

## Gifts

*"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."*

*1 Peter 4:10, NIV*

*"As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God."*

*1 Peter 4:10, KJV*

**H**ave you ever thought of volunteering, wondered what you could do if you volunteered? Have you wondered what gifts God gave you?

He has given us all gifts and this looks different for each of us. As the Clinical Administrator at The Farmstead and, in that capacity, I focus mostly on nursing and caring for the residents but there are so many ways that you, as family members offer your gifts as volunteers. Or you could consider how you can volunteer.

Sometimes we don't recognize things we do everyday that we could do for someone else such as reading, picking up a few groceries, crafts, looking at pictures with a resident, reminiscing about the past, just talking about your career/job and listening to what the resident did in the past, or sharing a meal at the restaurant with a resident. There is visiting 1:1 with a resident, helping with activities, helping on Sunday with the worship service or after when residents and guests enjoy the social hour.

There are the special events that happen here. There are tasks behind the scenes that are needed when we are planning events or getting ready for a craft, etc...

These are just a few areas in which we need or use volunteers here but if you ever wonder how you can help or volunteer at The Farmstead please call Ahna Lloyd. She will be delighted to put your gifts and talents to work here.

Lori Angell, Clinical Administrator

# THE FARMSTEAD HIGHLIGHTS

## Is It Spring Yet?

The answer to the question posed above is a firm “no” today because I am writing this devotional on the Sunday afternoon of the early March blizzard in the area. I am convinced that it WILL be spring in early April and the answer will be “yes” when this article is published and read!

The spring season brings all kinds of images, fragrances, sights, and sounds. I love drives in the country, especially through farm country in April and May. The buds of the trees turn from light green to fully-leafed and dark green seemingly overnight. It is the time when tulips and other bulb flowers push up to reach sunshine and warmth. I love the smell of the earth in gardens and fields getting ready for seeds and plants. There are new babies (calves, kittens, puppies) in the barnyards. The ground turns from white to brown to green.

The images, fragrances, sights, and sounds are all those of new life. This year Easter Sunday (Resurrection) will be in late April, just when spring should be upon us in fullness. Just like spring is about new life, Easter is about New Life. I Peter 1:3: “Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead.” This is Good News!

I am glad for new life, but I am especially glad that each of us may also have New Life because of the finished work and redemption in Jesus Christ.

Dale Solberg

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## Wellness Words

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

This month we will go over *Loving-Kindness Meditation*. Boosting compassion and kindness is proven to increase happiness. Researchers Kok, Coffey and Cohn found that participants who took a 1 hour meditation training once weekly for 6 weeks, and who were encouraged to practice at home, increased positive emotions, social connections and nervous system health.

Practice loving-kindness meditation daily if possible. You can find a version of this practice at <http://bit.ly/2yXdkxv>.

- ◆ Dedicate 15-20 minutes at least 5 days a week to practicing the meditation
- ◆ During the first week, practice directing love and compassion to yourself
- ◆ In the second week add loved ones
- ◆ In week 3 expand loving kindness to acquaintances
- ◆ In week 4 add strangers
- ◆ During the fifth week extend loving kindness to all living beings

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

~ 16<sup>th</sup> Dalai Lama

Live well,

Alexis Barrett Fitness Director, ACSM Exercise Physiologist

# THE FARMSTEAD HIGHLIGHTS

## DID YOU KNOW?

### **Did you know that Terrace residents are offered a Meal Plan option?**

The Terrace Meal Plan allows residents in the Terrace or Townhomes to purchase meals in bulk instead of on a per meal basis thus allowing them to save when dining in the Harvest Restaurant. If you are interested in participating in one of the Terrace Meal Plans please stop at the Commons Reception desk.

#### **15-Meal Plan, \$130.00 per month**

Residents may eat up to 15 meals each month at this price and meals cannot be carried over to the next month.

#### **30-Meal Plan \$255.00 per month**

Residents may eat up to 30 meals each month at this price and meals cannot be carried over to the next month.

### **Guidelines for using the Terrace Meal Plans**

- ◆ Meal plans must be used for the lunch special between 11:00 AM to 1:00 PM or for the supper special between 4:00 PM and 6:00 PM.
- ◆ Guest meals are not eligible to use Meal Plan meals.
- ◆ No a la carte purchases for Lunches or Dinners (using the meal plan).
- ◆ Special Dinners (Terrace Buffets, Food For Thought, etc.) are not included in the Terrace Meal Plan and are priced according to the occasion – See individual meal flyers
- ◆ Billing for a Terrace Meal plan can be paid in cash or added to your monthly statement.

### **Other Meal/Food options**

**Harvest Restaurant:** daily menu dining 7:00 am- 6:00 pm; cold options available 6:00pm – 6:30pm. Harvest Restaurant parties of 4+, reservations are recommended. TO GO orders may be placed by calling the kitchen at \*7008 and must be picked up at the Harvest Restaurant counter; delivery service is not available to Terrace apartments.

**Terrace Community Dining Room:** Noon meal served every Sunday. Sign up at the Communication Center. If less than 4 residents sign up, meal will be served in the Harvest Restaurant.

**Impact Services** is the local Meals-on-Wheels program. This hot, mid-day meal is delivered Monday-Friday. Call 763-236-8718 for more information.

**Optage Senior Dining Choices:** A division of Presbyterian Homes & Services. Locally prepared fresh, fully cooked meals delivered to your home weekly. 60+ frozen entrees to choose from that can be easily heated in microwave or oven.

No minimum; no delivery charge.

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



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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**

## *Volunteers: Love in Action*

*"Let us love, not in words or speech, but in truth and actions." - 1 John 3:18 (NRSV)*

**V**olunteers who serve Presbyterian Homes & Services (PHS) help build a better world for older adults each day, one act of kindness at a time. More than 3,000 residents and friends found meaningful engagement and a sense of vocation by volunteering across PHS communities in the past year. Volunteers are the heart and soul of PHS, strengthening our Christian ministry through their stewardship of time and talent offered in gifts of compassion, dedication and love.

PHS welcomes all kinds of volunteers—from students to older adults. Volunteers help to organize outings and assist with activities, or just spend time listening to and talking with residents. Many PHS residents find themselves with significant free time and a desire to contribute to their community in a positive way. Volunteering can help imbue a new sense of purpose or enable the pursuit of hobbies and passions. In addition, studies have shown that the act of

volunteering has a positive effect on the overall health and well-being of older adults.

### **April is Volunteer Appreciation Month.**

Presbyterian Homes & Services would like to say thank you to all who lend their time, talent and support, whether it be just for one afternoon or year-round. We celebrate the ordinary people who accomplish extraordinary things as PHS volunteers. They encourage the people they help and motivate others to serve as well.

Our mission, "to honor God by enriching the lives and touching the hearts of older adults," is made possible in part by the support of such volunteers. If you have a passion that you'd like to bring or a skill that can be used to benefit the lives of older adults, we'd like to hear from you. Contact your site leader or go to [www.preshomes.org](http://www.preshomes.org) and click on *Get to Know Us - Volunteers* to learn about volunteer opportunities.