

SPIRITUALLY SPEAKING: FREED TO SERVE

As Jesus begins his ministry in Galilee, The Gospel of Mark (1: 29-39) tells us that Jesus goes to the home of Andrew and Simon Peter, where he is brought to the bedside of Simon Peter's mother-in-law who is suffering with fever. Jesus took her hand and helped her up, and the fever left her. And it's not only Simon's mother-in-law that Jesus heals and frees from their afflictions, it's all kinds of people; a whole city, Mark reports.

This is the message of the whole of Scripture: God wants to set all of us free so that we might live into our God-given identity and potential, claiming our calling as children of God, joining God in the mission to love and serve His world.

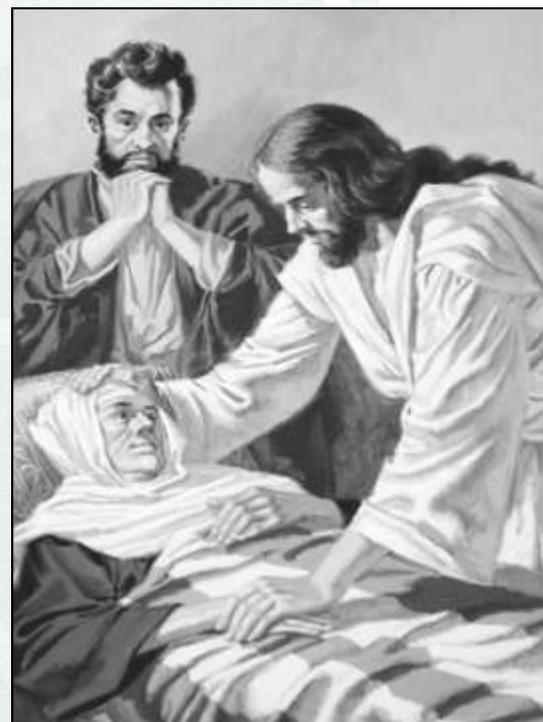
I wonder about our "freedom in Christ" and how we receive that freedom. Most likely we focus on naming what we have been freed *from*, the many things that consume us: freedom from sin, but also freedom from fear, loss, despair, insecurity, and all manner of things that plague or consume us.

But is there another aspect to being made free? Jesus frees us not only *from* things that oppress us, but also *for* a life of purpose, meaning, and service.

Simon Peter's mother-in-law recognized that she wasn't only freed *from* something, she was also freed *for* something, for a life of purpose and meaning and service and generosity.

What have you been freed for? What calls to you? What or who needs you this week?

Pastor Fred Brumm, M.Div.



THE DEERFIELD NEWS

Gables Star of the Month: Jerry Anderson

My name is Jerry Anderson. I grew up as one of three children living in Rice Lake, Wisconsin. I graduated from Rice Lake High School, then joined the National Guard. My parents owned the locker plant in Rice Lake where my I worked with my brother and sister.

I was married and raised two children. I worked as a salesman, selling things like tires, lights, pressure washers and life insurance.

In 1982 my wife and I purchased the Rainbow Lodge in Ojibwa Wisconsin. After we sold the bar and restaurant, we moved into our cabin on Big Sisabagama lake. My wife and I divorced in 2002, I now reside at The Deerfield. My hobbies consist of bow hunting, duck hunting, fishing and golf. I was a fishing guide and I enjoyed catching people catch a muskie of a lifetime.



Beneficiary Designations as Future Gifts

Not everyone wants to commit to making a gift in their wills or estates. Some prefer the increased flexibility that comes with beneficiary designations. You can name a beneficiary without engaging an attorney in the process. These are accounts that use beneficiary designations:

- IRAs and retirement plans
- Checking and savings accounts
- Life insurance policies
- Commercial annuities



A beneficiary may be a family member, friend or favorite charity. Some accounts, like taxable IRAs, will continue to have tax implications if they are left to family or friends, but would be a tax-free gift to a charity. Once you have identified who your beneficiaries are, there are just a few steps to complete to secure your intentions:

1. Contact your retirement plan administrator, insurance company, bank or financial institution for a change-of-beneficiary form for the accounts that you are reviewing.
2. Decide what percentage (1 to 100) you would like your beneficiaries to receive and indicate the percentage on the beneficiary form.
3. Make a copy of the form for your records.
4. Return the completed form to your plan administrator, insurance company, bank or financial institution.

If you decide to list a favorite charity as a beneficiary, you may also choose to notify the charity about your intentions. The Presbyterian Homes Foundation acknowledges all beneficiary designation donors as members of the Legacy Society. You may remain anonymous and still be considered a part of the Legacy Society, too.

For more information on naming Presbyterian Homes Foundation as a beneficiary, or to obtain the Foundation's Federal Tax ID number, please call the Presbyterian Homes Foundation office at 651-631-6408, 651-631-6418 or visit our website at <https://preshomes.planningyourlegacy.org/beneficiary-designations>.

THE DEERFIELD NEWS

Deerfield Birthdays

We wish you all a happy birthday and blessed year!

Gables Residents:

Gerald Bestler – Sept. 6
Danette Gibson – Sept. 11
Allen Kuesel – Sept. 11
Raymond Asher – Sept. 15
Kathleen Atterholt – Sept. 23



Housing Residents:

Lillian Hanson – Sept. 5



If you would like to donate money towards the monthly birthday party, please bring it directly to the front desk.

Also, if we have missed your birthday, we apologize! Please let us know.

Wellness Thought: Fall Awareness Month

According to Mayo clinic, falls are the leading cause of injury among older adults. Some solutions to prevent falls are easily installed and inexpensive. Mayo clinic lists six simple steps you can take to help with the prevention of falls.

1. Make an appointment with your doctor
Your doctor will ask you about medications, previous falls, and risks associated with falls.
2. Keep moving
Keeping active allows your fall risk to lower significantly by improving strength, balance, coordination, and flexibility. Doing exercises such as walking, water workouts, tai chi, or graceful dance-like movements are gentle and great on the body.
3. Wear sensible shoes
Wear proper fitting sturdy shoes with nonskid soles.
4. Remove home hazards
To make your house safer, use non-slip mats in your bathtub or shower.
Repair any loose flooring or rugs.
Move any tables, stands, cords, or racks from high traffic areas.
5. Light up your living space
Keep your home brightly lit to avoid tripping on objects that are difficult to see.
Turn on lights before going up or down stairs.
Keep flashlights at easy access places incase of power outages.
6. Use assistive devices
Your doctor may recommend using a cane or walker to keep you steady.
Raised toilet seat with or without armrests.
Grab bars for bathtub/shower.
Hand rails for both sides of the stairs.



<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>

THE DEERFIELD NEWS

CULINARY AND ACTIVITY EVENTS

Labor Day Grill out

Monday, September 3

BBQ Pork Rib Sandwich or All Beef Hot Dog w/ Baked Beans,
Corn on the Cob and Lemon Meringue Pie

This menu will be offered in all dining rooms during the lunch hour



Football Season is here!

Sunday, September 15

Join us in the Club Room to watch the Packer vs Viking Game

We will have boxed lunches, cost will be \$6, available to those who want them.

Sign up in the Bistro by Thursday, September 12

Grab a friend and wear your favorite team attire. Kick off is at 12:00 pm

Fine Dining

Thursday, September 19

Fall Harvest Salad

Egg Fettuccini w/ Seared Scallops & Pumpkin Seed Pesto

Apple Crisp a la Mode

Reservations are appreciated by Tuesday, September 17



Friday Night BBQs

September 6: Bacon Wrapped Pork Filet w/ Baked Potato and Vegetable Blend

September 13: Grilled Shrimp w/ Parmesan Orzo & Steamed Broccoli

September 20 Grilled Chicken Sandwich w/ Fries & Apple Slaw

September 27: Mushroom & Swiss Burger w/ Tater Tots & Carrot Raisin Salad

Fall Festival

Join us for a week of fall festivities **September 23 -27!**



We will start off with a fall social in the Auditorium at 1:30 pm on **Monday, September 23.**

Tuesday, September 24: Everything Apple. Come to the Bistro to check it out!

Wednesday, September 25: Make your own Fall Snack Mix in the Auditorium following Sit and Fit with Greta.

Thursday September 26: Pumpkin Bake off. All are encouraged to participate. Only rule is to incorporate pumpkin in your dish whether it is sweet or savory.

Friday September 27: Join us for some live entertainment by Doug Alt in the Auditorium while you sip on some hot apple cider .

THE DEERFIELD NEWS



COMMONS/TERRACE FLU SHOT CLINIC

OCTOBER 4, 2019

9:00-10:30 AM

2ND FLOOR COMMONS
LOUNGE



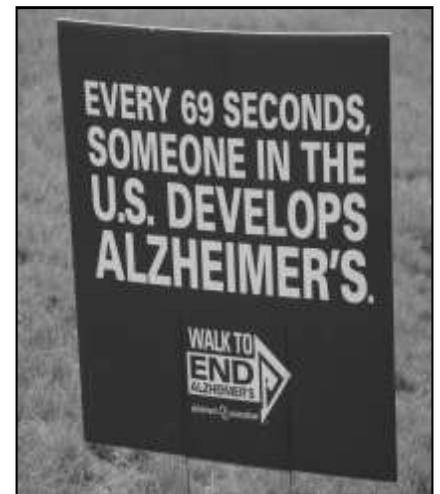
Happy Grandparents Day

2019 Western Wisconsin Walk to End Alzheimer's September 21!

The Kier Family is our Honorary Chair family this year and we are so fortunate to have them lead the way to raise funds for this important cause. The Walk will take place at the New Richmond High School. There are many ways The Deerfield is participating in the Walk to End Alzheimer's. Residents and staff have formed the Deerfield Team, in addition, some people are serving as volunteers to help the day of the walk and others are making donations.

Registration starts at 8:00 AM with the opening ceremony beginning at 9:00 AM and the walk kicking off at 9:30 AM.

There are 5.7 million people living with Alzheimer's disease or another form of dementia. It is projected to rise to 14 million people by 2050. Take a step to help the 1 in 3 seniors who die with dementia to find a cure. Register today at alz.org/walk for working for a world without Alzheimer's!



Tuesday, September 17 from 11:00 AM -1:00 PM, Westconsin Credit Union will be serving up root beer and orange floats in The Bistro in support of The Walk to End Alzheimer's.

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

Love One Another: Greet One Another

“**G**reet others, do not wait for them to greet you first,” is one of the “best practices” commended to all Presbyterian Homes & Services employees. It is our reminder to initiate personal contact with the older adults we serve. After all, we are coming in to your home each day and you should expect to be recognized in your own home. Home is where people know you. When you feel like a stranger, it’s wonderful to hear someone call your name. When you turn and see a friendly face, you don’t feel like a stranger anymore.

Viewed through the lens of Presbyterian Homes’ stated value of Christian Ministry, greeting one another is more than a courtesy; it is a spiritual practice. Greeting each other is the first rung of the ladder of Christian love.

The Apostle Paul encouraged fellow believers to “Greet one another with a holy kiss.” (Romans 16:1). A bold gesture for sure. Typically, we

reserved a kiss for our closest family members and dearest friends. What Paul is trying to impress is that we pay attention to each other, reach out to each other personally and authentically. Whether a kiss, a hug or a handshake, close, personal human contact is important to build genuine fellowship in our communities where many are far from friends and family.

Greeting one another as a spiritual practice means extending recognition, affection, interest, and respect; showing love for one another because God loved us first. It’s an opportunity to give another our undivided attention. Learning each other’s names and extending a warm greeting whenever we meet cultivates fellowship and spiritual bonds.

Jesus said that our love for one another would testify that we are his disciples. Let us be generous with our greetings. In doing so we begin to know and show how we love one another.