

November 2023

Grateful for the many blessings we have to share

**“Surely your goodness and mercy shall follow me all the days of my life,
and I will dwell in the house of the Lord forever.” — Psalm 23:6**

As we look ahead to November, this portion of Psalms came to mind. King David speaks of walking through dark valleys and being seated in the presence of enemies in one of his most famous Psalms. He ends with the knowledge that even in the midst of the good and the bad, God’s goodness and mercy will follow him on this earth. As we gather with friends, families and loved ones this Thanksgiving, I hope we all can see God’s goodness in our lives and his mercy which is given freely to us. And if we can see goodness and mercy that we have received, we all are encouraged to freely give to those around us and recount the blessings that we share.

This month we also pause to recognize and thank those among us who served in our nation’s armed services. Whether in times of peace or war, our brave neighbors gave of themselves to preserve our way of life here and to gain freedoms for those abroad. I am thankful for all of our veterans and your service. Thank you this day and all days to come.

And finally, a big shout out of gratitude to all involved with our renovation: residents, staff and of course the amazing construction team. Patience and understanding is truly appreciated. The outcome will be worth it!

Yours in Christ,
-Paula Hanson, Campus Administrator



Stonecrest

Time to straighten up! Posturing and stretching tips from our fitness team

Did you know that height loss becomes more pronounced after the age of 70? In fact, most adults will lose about half an inch of height every 10 years from their peak height. Of course, this is normal with aging. There are things we can do to slow the change, such as exercise and supplement with Calcium or Vitamin D. One of the most important things we can do is have good, upright posture!

Characteristics of Good Standing Posture:

- Feet shoulder-width apart
- Weight in the balls of your feet
- Core engaged
- Arms hang naturally at sides
- Relaxed shoulders and level head
- Stand straight



Characteristics of Good Sitting Posture:

- Feet flat on the floor
- Thighs parallel to the floor
- Natural curve of low back is supported
- Elbows close to body, bent between 90-120 degrees
- Shoulders relaxed
- Chin parallel to the floor

Here are some good stretches to combat aches and pains from prolonged positioning.

Chest Opener: Arms start extended in front of body, palms facing each other. Reach both arms back and away while squeezing the shoulder blades together. Hold for 30 seconds.

Shoulder Rotations: Slowly move shoulders in a circular pattern backwards 10 times, then slowly move shoulders in a circular pattern forward 10 times.

Wall Angels: Stand or sit with your back against a wall. While maintaining wrist, elbow, and shoulder contact with the wall, slide your arms up and down the wall like you're making a snow angel. Repeat 10 times.

- Theresa Hanson, Fitness Director

By making some changes, you can lower your chances of falling

As the leaves fall and the temperature starts to drop, our thoughts turn to the slippery and potentially dangerous conditions we will encounter. Falls are serious. Statistics indicate 1 in 5 falls results in serious injury. Typically 800,000 patients are hospitalized each year because of a fall injury.

How can we prevent becoming a statistic? Here are some simple things to consider:

- ◆ Wear sturdy, proper fitting footwear indoors and outside of your home.
- ◆ Be aware of tripping/slipping hazards such as cords, small pets, wet floors, slippery leaves, and throw rugs.
- ◆ Use a walker or cane if you need additional stability assistance.
- ◆ And finally—join one of the group exercise classes offered by our Wellness Team!

Now is the time to identify and eliminate fall hazards so you can stay safe.

Statistics from: <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

Kicking off the holiday season

I can hardly believe it's already November! We are starting out the holiday season with a FUN November schedule with many performances and activities. I am particularly excited for the return of Rob Ellos on November 7 to find out what *really* happened to Amelia Earhart!

On November 10 we will be celebrating our veterans by having a Veterans Day celebration. If you are a veteran, please find a picture of yourself in uniform and bring it to the front desk for us to scan. We will also be having tables set up for you to display any pictures and/or memorabilia from your time in the military. The tables will be set up in the Community Room by 10:30 a.m. that day.



We are also trying a new comedy show and a music trivia show in November! I am excited to hear them both. In addition, I've heard some wonderful things about the Golden Girls Social Club and Guys with Pies, so we are keeping these as monthly events.

We will kick off the Christmas season on November 30 with a "Charlie Brown Christmas" performance with Joel Lehman. I heard he is a favorite of Stonecrest!

Please check out the November calendar for all the fun activities and let me know if there is something you'd like to see in the future.

- Linda Fliss, Life Enrichment Director

Cross bearing for Christ

"If anyone would come after me, he must deny him and take up his cross and follow me."

Matthew 16:24

Margaret MacLachlan and Margaret Wilson were separated in age by 50 years. Both women stood together in faith and were prepared to take up the cross of Christ and follow him. They lived in 1600s Scotland at a time when people were required to pledge supreme allegiance to the English King. Their loyalty, however, was already pledged to Jesus of Nazareth. The result was that these women, one seventy years old and the other eighteen, were sentenced to death by drowning.

They were tied to stakes driven into the mud so the rising tide would engulf them. At the last-minute Margaret Wilson was pulled from her "cross" and offered the opportunity to pray for the king. She did so, asking the Lord to give him repentance, forgiveness, and salvation. This was not the prayer her would-be rescuers wanted to hear and they threw her back into the water where she died.

Jesus told his disciples that he must go to Jerusalem, suffer many things and be killed. He said if they wished to follow him, they must be prepared to take up their crosses. He was not talking about the chronic aches and pains that make life unpleasant or any of the other serious problems that we speak of as the crosses we must bear. He was talking about readiness for martyrdom. When you follow Jesus, you put your life on the line.

Cross bearing for Christ is deadly serious, but it carries his promise, "whoever loses his life for me will find it."

- Ian Hewitson, Campus Pastor

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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.

Grateful for you: a message from the Presbyterian Homes Foundation

We thank you! Charitable financial gifts to your PHS community are a blessing to your neighbors, employees – and even to you. We offer you a moment to reflect about what is on your heart during this season of gratitude for the blessings in our lives.

Perhaps you feel called to make a financial gift to your PHS community. The Presbyterian Homes Foundation is ready to assist you. Some important points to keep in mind:

All gifts are welcomed and important. If a gift is meaningful to you, it is meaningful to your PHS community.

You may give to a priority that touches your heart. Last year, charitable giving touched lives at PHS communities. Benevolence funds were offered to residents who faced a hardship and employees received scholarships to grow in their service to you. Charitable gifts also funded special projects at communities and helped 20 employees facing

financial crisis through the PHS Employee Hardship Fund. The PHS Foundation honors all gift designations.

Giving from the heart pleases you, the giver. You know that your gift will help those close to you – a neighbor or an employee. You will make a positive difference within your PHS community.

For your planning. Some gifts take more time to complete. If your year-end giving plans include gifting stock or a qualified charitable distribution from your IRA, please know that these gifts take time for brokers or advisors to process.

We are here to help! If you need assistance, please call the Presbyterian Homes Foundation at 651-631-6408, 651-631-6418 or 651-631-6105.

Thank you for all you do for your loved ones, neighbors and employees.

Thanksgiving blessings to you!

