

February Reflections

~ Carole Zempel, Chaplain

With the coming of February we have (hopefully!) some relief from the cold that we are now experiencing in early January. We also have the season of Hearts—Valentine's Day, to cheer our hearts and minds. And we have unmistakable signs of Spring: Groundhog's Day, potted crocuses at Cub and Lent.

Ash Wednesday, February 17, is a day marked in many of our churches with fasting and signs of repentance for sin. Fasting, a sign of the desire to change one's life, should lead into almsgiving. By taking a portion of what we fast from and giving it to others, we are changing our life. Fasting from TV can lead to time for visiting with friends or family, or God. Fasting from gossip can lead to more charitable thoughts of others. Fasting from food can lead us to donate more to those without food.

Visiting with God can be accomplished through quiet prayer, reading Scripture or other inspirational items, or attending one of our Ecumenical Devotional Services or a service at a nearby church.

If you are interested in Scripture reading, but don't know where to begin, consider reflecting on these readings that may be used during Lent:

Ash Wednesday:

Joel 2:12-18, Matthew 6:1-6, 16-18

Sundays of Lent:

Luke 4:1-13, Luke 9:28-36, Luke 13:1-9, Luke 15:1-3, 11-32, John 8:1-11, Luke 22:14 - 23:56

As you read...

- Ask yourself how this applies to your life today.
- Ask yourself what God is trying to say to you, today.
- Ask yourself how this can help you to change the way you hear God asking today.

Join in prayer in the chapel on Thursdays and Sundays at 1:45. If you need an Upper Room or Guideposts for reflections, or a Bible, let me know.

THANK YOU to residents and families who were so generous and kind to the employees during the holidays! Your generosity was so thoughtful and appreciated. We average between 61-64 employees and together we enjoyed the baskets of cookies, cakes, nuts, candies, fruit and all! Because of your contributions to the employee appreciation fund, the employees were able to enjoy a fun evening together in early January at the Bayport American Legion. It was an evening of good food, fellowship and relationship building, while playing games and listening to music. It was great fun for all. Thank you for helping us enjoy the holidays with each other. We appreciate your generosity and we are thankful to be a part of the Croixdale community.

CROIXDALE

New Billing System ~ Carevoyant

This has been an exciting time for us to make a transition into our new billing software. This is a gradual process for our organization and the implementation will take an entire year before each of the communities is on this program. Croixdale is one of the buildings that has launched the new system earlier in the process and other communities with the same housing and services that we offer will be able to learn from us. We appreciate your patience with us as we go into our second month of billing with this new system. If you have questions, please let us know. You can contact either Rene Roeser at 651-275-4808 or Cheryl Hansen at 651-275-4811.

The Blind Girl

Submitted by Anne Larson, Resident of the Croixdale Terrace

There was a blind girl who hated herself because she was blind. She hated everyone, except her loving boyfriend. He was always there for her. She told her boyfriend, "If I could only see the world, I will marry you."

One day, someone donated a pair of eyes to her. When the bandages came off, she was able to see everything, including her boyfriend.

He asked her, "Now that you can see the world, will you marry me?" The girl looked at her boyfriend and saw that he was blind. The sight of his closed eyelids shocked her. She hadn't expected that. The thought of looking at this closed eyelids the rest of her life led her to refuse to marry him.

Her boyfriend left in tears and days later wrote a note to her saying, "Take good care of your eyes, my dear, for before, they were yours, they were mine."

This is how the human brain often works when our status changes. Only a very few remember what life was like before, and who was always by their side in the most painful situations.

Let us remember as we begin this new year that life is a gift.

- Before you say an unkind word, think of someone who can't speak.
- Before you complain about the taste of your food, think of someone who has nothing to eat.
- Before you complain about your spouse, think of someone who's crying out to God for a companion.
- And when you are tired and complain about your job, think of the unemployed, those who wish they had your job.
- Before you think of pointing the finger or condemning another, remember that not one of us is without sin.

I extend to all of you God's blessings as we enter this new year.

CROIXDALE

How Yoga Slows Down and Reverses the Aging Process

By: Linda Gruenhagen, C.P.T.; Regional Wellness Instructor, Presbyterian Homes and Services
Boutwells Landing, Croixdale, Stonecrest, and The Deerfield

Millions of Americans from all walks of life practice yoga, and the popularity of this ageless, timeless, holistic health system will flourish even more as modern medicine rediscovers and documents its value.



Dean Ornish, M.D., author of Dean Ornish's Program for Reversing Heart Disease, and other renowned medical specialists agree that yoga can be an effective part of a program for preventing and reversing heart disease. Most of today's stress management techniques have their roots in yoga. Hospitals throughout the country are using yoga and meditation to help patients suffering from chronic pain and stress-related medical disorders. Doctor at Cedars-Sinai Medical Center in Los Angeles are so certain of yoga's health benefits that it is a key part of their program for people who have had heart attacks. C. Noel Bairey Merz, a cardiologist there states emphatically, "The bottom line is that yoga is an exercise that is good for the heart."

If you are new to yoga, be assured that, whatever your age or physical condition and whatever your religious belief or cultural heritage, the practice of yoga's stretching and strengthening exercises and the breathing and relaxation techniques can help you to vastly improve the quality of your life and health.

The word "healing" comes from the root, "to make whole." The word "yoga" comes from the Sanskrit, meaning to yoke or discipline, to unite - to make whole. Because true health involves body, mind and spirit, yoga combines physiological, psychological and spiritual processes. Yoga is not a religion. It is a non-sectarian method for promoting a healthy and harmonious lifestyle. Any person of any faith can practice yoga and find his/her spirituality enhanced as a result.

According to yogic tradition, the years after age 50 are the ideal time for psychological and spiritual growth. The practice of yoga restores the health and vitality of the body by:

- Preventing and correcting the most visible symptom of aging—rounding of the spine. Yoga restores the strength and agility of the spine and lengthens it while expanding and opening the chest for deeper breathing.
- Preventing Osteoporosis –yoga is a superior form of weight-bearing because it is one of the few exercise systems in which weight is borne throughout the entire body. As yoga postures are learned gradually, the weight applied to the bones increases incrementally and safely.
- Keeping your joints young through active range of motion exercises.
- Reversing the aging process by reversing gravity in gentle inversions (many done in the chair). Inverting increases blood circulation around the neck, chest, and head, creating a positive effect on the brain.

Why not try one of our yoga or Pilates classes and improve your posture, maintain or improve your balance, and stretch, strengthen and relax. It may very well have a profound effect on your life!

WORKS CITED

Francina, Suza (1997). *The New Yoga for People Over 50*

CROIXDALE

Tax Time is Coming Soon

Each year there are several local professionals that volunteer to help seniors of the St. Croix Valley with their state and federal tax preparation. Again this year, volunteer help will be available right here at Croixdale. Please watch the bulletin boards and in-house TV channel #33 for details on how to sign up for this volunteer help including dates & times.



Visit Us at www.croixdale.org

Have you visited our website? The Croixdale website, at www.croixdale.org, is a tool for people both who are looking for a community to live in and who already live in our community as well as their family and friends.

Some features of the website include: Community Highlights, Housing & Services Options available on the campus along with a sampling of some apartment floor plans, our location and contact information, a photo album showing highlights of our community and the opportunity to view a virtual tour.

Additionally, we provide the monthly social calendars for each of the housing options, current dining menus, a sampling of our catering services and the ability to view this newsletter.

Information posted on the website is subject to change without notice.

Bayport Community Watch Program

Hosted by Croixdale
Tuesday March 16, at 6:00pm

Join us as we provide an opportunity to build community, share information and provide education.

Guest speaker Lisa Stenseth, Case Manager from the Minnesota Department of Corrections-Stillwater Prison . A brief presentation on the minimum security unit upgrade will be shared. We will also have a special guest who is a minimum security offender. This offender will discuss how the Department of Corrections is helping facilitate his transition back into the community.

In closing, Chief Eastman will discuss recent reports and crimes that have occurred in the community of Bayport.

This quarterly program is open to all people living in the Bayport Community.

Recycling containers are available in the utility room of each floor at Croixdale .
E Please be sure that only the recyclable items, specified on the container, are put into the container. Plastic bags must be separate from all other plastics. There is also a place for plastic bags only. The clear plastic melamine that is often used in presentation of muffins or cookies from the store is often not recyclable, the melamine must go into the trash. Recyclable plastics will be marked with a recycling triangle on the bottom. For additional information, check the flier available near the mailboxes.



CROIXDALE

Wings Wellness

Kudos again to our residents for their great involvement in our Physical Wings Wellness Participation tracking! You'll recall that we have been gathering data since September. Here is an update on the recent months' numbers that we were able to report for site specific participation:

November 1 - 008

December 1 - 120

This is the combination of our exercise class participation and individual reports of additional exercise that our residents are doing. Thank you to everyone who is turning in their number.

We will continue to collect your numbers each month. The monthly tracking forms are available in the Wellness Center. Please turn in your completed form during an exercise class or at the reception desk by the 3rd day of the month following the month recorded on the form. Your diligence to record your activity and turn in your form helps us measure how active people are in our community. Keep up the great work!

You may be familiar with exercise classes that we've had where the instructor has introduced soft gym OverBalls™ for exercise. We are excited that Croixdale now has a few of these handy exercise balls. Soon, the balls will be used regularly with exercise groups. Soft gym OverBalls are fun for everyone to work with and are portable so that they can be used in smaller groups and in different areas of the building.

Proceeds from the annual Fall Bazaar make it possible to add items to our social programs and enhance life in the community. The new OverBalls are one of the items we have purchased with proceeds this year. Thanks to everyone who helped make the Fall Bazaar a success back in November! If you have any questions or want to see what this is all about, join us in one of the exercise classes!

Mardi Gras In Minnesota

February 26

Arrive between 5:00-6:00pm

Dinner buffet served in Terrace Dining Room
\$12.00 per person, Children under 12yrs. \$7.00

Buffet Choices Include: New Orleans Jambalaya, Barbecued Beef Brisket with Cajun Dressing, Fried Chicken (fried French Quarter-style,) Deep South Shrimp Creole, Chicken Gumbo with Okra, Cornmeal-Crusted Catfish, Bourbon Street Mashed Sweet Potato, Red Beans and Rice, Chicken Chutney Salad, Marinated Black-eyed Peas, Buttermilk Corn Bread, Bayou Biscuits, and Short'n' Bread

Something Sweet: Black Bottom Pie, Praline Pound Cake, Bananas Beignet, Peach Pie with Peanut Crumble, Mississippi Mud Cake

Seating may be limited. Reservations are requested and may be made at the Receptionist Desk by calling 651-275-4800. *Monthly theme dinners are not a part of any resident meal package. Prices noted above apply to all who attend.*

Coming Events . . .

- **All-House Resident High Tea**
Tuesday, February 9, 3:00 p.m.
This is a great time to meet and greet new residents who have moved into Croixdale and enjoy visiting with your friends and neighbors.
- **Monthly Birthday Celebration**
Tuesday February 16, 2:15 p.m.
Entertainment by: Jim Kellerman
Join us to celebrate all the February birthdays!
- **Winter Olympic Events**
Watch for in-house postings on the TV and bulletin boards for details on our own Winter Olympics with residents and employees!

Call today for information or to schedule a personal tour, 651-275-4800

PRESBYTERIAN HOMES & SERVICES NEWS

Social Accountability: Serving the Greater Good

Giving back, changing lives and meeting needs of individuals and communities are at the heart of what Presbyterian Homes & Services does. And what we do fits naturally with our mission and values.

Presbyterian Homes & Services (PHS) enriches the lives of older adults through services and communities that reflect the love of God. As we serve in these dynamic and nurturing environments, unlimited opportunities to reach beyond our communities arise.

Social Accountability refers to activities and contributions directed toward the greater good of the public community in ways that do not financially benefit the organization.

Examples of how PHS contributes to the larger community can be seen in our services and at all our communities. Consider that nearly every PHS

community serves as a meeting location for groups from the larger communities; or how local schools include intergenerational activities with PHS as part of their curriculum. Several PHS communities house affordable child care within their campuses.

PHS partners with higher education and government systems to improve education and credentialing opportunities for people who work with the older adult population. Best practices are shared with the goal of improving the lives of all older adults, regardless of where they live.

There are many compelling stories about how individuals are impacted by PHS. You may learn more about some of them by reading *The Greater Good*, the upcoming 2009 PHS Social Accountability Report, available through your community site leader.

~ Joy Lenz, Director of Marketing



Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing and health care.

