

May 2024

## From campus administrator

**A**s I stand at the threshold to welcome in the month of May, I remember the past years celebrating Mother's Day. My parents would take us on the hour-long drive to visit both my grandmothers in Havelock, Iowa on that special day. I remember how my siblings and I would decorate our farmhouse to honor our mother, and she would be delighted with the toilet paper crown we would make and place on her head.

When I read **Proverbs 31-25-27**:

*"She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue. She watches over the affairs of her household and does not eat the bread of idleness,"* I am reminded of the strength and importance of a woman in the home, those who are mothers, and those who have a heart of a mother.

As we say goodbye to April and tax season, I have scheduled Shred-It to pick up papers and documents that residents want to have shredded. Shred-It is scheduled for Monday, May 6. Please bring down your

boxed and bagged papers that you would like shredded. They will be stored safely in my office until Shred-It picks them up. Feel free to reach out to me with any questions.

Welcome spring and Happy Mother's Day!

Trincy Faas, Campus Administrator

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# Marvella



## A beneficiary with benefits

Leaving a legacy that extends kindness to your community beyond your lifetime doesn't have to be complicated nor require an attorney's involvement. You can make an impact when you designate Presbyterian Homes Foundation or your own community as a beneficiary of one or more of your assets. This is one of the simplest ways you can secure your financial affairs and leave a gift that reflects your values. It expresses deep appreciation for your community and makes a difference in the future of your neighbors.

Naming a beneficiary on a retirement account, life insurance policy, bank account, or other investment ensures that your resources continue to serve the needs of those around you. It's usually as straightforward as completing a form from your insurer/custodian or, if you prefer, you may complete a form online. Please give us a call at **(651) 631-6418** or **(651)-631-6408** if you would like assistance with this.

Did you know that you can name both individuals and charities as beneficiaries on the same accounts? For example, you may choose to give 80% to family members and 20% to charities. It's also possible to specify a certain dollar amount that you would like to leave. And, if a primary beneficiary becomes deceased, a charitable organization could be named as a contingent beneficiary. If you

already have a donor-advised fund set up, the distribution of investment funds may also be managed for years to come.

Naming a charity as a beneficiary brings flexibility to your financial plans so that assets are available during your lifetime. It also enables you to sow seeds of kindness and compassion that will bear fruit into the future, demonstrating gratitude for blessings and ongoing care for our loved ones. Thank you for considering taking the step to designate Marvella or Presbyterian Homes as a beneficiary of one or more of your assets. Your generosity makes a difference!

## Mission, Vision and Values

### **Mission**

*The mission of Presbyterian Homes & Services is to honor God by enriching the lives and touching the hearts of older adults.*

### **Vision**

*To provide more choices and opportunities for more older adults to live well.*

### **Values**

#### **Christian Culture**

*- Reflect the love of God*

#### **Ready & Engaged People**

*- Create ownership & utilize strengths*

#### **Operational Integrity**

*- Do what we said we would do*

#### **Service Excellence**

*- Create an exceptional customer experience*

#### **Stewardship**

*- Optimize resources and expand ministry*

## Spiritual offerings at Marvella

All residents and staff are welcome to participate in our **Weekly Worship Services** each Wednesday at 3pm in the Chapel. It is a service to celebrate the Living Christ among us here at Marvella.

**Monthly Communion Worship:** First Wednesday of the month, at 3pm. May 1 this month. \*

**Donuts and Devotions:** First Sunday of the month, Commons Library at 10:00am. This event will be on Sunday, May 5 this month. \*

**Meditation group:** Mondays at 8am in the Club Room, Terrace 2 (CR-T2).

**Praying Hands group,** 3pm on Monday, May 13 in the Private Dining Room.

**Grief Group,** 3pm on Monday, May 20 in the Private Dining Room.

**Caregiver's Book Club:** 5pm on Thursday, May 2 in the Private Dining Room.

**Catholic Services: Mass** May 14 at 9am in the Chapel/Town Center. No Catholic Word and Sacrament this month. It fell on Memorial Day.

**Jewish Discussion Group:** May 9 at 1pm in the Town Center -Lawyer Bob Aronson will speak about "Immigration Challenges."

**Bible Study:** Thursdays at 3:30pm in the Private Dining Room.

\* Indicates a new time/event.

## Pastor Maia's message

So much beautiful and tender caregiving unfolds within the walls of Marvella. Some of you are family members, caring for your loved one in challenging circumstances. Some of you are volunteers in the Arbor, providing presence, support, and time. Pauline Boss states, "Sadness is treated with human connection." She has written a book called *Loving Someone who has Dementia: How to find Hope while Coping with Stress and Grief*.

Hospice chaplain Jenny Schroedel will facilitate a monthly small group discussing this book, beginning Thursday, May 2 at 5pm in the private dining room. We would like to gift you this book if you are a caregiver or want to know more caregiving. Please speak with Pastor Maia if you would like to participate in the book group or read the book. All residents are invited, and family members are also welcome. This group is invitational to all religious traditions and those with none.

We are #MarvellaCommunity together, inspired and supported by love. It is a blessing to see us learn and grow together, sharing faith, culture, and common belonging. Please let me know ways that I may come alongside you and support you in this season of growth and transition in your lives. My office door is always open when I am inside, and I welcome visitors. I want to know what is important in your lives and in your prayers so please don't hesitate to visit me.

Blessed Easter Season (yes, it lasts 50 days!)

Maia Twedt, MDiv BCC (board certified chaplain)

# Marvella

## Culinary corner

**Continental Breakfast** is served in the **Olive Branch Bistro** Monday through Sunday, 8 to 10am.

**Hot Breakfast Service** is available in the **Dining Room** (adjacent to the bistro) Monday through Sunday, 8 to 10am.

**Lunch** is offered in the **Olive Branch Bistro** Monday—Saturday from 11am to 2:30pm. *Closed Sundays. Charges apply.*

**Dinner** is available in the **dining room** Tuesday through Saturday with seatings between 5 to 6pm. *Charges apply.*

**Reservations** can be made online and **online ordering** is available for **take-out** and **delivery**. There is a **\$6.50 fee** for delivery.

***Make reservations thru EMENU Choice or with a staff member***



The delicious charcuterie plates created by the Marvella culinary team for the April 17 Wine-Tasting event with Frederic Deschamps.



### **Continuing Movies and Meals— Tuesday afternoons and evenings!**

Continuing in May, our Tuesday matinee movies will be food-related, with a special corresponding meal in the Dining Room following the movie! The start times for the movies may vary, so that participants will be able to go from the movie to dinner at 5:00pm.

**Here are the foodie movies and corresponding special dinners for May:\*\***

**5/7- *The Taste of Things* — Seafood Veloute w/ Crawfish**

**5/14- *Goodfellas* — Lasagna with Garlic Toast**

**5/21- *Burnt* — Halibut**

**5/28- *Minari* — Kimchi Udon Soup**

***\*Special dinner menus will be announced each week.***

**\*\*Reservations are required for these special dinners.**

## Define your why

This week I had the pleasure of spending time with two residents who wanted to start using the fitness room. They have both lived at Marvella for over a year so my first question was “Why now?” For one, it is a cancer journey. Doctors have advised exercise helps in withstanding the toll of chemo. For the other, it is to be able to better care for an ailing spouse. They have both found their “why.”

That said, in strength class this morning, 20 residents were muscling their way through exercises with grunts and groans. Since I can't imagine any of us would choose to do planks, crunches, squats and lunges just for the fun of it, I reminded them, “we do THIS in here so we can do THAT out there”. Exercise then becomes a vehicle to making THAT possible. Why you exercise matters and becomes your motivation for participation.

For some, the “why” may be independence. For others, it could be travel or helping to care for grandchildren. With medical diagnoses such as Parkinson's, cancer, diabetes or high blood pressure, exercise is frequently the prescription (beware of the side effects: fun, fellowship and confidence).

For me, the “why” has morphed over time. I was not an athlete in high school. I was active but did not participate in structured sports. It was at the University of Illinois broom ball and softball that prompted me to start running. My endurance increased but more so, running settled me. It became a way to rejuvenate between classes and study sessions. Running is still where I find much of my inspiration and creativity.

Now my “why” is legacy. I cannot remember a time where movement was not part of our family outings. Whether going on camping trips, scaling mountains or biking to breakfast, activity was woven into time together. Among the adventures, some of the most impactful conversations and life lessons have taken place. When my son and I are together, we lace up our hiking boots and as much as my body relishes the activity, my soul savors the sweet moments of connection. At some point, I may be blessed with grandchildren and I aim to be the coolest grandma ever. My vision includes water parks, hiking trails, sledding, swimming and zip lining. When the couch is calling my name, I remember my vision and head to the gym.

While we have no control over the cards we are dealt, we do have options in how we play the hand. Regardless of your circumstances, take time to visualize your best life at this moment. If exercise can play a part in that picture, please join us and be a part of creating our best selves together.

It is never too late to be who you want to be.

Be well,

Susan

# Marvella

## Upcoming Highlights:

- May 1: Travel Group Meeting—1pm**
- May 1: Monthly Worship with Communion—3pm**
- May 2: OLLI Presentation—"University of Minnesota Libraries" - 12:30-2pm**
- May 2: Caregiving Book Group—5pm**
- May 3: "Cinco de Mayo" dance party and happy hour with Dave Moline—4-6pm**
- May 5: Donuts and Devotions in the Commons—10am**
- May 5: Marvella Film Society, "TBD" - 2pm**
- May 6: Marvella "Shred-It" Day**
- May 6: Speaker—Janet Horvath—"The Power of Music" — 1pm**
- May 8: Marvella Choir Practice and Singing at Worship—2pm**
- May 9: Jewish Discussion Group—Lawyer Bob Aronson will speak about "Immigration Challenges." - 1pm**
- May 9: Haydn at Home Series Concert—3:30pm**
- May 10: Monthly Resident Birthday Party with singer Monroe Wright—2pm**
- May 10: Bach Society of Minnesota—Mobile Mini-Concert—4pm**
- May 11: Family Swim Day, 9:30am-12:30pm**
- May 11: "The NOTEable Singers" Concert —2 pm**

- May 12: Happy Mother's Day!**
  - May 13: James Shaw Piano Concert—10:30am**
  - May 13: Speaker—Chris Crutchfield—"Ujamaa"- 1pm**
  - May 13: Matthew Hope Guitar—3pm**
  - May 13: Praying Hands Committee—3pm**
  - May 14: Catholic Mass—9am**
  - May 14: 'Restoring Waters' Open House—4:30-7pm**
  - May 19: Marvella Film Society, "TBD" - 2pm**
  - May 20: Speaker—Sujata Massey— Mystery Author - 1pm**
  - May 20: Robert Lipscomb on Piano—2pm**
  - May 20: Grief Group—3pm**
  - May 27: Memorial Day**
  - May 29: OboeBass! Music Education—Edvard Grieg and Music for the Mountains-1pm**
- \*Please follow Wellzesta for changes**



**Three generations: Susan E. with her son and dad**

## Construction update: Marvella 2190

The warm winter and spring have helped the construction of Marvella’s newest addition. The building is progressing beautifully and remains on schedule. A state-of-the-art residential experience is reflected in the latest developments on-site including:

- **Vertical construction:** The building has successfully gone vertical! This marks a significant phase in the construction timeline.
- **Precast completion:** All precast work has been finalized, laying a robust foundation for the subsequent stages.
- **Framing:** The steel-stud and wood framing are currently ongoing shaping the internal structure of the development.

**Scheduled to open during the spring of 2025.**



Above is a view of Marvella 2190 on Hillcrest Avenue, looking towards the southwest. You can see the civic area park and then Terrace 2 further to the right.



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Marvella.org

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

## We are thrilled to announce the brand-new website!

The Presbyterian Homes & Services website is new and improved. Designed specifically with YOU in mind, the redesigned website is easy to use with simple navigation, abundant resources and a fresh look.

- Get news, stories and updates on PHS communities, residents and employees, plus resourceful information on living well!
- Access your community's newsletter, social calendar and dining menus all in one place.
- Explore the many different types of support PHS offers including rehabilitative services, home meal delivery and more.



**Visit PresHomes.org today!**