

SPIRITUALLY SPEAKING: A SHEEP OF HIS FOLD

In the Gospel of John, chapter 10, we witness an exchange Jesus is having with the Pharisees. The Pharisees were a particularly conservative group of Jewish leaders who set themselves apart by their strict adherence to The Law, as given by Moses, and were among the most verbal and antagonist opponents of Jesus.

Jesus had just met a man who had been blind from birth. He took compassion on the man and, after making a mud pack and placing it on the man's eyes and instructing him to wash the mud off, restored sight to him. You would think that would have been recognized as a miraculous occurrence. The problem, however, was that Jesus did this on the Sabbath, a day to be kept holy and free of "work." The Pharisees sought to defame Jesus and discredit the man who could now see. They interrogated him and, after denouncing him as one of Jesus followers, accused him of perpetrating a scam, chasing him away from their company.

Jesus found the man who could now see. As they visited, the man not only recognized Jesus as a powerful prophet, but was given the spiritual sight to see Jesus as Lord, the Son of Man. Not only could the man now see physically but his new sight led the way to a clarity and insight as to who Jesus was. The Pharisees overheard Jesus and the man with restored sight talking and they became defensive about their status as the religious elite.

Jesus responded by describing his relationship to those who follow him as that of a shepherd to his sheep. The blind man is more than one who Jesus heals; he is one of Jesus' sheep, one of the flock. Like a sheep, the blind man hears Jesus voice, the voice of the shepherd. Jesus, like the good shepherd, finds the blind man who has been cast out, brings him back into the fold, and provides him with protection. More than that, the Good Shepherd leads his sheep into the blessing of lush, green pastures; into a life full of abundance.

The story of the blind man healed by Jesus is our story as well. We, with the man who had been blind, confess, "One thing I do know, that though I was blind, now I see." God calls us through Jesus and we recognize his voice as sheep know the call of the shepherd. We know the Shepherd and are led safely along side still waters and into lush pastures. Hear the voice of the Shepherd, who places our well-being above his own; who protects and nourishes His own. We are sheep of his flock! Blessings for a healthy and joy filled summer.

Fred Brumm, M.Div.
Campus Pastor



THE DEERFIELD NEWS

Gables Star of the Month: Neoma Swenson



My name is Neoma Swenson. I grew up as one of 6 children living in Boardman, WI. I went to Boardman school until attending high school in New Richmond where I joined GAA (girls athletic association).

I met Dale when I attended a prom where he went to high school at Roberst, WI. I remember one date when we went fishing off the shore, Dale was giving me a hard time so I pushed him in the lake. Dale had a cast on his foot that came off quickly. He knew that he had better behave or risk getting pushed in again. That is what he gets for picking on me.

Recently, I was asked if Dale ever tells me NO. Lucky for me he doesn't. We were married in 1956 and purchased our dairy farm in New Richmond in 1965. We had 135 head of cattle and 300 acres. We farmed for 35 years. Farming is hard work however we have many great memories of raising our 3 children there. Somewhere in one of the fields is my diamond engagement ring that I lost while getting the ground ready for

planting. I enjoyed having big vegetable and flower gardens, canning, baking sewing, and crafts.

We enjoyed having a place on Wapo in Amery, WI for 20 years. We have a lot of good memories on the lake and fishing. Dale and I both enjoy playing cards and bingo. We had a neighborhood card club for 35 years. Many days Dale and I would start and end the day with a good game of cards. We are blessed with 10 grandchildren and 14 great grandchildren with hopes for many more in the future.

Caregiver Forum Series Continues with Free Presentation in August

“Searching for Solutions: Research and YOU”

Presenters Terry Barclay, PhD, LP, Clinical Director, HealthPartners Neuropsychology Neurosciences Division, Center for Memory and Aging and Hector Salazar, Recruitment Specialist, Wisconsin Alzheimer's Institute, UW– Madison will be sharing about research.

Learn how easy it is to participate in research– how it works, who can become a participant, and why both healthy individuals and those with a specific diagnosis can contribute. Dementia research in our own backyard.

August 16, 11:30 a.m. - 1:00 p.m.

Westfields Hospital– The Drury Conference Center (535 Hospital Road)

Pre-registration is required by calling ADRC at 800-372-2333.

Mark your calendar also for New Richmond's Walk to End Alzheimer's schedule for September 21 at New Richmond High School!



THE DEERFIELD NEWS

Deerfield Birthdays

We wish you all a happy birthday and blessed year!

Gables Residents:

Dan Nielsen Aug. 1st
Karen Johnson Aug. 3rd
Lucille Strohbeen Aug. 10th
Terry Betterley Aug. 18th



Housing Residents:

Deloise Baker Aug. 3rd
Don Jorgensen Aug. 3rd
Louie Rolf Aug. 7th
Yoko Larson Aug. 10th
Joan Brezovar Aug. 15th
Norrie Steffen Aug. 30th

**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: Try our Wellness Classes

Focusing on Exercise

The benefits of exercise are endless. Not only does exercise reduce stress, anxiety, and depression but it prevents injury and decreases the risk of disability and disease. This is important for any age because injury can play a role with sports in young athletes and as we age as we start to lose muscle mass and bone density.



Strength training is one way to increase both muscle and bone density. According to the University of Michigan, strength training refers to repetitive movements of muscles against resistance using weights, stretchy bands or your own body weight. To increase our strength it's important to use a load (weights) that are more than your muscles are accustomed to. Building muscle takes time but it also requires consistency of performing strength training at least twice a week. Here at Wings Wellness Center we offer a variety of classes that use both weights and bands that build strength, flexibility, and cardiovascular health.

Three types of exercise that are recommended to maintain a healthy lifestyle are aerobics, strength training, and flexibility/balance. By incorporating these types of exercise into your weekly routine will give your body all the right functions and proper tools it needs to be strong and balanced. If you are new to exercise, begin exercise classes slowly and allow yourself time to build strength and flexibility as they don't happen overnight! Last tip is to find a workout partner or someone who is interested in attending an exercise class with you. This holds you both accountable and keeps you motivated.

THE DEERFIELD NEWS

Upcoming Events



State Fair Week is schedule during the week of August 19-23. We will hold many fun-filled events to celebrate the State Fair theme. Come to the Bistro all week for mini donuts, cheese curds and chocolate chip cookies.

The Life Enrichment Team will surprise you will some great activities too!

Updated outings will be scheduled in the August recreation calendar. Please share with the Life Enrichment Team for favorite outing opportunities you would like in the upcoming months!

A New Way to Advance the Mission of PHS

The Presbyterian Homes Foundation recently established a Donor Advised Fund (DAF) for individuals interested in advancing the mission of Presbyterian Homes & Services.

Just what is a DAF? It is a giving vehicle established at a public, sponsoring charitable organization, such as the Presbyterian Homes Foundation, St. Paul Foundation, Fidelity or Vanguard. It allows donors to make a charitable contribution to establish the fund, receive an immediate tax deduction and then recommend grants from their fund to virtually any IRS qualified public charity (aka non-profit). Donors can make additional contributions to their DAF over time. Funds can be invested for tax-free growth.

The DAF through the Presbyterian Homes Foundation is administered by the American Gift Fund and all accounts will have the professional investment management handled by RBC Wealth Management. Fees for administration and financial and investment management of the Presbyterian Homes Foundation DAF are very competitive and determined by the balance of the DAF. No fees are paid to Presbyterian Homes Foundation

In addition:

- The minimum contribution to establish a Presbyterian Homes Foundation DAF through the American Gift Fund is \$25,000.
- Once the DAF is funded, grant requests can be made immediately. There are no annual minimum or maximum number of grants that must be made from the DAF.
- For each grant made to a qualified charity, a matching grant in the same amount will be made to Presbyterian Homes Foundation and directed to a PHS fund of the donor's choice.
- All requested grants are verified by the American Gift Fund to ensure that the charity is an IRS approved 501(c)(3) charity.

Final distribution of the DAF can be made to Presbyterian Homes Foundation to benefit Presbyterian Homes & Services or the balance can be divided equally between Presbyterian Homes Foundation and one other charity.

You Can Make a Difference

Every gift begins with an important question: How can I make a difference? Please contact Steve Preus, Presbyterian Homes Foundation Representative, at 651-275-5178 for more information about our DAF or other giving opportunities. You can make a meaningful difference at your community. Thank you!



THE DEERFIELD NEWS

CULINARY CORNER

Join us for **State Fair Week** in the Bistro. We will serve some fair food favorites throughout the week of **August 19-23.**



Fine Dining will take place on Thursday, **August 15.** Menu includes Berry Orange Spinach Salad w/ Citrus Balsamic Vinaigrette, Cheese Asparagus Stuffed Chicken Breast, Roasted Red Potatoes, Caulilini and Strawberry Layer Cake

Reservations appreciated by August 13.

FRIDAY NIGHT BBQ SPECIALS

August 2: Grilled Hoisin Glazed Pork Skewers w/ Sweet Potato Fries and Corn on the Cob

August 9: Bacon Cheeseburger w/ Tater Tots and Tomato Cucumber Salad

August 16: Grilled Garlic & Herb Salmon, Baked Potato and Fresh Green Beans

August 23: Grilled Mushrooms, Garlic Parmesan Potatoes and Baby Carrots

August 30: Grilled Teriyaki Chicken with Fried Rice and Broccoli



NURSE'S NOTES:

A big congratulations to our Deerfield Gables team for receiving "0" deficiencies during the Department of Health State Survey!

Presbyterian Homes & Services is so grateful for the dedicated and compassionate care our staff continues to provide to all of our residents. A job well done!



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 Redevelopments & Renovations

In addition to pursuing new communities to fulfill our mission, Presbyterian Homes & Services (PHS) is committed to redeveloping and renovating our existing communities. These projects build on our legacy of service while responding to the changing needs and demands of older adults. Led by Senior Housing Partners, the development arm of PHS, and Senior Lifestyle Design, the PHS interior design team, projects are progressing at these communities:

Langton Place, Roseville, Minn.: The long awaited redevelopment broke ground in December 2018. The first phase will offer transitional care suites with a hospitality focus. Staff and guests in our care will transition to the new campus in January 2020. Once this phase is complete, the former structure will be demolished and we will build senior living apartments and a town center. www.LangtonPlace.org.

Walnut Ridge, Clive, Iowa: Construction of the new care center is on track to open in winter 2020. The addition of 60 private and semi-private long-term nursing care suites will complete the continuum of care on the campus. The construction is also adding a fellowship room, chapel, therapy suite, spa, salon and

administrative offices. A renovation of the memory care common areas is underway as well. www.WalnutRidgeatClive.org

Founders Ridge, Bloomington, Minn.: Construction begins soon to expand the existing campus with new senior independent living apartments and stand-alone brownstone row-style homes, additional community space, new amenities and underground parking. [www.FoundersRidgephs.org](http://wwwFOUNDERSRIDGEPHS.org)

Interior renovations complete: Central Towers, St. Paul, Minn.; EagleCrest senior apartments, Roseville, Minn.; SummerWood of Plymouth common areas, Plymouth, Minn.; The Mayfield common areas, Little Canada, Minn.

Interior renovations started (select sites): EagleCrest assisted living and memory care apartments, Roseville, Minn.; GracePointe Crossing village homes, Cambridge, Minn.; Johanna Shores care center, Arden Hills, Minn.; Presbyterian Homes of Bloomington Gideon Pond Terrace senior apartments, Bloomington, Minn.; and common areas at SummerWood of Chanhassen, Minn.