

Spiritually Speaking: Receive the Gift

One of the several things we all have in common is the sheer enjoyment of receiving gifts. While we may not always say so, our feelings are at least slightly wounded if our birthday is forgotten. Christmas memories can be tarnished if our gifts are fewer than usual or perceived to be of lesser value. We like receiving gifts!

Gifts are especially fun if they come at unexpected times, on days not generally associated with gift-giving. When gifts come from out of nowhere, from persons we least expect to honor us in such a way, we are overwhelmed with gratitude. Ordinary days are transformed by a simple gesture of someone presenting us with a “gift”; special recognition for a job well done, a kind word, a favorite flower, or your favorite dessert.

Gifts have a way of making us feel important. When we receive gifts, we feel loved and accepted and affirmed and appreciated. All of those are feelings without which we could not live for very long. To be the recipient of a gift, to be a “gifted” person, is to acknowledge that we are special; it is to acknowledge our uniqueness and worth, and add to the quality of our lives. A gift will renew our confidence, lighten our hearts, brighten our path, and perk up our spirits. “Somebody cares!”

In the gospel of John 20: 19-23 we catch a glimpse of that unique gift, the “gift” of the Holy Spirit. It is presented to us and to the world as a special present, blessed to have received, and empowered to share with others. For the disciples, this gift was given as Jesus breathed on them and gave the gift of the Holy Spirit. For them, and for us, that gift is like a breath of fresh air. When that breath is felt, things change and lives change. Here is the gift of life. In that giftedness, the disciples discover that their fear is replaced with joy, their shyness is replaced with boldness, their hesitation is replaced with courage, and their sense of being lost is replaced with a sense of purpose. This gift sends us out as Christ’s representatives to the world, commissioned to be about the work of forgiveness and reconciliation. There is a new wind blowing, a breath of fresh air piped into our beings.

May God’s Spirit renew us and empower us. Receive the Gift!

Thanks be to God!

Pastor Fred Brumm, M.Div.



THE DEERFIELD NEWS

Gables Star of the Month: Marion Carlstrom

Marion's story begins in 1926 in Lawrence, Massachusetts: the fifth child of John and Eva Hill; baby sister to two brothers and two sisters. Her parents worked at the woolen mills in the large city of Lawrence for many years. Her father was also a pianist in nightclubs to make extra money for his large family.

One weekend in the summer of 1942 Marion and her best friend went to older sister Viv's home for a visit. Viv said the younger girls could go to the nearby town to hang out. The kids would do that during war time, according to Marion! It was there, in Portsmouth, New Hampshire that she saw the cutest sailor in the US Navy! That visit, little did she know, would change her life forever!

That sailor was Harry Carlstrom of New Richmond, Wisconsin. Harry and Marion would turn a friendship into a long-distance relationship that eventually turned into a marriage that lasted just shy of 59 years. Harry joined the Navy right after the bombing of Pearl Harbor to do his part for his country. His long-distance relationship with Marion lasted four years and involved a lot of letters!

Harry got out of the Navy in 1945 and went home to Wisconsin to prepare for his upcoming marriage! Harry drove to Lawrence, Massachusetts in June of 1946 to marry his sweet Marion. After a small ceremony at her grandparents home, the couple headed to New Richmond to start their new life together.

Marion was warmly welcomed into the Carlstrom family: Harry's parents; lots of aunts, uncles, and many cousins! Marion was overwhelmed as she had no cousins of her own! After living with Harry's parents and brother for almost one year, they moved into their brand new home in New Richmond with their brand new baby girl, Sherry. Two years later they welcomed a son, John.

Over the years Harry worked at Doughboy and Marion at the Daylight Store, part-time. Because she

is such a friendly person, she loved working with the public. She later worked at Olson's Department Store.

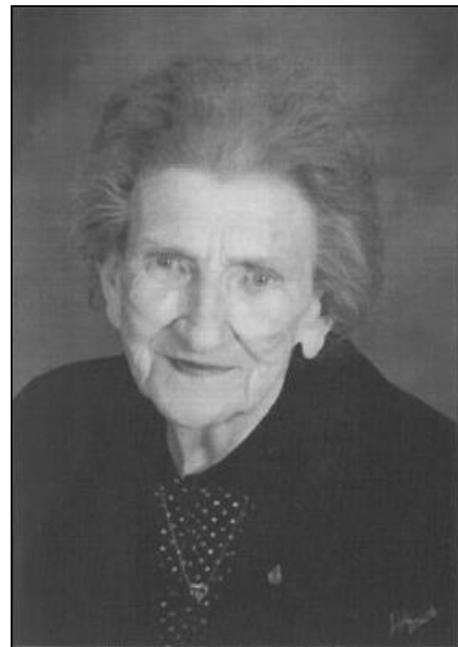
In 1959 they moved to a bigger home and daughter Leslie surprised them! In 1974 Harry became ill with Myasthenia

Gravis and had to retire early. Marion was his caregiver and became the "nurse" she had always wanted to be... self-taught, without schooling!

By the 1980s Harry and Marion were empty nesters and Harry's disease was in remission. They relocated to Birchwood, Wis. to enjoy grandchildren, family and friends. They lived in Birchwood for 21 years. Harry had a fall that broke his ankle and Marion couldn't care for him at home any longer. They moved back to New Richmond, Marion to Boardman Meadows, with hopes of Harry joining her in their new home. But sadly, Marion lost her sailor, the love of her life, four months after moving back to New Richmond where their marriage began.

Marion lived on her own for 15 years. She is especially proud of her family! Grandchildren, great-grandchildren and great-great-grandchildren. In 2015 when her first great-great-granddaughter was born, Marion was so pleased to have five generations of family.

Marion loves everyone and would never let anyone leave hungry when she used to cook and bake all the time! Her coffee pot was always on, even though she preferred tea.



THE DEERFIELD NEWS

Deerfield Birthdays

We wish you all a happy birthday and blessed year!

Gables Residents

Marlys Fiedler 7-3
Bernie Hink 7-3
Ina Mae Strohbeen 7-7
Lyle Burke 7-27

Housing Residents

Jane Johnson 7-7
Russell Strohbeen 7-7
Cliff Edgett 7-7
Joe Langer 7-7
Thelma Standaert 7-14
Ann Healy 7-25
Bud Marson 7-30

*If we have missed your birthday, we apologize!
Please let us know.*

Wellness Thought

Dog Days of Summer – Stay Hydrated!

by Dawn Pavelski

With the heat of summer upon us, it is important to make sure you are getting enough fluids. How do you know if you are staying hydrated or not? One way to tell is by the color of your urine. If it is a dark yellow, you need to drink more fluids. A light or clear urine means you are doing a good job of getting the fluids your body needs!

Dehydration means the body doesn't have as much fluid as it should. Normally, the body constantly gains fluid through what we eat and loses fluid through urination, sweating, and other bodily functions. When we lose more fluid than we take in, we can become dehydrated. Studies have shown dehydration increases the risk for constipation, urinary tract and respiratory infections, and kidney stones. Plus, evidence shows that dehydration can lead to an increase in falls and longer recovery time.

Here are some easy ways you can stay hydrated:

- Drink five 8-oz. glasses of water each day.
- Drink small amounts of fluids throughout the day—you don't have to guzzle 8 ounces. all at once!
- Avoid caffeine and alcohol in large quantities as they have a diuretic effect and can lead to dehydration.
- Get your water from foods high in water like fresh fruits, vegetables, and some dairy products (watermelon, strawberries, oranges, cucumbers, celery, tomatoes, skim milk, cottage cheese, and plain yogurt are all high water foods).

Staying hydrated is extremely important for your overall health! As long as you are eating plenty of water-rich foods and drinking water when you feel thirsty, you won't have a problem staying hydrated.

THE DEERFIELD NEWS



Time for an Important Document Review

The presence of COVID has certainly changed many of our daily routines and for some, plans for how we imagined we would spend 2020.

It also has provided us with time to pause and consider some decisions that may have been on our To-Do Lists for quite a while. For most of us it's probably time to review our important documents to make sure they are up-to-date and reflect our wishes. It's wise to review these documents every 3-5 years, or after a birth or death in your family, a significant health concern and even during times of economic uncertainty. Doing so can ease your peace of mind and fuel you with confidence that you have seen to what matters most to you—caring for your heirs and charitable missions that are important to you.

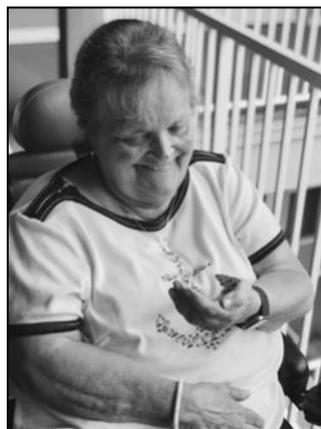
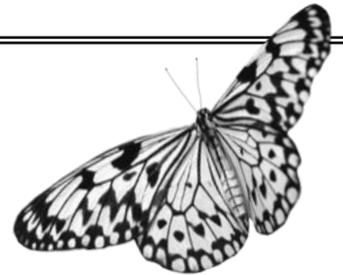
Some actions to consider:

- Important document files. Are your documents and passwords in a protected location that your selected loved one(s) can access?
- Beneficiary designations. Have you completed beneficiary paperwork for financial accounts such as savings/checking, retirement plans and life insurance? Contact your plan administrators for the needed forms.
- Some documents are easier to update than others. In today's environment, some attorneys are willing to work over the phone or make house calls.

We all want to provide for our heirs and many of us wish to support favorite charities, too. If you have questions or need assistance, please call the Presbyterian Homes Foundation at 651-631-6105, 651-631-6418 or 651-631-6408.

Thank you for being a part of the PHS family. Your neighbors, loved ones and PHS employees are keeping you close in their thoughts and prayers. Stay well.

**We had the joy of raising butterflies this spring.
We were able to release 40 Painted Lady butterflies
into our gardens at The Deerfield.**



THE DEERFIELD NEWS



Our Master Gardeners have been busy making our grounds gorgeous. Now that the weather is nice, we encourage you to get out and enjoy the freshly planted flowers throughout the campus.



How to find this newsletter online

- Go to www.deerfieldphs.org
- Look at the “In this Section: navigation menu on the right side of the screen.
- From there you can click on “Newsletter” or “Activities and Events” to find social calendars for the Terrace, Commons, Arbor and Gables.



Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

Vision

To provide more choices and opportunities for more older adults to live well.

Values

Christian Ministry

Ready & Engaged People

Operational Integrity

Service Excellence

Stewardship

EQUAL HOUSING OPPORTUNITY
ALL FAITHS WELCOME

Refreshed to Serve: PHS community redevelopments

In addition to the new Presbyterian Homes & Services (PHS) communities highlighted last month, PHS is also advancing major redevelopment of existing communities. Redevelopment builds on our legacy of service, while recreating physical environments to respond to the changing needs and demands of older adults. Led by Senior Housing Partners, the development arm of PHS, projects are moving forward at the communities below:

Langton Shores, Roseville, Minn.: The first guests were welcomed in February 2020 to the newest PHS transitional care center. Short-stay transitional care suites in a setting focused on hospitality serve those who are in transition from either home or hospital. PHS fully anticipated demolishing the old care center building to begin construction on senior independent living apartments. As the coronavirus emerged in the Twin Cities area, demolition plans were suspended in order to stand ready to respond to emerging needs. In a lease agreement with the State of Minnesota, Langton Place has been repurposed to serve as a low-level, non-COVID medical care facility should it be

needed. PHS will proceed with redevelopment plans when the timing is right. www.LangtonShores.org

Walnut Ridge, Clive, Iowa: The Gables care center at Walnut Ridge is ready to welcome its first residents later this month. The addition of private and semi-private long-term nursing care suites completes the continuum of care on the campus. The new building adds a fellowship room, chapel, therapy suite, spa, salon and administrative offices serving the entire campus. www.WalnutRidgeatClive.org

Founders Ridge, Bloomington, Minn.: Construction to expand and complete the campus is progressing and will open in four phases. The first senior apartment building is scheduled to open in September 2020. A second senior apartment building and brownstones are anticipated to open in November 2020. The final brownstones are slated to open in early 2021. The new buildings offer additional community space, new amenities and underground parking. Reservations are open for all new apartments and brownstones. [www.FOUNDERSRIDGEPHS.org](http://wwwFOUNDERSRIDGEPHS.org)