

## SUMMERHOUSE NEWS

### Lunch Out

Friday, March 8, we are going out to lunch at Patrick McGovern's. We'll celebrate St. Patty's day a little early. Come and enjoy being Irish, at least for the day. 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.

to sign up early in order to secure a seat. Tickets are \$32.00. The concert takes place at the Event Center in Stillwater.

### Daylight Saving Begins!

Don't forget to set your clocks ahead one hour before you go to bed on Saturday night, March 9. Daylight Saving Time begins in the wee hours of the morning on Sunday, March 10.

### Meet & Greet

Tuesday, March 19, is our Meet & Greet. This month we have Dr. Bill Walsh coming to discuss dementia. We'll have refreshments afterwards as well. It will take place at 3:00 pm in the Community Room.

### The Whitesidewalls

The Whitesidewalls Rock 'n Roll Revue is the Midwest's premiere Doo-Wop, Rockabilly and Rock and Roll Band! The tight harmonies and driving beat of the golden age of rock and roll are the hallmarks of this legendary show. It'll have you dancing and singing along just like it did 30 years ago! Enjoy lunch and the show on Friday, March 22. The bus will leave at 10:30 am and we will be sharing the bus with Oakcrest, so be sure



### MARCH BIRTHDAYS

Chuck Houck 3-14

Kathy Petersen 3-16

Toni Arndt 3-25

Marv Miller 3-26

Bill Urbanski 3-28

Veryl Johnson 3-29

# SHOREVIEW NEWS

## WINGS WELLNESS

### **Happiness: What can you do to boost happiness?**

**H**appiness is often related to an individual's surroundings and situations, rather than an individual's mindset and internal dialog. You cannot often change outside circumstances, but you can make personal efforts to influence your happiness through positive psychology interventions. Researchers in positive psychology interventions have found that there are 3 paths to happiness: positive emotions and pleasure, engagement, and meaning. The key themes within these paths are:

- Gratitude
- Social Support
- Compassion and kindness
- Cooperation
- Forgiveness
- Mindfulness

This month we will go over *Three Good Things in Life*. This proven practice has been shown to cause immediate increases in happiness by improving gratitude (ICAA November/December 2018, volume 17 number 7, page 40-47).

Start off once a week, write down 3 good things that went well in your life that week and their causes. It is important to include a causal explanation for each good thing.

Give each item a name such as, "Received excellent test results from my medical exam"

Write down what happened in detail, including what was done or said by all involved.

Note how the event made you feel at the time and how you feel later as you write about it.

Write what caused the event-in other words, why it happened.

Write without concern for grammar or spelling.

If negative feelings come up, refocus on the good event and positive feelings.

The longer you practice this, the better the results! Researchers found that those that practiced this for 6 weeks or longer had stronger feelings of happiness. Recording good things helps you to savor the good experiences. It is important to individualize this practice as you get more comfortable with it, some enjoy writing first thing in the morning or before bed, some do it daily, and others only a couple times per month. This is your practice so make it your own, and when you do you will notice:

Increased self-confidence through acknowledging accomplishments and those that have helped you.

Improved coping with stress and trauma because it helps you find the "silver lining" in bad experiences.

Kinder behavior and appreciation of nonmaterial life benefits.

Helps you appreciate and strengthen your relationships with others.

Slows Hedonic adaptation (the human tendency to return to a typical happiness state after an exceptionally positive experience).

*gratitude  
changes everything*

# SHOREVIEW NEWS

## CHAPLAIN'S CHAT

### How to Know For Sure You're in Christ

*"My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one will snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand." - John 10:27-29*

The famous preacher, H. A. Ironside, once stated that salvation was like Noah inviting a pagan in his day to place his trust in God and come in to the ark. Yet some mistakenly view salvation like Noah offering to put a peg on the outside of the ark saying, "If you just hang on through the storm, you'll be saved."

I heard someone say recently, "If you can lose your salvation, you already have." They're exactly right because the saving work of Christ simply cannot be dependent upon the work of man. If your efforts were enough to merit you good standing before a holy God, then Jesus' death and resurrection would have been for nothing at all!

In Christ, your salvation is never dependent upon your holding on to God. Rather, it depends entirely on your being securely held by and in Christ. And just as Jesus promised in today's passage, no one will ever snatch a believer out of His hand. It simply can't be done!

So many Christians today worry about their security in Christ. But Scripture couldn't be clearer: if you're truly in Christ, there's no way you can lose that. It's given to you forever and is a guarantee of your salvation. So when you find yourself worrying about your eternal destiny, remember the truth of Philippians 1:6, that he who began the good work of salvation in you will always bring it to completion!

Source: [crosswalk.com](http://crosswalk.com)

## FOUNDATION UPDATE

### Fast Facts About Future Giving

If you hear "estate planning, planned giving or future giving" and think it's only for people who are wealthier than you – or that it's just too confusing – you're not alone. However, future giving is for people of all ages and means, and it doesn't have to be difficult. Here are some important points to keep in mind.

#### **Future gifts are about you and your loved ones.**

There are many types of future gifts. Most are simple and affordable – like a beneficiary designation on an IRA or life insurance policy, or a gift through your will or trust. With the help of trusted advisors, you can likely find options that work for you and your loved ones.

#### **Future gifts are for everyone.**

Anyone can make a future gift – no matter if your estate is worth \$100 or one million dollars. Gifts of all sizes make a difference at Carondelet Village. In fact, you may even be able to make a bigger impact than you thought possible when you make a future gift.

#### **The passage of time can change pieces of your life.**

Maybe you completed your will or trust plan several years ago when your life looked different than it might now. It is a good idea to review the plans that you have for your assets every 3-5 years. A revisited estate plan makes your current wishes known and provides your loved ones with peace of mind.

#### **We Can Help**

The Presbyterian Homes Foundation welcomes the opportunity to provide you with information about current giving and how best to make a future gift. We're here to help answer questions you may have regarding your individual goals. Please contact 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](http://www.summerhousesshoreview.org)

*Postmaster: address correction requested.*

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.

## *Our strategic goals uphold your freedom to live well*

Everything we do at Presbyterian Homes & Services (PHS) aims to fulfill our vision “to provide more choices and opportunities for more older adults to live well.” The 2019 PHS annual report, due out this month, highlights our strategic goals for 2019 and the years ahead. We want to share some of these goals with you.

PHS offers 15 distinct living options and service divisions to expand choices and ease transitions for each resident and client we serve. We remain committed to grow to 80 communities by 2035 and to triple the reach of our services that extend into the broader community. Our strategic priorities also include robust life enrichment, personalized wellness and expanded volunteerism, because we know that you don’t just want to live, you want to live well.

Through Optage® and Genevive we have expanded our geriatric physician services and care navigation supports that are available to you right in your home. With Medicare Advantage plans and value-

based contracting, we are able to extend these services to many older adults who cannot otherwise afford the integrated care and supports that lead to better living.

We are also working to preserve affordable housing and expand access for a growing number of older adults who find themselves with few options between subsidized and market rate housing. After all, we know that one of the greatest determinants of health and happiness is the place we call home.

Finally, we believe that employees are the most important resource in our ministry and are blessed with the ability to attract people who are purpose driven. Through expanded employee development initiatives, like the Hugh K. and Margaret S. Schilling Leadership Institute, we are committed to an environment where employees are valued and empowered to make a difference. This is our promise to employees that undergirds our commitment to you.