

April 2024

National Healthcare Decisions Day, April 16

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.

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.

You are invited to participate in an upcoming discussion group: “If My Doctor Only Knew,” which will be a four-session group facilitated by Pastor Matt Anderson. This will be an opportunity to talk through common healthcare challenges considering your personal values and goals. Call Pastor Matt if you have questions or are interest in participating at 763-329-7468. More information to come regarding days and times for this relevant and engaging discussion topic.

Pastor Matt Anderson

SummerWood of Plymouth

April highlights

Hello! Bungee jumping, ostrich racing, limbo dancing, beer pong, fire walking, hot air balloons, will not be on the April calendar of events.

Look for these real events on the April Calendar.

The Minnesota Raptor Center is coming with impressive birds, (including a Bald Eagle!)

Residents Garden meeting, History with David Jones: Apollo – Why we went to the Moon, Music with High Water, and a new simple art project for anyone.

Other events and Volunteer Appreciation Month. Planning is underway.

~Cid

The Essential Shopping Shuttle
Will run Wednesdays Apr. 3 &
Apr. 17 at 9:30.

Please sign up by noon the day before.



SummerWood phone numbers

Front Desk Number: 763-383-8888

Main HHA after hours cell # 651-335-5180

Arbor HHA after hours cell # 763-286-9797

Barry Spiers, Campus Admin.	763-329-7452
Beth Fries, Housing Counselor	763-329-7451
Kitchen (Room Service)	763-329-7453
Dining Room (Reservation)	763-329-7473
Natasha Sorge, Homecare Support	763-329-7456
Sarah Henkels, RN, Clinical Dir.	763-329-7457
Environmental Serv	763-329-7458
Cid Skaalrud, Life Enrichment Dir.	763-329-7459
Anthony Donato, Culinary Dir.	763-329-7462
Julie Momanyi, RN (Arbor)	763-329-7463
Tammy Hanson, RN (Commons)	763-329-7465
Matt Anderson, Campus Pastor	763-329-7468
Mark MacLean, Gift Planning Officer	952-249-2416
SummerWood Salon, Tami L.	763-354-8280
Rehab Office	763-329-7454

Welcome New Staff to SummerWood!



Lydia College -
RA



Dillon McNeal -
RA



Joe Somah -
RA



George Thomas -
RA



Elise Trana -
RA

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. From reduced symptoms of illness to enhanced immune function, the effects of gratitude are truly remarkable. 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 to 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.

Source: Mayo Clinic, 2022



April Birthdays

Bob T	2nd
Don D	10th
Joanne C	15th
Art T	17th
Don G	23rd
Carol K	26th
Betty G	27th



SummerWood of Plymouth
16205 36th Avenue North
Plymouth, MN 55446

763-383-8888
SummerWoodPlymouth.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!