

# SUMMERHOUSE NEWS

*April 2024*

## Upcoming events

### Air Force band

Mary Johnson's daughter, Sandy, is part of the United States Air Force Band, and she and some of her bandmates will be here on Wednesday, April 10, at 11:00 a.m., to perform a concert for us. Come and enjoy.

### Lunch out

Friday, April 12, we are going to go to lunch at **Lindey's Prime Steak House**. Enjoy good food and good conversation around the table. Be sure to sign up. The bus will leave at 11 a.m.

### Violin concert

Cathy Schubilske, along with some of her students, will be here Wednesday, April 17, at 5:30 p.m., for a violin recital. Cathy is the daughter of one of our former residents and Cathy is also a member of the **Minnesota Orchestra**. If you've heard her play, you know how good she is. If you haven't, you'll want to come and listen.

### April Fools

What month of the year has 28 days? All of them.

What do you call a group of bunnies hopping away from you? A receding hareline.

What did the tree say when spring finally arrived? What a re-leaf.

Why is everyone so tired on April 1? Because they just finished a 31-day march.



Friday, April 26, 2024

## April birthdays

Mark Aleckson	4-1
John Mandernach	4-4
Carla Nelson	4-5
Dianne Mandernach	4-9
Karen Berke	4-13
Ted Hood	4-14
Lucy DeWitz	4-15
Joyce Deir	4-21
Peg Heffron	4-21
Kathleen Conard	4-25
Sharon Aleckson	4-28
Tina Liiste	4-28
Lois Musgrove	4-29
Donna Yates	4-30

# SUMMERHOUSE OF SHOREVIEW

## Wellness words

**T**raumatic brain injury usually results from a violent blow or jolt to the head or body. An object that goes through brain tissue, such as a bullet or shattered piece of skull, also can cause traumatic brain injury.

Mild traumatic brain injury may affect your brain cells temporarily. More serious traumatic brain injury can result in bruising, torn tissues, bleeding and other physical damage to the brain. These injuries can result in long-term complications or death.

### Causes

Traumatic brain injury is usually caused by a blow or other traumatic injury to the head or body. The degree of damage can depend on several factors, including the nature of the injury and the force of impact.

One common event causing traumatic brain injury:

**Falls.** Falls from bed or a ladder, downstairs, in the bath, and other falls are the most common cause of traumatic brain injury overall, particularly in older adults and young children.

### Prevention

Follow these tips to reduce the risk of brain injury:

**Seat belts and airbags.** Always wear a seat belt in a motor vehicle. A small child should always sit in the back seat of a car secured in a child safety seat or booster seat that is appropriate for his or her size and weight.

- o Install handrails in bathrooms
- o Put a nonslip mat in the bathtub or shower
- o Remove area rugs
- o Install handrails on both sides of staircases
- o Improve lighting in the home, especially around stairs
- o Keep stairs and floors clear of clutter
- o Get regular vision checkups
- o Get regular exercise

**Alcohol and drug use.** Don't drive under the influence of alcohol or drugs, including prescription medications that can impair the ability to drive.

**Helmets.** Wear a helmet while riding a bicycle, skateboard, motorcycle, snowmobile or all-terrain vehicle. Also wear appropriate head protection when playing baseball or contact sports, skiing, skating, snowboarding or riding a horse.

**Pay attention to your surroundings.** Don't drive, walk or cross the street while using your phone, tablet or any smart device. These distractions can lead to accidents or falls.

Resource: <https://www.mayoclinic.org/diseases-conditions/traumatic-brain-injury/symptoms-causes/syc-20378557>

## Starting conversations about advance care planning

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 and have a say 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 decide for you 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 your campus pastor who can help you take it step by step and get the conversation started.

## 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 gratitude is key to unlocking a treasure trove of physical benefits?

Countless studies have shown that practicing gratitude can lead to improved physical health, especially as we age. Physiologically, the act of giving thanks has been shown to lower blood pressure, reduce inflammation, and promote better sleep—all essential components of a strong and healthy body.

While King David may not have understood the physical benefits of gratefulness, he certainly encouraged this practice. For example, Psalm 107:1 tells us to “Give thanks to the Lord, for he is good; his love endures forever.” Surely David understood that 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. When we cultivate a heart of gratitude, despite what is facing us, we not only honor God but also nurture our own well-being.

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.





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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](mailto:volunteering@preshomes.org).

Please take time to thank a volunteer today!