

SUMMERHOUSE NEWS

NFL Football Champions Party

Sunday, February 3, come cheer for the team of your choice to be the 2019 NFL Football Champions. Come down to the Community Room and enjoy the game and festivities without going out in the cold and snow. Bring your own beverage and munchies to share. The party will start at 4:30 pm and last as long as you like.

Table Talk

Starting Thursday, January 3, and continuing on Thursdays, Pastor Rob will hold table talks in the solarium at 3:30 pm. Come and get to know your neighbors a little better and talk about a variety of topics. All are welcome.

Lunch Out

Friday, February 8, we are going out to lunch at Yarusso's. The home-cooked food at Yarusso's has remained very much the same since 1933, along with the same sauce recipe that was created by Francesco Yarusso, the restaurant's founder. As always, there will be good food and good conversation around the table. Be sure to sign up. The bus will leave at 11:00 am.

Meet & Greet

Tuesday, February 12, is our Meet & Greet. We didn't have a topic nailed down at the time this went to press, but watch for flyers. We'll have refreshments afterwards as well. It will take place at 3:00 pm in the Community Room.

Happy Valentine's Day!



- ♥ About 1 billion Valentine's Day cards are exchanged in the US each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.
- ♥ Women purchase 85% of all valentines.
- ♥ In order of popularity, Valentine's Day cards are given to teachers, children, mothers, wives, sweethearts and pets.
- ♥ 73% of people who buy flowers for Valentine's Day are men, while only 27% are women.

FEBRUARY BIRTHDAYS

Joyce Brewer	2-14
Marge Bettendorf	2-17
Marlene Grivna	2-20

SHOREVIEW NEWS

WINGS WELLNESS

FROM THE HEART

On average, a person's heart beats approximately.

72 times per minute

4,320 per hour

103,680 per day

3,162,240 per month

37,946,880 per year

By age 80, the average heart will beat over 3 billion times! That is one hard working muscle! Usually, our steady heartbeats go by without much recognition. We just know that we want them to keep working. Consider giving your heart a gift to say "thank you" so it doesn't have to work quite so hard.

Mayo Clinic lists some ideas for some easy changes:

Add a walk or two into each day, (start with 5-10 minutes); Join a walking club to be social! If possible, take the stairs instead of the elevator; Eat more fresh fruits, vegetables, fish and/or whole grains; Reduce salt in your diet and for a snack try a small handful of unsalted Walnuts or Almonds each day. Smile and laugh...it reduces stress and lowers your heart rate. These easy changes can make a big difference to your hard working heart and to your health.

Lynn Truninger

Fitness Director



Here is a heart healthy recipe for Garden Vegetable Soup

Ingredients

1/2 cup carrots, sliced

1/4 cup onions, diced

2 garlic cloves, diced

3 cups fat free beef, chicken, or vegetable broth

1 cup green cabbage, diced

1 cup spinach, chopped

1 tbsp tomato paste

1/2 tsp dried basil

1/4 tsp dried oregano

1/4 tsp salt

1 cup zucchini, diced

Directions

Spray a large saucepan with nonstick cooking spray, and heat.

Place carrot, onion and garlic in saucepan. Sauté vegetables over low heat for 5 minutes, until softened.

Add broth, cabbage, spinach, tomato paste, basil, oregano and salt. Bring saucepan to a boil.

Reduce heat, and simmer, covered, for 15 minutes. Stir in zucchini, and cook 3-4 minutes.

Don't be afraid to include some of your other favorite vegetables as well!

SHOREVIEW NEWS

CHAPLAIN'S CHAT

Can Good Works Ever Earn You Heaven?

All of us have become like one who is unclean, and all our righteous acts are like filthy rags; we all shrivel up like a leaf, and like the wind our sins sweep us away. - Isaiah 64:6

When her father was President, Amy Carter came home from school one Friday night with an assignment to write a paper answering a tough question about the Industrial Revolution. Amy sought help from her mom, Rosalynn, who was also baffled and decided to seek clarification from the Labor Department.

A “rush” was placed on the request since the assignment was due Monday. The Labor Department, thinking it was a question from the President himself, cranked up the government computer and kept staff working overtime all weekend.

A massive computer printout was delivered to the White House on Sunday, and Amy showed up with her paper at school the following day. Her teacher, however, was not too impressed. And all the work and overtime by those employees only merited Amy a “C” on her paper.

Under the Law of Moses, obedience to God was quite a process. Any devoted Jew today will still attempt to dutifully carry out hundreds of the commandments of the Law found in the Old Testament. Yet as the prophet Isaiah wrote centuries before Christ, mindlessly jumping through all the hoops of the Law won't give anyone a passing grade. In fact, it's absolutely worthless.

It doesn't matter how hard you work for salvation. What matters is your faith in Christ. So instead of focusing on all the things you need to do, focus on your trust in Christ for your salvation!

Source: crosswalk.com

FOUNDATION UPDATE

WHAT IS YOUR LEGACY

People just like you have created will and beneficiary plans that reflect their legacy intentions. It may be a goal for you this year to review these plans to make sure they are up-to-date, and that your wishes and values are clearly expressed through these important documents.

Creating a legacy plan

It is important for every person to have a well-designed legacy plan. This may be through a will, trust or beneficiary designation forms. Taking thoughtful action to complete these important documents can maximize your support of heirs and provide a future gift to any charitable organization close to your heart. To read more about these plans, please visit

www.preshomes.planningyourlegacy.org

Become part of the Legacy Society

The Legacy Society is a circle of donors who have a future gift arrangement with Presbyterian Homes & Services. This may be through a will/trust bequest, a beneficiary designation or a transfer of a bank or brokerage account. Members share a commitment to enriching the lives of older adults. Your future gift will change lives and meet the needs of future PHS residents. If you wish, you may designate your gift to benefit your PHS community. The Legacy Society does not require any entry fees or annual fees. To qualify for membership, you simply verify that you have made a future gift provision for a purpose important to you.

As a member of the Legacy Society you will: Be invited to special events with PHS leaders; Receive a gift in appreciation of your future gift; 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 various future gift options and answer questions you may have regarding how you can make a difference. For assistance please contact a gift planner at your community or call us at 651-631-6408 or 651-631-6418.



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

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.

Supporting “Ready and Engaged People” who serve you every day

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.” ~ 1 Peter 4:10

Presbyterian Homes & Services’ (PHS) stated value, “Ready and Engaged People,” expresses our commitment to honor the employees who fulfill our mission. That mission, “To honor God by enriching the lives and touching the hearts of older adults,” relies on the good work of over 6,500 employees throughout the organization. Attracting, developing and retaining employees is vital to our mission.

Organizations like PHS face growing challenges now and in the coming years with a limited skilled workforce available. From day one of each employee’s career at PHS, we declare that employees are the most important resource in our ministry and we recognize how important fair and sustainable compensation is to support their daily lives. For 2019, we conducted an extensive review of wages offered by other similar organizations and

we are investing over \$5 million dollars in wage increases to ensure we are providing fair and competitive wages. 80% of these increases have gone to hourly employees, including the employees who touch your lives every day like culinary servers, cooks, nursing assistants, nurses and housekeepers. A 2% base wage increase has gone to all employees but many received more.

We are grateful for the gifts, skills and passions that PHS employees bring to their work and we promise to foster an environment where they are valued and empowered to make a difference. This vital investment in PHS employees’ careers and livelihood helps us live out our value to be “Ready and Engaged” in serving you, the residents, whose homes we are privileged to come into and work every day.