

## SUMMERHOUSE NEWS

# Happy New Year!

### "Surviving COVID-19"

*Who pulled the plug  
On my holiday cheer,  
And all the traditions  
That I hold so dear.*

*Everything's changed  
Due to COVID-19.  
The worst pandemic  
That I've ever seen.*

*Did it come from a lab,  
Or a pig from a herd,  
Or maybe a bat —  
It all seems absurd.*

*Wherever it came from  
It messed up my life,  
Leading to shutdowns  
Causing anxiety and strife.*

*Face masks and shields,  
Do not kiss or hug —  
Stay six feet apart  
To be safe from the bug.*

*2020 is perfect  
For vision, they say.  
But the year 2020 —  
Please! Please! Go away!*

*I stew and I mutter —  
It doesn't help a bit.  
Whatever happened to  
My attitude and grit?*

*I'll throw back my shoulders  
And straighten my spine,  
Put a smile on my face —  
And then I'll be fine.*

*I'll celebrate the holidays  
With joy and with cheer;  
I will make it through this  
Yes, I will, never fear.*

Mavis, a resident of Stonecrest in Woodbury, penned this poem that we thought you would enjoy.

## JANUARY BIRTHDAYS

Jan Berset 1-4

Jan Wickstrom 1-15

Mary Johnson 1-22

# SHOREVIEW NEWS

## WINGS WELLNESS

### A Fresh Start To 2021

**W**hat better time to start a new routine than the start of a new year, especially this year. In this article I will give you tips to help you start, or continue your exercise routine. As always, never be afraid to talk to any of your fitness instructors; we are happy to help in any way we can!

If you are just starting your exercise journey, it is recommended that you start off slowly and always consult your doctor before you start any exercise routine. You don't want to over-exercise as that may cause injury, which may lead to quitting. You want a steady rate of progress, so don't feel like you have to start exercising every day to get results. Start off with 2 days a week and work your way up to 3-5 days a week. Write down goals, or talk to a family member or friend who can help keep you accountable to stick to your plan.

Doing a warm up before and cool down after exercising will help decrease muscle fatigue. **DRINK WATER** before, during, and after exercising, even if you don't feel thirsty. Always make sure you have 1-4 rest days per week no matter where you're at in your exercise journey. Our bodies need the rest to restore and replenish. Wearing the appropriate clothing for your activity and paying attention to your surroundings, especially during the winter months, will help play it safe.

It is recommended that you get 150 minutes (2 ½ hours) of moderate-intensity aerobic exercise per week, like brisk walking, according to the Physical Activity Guidelines for Americans (PDF, 14.5M). Balance training can also be a part of your 150 minutes. Balance training can be done sitting down or standing up. While you're sitting down, lifting and holding a leg up for 30 seconds to 1 minute while having your hands above your head stimulates those muscles used to keep your balance. If you want an extra challenge, try closing your eyes. You can do the same thing standing up, but only do this exercise if you are comfortable and have something to hang onto if you start to lose your balance, such as a chair or countertop.

Adding 2 days per week of strength training is also recommended, and it doesn't necessarily mean you need weights to do so. Chair crunches, wall push-ups, wall planks, squats, sit to stands, high knee raises and wall sits are just some examples of using your body weight for strength training.

Happy New Year! I wish you all the best in the coming year.

Hanna Lee  
Fitness Instructor

#### References:

“How Older Adults Can Get Started with Exercise.” *National Institute on Aging*, U.S. Department of Health and Human Services, [www.nia.nih.gov/health/how-older-adults-can-get-started-exercise](http://www.nia.nih.gov/health/how-older-adults-can-get-started-exercise).

*Exercise classes may be starting again in January. Watch for posters!*

# SHOREVIEW NEWS

## CHAPLAIN'S CHAT

### The Priceless Gift Jesus Brought Us

*The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth. ~ John 1:14*

One of the great monarchs of Persia was known well as a champion of the common people. To relate to their needs and problems, he would mingle with them in various disguises.

On one particular occasion, he went as a poor citizen to the public baths. In a tiny cellar, he sat down beside the man who tended the furnace. He talked to the lonely man, and at dinnertime he ate some of his plain food. In the weeks that followed, the monarch visited the poor citizen and grew to love him dearly.

One day, the shah revealed his true identity to the man. He expected to hear a request for some expensive gift or money, but instead the poor man simply sat in silence, gazing at the monarch in awe and astonishment.

After a long period of silence, the poor man finally said respectfully, "You left your palace to sit with me in this dark place, to eat of my coarse bread, and to care whether my heart is glad or sad. You may give rich presents to others, but you have given yourself to me. Please, Your Majesty, never withdraw the priceless gift of your friendship."

You can rejoice that God came to earth as man, lived a perfect life, died on the cross, was buried in a tomb, and was resurrected three days later so that you could have **salvation** and forgiveness through Him and a personal relationship with Him. Are you walking with Him daily? Are you completely sold out in your relationship with Him? Jesus broke down the wall of sin that divided you and God, so that you may have the priceless gift of His friendship and love.

Source: <https://www.crosswalk.com/devotionals/seniors/senior-living-dec11-2020.html>



### How You Make a Difference

Thank you for touching hearts through your charitable giving in 2020! You helped your neighbors and employees feel appreciated, connected and hopeful last year. We are grateful for you! These are just some ways that your gifts are put into action and service:

**Benevolence:** Over \$3.8 million was granted to help residents continue living at PHS communities. Many, many charitable gifts were added together to make this great difference. Your gifts help to bridge the gap between income and expenses for residents who face financial hardship due to prolonged illness, the loss of a spouse and increased healthcare needs.

**Employee Appreciation:** You recognized employees who are here for you and your loved ones in continued and new ways. Your employee appreciation gifts express that you appreciate them and the services they provide. They are grateful, and we thank you!

**Greatest Needs:** PHS communities are great because of you. Sharing your time, talents and treasure allows your site leaders to respond to new ideas and needs.

As we welcome 2021 with **abundant hope**, we give thanks to residents, family members, friends and employees who made charitable gifts to Presbyterian Homes & Services in 2020. Every gift makes a difference. We are grateful for you and for your giving spirit! Please feel free to contact us at 651-631-6408 or 651-631-6418 if we can be of assistance to you in the future.

**Call today for information or to schedule a personal tour, 651-765-3900**



SummerHouse of Shoreview  
4655 North Victoria Street  
Shoreview, MN 55126

651-765-3900

[www.summerhousesshoreview.org](http://www.summerhousesshoreview.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.  
ALL FAITHS WELCOME.

## *Optage Hospice offers support for grief in the time of COVID-19*

The COVID-19 pandemic has impacted our lives in so many ways. People find themselves feeling anxious, sad, depressed, angry or lonely. They may also feel physical symptoms like fatigue, pain, sleeplessness and changes in appetite.

Optage Hospice Chaplain Jenny Schroedel tells us that these feelings may be signs of grief. "Every time we have loss, we grieve," she says. "We often don't think of it that way, as grief tends to be more associated with death, dying or bereavement."

Loss not only involves separation from those we love, but also other aspects of our life. Grief may emerge from the loss of work or purpose, health or the ability to be with others in meaningful ways. Even losing the future as we imagined can be cause for grief.

If you are experiencing such feelings, Optage Hospice wants to assure you that you are not alone. We're here to offer support and fellowship for anyone who is suffering loss and want you to know about two valuable resources to help keep you in touch with yourself and connected to others while you navigate the grief journey.

**Grief e-newsletter:** An online publication is available to anyone who wishes to receive it in their email inbox. This newsletter will deliver helpful articles and spiritual support. See below to sign up.

**Virtual grief groups:** Whether you live in a PHS community or several states away, you are invited to join one of our virtual grief support groups that meet by Zoom online video chat. New groups continue to form each month. Current groups that are formed or forming (each limited in size):

**Finding Meaning & Purpose Through Loss:**  
Tuesdays @ 10 - 11 am, Jan. 5 - Feb 9.

**Caregiver Book Club: *Loving Someone Who Has Dementia* by Pauline Boss.** Thursdays @ 6:30-7:30 pm, Jan 7-March 11

**A *Grief Observed* Book Club:** Thursdays @ 1:00 pm, Feb. 4 - Feb 25 (read and discuss the journal CS Lewis kept after his wife died)

To join a group, subscribe to the e-newsletter or ask a question, contact Chaplain Jenny Schroedel, [jschroedel@preshomes.org](mailto:jschroedel@preshomes.org), (651)341-7105.