

## LOVE

As I reflect on February, the first ideas that come to mind are about Valentine's Day. I spend time putting Valentine's cards together for my 5-year-old's class. I think about flowers and chocolate and romantic movies. After being married for almost 8 years, and with the chaos that comes with small children, I have low expectations for Valentine's Day. Valentine's Day usually feels like a greeting card-driven holiday anyway, where the true meaning of love can be confused or lost. Love is not shown in how many gifts I receive on special occasions, but all of the actions taken in love throughout the year. Love is a commitment and not a feeling. You know you are truly loved when someone is there for you in the good, bad, and the ugly.

I think this can best be summed up by the I Corinthians, chapter 13 passage, often popularly shared at weddings, starting with verse 4 through verse 8.

*“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.”*

And while this is a great standard by which to love our spouses, children, family, and friends, we are not perfect. The only love that is perfect and embodies these verses is the love of our Heavenly Father. The kind of love that is so big, it meant sacrificing His only son. The God of love that wants to hear from us all day without ceasing. The God of love that desires a relationship with us, despite our sinful persistence to “do our own thing.”

I hope this message will remind you to continue to cultivate a loving relationship with God and then reflect His love to everyone with whom you come in contact.

Gabriella Miller  
Human Resources

# THE FARMSTEAD HIGHLIGHTS

## Unchanging

“Jesus Christ is the same yesterday, today, and forever.” Hebrews 13:18

Most everyone would agree that change seems to be happening at a faster rate than it seemed to in years past. Some talk about change in climate. There are changes in education, politics, economics, even worship styles in church. There are surely changes in technology. My mobile phone is only a few months old and I am told it is lacking some of the “latest” features! In this ever-changing environment, it is good to be reminded that there is one thing that never changes—and that is *Jesus Christ*.

“Same” in the verse from Hebrews emphatically states that Jesus Christ is unchangeable. Jesus is the one Person we can depend on to be the same, regardless of the time or the many changes around us. “Yesterday” is referring to all of time that ever was, up until this present moment. “Yesterday” and “today” are words that refer to continuity, and “forever,” well, that means forever! The wonderful truths from the Gospels (Matthew, Mark, Luke, and John) about who Jesus is and why Jesus came to earth remain the same no matter how much other things change. Jesus came to seek and save the lost and to offer eternal life. It is Good News that Jesus Christ is the same yesterday, today, and forever!

Pastor Dale Solberg

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## Wellness Words

### Hypothermia: A Cold Weather Hazard

You may have heard of the winter danger of falling on the ice and breaking bones, or breathing problems from the cold air. Some of us may not know about the risk of lowering our internal body temperature. This drop in body temperature is called *hypothermia* and can be deadly if not treated quickly. This condition does not only happen outdoors or in northern cooler states, mild hypothermia can occur in your home if the temperature is too cool.

#### How do you know if someone has hypothermia?

Look for the “umbles”: *stumbles, mumbles, fumbles and grumbles*; confusion or sleepiness; slowed, slurred speech; shallow breathing; weak pulse; change in behavior or appearance; excessive shivering or no shivering in limbs; poor control of body movement or delayed reactions.

#### How do I protect myself from hypothermia? Some age-related considerations:

Stay away from cold places as much as possible—changes in your body as you age could make it more difficult for you to notice that you are getting cold. Pay attention to the weather forecast and try to plan

ahead, avoiding very cold windy days. If you must go out, dress appropriately with hats, gloves, several layers, and a waterproof outer layer. Avoid tight clothing—loose layers will help trap the heat between the layers and keeps your blood flowing freely. Consult with your doctor about the medications you are taking. Some common prescriptions can increase the risk of accidental hypothermia, such as drugs for treatment of anxiety, depression and nausea. Some over the counter drugs can cause these problems as well. Avoid alcohol in cold weather. Body fat helps you stay warm, be sure you are eating enough to maintain a healthy weight.

Remember the signs of hypothermia and call for help if you have concerns. For more information on senior health, check out these websites from the National Institute on Aging:

[www.n4a.org](http://www.n4a.org)

[www.nia.nih.gov/HealthInformation](http://www.nia.nih.gov/HealthInformation)

[www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)

To your Health!

Alexis Barrett, ACSM EP-C Fitness Director, 651-765-4060; [abarrett@preshomes.org](mailto:abarrett@preshomes.org)

Source: *The National Institute on Aging, Age Page*

# THE FARMSTEAD HIGHLIGHTS

## What is Your Legacy?

People just like you have created will and beneficiary plans that reflect their legacy intentions. It may be a goal for you this year to review these plans to make sure they are up-to-date, and that your wishes and values are clearly expressed through these important documents.

### **Become part of the Legacy Society**

The Legacy Society is a circle of donors who have a future gift arrangement with Presbyterian Homes & Services. This may be through a will/trust bequest, a beneficiary designation or a transfer of a bank or brokerage account. Members share a commitment to enriching the lives of older adults. Your future gift will change lives and meet the needs of future PHS residents. If you wish, you may designate your gift to benefit your PHS community. The Legacy Society does not require any entry fees or annual fees. To qualify for membership, you simply verify that you have made a future gift provision for a purpose important to you.

As a member of the Legacy Society you will:

- Be invited to special events with PHS leaders
- Receive a gift in appreciation of your future gift
- Learn about the future of older adult services from industry experts
- If desired, receive recognition in print and interactive media
- Make a personal investment in PHS' future

The Presbyterian Homes Foundation welcomes the opportunity to provide you with information about various future gift options and answer questions you may have regarding how you can make a difference. For assistance, please contact a gift planner at your community or call us at 651-631-6408 or 651-631-6418.



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## Did You Know?

*“We put no stumbling block in anyone’s path so that our ministry will not be discredited.”* II Corinthians 6:3

Did you know that Melissa Dupont LSW, Housing Counselor and/or Cassie Peterson, MA CPG, Campus Administrator is available for a free, private and confidential consultation? The Farmstead offers Pathways—a program designed to help residents of the Terrace and Townhomes (and their family members) navigate their way to resources that may enable them to: live safely within their current home environment or explore the continuum of care. Are you curious about food/dining options, adult day programs, rehabilitation centers or services, someone to help set up medications? Seek a consultation to help get you started!

Please note: resource materials will be provided to residents and/or family members. No service or entity outside of the Presbyterian Homes & Service organization is endorsed by The Farmstead of Andover. Residents and/or family members are responsible for the coordination of service.

To request a Pathways consultation contact Melissa or Cassie directly.

**Call today for information or to schedule a personal tour, 763-712-7000**



The Farmstead  
13733 Quay Street NW  
Andover, MN 55304

763-712-7000  
[www.farmsteadphs.org](http://www.farmsteadphs.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**

## *Supporting “Ready and Engaged People” who serve you every day*

*“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.” ~ I Peter 4:10*

**P**resbyterian Homes & Services’ (PHS) stated value, “Ready and Engaged People,” expresses our commitment to honor the employees who fulfill our mission. That mission, “To honor God by enriching the lives and touching the hearts of older adults,” relies on the good work of over 6,500 employees throughout the organization. Attracting, developing and retaining employees is vital to our mission.

Organizations like PHS face growing challenges now and in the coming years with a limited skilled workforce available. From day one of each employee’s career at PHS, we declare that employees are the most important resource in our ministry and we recognize how important fair and sustainable compensation is to support their daily lives. For 2019 we conducted an extensive review of wages offered by other similar organizations and

we are investing over \$5 million dollars in wage increases to ensure we are providing fair and competitive wages. 80% of these increases have gone to hourly employees, including the employees who touch your lives every day like culinary servers, cooks, nursing assistants, nurses and housekeepers. A 2% base wage increase has gone to all employees, but many received more.

We are grateful for the gifts, skills and passions that PHS employees bring to their work and we promise to foster an environment where they are valued and empowered to make a difference. This vital investment in PHS employees’ careers and livelihood helps us live out our value to be “Ready and Engaged” in serving you, the residents, whose homes we are privileged to come into and work every day.