

## *What September means to me*

**S**eptember marks 20 years since the Twin Towers collapsed. I remember this day like it was yesterday as I am sure you do as well. From that awful day, there is what is now Patriot Day. We have this day to remember those who lost their lives and to never forget what happened. So, if you could fly your flag at half-mast to show your patriotism or just have a flag out to show your support, that would be fantastic.

September also marks the arrival of cooler weather for us. We start seeing trees and leaves turning different colors, apples being picked at local orchards, and the smell of apple crisp in our hallways here at The Farmstead. But most of all, we can't forget the State Fair! Always a fun time and everyone has a story about the State Fair.

One of the things I love to do in September is to go camping. That includes hiking in the forest, playing yard games, eating smores by the campfire, and sharing stories with family. So, I hope you are just as excited for September as I am.

Share a September story with a friend, fly a flag, go for a walk in the leaves !

Do what September means to you.

Kevin Fish,  
Environmental Services Director

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### Here are some other staff members' September favorites:

- ❖ Back to school
- ❖ Cool nights
- ❖ Vikings' football
- ❖ Hunting
- ❖ Labor Day weekend
- ❖ Cooler days
- ❖ Fall sports



# THE FARMSTEAD HIGHLIGHTS

## Chaplain's Corner

### Fire Followers

With forest fires affecting the US Western states and Canada, and resulting smoke we have experienced, we wonder if anything redemptive can come from the devastation.

Did you know that beautiful wildflowers are the first plants to grow soon after a forest fire? They are called fire followers because these flowers follow a forest fire as the first plants to emerge from the burned ground and cover it with beauty. Some are called Fireweed, beautiful purple wildflowers; or the Mountain Mallow, delicate light pink in color; or asters, or others. Why do they sprout? The heat cracks open their seeds/pods that have been lying dormant for decades, seeds that only germinate when stimulated by intense heat!

Why this interest in 'fire followers'? Because these flowers show God's handiwork. He made special flowers that are waiting for the right moment when heat from the forest fire will crack open their seeds and they will sprout into beauty after devastation. They blanket the earth with brilliant colors and bring fresh hope after deep despair. And they teach us a lesson. God's word says He will bring beauty out of ashes. Isaiah 61:2-3 reads, "To comfort all who mourn, To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness..."

God says he can bring hope after despair and restore joy after heaviness. But an even greater

meaning to this scripture derives from its context. Isaiah 61:1 gives promise of the very One who will do just that.

:The Spirit of the Lord GOD is upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound;"

Jesus quoted this exact passage about himself when he began his ministry in his hometown. By quoting the prophet's words, He was saying, "I am the One who can do this. Messiah has arrived. I am here. I will do it. Because God is here, joy is possible. Beauty will blossom into life. You can start singing again!" Jesus came with purpose to reverse the curse of sin by His redemptive sacrifice.

When all hope seems gone and the ashes of life make all look so drab, remember God will eventually bring beauty from ashes. He gave us illustration by providing the flowers that burst into bloom following the fires.

Yes, the devastation is real, but the following beauty is also real. If you feel the troubles of life have "turned up the heat," hold on because something beautiful is possible that could never have sprouted into being before.

**Campus Pastor Sherree Lane**

*Love one another.*

"So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other." John 13:34



# THE FARMSTEAD HIGHLIGHTS

Did you know?

## Operation Christmas Child



**D**id you know that Presbyterian Homes & Services and The Farmstead support Operation Christmas Child?

Each year we have packed more boxes than the previous year and this year our goal is 100 boxes!

Operation Christmas Child is a program supported through Samaritan's Purse, an International Relief Organization led by Billy Graham's son, Franklin Graham. Operation Christmas Child provides "shoebox" gifts during the Christmas season to children across the world living in countries affected by war, poverty, and natural disasters. The boxes, filled with hygiene items, school supplies, small toys, and hard candy, will be delivered to a special child.

We believe that this simple box reflects the love of God and the goodness of charity toward others. Donations of shoe boxes, items, and cash will be collected during the month of October and our packing party is scheduled for:

**Friday, November 5 at 1:00pm.**

Please call Deb Keeney with questions at 763.712.7002, or Ahna Lloyd at 763.712.7024.

## How the PHS Foundation Helps Your Community

**T**he Presbyterian Homes Foundation is here to help you and your community with charitable giving. Our purpose is to assist residents, families, friends and employees with making financial contributions that enrich lives at PHS communities.

All PHS communities and the Foundation are 501(c)(3) organizations, eligible to receive tax-deductible gifts. When you give directly to the Foundation, 100% of your gift is passed on to the community and fund that you designate, and you will receive a receipt acknowledging your contribution.

### How You Make a Difference

There are many ways to be a donor. **Annual gifts** are made with cash, check or credit/debit card via our secure online giving page at [preshomes.org](http://preshomes.org). **Future gifts** may be made through a will, trust, beneficiary designation on a retirement account or life insurance policy or gifting a portion of a PHS entrance deposit. **Gifts of all sizes are meaningful and help your community!**

### You may direct your charitable contribution to:

- **Residents** – funds include benevolence, greatest needs or spiritual life
- **Employees** – funds include PHS employee hardship, scholarships or appreciation

Foundation gift planners and operations staff are available to help you make a gift or provide you with more information to discuss with your financial advisors.

If you are interested in making a current charitable gift or would like to learn more about making a future gift, please call the PHS Foundation office at 651-631-6408 or 651-631-6418.

You may also wish to visit [www.preshomes.org](http://www.preshomes.org) and click on "Make a Gift" at the top of every page to learn how your charitable gifts make a difference every day. **Thank you for your financial gifts and the many ways that you enrich your community!**



**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.

## *Mark your Calendar! Active Aging Week: October 4-10*

**C**elebrating aging and the benefits of active living at any age, Active Aging Week showcases the capabilities of older adults as fully participating members of society and promotes the benefits of a healthy lifestyle. Presbyterian Homes & Services vision of “providing more choices and opportunities for more older adults to live well,” shapes Active Aging Week in our communities with opportunities for you to discover how you can continue living well.

### **Mark your calendar for a week of activities, October 4-10.**

Each day of the week will feature one of the *Seven Dimensions of Wellness*: physical, social, intellectual, emotional, vocational, environmental and spiritual, demonstrating the unity of the different departments that support you on a day to day basis. Throughout the week, we will explore your personal wellness goals while providing

opportunities to re-connect and learn more about the community surrounding you.

Initiated in 2003 by the International Council on Active Aging®, the weeklong observation calls attention to and wholeheartedly celebrates the positivity of aging today. Active Aging Week challenges society’s diminished expectations of aging by showing that, regardless of age or health conditions, older adults can live as fully as possible in all areas of life. The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the life span.

Watch for more information this month and check your calendars next month to see what great activities are planned for Active Aging Week at your community.