

The Ridge Reporter

January/February 2024

Living your best life

Throughout life there are major milestones that mark the passage of time, but the older we get, the more we realize how different the aging process is for each one of us. The fact of the matter is that no two people age in the same way. How we age is influenced by genes, lifestyle and environment.

As time passes, it's common for some people to need assistance with activities of daily living, or ADLs as they are known in senior living. These are daily activities such as dressing, showering or walking that may require some assistance due to injury, illness or frailty. At what age a person might need assistance can vary quite a bit, but the sooner someone gets help, the longer they will retain a level of independence.

Darla, an assisted living resident at Valley Ridge, first moved in to independent living. Active and adventurous, Darla never thought about living in assisted living. But one day, after a bad fall, Darla knew life would be a lot easier going forward if she had a little help. "It was one of the best decisions I ever made — choosing to live in assisted living. It's fantastic not having to cook every meal for myself and I value the friendships of my neighbors. I still feel independent, but the little bit of assistance I receive makes me feel well cared for and safe. This supportive environment helps me feel like the best version of myself."

Did you know? Assisted living is a fully customized environment. This means that you only receive the care you need and you can increase or decrease the level of care as your needs change. Interested in learning more? Contact Mara Borgeson, Housing Counselor, at 952-882-4025 for a tour today!



Jodie and Darla lead our weekly bingo game on Wednesdays.



Operation Christmas Child 2024 DONATION LIST

January — combs, brushes, toothbrushes

February — underwear, socks

March — washcloths, bar soaps

April — knit hats, scarves, mittens

May — small toys, cars, dolls

June — small stuffed animals, balls

July — crayons, glue sticks, markers

August — pencils, erasers, notebooks

September — jump ropes, sunglasses

October — stickers, playdough, magnets

November — shirts, pants, bead jewelry

Please bring gifts to the front desk. Watch for opportunities throughout the year to help bundle and prepare items for boxing in November!

Questions? Want to volunteer? Contact Annette at 952-882-4015.



Getting a jump on Operation Christmas Child in 2024

Thank you to everyone who provided donations, helped organize and pack boxes for our 2023 Operation Christmas Child program. We packed 52 boxes!

In 2024, we're aiming for a much bigger impact! How can you help?

- Donate items that can be used in the boxes. Follow our handy monthly donation list. Supplies can be dropped off at the front desk.
- Donate money for shipping costs. Please write your check out to the PHS Foundation and put Operation Christmas Child in the memo line of the check. You will get a donation receipt for your taxes!
- Be an Operation Christmas Child organizer. Contact Annette Dalluge, Life Enrichment Director, to sign up and help sort through all of the supplies to get us ready for packing day!
- Be a packer! In November we hold a fun and exciting packing day where we stuff special shoebox-sized containers with gifts for children on the other side of the world. Select from among the donated items to create a beloved gift box for children who

may not receive any other Christmas gifts. These gifts matter and they spread the love as Jesus has taught us to do!

- Write a letter to include in a gift box. It's something you can do throughout the year and it will touch a child's life.



This is a great-community building event. We welcome help of any kind. Operation Christmas Child is a meaningful way to celebrate the birth of Jesus during the Christmas season. Please join us in 2024!



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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.

Living well in challenging times

As we enter a new year, God has blessed us with many opportunities despite no small measure of uncertainty around us. We believe that our strong history of caring and careful management practices will carry us through changing economic, social and political climates.

Presbyterian Homes & Services is grateful for a firm foundation set nearly seven decades ago, and for the dedication of 7,515 employees and 3,647 volunteers who help us enrich the lives and touch the hearts of more than 25,000 older adults. It is our goal to provide efficient and effective services by practicing good stewardship.

The root word for “economy”, as well as “ecology” and “ecclesial” is from the New Testament Greek word, “oikos” meaning household. A strong

household is dependent on upholding financial, environmental, and spiritual values to create a community where older adults can live well.

We maintain strong and resilient communities by applying the best practices by our staff, energy efficiency in our buildings and sound financial disciplines to maximize the use of our resources. Presbyterian Homes & Services is not overly dependent on government support.

Presbyterian Homes & Services appreciates the faith that residents, clients and their families place in us. We assure those who count on us that, while practicing stewardship, we are committed to providing our very best and giving personalized attention to the well-being of each resident while preserving their independence and freedom.