

April 2024

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 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.



Woodland Hill

Chaplain's Chat: 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 of the day on **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. While we can't plan for everything, we can talk about what is most important — in our life, and in our health care — with those who matter most.

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. Even amid the sophistication of health care technology, “God is our refuge and strength, a very present help in trouble” (Ps. 46:1).

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 give clear instructions through a health care directive.

A health care directive is a written document that informs others of your wishes about your health care. It allows you to name a person (“agent”) who will assure that your choices are honored. It also allows you to name an agent if you want someone else to decide for you if you are unable to make decisions for yourself. You must be at least 18 years old to make a health care directive.


This document has legal authority and tells your doctor, family and others your values and wishes about health care. Physicians, health care providers and hospital staff are bound by law to follow your directives.

Advance care planning has even deeper value for those who are Christians. It offers us spiritual preparation, to lay up for ourselves treasures in heaven (Matt. 6:20). It reminds us that We needn't fear death. Even as our lives draw to a close, we cherish the promise of new life.

Advance care planning is not an easy subject to open. 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.

Please reach out with any questions. I can help you take it step by step and get the conversation started.

Blessings,



Culinary Corner: April specials & events



Chicken Pasta Salad with Breadstick ~ \$8.00

April 1 from 11am — 1pm, in the Bistro

Pasta Bar & Breadstick ~ \$8.00

April 3 from 11am — 1pm, in the Bistro

Eggs Benedict, Sweet Potatoes and Strawberries ~ \$8.00

April 10 from 11am — 1pm in the Bistro

April Luncheon~ \$18.00

April 12, Seating after Church around 11:30am.

Salad to Start, Pan Fried Perch, Baked Sweet Potato and Roasted Asparagus
Homemade Dessert to finish it off.

Mushroom Swiss Burger with French Fries ~ \$8.00

April 15 from 11am — 1pm in the Bistro

Banana Foster French Toast & Sausage Links ~ \$8.00

April 22 from 11am — 1pm in the Bistro

Fried Shrimp, Sweet Potato Fries and Coleslaw ~ \$8.00

April 24 from 11am — 1pm in the Bistro

BYO Omelets with Tater Tots ~ \$8.00

April 29 from 11am — 1pm in the Bistro

National Raisin Day!

Raisin Cream Pie ~ \$2.00

Oatmeal Raisin Cookies ~ \$.50



Woodland Hill

Wellness Spotlight: four types of exercise

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. Last month, we learned that balance is the foundation of all movement. Did you try any of the balance exercises? Read on to 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 the age of 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 endurance exercises to get your heart rate up:

Sitting and Standing options presented below to reach abilities of all our residents. If you are unsure where to get started or need assistance progressing these exercises, contact your Fitness Instructor!

SEATED ENDURANCE EXERCISES:

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

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

STANDING ENDURANCE EXERCISES:

- March
- Step Together (Right foot steps Right, step together, Left foot steps Left, step together)
- Modified Jacks (No jump, just tap one foot outward!)

Repeat each exercise for 30 seconds,
equaling 90 seconds of cardio! Complete
additional rounds as able!

April is National Volunteer Appreciation Month!



As a faith-based, nonprofit organization, Woodland Hill counts on volunteers as valuable resources for our residents and staff. By volunteering, not only will you be helping residents, but you'll also strengthen our workplace and promote community involvement.

If you are a resident, family member or community member and are interested in leading an activity or helping with different volunteer needs, please reach out to Dawn Pavelski, the Volunteer Director. Contact **Dawn at 715-716-5235 or dpavelski@preshomes.org** to see what kind of volunteer opportunities are available for *you*!

A HUGE thank you to the volunteers past and present who make a difference in the lives of the residents and help to create smiles in the eyes of those we serve.

All volunteers are invited to join us for a Volunteer Appreciation Brunch on **Thursday, April 18 at 10:00am in the Dining Room**, watch for your personal invite!

UW-River Falls Community Chorus
along with the Woodland Hill Singers
will be in concert!

Monday, April 15

6:30pm

Auditorium

Friends and family are welcome to attend!

Wednesday, April 17

10:00am-4:00pm

Auditorium

If you are interested in participating in the art show, please fill out and turn in the registration form by **April 3** to the Front Desk.



Resident Volunteers

Don't forget to turn in your volunteer hours to the front desk by the 10th of the month.

Thank you for all you do!

All events and programs are subject to change.

To keep up to date, view Channel 992 on your TV or in the Lobby!

Woodland Hill TV Channels

Channel 990 – Front Entry Camera

Channel 991 – Chapel

Channel 992 – Woodland Hill Happenings

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Postmaster: address correction requested

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!