

Reflections on Green Lake

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UP COMING EVENTS

Candlelight Dinners
See “Treasured Tradition”
Article in this issue

“Are your Ducks in a Row”
March 29, 2017
11:00 a.m. to 1:00 p.m.

“Biggest Paint Party”
April 13, 2017
5:00 to 7:30 p.m.

“Swingin for Parmly”
Golf Tournament
June 15, 2017
Call 651-213-2744

Treasured Tradition

One of the most treasured traditions on the Ecumen Parmly Campus is the annual Candlelight Dinners that gathers residents, families, friends and staff in celebration. Each campus-housing unit plans an elegant evening meal, a unique celebration theme, and entertainment. Leading up to the announcement of the theme, six-weeks before the big night, is as exciting and anticipated as the event. Paris, Hollywood, Cruise Ship and Casino are some of the past themes with entertainment by the Forest Lake High School Jazz Band, St. Paul Winter Carnival Klondike Kates, Harpist, violinists, and others.

The dinner is by invitation only, with residents’ guests receiving their invitation about one month before the event. Staff and volunteers work hard during the planning and preparation stages, delighting in creating this special evening with themed costumes, decorations and surprises.

Parmly Lakeview Apartment’s Tenant Council announced Saturday February 25, 2017 for their candlelight dinner.

“Life is a Journey” enchants the Residence’s Candlelight Dinner with world dance entertainment the evening of March 9, 2017.

Point Pleasant Heights’ hosts “Winters Eve of Wonder” On Thursday March 16, 2017 at 5:00 p.m.

This spring, Vindauga View, Margaret’s House, and Isabelle’s House complete the candlelight dinners with a theme of “Let Me Call You Sweetheart,” on Thursday April 20, 2017.

Sign up to receive *Reflections on Green Lake* and get quarterly updates on Parmly Campus services, events, and wellness tips. Choose from printed or emailed newsletters.

Whether you would like to be removed from or added to the mailing list, it’s easy. Email michellemetzler@ecumen.org or call 651-213-2744. Please provide your name, mailing address, and email address.

The Lost are Found Too

One day three hunters went into the mountains to hunt and while they were in the wilderness it began to snow. It snowed so hard that they lost their way until they discovered a line fence and followed it to a line shack. After knocking, a woman opened the door bringing them shelter, warmth, and food.

She and her son lived on the hills caring for sheep. The blizzard went on for three days and one of the hunters spent time with the young boy and taught him the 23rd Psalm. To help him remember the Psalm by heart he used the fingers of his hand for the first words of the psalm...THE..LORD...IS...MY...SHEPHERD.

The storm ended and the hunters left the line shack with a promise to return when the weather was better. Never getting the boy out of his mind, the one hunter returned in spring. He arrived at the shack and rapped on the door to have the mother respond. "Where is the boy?" asked the hunter. The mother replied; "He is no longer with us – he died not too long after you left." "How did this happen" asked the hunter.

She answered, "Some time after you left another blizzard hit hard and he went to search for one of the lost sheep on the hillside. When he did not come home, I went in search of him and I found him. He had found the lamb and I found him lying on top of the live lamb with his hands in a strange position. He was holding his little finger and the hunter knew he was holding onto the word Shepherd. THE LORD IS MY SHEPHERD!

The place we call Ecumen Parmly LifePointes is not a church where evangelism is conducted. It respects the religious heritage of everyone. Nevertheless, it is holy ground where many people lost in the shuffle of life come to dwell in their twilight years. Our mysterious God works in his unique way to find the lost and encourage the faithful.

Recently a Vietnam veteran came to live at Parmly by his choice. He was placed on Hospice and was not expected to live long. His first priority was to call for a chaplain. Arriving at his room he asked, " I grew up believing but I was never confirmed; is it too late for me to go to heaven?"

Through subsequent discussion and prayer he confirmed his belief in Jesus Christ who suffered and died for him on the cross. From that day forward until his death only weeks later he lived with joy and peace. He was one of the lost that was found by the Lord's mysterious grace.

Through various means of support from people in the community, we care for those who come to us in need of medical help, therapy, physical and cognitive care, and also seeking spiritual well-being.

Pastor Ron Gerl, Chaplain

Pastor Gerl has served as the Parmly campus Chaplain for 16 years. He is ordained by the Evangelical Lutheran Church in America and an Associate Certified Chaplain of the Association of Professional Chaplains.



Getting your Ducks in a Row

Point Pleasant Heights is sponsoring a luncheon seminar "Getting your Ducks in a Row", Wednesday March 29, 2017 from 11:00 a.m. to 1:00 p.m. Area experts will present information about legal, financial, and spiritual planning. There is no cost to attend this seminar, with lunch is on us. Pre-registration is required before Wednesday, March 22, 2017. Register today by calling 651-257-4035.

Dignity Walks Honor Veterans By Playing “Taps” with a new Bugle

Through an interdisciplinary approach involving nursing, social services, spiritual care, and environmental services staff, Parmly developed and implemented “Angel Care” in 2005. Services provided through “Angel Care” evolved adding the Dignity Walk and Dignity Quilts in 2007 and 2008.

In October 2015, Chaplain Ron Miller of the American Legion Post from Forest Lake contacted Pastor Ron Gerl with a donation of a large American flag for veterans’ dignity walks in place of the dignity quilt at the Parmly Residence. With the increase of veterans at Parmly, it seemed more appropriate that the Dignity Walk should honor the veterans for their service to our country.

The flag, donated by the Post and Robert’s Family Funeral Home of Forest Lake was graciously accepted along with the flag holder, donated by Grandstrand Funeral Home, Lindstrom and used for “Parmly’s Dignity Walk” tradition on October 27, 2015 for the first time.

Shortly after the flag was received the Parmly Honor Guard was formed. Residence veterans volunteer to serve as the Honor Guard. The Honor Guard assembles during awake hours, escorting and saluting each veteran as they leave Parmly.

This past fall, the Family of Lloyd Goble presented Parmly with a memorial donation dedicated to the Parmly Honor Guard who now have hats and purchased a ceremonial bugle. In addition to escorting and saluting veterans as they leave Parmly, the Honor Guard pays tribute by playing “Taps.”

Angel Care was created to acknowledge impending death and to accommodate the wishes of the dying and their families. “We come into this world with so many people surrounding

us and showing love and appreciation for us,” says Parmly Chaplain Ron Gerl. “Angel Care is designed to bring that same dignity and celebration of a person at the end of their life on Earth. We are especially proud to honor our veterans with a flag and bugle.”



Bert Arkman tries out the Parmly Honor Guard’s ceremonial bugle.

Looking for volunteers to help with Sunday Worship Service technology needs.

**Please contact Pastor Ron Gerl at
651-257-7953 or RonGerl@Ecumen.org**

Studios of Art Receives Art Grant

Vitalize! Wellness Centre Studios of Art recently received a grant from the “East Central Regional Arts Council” (ECRAC) and will help to fund two projects.

The first is Plein Air painting classes. These classes will be taught outdoors during the warmer summer months. Paint night classes will continue with the Plein Air as an addition.

Two-six week Tap dance lesson sessions taught by a professional tap dance instructor will be offered before the end of 2017.

It is exciting to be able to offer more arts programming. We will be kicking off our events on Thursday, April 13, 2017, with a paint night celebration. Details and registration forms will be out soon.

2016 Memories



Above: Margaret's House enjoys outdoor family breakfast.



Left: Vindauga View tenants visited with families and grandchildren while Sunshine the Clown entertained in celebration of National Grandparents Day.



Left: S&F Acres, Harris, made a visit to Margaret's House and Isabelle's House with their miniature horse.



Left: Residents of the Residence celebrate Mardi Gras with dance.



Left: Charles Roberts was awarded the Phyllis Lindquist Distinguished Service Award at the fall luncheon honoring Parmly's volunteers.



Above: All veterans living and working on the Parmly campus are honored at the annual Veterans' Day celebration.



"Swedish Meatballs for Parmly" held at Elim Lutheran Church, Scandia raised money to help support Parmly's Meals on Wheels program.



Above: Cul-de-sac Coffee at Point Pleasant Heights



"Swingin' for Parmly Special Recognition Award was presented to Gordy and Vida Meland.



OUR DONORS

Gifts received from August 2016 through December 2016

Honorarium Gifts

- † **Charles Roy**
James Stafki
- † **Charlotte Gabrielson**
Avis Moeller
- † **Connie Rost**
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- † **Kate Friederichs**
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OUR DONORS

Gifts received from August 2016 through December 2016

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Note: Although great care is taken to ensure an accurate list of donors, we apologize for any omissions or errors.

Please contact Ecumen Parmly LifePointes at 651-213-2744 if an oversight has occurred.

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 Les & Lil Johnson
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 Wayne & Janice Nickelson
 Donald Olson
 Don & Dolores Peterson
 Sally Rajamaki
 † indicates deceased

Join Parmly's *Heritage Circle* to Ensure Parmly's Future

The *Heritage Circle* is comprised of individuals who have included Parmly in their estate gift plans. Estate gifts are pledged through a charitable will bequest, beneficiary designation, and/or a life income gift through a charitable gift annuity, a trust or similar planned gift.

For more information, contact Stacy Hanley, Executive V.P. of Philanthropy, 651-766-4336 or StacyHanley@Ecumen.org.

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..... 651-829-0117

Assisted Living or Memory Care
..... 651-257-7951

Independent Living
Townhomes & Apartments
..... 651-257-7951

Low Income Housing Apartments
..... 651-257-0581

South Chisago County Meals on
Wheels
..... 651-257-0580

Transit Plus
..... 651-257-7327

Vitalize! Wellness Centre
..... 651-257-7957

Or visit...

www.EcumenParmlyLifePointes.org

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As we begin 2017, many of us may be thinking it is time to start downsizing and searching for a new home. Point Pleasant Heights, 28600 Fairway Lane, Chisago City can fulfill many needs for a carefree lifestyle. Point Pleasant Heights offers beautiful one and two bedroom move in ready apartment homes. The maintenance and grounds crews take care of snow removal and apartment upkeep while you enjoy your new lifestyle. In the spring and



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Call Darlene Shafer at 651-257-7951 to schedule a personalized tour of Point Pleasant Heights that offers age 55+ an independent lifestyle in apartments and townhomes.

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