

“Though...”

As we reflect on 2020, we could list a plethora of “thoughts.”

Though we could not see one another’s faces most of the year...

Though we refrained from giving hugs...

Though our nation became more divided...

Though our holiday celebrations were very small in number...

Though we had to adapt to countless new regulations for our safety...

Though we said good-byes to loved ones...

Though our health faltered...

As we mentally add to the list, let’s look to one of my favorite books of the Bible; the Old Testament book of Habakkuk. It is a short book, which I encourage you to listen to or read through sometime. One reason I appreciate the book is found in the subtitles: Chapter 1 “Habakkuk’s Complaint;” Chapter 1:12 “Habakkuk’s Second Complaint.” This prophet of old grumbled. I would imagine we can all relate to that, especially as we remember last year.

But consider three lessons from Habakkuk. First, notice who he turned to with his concerns; “How long, *O LORD...*” (1:2) and “*O LORD...*” (1:12). Habakkuk went straight to the One who could do something about his complaints—the LORD. When we are tempted to murmur, let us go to God, who can handle our groanings much better than those around us.

Second, we can be encouraged that God hears us. Notice the subtitles in the first two chapters; “The LORD’s Answer.” Now, we may not always understand God’s purposes and may find ourselves facing a list of new “thoughts” just as Habakkuk did: chapter 3:17; “*Though* the fig tree does not bud and there are no grapes on the vines, *though* the olive crop fails and the fields produce no food, *though* there are no sheep in the pen and no cattle in the stalls...”

That brings us to lesson three, verses 18-19; “yet I will rejoice in the Lord, I will be joyful in God my Savior. The Sovereign Lord is my strength; He makes my feet like the feet of a deer, He enables me to tread on the heights.” Though 2020 proved challenging, God never left our side. He gave us strength to endure and showered us with unexpected joy. We can be confident He will continue to be faithful in 2021.

Let us to turn to God regardless of the “thoughts” we encounter.

By Pastor Jane Morgan

SUMMERWOOD OF PLYMOUTH HIGHLIGHTS



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.

The next *Resident Council Board Meeting* will be held on Wednesday, January 6.

Attendance at the Tenant Council meeting is limited to residents who have been selected to serve as representatives of the resident body, joined by site management.

Your council members are:

President, Larry Vorlicky (318), Roger Adams (304), Nancy Anderson (302), Charlie Coenen (201), Phil Larke (301), Jan Leaf (312), Peggy Sass (215).

Resident Meetings have yet not been approved.

Welcome to SummerWood!



Bob McAninch,
Environmental
Services Director

SUMMERWOOD OF PLYMOUTH

January Birthdays!

Jim Threinen	3rd
Phyllis Nygaard	8th
Jackie McKay	9th
Chuck Willert	17th
Sharon Gade	22nd
Jim Portmann	30th



Prayer for a Happy New Year

May the Lord make my New Year a happy one...

Not by shielding me from sorrow and pain,
but by strengthening me to bear it if it comes.

Not by making my path easy, but by making
me sturdy enough to tread any path.

Not by taking hardship from me, but by taking
all cowardice and fear from my heart as I
meet hardships.

Not by granting me unbroken sunshine, but by
keeping my face bright even in the shadows.

Not by making my life always pleasant, but by
showing me where men and His cause need
me most and by making me zealous to be there
and to help...

God, make my year a happy one.

Source: Guideposts Magazine (January 1973)

SummerWood Phone Numbers

Main Phone Number: 763-383-8888

Main HHA after hours cell # 651-335-5180

Arbor HHA after hours cell # 763-286-9797

Crystal Kurowski, Campus Admin.	ext. 102
Jenny Teigen, Housing Counselor	ext. 101
Kitchen (Room Service)	ext. 103
Cheryl Johnson, Home Care Support	ext. 106
Peggy Grand, RN, Clinical Dir.	ext. 107
Bob McAninch Environmental Serv.	ext. 108
Cid Skaalrud, Life Enrichment Dir.	ext. 109
LaJoy Green, Culinary Dir.	ext. 112
Shannah Carlson, RN (Arbor)	ext. 113
Natalie Welna, RN (Commons)	ext. 115
Jane Morgan, Chaplain	ext. 118
David Woods, Gift Planning Office	952-249-2416
SummerWood Salon, Tami Loosbrock	ext. 114
	or 763-354-8280

Happy New Year, SummerWood!

**May 2021 bring Hope, Health
and Happiness!**



Call Jenny today for information or to schedule a personal tour, 763-383-8888 ext. 101



SummerWood of Plymouth
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Plymouth, MN 55446
763-383-8888
www.summerwoodplymouth.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 for you to read and use at your own convenience. See below to sign up and receive the newsletter.

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, (651)341-7105.