

SUMMERHOUSE NEWS

Taco Salad Dinner

Julio and Diana Yanez would like to share the details of how you made a difference in their Missions Trip to Mexico. They are hosting a Taco Salad Dinner on Wednesday, April 3, at 5:00 p.m. There is no charge for the dinner. There will be a free will offering for those who would like to help further their mission in Mexico. Sign up for the dinner in the Community Room.

Larks

Wednesday, April 10, at 10:30 a.m. The Larks will be here to perform in concert. Sing along to your old favorites. This group is excellent and a lot of fun, so you won't want to miss it!

Lunch Out

Get a jump on spring. Friday, April 12, we are going out to lunch at Backman's. We will have time to shop so that you will be ready to plant once the snow is gone. 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, April 16, is our Meet & Greet. This month, Lynn Cianciarulo, our blood pressure nurse, will give a presentation on how to prevent falls. We'll have refreshments afterwards as well. It will take place at 3:00 pm in the Community Room.

Don Irwin

Don will performing a piano concert on Wednesday, April 17, at 2:00 p.m. You'll be glad you came!

Violin Concert

Thursday, April 25 at 5:30 pm, we will have a violin recital. Julie Willey will bring her students here to perform for us.

Happy Easter!

APRIL BIRTHDAYS

Carla Nelson	4-5
Ted Anderson	4-6
Roger Wheeler	4-6
Karen Berke	4-13
Lucy DeWitz	4-15
Joanne Nelson	4-15
Penny Winter	4-26
Tom Johnson	4-27
Lois Musgrove	4-29

SHOREVIEW NEWS

WINGS WELLNESS

Happiness: What can you do to boost happiness? (Part two)

Happiness 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 introduce *Loving-Kindness Meditation*. Boosting compassion and kindness is proven to increase happiness. Social researchers Bethany Kok, Kimberly Coffey, Michael Cohn and Barbara Fredrickson found that participants who took a 1 hour meditation training once weekly for 6 weeks and who were encouraged to practice at home, increased positive emotions, social connections and nervous system health.

- Practice loving-kindness meditation daily if possible. Find a version of this practice at <http://bit.ly/2yXdkxv>
- Dedicate 15-20 minutes at least 5 days a week to practicing the meditation.
- During the first week, practice directing love and compassion to yourself.
- In the second week, add loved ones.
- In week 3, expand loving kindness to acquaintances.

- In week 4, add strangers.
- During the fifth week, extend loving kindness to all living beings.

The researchers found that participants who practiced this plan consistently tripled positive emotions from the first to final week. So if you don't feel the immediate satisfaction that you may have experienced with last month's *Three Good Things in Life*, stick with it!

Self-compassion increases:

- Happiness
- Life Satisfaction
- Self confidence
- Physical health
- Social connections

Self-compassion also stimulates an upward cycle of health and happiness!

Live well,
Alexis Barrett
Fitness Director
ACSM Exercise Physiologist

***“If you want others
to be happy,
practice compassion.***

***If you want to be happy,
practice compassion.”***

16th Dalai Lama

SHOREVIEW NEWS

CHAPLAIN'S CHAT

Leaning on Christ in the midst of loneliness

"The LORD is close to the brokenhearted and saves those who are crushed in spirit."

~Psalm 34:18

A woman recognized the famous pastor F. B. Meyer one day in her neighborhood, and she ventured to share her burden with him. For years she had cared for a crippled daughter who brought great joy to her life. But the daughter had died, and the grieving mother was alone and miserable.

So Meyer told her, "When you get home and put the key in the door, say aloud, 'Jesus, I know You are here!' and be ready to greet Him directly when you open the door. And as you light the fire, tell Him what has happened during the day; if anybody has been kind, tell Him; if anybody has been unkind, tell Him, just as you would have told your daughter. At night stretch out your hand in the darkness and say, 'Jesus, I know You are here!'"

Some months later, Meyer was back in that same neighborhood and met the woman again, but he did not recognize her. Her face radiated joy instead of announcing misery. "I did as you told me," she said, "and it has made all the difference in my life, and now I feel I know Him."

You may be dealing with deep grief today. Or perhaps you're lonely and just need to know someone is there. Jesus is a friend who sticks closer than a brother (Proverbs 18:24) and is with you no matter what. So let Him be your best friend and cling to Him though any loneliness you face.

Source: crosswalk.com

FOUNDATION UPDATE

A thoughtful way to Say "I Care"

Showing people how much you care is a special part of life, yet finding just the right gift to express your feelings can sometimes be difficult. Presbyterian Homes **Tribute Giving** program makes it easy for you. You will feel good and your honoree will feel special.

Every tribute gift goes to support the mission of PHS to honor God by enriching the lives and touching the hearts of older adults. At this time of year, with Mother's Day, Memorial Day, and Father's Day approaching, you are invited to honor or remember someone special in your life. This is a time for us to pause from our busy daily lives and reflect on those who touch or have touched our hearts – a parent, grandparent, family member or a dear friend.

To make a tribute gift *In Memory Of* or *In Honor Of* a special person in your life, please call the Presbyterian Homes Foundation at 651-631-6105, 651-631-6416 or 651-631-6418. Or if you prefer to make your gift online, please visit preshomes.org and click on Make a Gift.

As always, you may designate your gift to support greatest needs, employee education assistance, benevolence or chaplaincy and spiritual care at your community.

May this time of year provide a peaceful reflection, as well as an opportunity, for an expression of gratitude for those who have touched your life.

Correction for March 2019: We realize that a sentence in last month's Foundation article may have been misleading in your newsletter. Please know that all of the gifts you direct to your community will benefit your community.

Thank you!



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.

Volunteers: Love in Action

"Let us love, not in words or speech, but in truth and actions." - 1 John 3:18 (NRSV)

Volunteers who serve Presbyterian Homes & Services (PHS) help build a better world for older adults each day, one act of kindness at a time. More than 3,000 residents and friends found meaningful engagement and a sense of vocation by volunteering across PHS communities in the past year. Volunteers are the heart and soul of PHS, strengthening our Christian ministry through their stewardship of time and talent offered in gifts of compassion, dedication and love.

PHS welcomes all kinds of volunteers—from students to older adults. Volunteers help to organize outings and assist with activities, or just spend time listening to and talking with residents. Many PHS residents find themselves with significant free time and a desire to contribute to their community in a positive way. Volunteering can help imbue a new sense of purpose or enable the pursuit of hobbies and passions. In addition, studies have shown that the act of

volunteering has a positive effect on the overall health and well-being of older adults.

April is Volunteer Appreciation Month.

Presbyterian Homes & Services would like to say thank you to all who lend their time, talent and support, whether it be just for one afternoon or year-round. We celebrate the ordinary people who accomplish extraordinary things as PHS volunteers. They encourage the people they help and motivate others to serve as well.

Our mission, "to honor God by enriching the lives and touching the hearts of older adults," is made possible in part by the support of such volunteers. If you have a passion that you'd like to bring or a skill that can be used to benefit the lives of older adults, we'd like to hear from you. Contact your site leader or go to www.preshomes.org and click on *Get to Know Us - Volunteers* to learn about volunteer opportunities.