### SAVE THE DATE

Life Enrichment will host a Summer BBQ for all residents and staff on Thursday, August 4.

We will have music by Vinnie Rose, BBQ style lunch, fun outdoor games and more!



# ST. ANDREW'S VILLAGE NEWS

## Wings Wellness Celebrates Your Independence!

**A**s we all know, we celebrate Independence Day in July. (It is not 4th of July, it is Independence Day!) This is the day that we celebrate our independence as a country!

This July, I am asking you to think about your own independence. What does independence mean to you? How important is it to you? To me, independence means having the ability to do the things I want to do, when I want to do them!

We maintain independence by remaining active. This could be as simple as walking every day. Other options may include attending exercise classes, bird watching, caring for pets, gardening, swimming, and working on arts and crafts projects.

Here are a few tips to get you started on your fitness journey!

- ⇒ Rather than dwelling on the activities and tasks that you are not able to do, focus on doing activities that you enjoy and are comfortable doing!
- ⇒ Do the best you can! Don't overdo it, especially when you start a new exercise program. Do a little something each day that brings you joy and fulfillment!
- ⇒ Be Social! We are more active when we have someone to share activities with. Find a friend or neighbor that might enjoy some of the same activities as you and do them together!
- ⇒ Develop a weekly or monthly schedule of activities. If you put an activity on the schedule, there is a better chance that you will do it. This will help to hold yourself accountable!

Remember that the Fitness Team is available to help you in your Journey to Independence. We can suggest classes and exercise programs to fit your interests!

**Greg Johnson**  
**Fitness Instructor**  
**Wings Wellness**



### Resident Moves

#### Welcome to the Village

Linda A.

Bill E.

Denae R.

Ric W.

#### Resident Transfers

Lillian L.

Barb F.

#### Friends Who Have Moved Away

Colene J.

Clara T.

#### Friends Who Have Passed Away

Betty W.

**Call today for information or to schedule a personal tour, 651-762-4100**



St. Andrew's Village  
240 East Avenue  
Mahtomedi, MN 55115

651-762-4100  
[www.standrewsvillagephs.org](http://www.standrewsvillagephs.org)

St Andrew's Village is a partnership of St. Andrew's Lutheran Church and Presbyterian Homes & Services, a nonprofit organization serving older adults through community services, housing and health care.

EQUAL HOUSING OPPORTUNITY.  
ALL FAITHS WELCOME.

*Does a PHS employee stand out for you?*  
Nominate one or more for the 2022 CROSS Awards

**W**e are pleased to announce that nominations are open for the 2022 Presbyterian Homes & Services (PHS) CROSS Awards! Launched in 2019, these awards recognize individual employees for going above and beyond expectations as they embody and extend our values.

Over 7,000 employees serve PHS. They make us proud through the dedication, compassion and excellence they demonstrate every day. That is why every employee is eligible for nomination by residents, coworkers or friends for the ways in which they live out our CROSS values.

Five recipients will be awarded for demonstrating exceptional work in one of five PHS values:

- † **Christian Ministry**
- † **Ready and Engaged People**
- † **Operational Integrity**
- † **Service Excellence**
- † **Stewardship**

Which employees stand out for you? The nomination form, which can be opened using the QR code, provides instructions on how you can nominate them for one of the five value-based awards. **Nominations are due August 1, 2022.** Award recipients will be honored in November 2022. Please complete and return the form to the reception desk. You can meet past CROSS award recipients by visiting [www.preshomes.org](http://www.preshomes.org) and searching for "CROSS award."

