

April 2024

God's message of hope is strong and faithful

Our stated mission here at PHS is: ***To honor God by enriching the lives and touching the hearts of older adults.*** There have been many obstacles thrown in our path this past year, but through it all, we have persevered and will continue to do so in the face of trials to come.

“No test or temptation we go through is beyond what others have experienced. God is faithful. He will not let you be tested beyond what you can bear, but with the trial will also provide the way through. He’ll always be there to help you come through it.” — 1 Corinthians 10:13 (MSG)

It would be an understatement to say that each of us have been uniquely tested in our lives and work in this season. We have had numerous times of trials, testing and pain. Yet, God has been faithful. Through these difficult times, God has given us stories of hope and examples of staff and residents overcoming trials with dignity and grace.

We can be reminded that no matter where we are, each of us can be used by God to help others through their difficult times. Through our listening, prayer and encouraging words, the Lord's light can shine to those around us.

As we press on during this season of Easter, let us remember God's message of hope in uncertain and trying times. This message of hope for today is that God is faithful, as we are reminded in Hebrews chapter 10, verses 23 and 24:

“Let us hold unswervingly to the hope we profess, for he who promised is faithful.

And let us consider how we may spur one another on toward love and good deeds.”

Let us encourage one another as we work for the good of others, even when we experience trials, because God is faithful. Peace be to you this Easter season. He Is Risen! He Is Risen Indeed!

Paula Hanson, Campus Administrator

Stonecrest

Exciting news alert: April showers bring May flowers

I am so excited to start seeing the new growth outside and see Stonecrest in the Spring. I've heard that the flowers throughout our community are breathtaking and I am eager to post photos on our Facebook page for all to enjoy.

March was a fun month for life enrichment and we are continuing the fun into April. Beginning this month, Davanni's will be coming in to demonstrate their pizza-making techniques on April 1 (no foolin'!). Afterwards, we will be treated to FREE pizza! We will also be changing the Move & Groove: Chair Dancing class to every Tuesday at 9:30am because we are having so much fun. The Stonecrest Swap is tentatively scheduled for Saturday, April 27 from 1:00-3:00pm. Please consider helping our volunteers who are working hard to get this organized. If you would like to lend a hand, let me know! The activities Guys with Pies, The Golden Girls Social, Men's Fellowship Group, and Hugs & Mugs: Women's Coffee Social will all be continuing.

A variety of entertainment has been scheduled in April. We will be singing along with Tom, enjoying polka with Joe (who was the Santa at our Christmas

Party), experiencing the Spirit Song Choir, and rocking out to the amazing music of Bjorn! We also have Rob Ellos coming to inform and entertain us with his presentation on Apollo 13. I love his passion for the topics he brings! We also have an actual magician scheduled which should be a fun show and resident Mary Kay will be hosting another bottle-painting class! Her first class filled up last time so be sure to watch for the sign-up sheet. Lastly, we will also be hosting a special Friday event featuring resident/cowboy poet Ernie and his friends with the Texarkana Tex band. We truly do have amazing talent here at Stonecrest!

Thank you to all who participated in the Life Enrichment survey. It was wonderful to hear from so many residents who shared their ideas and preferences. We had 43% completion rate which was 138 of our residents! This information will guide us as we move forward with scheduling our Life Enrichment programming. Remember, you can always tune in to our in-house TV (Channel 992) for any life enrichment updates.

- Linda Fliss, Life Enrichment Director



Endurance and cardio fitness

Balance, endurance, flexibility, and strength are four types of exercise that encompass a well-balanced exercise program and contribute to one's overall health and physical abilities. This month we will learn more about Cardio Fitness!

Endurance or cardio exercises are important for our circulatory system, heart and lungs! We utilize the **Rate of Perceived Exertion Scale** to assess how hard we are exercising. This numerical scale goes from 1-10 with the lower end of the scale (1-2/10) equaling very light intensity exercise and the higher end of the scale (9-10/10) equaling maximum intensity exercise. The CDC recommends adults over age 65 participate in 150 minutes a week of moderate intensity activities such as biking (NuStep/Sci-Fit), brisk walking, dancing or swimming! Moderate intensity exercise would equal 4-5/10 on this scale – you can carry a conversation, but it might be a little breathy! Try these exercises to get your heart rate up.

Seated Endurance

- March
- Step Out, Out, In, In
- Seated Jacks
- Alternating Leg Kicks

Standing Endurance

- March
- Step Together: right foot steps right, step together. Left foot steps left, step together.
- Modified Jacks: No jump, just tap 1 foot outward.

Repeat each exercise for 30 seconds, equaling up to 2 minutes of cardio. Complete additional rounds as able!

- Theresa Hanson, Fitness Director

Psalm 16: Tried and acquitted

“You will not abandon me to the grave, nor will you let your Holy One see decay.” Psalm 16:10

How thankful we must be that Saturday gives way to Sunday. The last day of the week was originally intended as a day of celebration, a day of rest from work successfully completed to the glory of God. Instead, it had become a sign of inactivity and desolation under the power of sin and death.

In Jesus Christ, the Sabbath gives way to the Lord's Day. It's a day of resurrection and life, a day of new beginnings in the plan and purpose of God.

Our sins were laid on Jesus and He was put on trial. He was found guilty and was punished by death. That should have been the end of the matter, but it wasn't. As it began to dawn on the first day of the new week, Jesus rose from the dead, victorious over sin and death.

Here is something that the human mind will never completely fathom, even through the reaches of eternity. In three days, Jesus completely exhausted the penalty of sin — unending condemnation. How could everlasting death come to an end in three days? That is the promise of the resurrection.

In Psalm 16:10, the Holy One of God did not see decay in death. He was condemned as a sinner, but He willingly gave himself for the sake of our salvation. Jesus demonstrated His unconditional love and loyalty to the will of His Father in heaven with an obedient faith. Here is the ultimate example of the righteous man who lives by faith (Romans 1:17). He is worthy of our trust and loyalty.

- Ian Hewitson, Campus Pastor

Stonecrest
8725 Promenade Lane
Woodbury, MN 55125

651-264-3200
StonecrestWoodbury.org

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!