

September/October 2022

Autumn Makeover

Hello September & October!

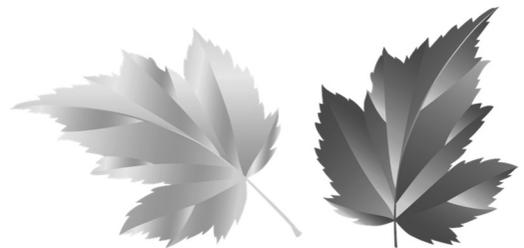
Although it is hard to say good-bye to summer, with the longer sunshine-filled days and many enjoyable outdoor activities, we look forward to the changing season and a new season at Timber Hills.

As you likely noticed, our newsletter now has a “new look.” Presbyterian Homes & Services made some changes after more than a decade to revitalize the layout. In reflection of being good stewards, we also changed to an every other month cadence to print and distribute our community newsletter.

Our renovation comes to a close in late September. There are various changes which positively impact some life enrichment programs and other services. Here are some:

- * Our Blueberry Deli will now accommodate more seating for more customers.
- * The Majestic Pines Dining Room continental breakfast will have a new, more open flow.
- * Our new Wellness Suite is where Optage Footcare, the Podiatrist, and other similar services will be provided.
- * The Salon has new sinks that are adjustable for a more comfortable hair washing experience and the new chairs are handicap accessible.
- * The Commons lobby space on first floor will provide more tables and chairs for crafts, games and other similar activities.

We will be planning an Open House in October to celebrate our “makeover.” Invitations will be extended to all residents, family members, prospective residents and the general community.



Timber Hills

Fall Activity Highlights

The Life Enrichment team is looking forward to the new season and program offerings.

Arm Chair Travel was a hit in August and will continue in October. Upcoming destinations include U.S. National Parks, New England, Italy, Bora Bora and more!

Terrace resident potlucks will resume in the Wilderness Lounge, and we are re-introducing Terrace mixers.

The Commons residents will enjoy another “Day at the Spa” along with a bus tour of Ft. Snelling.

Other outings include an apple orchard, a picnic at Vermillion Falls in Hastings and a farmer’s market.

In September, Taylor Marie clothing will be hosting a fashion show. We are looking for models, so please let me know if you have always dreamed of parading on the catwalk.

October brings Oktoberfest and Halloween parties you will not want to miss!

As always, I appreciate your ideas for outings and new programs.

Valerie Current, Life Enrichment Director



Campus Pastor

September on into October, we now witness the end of summer: those long hot days, time at the beach, summer camp, fishing, the State Fair and family vacations. Then comes the days that all parents absolutely love and the kids dread — yes, school is back in session.

We will now see in fall the days shortening, the seasons and leaves changing, cooler days and brisk nights as we all ready ourselves for the coming season.

We read in **Genesis 1:14**, “**Then God said let there be lights in the firmament of the heavens to divide the day from the night; and let them be for signs and seasons, and for days and years.**”

God set up the seasons right in the beginning of time, and each year, year after year, we witness summer into fall, fall into winter and winter into spring and back into summer. God put order into this world at the time of creation, and His faithfulness never changes. Just like His Son Jesus Christ, we read in **Hebrews 13:8**, “**Jesus Christ is the same yesterday, today, and forever.**”

As His children we can rest in this truth, that no matter how bad this world gets, our Savior never changes. We can know God! **Psalm 46:10**, “**Be still and know that I am God.**” So whatever may come your way in this new season, rest upon the truth of God. He is always there to take care of you.

Pastor Tom

Optage Flu Shot Clinic: Wednesday, September 14

Commons Residents - 9:30 - 10:30 a.m. in your apartment

Terrace & Townhome Residents - Conference Room

Last Name: A-M 1:00 - 2:00 p.m.

N-Z 2:00 - 3:00 p.m.

Please pick up your consent form at the receptionist desk prior to the clinic.

PHS Foundation - Best Plans For You

For most of us, having a plan to care for ourselves or our loved ones is an important idea to carefully consider. This is one way to share what you value most in life. Answering “yes” to statements like these may be a way for you to begin to shape some of your future plans.

- You want the opportunity to **guide decisions** about the future ownership of your possessions and the legacy you want for others.
- You want to ensure that your **loved ones are taken care of** while also providing continued support to your favorite charities.
- You want the **flexibility** in the future to change your mind about the plans that you put in place.

Getting Started

A will or trust are two of the most important legal documents you’ll ever create. But let’s set the legal reasons aside for a moment. These documents reflect your life. They reveal who and what matters most to you. Legally, these documents state how you want your assets distributed after you’re gone.

A well-planned will or trust ensures that your loved ones are taken care of in the manner you specify. For those so inclined, making future gifts in your will or trust to a treasured charity is another way to express that you care. This could include your church, alma mater or your PHS community. Your estate planning attorney can help you to structure efficient and meaningful plans.

Already Have a Will or Trust?

Make sure it’s up to date. Life changes such as births, deaths, change in marital status, change in health, change in personal estate value or a move to or from another state should trigger a review of your will or trust. This is always a good time to evaluate if you appointed the right individuals to serve as your power of attorney and point of contact for your healthcare directive. Updating these documents is unique to your situation, so please be in touch with your estate planning attorney.

You Can Further Our Mission

Every gift begins with an important question: How can I make a meaningful difference? Please contact Presbyterian Homes Foundation at 651-631-6408 or visit preshomes.org and click on “Make a Gift” for more information about how you can make a difference at your community. **Thank you!**

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Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

What's the news? You're reading it!

Welcome to the redesigned Presbyterian Homes & Services (PHS) community newsletter. This fresh look reflects the PHS brand that is seen in other PHS publications, including the living option brochures, location guide, new resident packets, PresHomes.org and more.

Several months ago, we asked residents to complete a community newsletter reader survey. The survey gave us valuable insight for improvements. Based on the responses, this new design aims to raise the quality of the newsletter by improving the ease of reading with simple and clean graphic elements, layout and typeface.

The newsletter features articles, announcements and information that are unique, relevant and important to your PHS community. This publication gives you community developments,

messages from staff members, resident stories, poems and experiences and encouragement for wellness and spiritual growth. It also invites you to celebrate special events such as parties, birthdays and outings, to share the joy of recent events (especially photos!), to welcome new residents and, above all, to strengthen the fabric of your community's life together.

This is YOUR newsletter, a communication format meant to serve you and your neighbors. If you have ideas that would improve this publication or would consider becoming a contributor, please be in touch with your community's leadership.

We hope you enjoy your new community newsletter! When you're done reading, pass it on!