

Folkestone Feature

March 2024

Meet Jennifer Simpson, life enrichment director



I feel blessed to be part of such a wonderful community and team of people who are enthusiastic and passionate about enriching the lives of all of you here at Folkestone.

On a personal note, I grew up surrounded by beautiful oil paintings created by my great-grandfather, T.J. Koch. However, the oil painting supplies my husband gifted me for Christmas over ten years ago remained untouched on the shelf until just a year ago. The daunting feeling of starting my own painting was paralyzing to me until my sister drew me out of my comfort zone. I discovered there is truth in the well-known Nike slogan, 'Just Do It'.

Even though my first paintings cannot compare to my great-grandfather's expertise, I have enjoyed the peace and satisfaction that creating art with oil paint brings to me.

The definition of enrich is to improve or enhance the quality or value of something. My mission in the role of life enrichment director is to do just that — enrich your life with old or new activities that bring you joy, as I have found painting to do for me.

I will close with one of Presbyterian Home's foundational biblical passages, from 1 Peter 4:10 *"Each of you should use whatever gift you have received to serve others, faithfully administering God's grace in its various forms."*

I look forward to meeting each of you and learning about your God given gifts and experiences.

Jennifer Simpson

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The CORE of Fitness

By Bailey (Windsperger) Bickerstaff, PTA, CPT

What is “the core?”

Healthline defines the ‘core’ as the following muscle groups: abdominals, obliques, diaphragm, pelvic floor, trunk extensors, and hip flexors which surround your trunk and create a corset effect by tightening around your internal organs. This moves the forces of gravity onto the larger muscles and off your spinal column resulting in a decrease of pressure between your spinal vertebrae and other joints (Premier Spine Institute, 2018).

How do we “engage the core?”

If you have been to even one exercise class with Kathy or me, you heard us say these words, or some variation, at least ten times: “Tighten your tummy muscles...activate your abdominals...sit up straight...good posture” What do we mean?

Engaging your abdominal muscles and achieving good posture anytime you are sitting or standing is important for our overall strength and balance.

While you are standing, sitting or laying down, draw your belly button towards your spine until you feel a tightness all around your torso and buttocks like a corset. You can gently poke your abdomen with your fingers to feel the difference. While relaxed and not engaging your core, you should feel the soft, squishiness of your intestines. When your core is active and tight, you should feel a firmness all around your torso instead. Also pay attention to your posture by making sure your shoulders are down and not shrugged, your head is up straight and facing forward, and you are standing/sitting at your full height.

Why is it important?

It is common to slip out of this good posture as your focus shifts to other tasks (doing an exercise, walking down the hall, having a conversation, etc.). Occasionally remind yourself to “check-in” with your posture and core activation. Put a note on your walker that says to stand up straight or put a note on the bathroom mirror to have good posture while you brush your teeth. No one is perfect and we all slump or shrug throughout the day, but the benefit comes from making it a habit to be conscious of your posture and returning to your best posture as frequently as possible.

That is why Kathy and I repeat ourselves during class to remind us all to return to that good posture for maximum benefit. Pair good posture with other forms of exercise (yes, good posture is exercise!) and you will likely achieve some incredible gains over time.



Bay Center Speaker Fund

Three years ago, the Bay Center Speaker Fund successfully raised \$9,000 on a \$7,000 goal. The objective was to fund the Education Committee and Great Decision Speakers. These funds have been depleted over the past three years.

Now it is time to begin a new fundraising effort to continue this popular and successful program for Folkestone residents. The Bay Center Speaker Fund will be inviting you to make a charitable gift to fund this program. Our goal is to raise \$9,000 starting on March 1st and ending on May 31st, 2024. You will be receiving additional information in the coming days. Thank you.

Your Bay Center Speaker Fund Committee



Foundation news: the difference of a 501(c)3

Since its beginning, Presbyterian Homes & Services (PHS) was established as a 501(c)3 non-profit organization. Today, each PHS community also maintains its own 501(c)3 status, as does the Presbyterian Homes Foundation and Optage®.

Governance by a mission-driven board of directors, instead of profit-driven stakeholders, fuels the purpose of our organization. We believe that reinvestment of revenue back into PHS, rather than into the bottom line, creates a better place for residents to live. That's one reason being a 501(c)3 non-profit organization makes all the difference.

Another difference is due to the generosity of our residents, family members, employees and friends. Every charitable gift received by the Foundation for PHS, your community and Optage is tax-deductible and impacts the lives of residents and employees in important ways. Even memorial gifts that honor a loved one, or Shining Star gifts that recognize an exemplary employee, are allowed by the IRS (Internal Revenue Service) as tax deductions.

Gifts received throughout the year as cash, credit cards or stocks are acknowledged by letter after each gift is received. Some people choose to give charitably through their IRA distribution. Because this type of gift is not treated as income, income taxes are not paid on the distribution.

We are honored, as a non-profit organization, to serve residents, family members and employees, and we appreciate every gift that furthers this important mission. If you would like more information about memorial gifts, Shining Star gifts, IRS charitable deductions or to simply learn more about how you can make a difference, please call the Foundation at 651-631-6408. To visit us online, please go to preshomes.org and click on Make a Gift. It really does make a difference!

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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.

PHS President & CEO announces retirement, board transition plan

Dear Presbyterian Homes & Services family,

It has been a blessing and joy to be part of this ministry for more than 47 years. I am in awe of how God has blessed us and has been faithful through every challenge. The Lord has been in it all, shepherding, guiding and prospering this organization.

My wife, Jeannie, and I have prayerfully considered the best time to step away from my role at PHS and retire. We have determined that now is the right time. As such, I have notified the PHS Board of my intent to retire in spring 2025.

I am humbled, thankful and privileged to have been part of this ministry for my entire career. I have been honored to work side-by-side with an outstanding board, a great leadership team, as well as capable and extraordinarily gifted staff.

You have been an inspiration to me as I have tried to serve with commitment and compassion. Because of

you, our ministry truly embodies and extends our mission to honor God by enriching the lives and touching the hearts of older adults.

A search committee, appointed by the PHS board, has convened. They will meet frequently over the next 12 months to identify, recruit and recommend to the PHS Board the next President/CEO of Presbyterian Homes & Services.

Thank you for your friendship and for your support in this important mission. Together, and with God's hand of blessing, we have a strong foundation. As we look ahead in anticipation, we have adopted Jeremiah 29:11 as a scriptural framework:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

With deepest gratitude,
Dan Lindh, President & CEO