

## Love Thy Neighbor as Thyself

I just flipped the page on my calendar saying “goodbye” to the month of February and “hello” to the month of March. Many of us connect February with the month of love; after all, Valentine’s Day falls within the month. Did you send Valentine cards this year? Did you receive a Valentine this year? What was it...a card, flowers, chocolates, dinner out, a gift card? How long did it (the gift) last? How long did the Valentine make you feel special or loved?

We are now in the month of March with April closely following. Do you consider these months a time of love? For many of us it is not immediately obvious but in the weeks ahead we will be preparing for a very special day. On Easter, we will celebrate the greatest *love* story ever told. And this beautiful and overwhelming gift of love will last forever!

**Matthew 5:43-48 tells us** *“You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect.”*

God gives us Jesus; a perfect and pure example of being human in this world and as sinners we strive to meet this expectation. This is very hard. I struggle with this daily and I fail often. However, each morning I wake to remember that the slate has been cleaned and I have a new opportunity to make a difference in my life or in the life of someone else.

A few years ago, The Farmstead was being surrounded by several brand new senior communities. From one specific community, I was receiving visits and calls wanting information on The Farmstead. They were quite rude and aggressive towards me, and I was upset with their approach. The marketing person was nice to me in person but I felt slighted as they gathered their research and then utilized our information for their benefit. Transparency is something I have always supported in my work so, in stepping back, I recognized that they did nothing wrong. I did not like how they approached me but I decided not to be mad or upset. I decided to *love* them. I began praying for my new colleagues and for the success of their community. I began meeting their marketing person for coffee and worked to build a personal relationship. In doing so, I recognized our common ground, and our shared passion for serving seniors. In the end, I utilized the power of love and in doing so felt God’s amazing grace.

Melissa Dupont, Housing Counselor and Community Outreach

# THE FARMSTEAD HIGHLIGHTS

## Lent/Light

**M**any Christians are observing the season of Lent, the 40 days leading up to Easter (Resurrection) Sunday. Lent is a season of self-examination, preparation, reflection, prayer and an opportunity for a more heightened time of spiritual disciplines such as fasting, meditation and others. It does not mean that doing these things brings salvation or a quicker path to heaven but that it can strengthen us as Christian believers. Lent can help us self-reflect and see our continual need for forgiveness and redemption that comes from Jesus Christ. It can make us more aware of the price paid for our salvation by Jesus Christ. This preparation time in Lent is meant to help us celebrate, in a greater way, God's marvelous redemption of Easter. The literal meaning of Lent is "a lengthening"—longer days and more light as spring approaches. We know that we live in a world where there is evil and darkness.

Each generation still needs to come to the saving knowledge of Jesus Christ and to receive the light of Jesus Christ into their hearts. Each of us needs to guard our hearts from darkness. A colleague of mine wrote in a devotional: "When I was a teenager, I got caught playing a prank one night at camp (Bible camp!). To avoid punishment, I ran down a trail through the dark woods. I had to run by feel, praying that I wouldn't crash into a tree!" Like my colleague, it seems like human nature is to run toward darkness rather than toward the light. "Again, Jesus spoke to them, saying, 'I am the Light of the World; he who follows me will not walk in darkness, but will have the Light of Life'" (John 8:12). Each of should cling to Christ every day, but Lent can be a time to remind us of the light of Christ.

The season of Lent, as it moves toward Easter, can be a reminder that Light has come into darkness, and that The Lord gives us the ability to walk in the light: John 1:9-12 reminds us that if we seek and receive the light of Jesus Christ, we are truly the children of God.

In this season of Lent, we can reflect on Jesus Christ, the Light of the World, and His work of salvation so that we can also be light in the darkness.

Pastor Dale Solberg

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## WELLNESS WORDS

### Happiness: What can you do to boost happiness?

**H**appiness is often related to an individual's surroundings and situations, rather than an individual's mindset and internal dialog. You cannot often change outside circumstances, but you can make personal efforts to influence your happiness through positive psychology interventions. Researchers in positive psychology interventions have found that there are 3 paths to happiness: positive emotions and pleasure, engagement and meaning.

The key themes within these paths are:

- Gratitude
- Social Support
- Compassion and kindness
- Cooperation
- Forgiveness
- Mindfulness

# THE FARMSTEAD HIGHLIGHTS

## DID YOU KNOW?

### **Did You Know The Farmstead has a Resident Ambassador Program?**

**R**esident Ambassadors are leaders who are actively involved within the campus and are dedicated to the positive promotion of The Farmstead. Ambassadors represent The Farmstead at official events and have knowledge of and interest in The Farmstead's amenities, activities and services.

#### **Goals of the Program**

- To provide a positive first impression to visitors who are considering a move to The Farmstead.
- To share information about The Farmstead with the surrounding community
- To assist in planning and hosting of community relations projects
- To help show the community to prospective residents and their family members
- To welcome the newest residents into The Farmstead

#### **What do Resident Ambassadors do?**

- Each ambassador can choose a special assignment(s)
- Your assignments may include:
  - Volunteer during events or special meeting functions
  - Share your personal experience with visitors and prospective residents
  - Serve as a greeter at community open houses.
  - Share ideas for on-going community relations activities
  - Show your apartment to prospective residents.
- Welcome new residents into the Farmstead community (this includes an initial friendly visit, offer to tour, attend an activity and/or a meal together)

#### **What are some of the rewards?**

- Help those considering a move by sharing your experience
- Meet new people and make connections
- Enjoy a leadership role within the community
- Receive ongoing educational opportunities
- Participate in an annual thank you event

Are you interested in becoming an Ambassador? If so, contact Melissa Dupont

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



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*Postmaster: address correction requested*

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**

## *Our strategic goals uphold your freedom to live well*

Everything we do at Presbyterian Homes & Services (PHS) aims to fulfill our vision “to provide more choices and opportunities for more older adults to live well.” The 2019 PHS annual report, due out this month, highlights our strategic goals for 2019 and the years ahead. We want to share some of these goals with you.

PHS offers 15 distinct living options and service divisions to expand choices and ease transitions for each resident and client we serve. We remain committed to grow to 80 communities by 2035 and to triple the reach of our services that extend into the broader community. Our strategic priorities also include robust life enrichment, personalized wellness and expanded volunteerism, because we know that you don’t just want to live, you want to live well.

Through Optage® and Genevive we have expanded our geriatric physician services and care navigation supports that are available to you right in your home. With Medicare Advantage plans and value-

based contracting, we are able to extend these services to many older adults who cannot otherwise afford the integrated care and supports that lead to better living.

We are also working to preserve affordable housing and expand access for a growing number of older adults who find themselves with few options between subsidized and market rate housing. After all, we know that one of the greatest determinants of health and happiness is the place we call home.

Finally, we believe that employees are the most important resource in our ministry and are blessed with the ability to attract people who are purpose driven. Through expanded employee development initiatives, like the Hugh K. and Margaret S. Schilling Leadership Institute, we are committed to an environment where employees are valued and empowered to make a difference. This is our promise to employees that undergirds our commitment to you.