

Flagstone Newsletter



April 2024

The spring will bring changes to the landscaping at Flagstone

Thank you, generous residents of Flagstone. Because of your support for the Prairie Project, we have exceeded our goal. The contract has been signed and work will begin this spring. Not only do we have the money for the initial work, preparing the site, planting and seeding, but with additional funds we will pay maintenance costs.

The first step in creating our prairie is the application of a herbicide that will get rid of all the weeds. Unfortunately the site will not be attractive this first season. Some seeding may take place at the end of this growing season. Some of the grasses may germinate before the winter.

During the second year, some flowers such as Black-eyed Susans may emerge, but weeds are also likely to appear. For that reason, mowing and weeding are essential to control these weeds. By the third and fourth years, we should notice a transition to new species. This phase may include a prescribed burn to eliminate remaining weeds and boost the growth of native species.

Creating a native prairie is a slow, methodical process, but the end result should bring us joy in the years to come. As we wait for seeds to germinate and plants to grow in the prairie area, we can turn our attention to the landscaping around our building. That's where we will begin to see immediate changes.

Our Landscape Committee has met with Craig Seaberg from Village Green to hear about plans for filling beds with new plants and shrubs. Plants chosen will take into consideration the soil type

and placement making them more tolerant of conditions and less likely to die.

We have also had discussions about the courtyard. Perhaps many of you have noticed how the ground cover is struggling. Measures are being taken to see if that sedum might still make it. If it can get established, we are assured it is a wonderful option for the area. We'll see what happens this season. If not, we'll consider doing something else. We know many have appreciated the herb garden. That will be replanted this spring.

Remember, you are all welcome to help yourselves, snip herbs and pick a few tomatoes. The raised beds will also be planted with flowers. Other ideas for the future include replacing the sedum in the beds on the north side of the building with shade loving plants such as hosta and astilbe. It is not a surprise that the sedum in those beds has not done well because it likes the sun. That is why replanting those beds is being considered. We'll keep you updated.

Because our committee is just an extension of all of us, we turn to you. We need and appreciate your feedback and ideas. We also invite anyone interested to join our committee. At meetings, we have the opportunity to collaborate with Flagstone staff in achieving our goals. Currently we are meeting once a month.

From the Landscape Committee: Molly Pahl, Kari Johnson, Jon Dioszegi, Susy Blake, Jim Bodley, Margie Bodley, Marian Cropp, Kathy Schindel, Roger Schindel

Flagstone

Chaplain's corner

Who would speak for you about your health care options if you were unable to speak for yourself? How do you open a conversation about what matters to you and have a say in your health care? These are the questions central to National Healthcare Decisions Day, designated for Tuesday, April 16 by the "Conversation Project" of the Institute for Healthcare Improvement.

Presbyterian Homes & Services (PHS) is lifting up this day to encourage you and the people most important to you, especially those who may be called upon to care for you, to begin having the conversation. While we can't plan for everything, we can talk about what is most important — in our life, and in our health care — with those who matter most.

In an era of increasingly complex medical care, we can't afford to ignore life's end, or to separate our medical decisions from our spiritual values. Even amid the sophistication of health care technology, "God is our refuge and strength, a very present help in trouble" (Ps. 46:1).

The topic of advance care planning is not an easy conversation to have. PHS is dedicated to helping you open this conversation about your wishes for care with your chosen family, health care providers, and with us. Honoring Choices helps you and your loved ones navigate these conversations focusing on your health goals, spirituality, and what it means to live fully while remaining realistic about the end of life. Talking with the important people in our life can bring us closer together. It also helps us create the foundation of a care plan that's right for us — a plan that will be available when the need arises.

Our approach, "Honoring Choices," offers encouragement and guidance for you to give clear instructions through a health care directive. A health care directive is a written document that informs others of your wishes about your health care. It allows you to name a person ("agent") who will assure that your choices are honored. It also allows you to name an agent if you want someone else to decide for you if you are unable to make decisions for yourself. You must be at least 18 years old to make a health care directive. This document has legal authority and tells your doctor, family, and others your values and wishes about health care. Physicians, health care providers, and hospital staff are bound by law to follow your directives.

Advance care planning has even deeper value for those who are Christians. It offers us spiritual preparation, to lay up for ourselves treasures in heaven (Matt. 6:20). It reminds us that we needn't fear death. Even as our lives draw to a close, we cherish the promise of new life.

If you would like step-by-step guidance completing an Honoring Choices directive or help getting the conversation started with loved ones, please reach out to me for assistance.

Grace and Peace,
Pastor Paula

April birthdays

April 2	Richard C. #418	April 18	Joyce P. #103
April 3	Glory H. #4004	April 20	Gary S. #407
April 5	Diane W. #321	April 25	Ramona B. #217
April 6	Anneke S. #407		Marlis L. #1024
	Annette R. #4013	April 26	Barbara H. #4007
April 9	Joan Z. #129	April 27	Gary B. #231
April 10	Gloria H. #3009	April 28	Richard L. #419
	Janet W. #511		Constance S. #508
April 11	Gary W. #526	April 29	Margery B. #427
April 13	Jeanne S. #110		Ronald Y. #513
April 14	Eloise G. #317	April 30	Stanley L. #517
	Phyllis J. #3004		Jim R. #104
April 17	David H. #4007		



April showers bring May flowers

Have you heard the saying “April showers bring May flowers”? Does it make you want to sing *rain, rain go away*? Well before you start singing, think of all the benefits we get from rain in our spring season and in the other seasons. The environment depends so much on the rainfall we get in order for ecosystems to survive and thrive. Rain is a fresh source of water for our rivers and lakes, rain sustains life for many animals, promotes the growth of crops, can create new and beautiful landscapes, cleanses the air of impurities and pollutants, and so much more! Not to forget how beneficial it will be to our beautiful prairie coming here to Flagstone! Rain is a beautiful part of nature that enhances the biodiversity and maintains an ecological balance. So next time you look out your window and see it’s raining, think of all the beauty that comes from the rainy days.

From resident services director, McKenna Nye

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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.

Thank you, volunteers for making a difference every day

St. Francis of Assisi famously said, “Remember that when you leave this earth, you can take with you nothing you have received – only what you have given.” At Presbyterian Homes & Services (PHS), our vital corps of volunteers understands this better than most.

Although National Volunteer week is celebrated in the third week of April, PHS community recognition events are held from early April through May. Each of our campuses hosts tea, luncheon or other events to give a gracious thanks to those who serve year-round.

Volunteerism is one of the hallmarks of PHS. From the very beginning, local church members, children, service clubs, neighbors, resident family

members and staff have volunteered in every one of our communities. We are blessed to have a wide diversity of volunteers, some who are here once a year, and some who are with us every day, including our own residents.

These volunteers complete a variety of tasks — reading to residents, assisting with activities, tending gardens, delivering mail, running errands and helping with office projects. Our volunteers lighten the work of the staff and brighten the days of our residents.

If you are interested in volunteering, contact volunteering@preshomes.org.

Please take time to thank a volunteer today!