

Norris Square

April 2024

Message from Michelle

It is time to bid farewell to what has been so far, a quiet March. I love when April arrives as it ushers in the season of renewal and growth. Nature bursts forth with vibrant hues of color and the promise of warmer days ahead. There is an undeniable sense of rejuvenation in the air.



So, let's embrace the renewal! How? you ask? Well just as nature sheds its winter coat and dons a fresh mantle of green, April invites us to embrace renewal in our own lives. Whether it is decluttering our physical spaces, revitalizing our routines, or nurturing new habits, this is the perfect time to embark on personal growth journeys. Some personal journeys may include starting a new exercise program with Amanda and Lauren. You could try a balance class, Yoga, Tai Chi, personal training, or learn to use cardio or strength equipment. You may want to start a spiritual or prayer practice. You may want to start a walk program with your friends. Become a volunteer and assist others in special ways. You can grow plants on your balcony or patio... This list is truly endless.

April 22nd is known as Earth Day, a global initiative to raise awareness about environmental conservation and sustainability. Let's take time to honor the planet by committing to eco-friendly practices, from reducing waste to embracing renewable energy sources. Every small action contributes to the preservation of our beautiful Earth for future generations.

As April unfolds its tapestry of possibilities, let's embrace the spirit of renewal and growth. Whether it is through tending to our personal well-being, nurturing our relationships, or championing environmental stewardship, let's seize the opportunities this month offers to cultivate positivity and vitality in our lives.

Wishing you a joyful April filled with abundance, growth and endless possibilities!

Michelle Sullivan
Campus Administrator



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Spiritual care corner

An Everyday Reality

The month of April reminds us that Easter is more than just one day. Easter is a celebration during which we receive the fruit of the cross and resurrection of Jesus—the forgiveness of sins and the certainty of eternal life with God. Easter is also an “every day” celebration in which we live each day trusting in God through Christ, knowing that Jesus is “the resurrection and the life” (John 11:25) for us.



So what do we do now as we go forth from Easter and the empty tomb? Let us follow the example of the first witnesses of the empty tomb. After the two angels reminded Mary Magdalene, Joanna, Mary the mother of James, and the other women that Jesus had risen, Luke tells us, “They remembered the words, and returning from the tomb they told all these things to the eleven disciples and to all the rest” (Luke 24:8-9). They went forth from the tomb changed by the resurrection of Jesus. They went forth from the tomb to bring an “every day” witness of God’s power over sin, death, hell, and Satan himself.

That is the strength and hope of every Christian— that Christ did for us on the cross what we couldn’t do for ourselves. May we start this new season of Spring to remind ourselves of that everyday reality.

Happy Spring!

Peter Hartmark, Campus Pastor

Culinary corner

Welcome to the new eMenu choice!



Starting on April 2, we are rolling out our new menu/ordering platform eMenu Choice! This new system is all online and ready to accommodate you. Here are a few highlights of the new services:

- 24/7 Digital Access, can check what the menu is for any day from anywhere at anytime!
- Credit Card Billing, we now accept credit/debit cards, or can add the bill to your account
- Ala Cart Purchasing, functioning like a cash register you can now do things like adding on bacon to your burger, an extra side of sausage to your breakfast or getting your dessert ala mode!
- Online Reservations, now when we have special events you can book online!

Of course you can still come down to the dining room and have a server take your order like always. We still have our full team of servers that are happy to assist you with all culinary questions. As always, Thank you so much for letting us to serve you!

Trevor Helmick, Culinary Director

Wellness corner

Healthy body, healthy mind

Spring is finally here, which means nicer weather and blooming flowers. Let's all plant a new habit in our routine this Spring that will bloom beautiful flowers — exercise!

Think of all of the things you use your brain for: eating, playing cards, talking with friends, and even reading this newsletter. Keeping it healthy and sharp is important, and maybe easier than you think. This month we are spreading the word about the amazing mental benefits of exercise.

Take a look at these five mental health advantages of exercise:

1. Sleep: Exercise is shown to improve the time it takes to fall asleep and improve sleep quality.
2. Less stress and anxiety: After just 4 weeks of consistent exercising, older adults find they have less anxiety.
3. Better mood: Mood is a big improvement of exercise that many people do not know about. When you exercise, you release “feel good” chemicals that improve your mood!
4. Reducing the risk of dementia: Exercise promotes blood flow to the brain and helps protect brain cells, which helps to maintain cognitive function and reduce the risk of developing dementia.
5. Fun: Exercising together with your neighbors can make exercise very fun! There are many different exercise classes available at Norris Square so you can find one that you enjoy.

Challenge your body and mind by exercising this month. If none of these advantages have convinced you. Just remember—the sharper your mind, the faster you can call “BINGO!”

Lauren Noggle, Fitness Intern

Meet Lauren



“I am a senior at Two Rivers High School. I enjoy painting, reading, exercising, spending time with friends, and family, and playing with my pets. I am taking a course that explores different healthcare careers and offers internships.

“This internship with Amanda in the fitness center is very exciting for me because I feel that exercise and its benefits are important for everyone. So far during my internship, I have enjoyed how Norris Square has such a great community and has a lot of very nice people who make exercise a lot of fun!”

Welcome to Norris Square Lauren!

Amanda Cole, PHS Fitness Instructor

Norris Square

The rewards of gratitude

In the golden years of life, we often reflect on things we have experienced and achieved. Now, more than ever we understand the importance of physical and spiritual well-being and ways to best care for ourselves. Through challenges and joys, one simple practice can make a surprising difference: gratitude.

Did you know that gratitude is key to unlocking a treasure trove of physical benefits? Psalm 107:1 tells us to “Give thanks to the Lord, for he is good; his love endures forever.” Gratitude fosters the kind of resilience that helps us navigate life’s ups and downs—and do so with grace and strength.

This verse also reminds us of God’s enduring goodness, even amidst challenges or difficult circumstances. Let us embrace the practice of wholeheartedly giving thanks for the blessings that surround us. Whether it’s through appreciating the freshness of springtime, greeting a neighbor or thanking someone for their kindness, we can cultivate a spirit of gratitude each day.

In this season of life, we are thankful that you are a vital part of this community, as we journey together. May you too, find a blessing today and reap the rewards of gratitude.



Starting conversations about advance care planning

National Healthcare Decisions Day, April 16

Who would speak for you about your health care options if you are unable speak for yourself? How do you open a conversation about what matters to you in your health care? These are the questions for April 16 — National Healthcare Decisions Day, designated 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.

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. PHS is dedicated to helping you open this conversation about your wishes for care with your chosen family, health care providers and with us. Our approach, “Honoring Choices,” offers encouragement and guidance for you to create a health care directive.

A health care directive is a document that informs others of your health care wishes. It allows you to name a person (“agent”) who will assure that your choices are honored or who can made decisions on your behalf if you are unable to decide for yourself. This document has legal authority. Physicians, health care providers and hospital staff are bound by law to follow your directives.

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.

Reach out to our campus pastor who can help you take it step by step and get the conversation started.

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April outings

Thursday, Apr 4: 9:30 a.m.— Local Shopping

11:45 a.m.—Bungalow Inn

Monday, April 8: 10:30 a.m.— House of Wong
(Gables Care Center Outing)

Thursday, April 11: 9:30 a.m.— Local Shopping
11:45 a.m.— Bungalow Inn

Friday, April 12: 10:30 a.m.— House of Wong
(Gables Care Center Outing)

Thursday, April 18: 9:30 a.m.— Local Shopping
12:15 p.m.— Ice Cream Outing (Arbor)



April Special Calendar Days

1 — April Fool's Day

8 — Total Solar Eclipse

22 — First Day of Passover

22 — Earth Day

26 — National Arbor Day

April birthdays

5 — Alice K

6 — Barb P

6 — Arnie B

7 — Virginia J

7 — Rachel S

10 — Gerald S

11 — Norma P

12 — Joann P

12 — Julia L

12 — Kathy L

15 — Ruth B

16 — Ralph P

16 — Robert T

17 — Sally M

18 — Burnell H

21 — Thomas Q

21 — Bruce G

22 — Nancy W

24 — Eugene W

24 — Marion O

25 — Dennis F



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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 thank you 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!