

April 2024

Waverly Gardens embraces the history of North Oaks

Last year, Waverly Gardens and the Hill Farm Historical Society (HFHS), entered into a cooperative agreement to exchange services between the two organizations. One result of this cooperative agreement was the four-hour, four segment documentary series, ***The Empire Builder - James J. Hill and the Great Northern Railway*** shown in the Waverly Gardens theater in February. The display of Hill Farm Pictures and other memorabilia shown on the ground floor outside the auditorium in the Terrace building is provided and maintained by HFHS.

The mission of HFHS is to share the rich and unique history of James J Hill's North Oaks Farm through preservation of the Hill Farm National Historic Site, and, to tell the story of the role the farm played in the development of agriculture and Hill's Great Northern Railroad from Minnesota to the Pacific Northwest. In 1883, James Hill purchased 3,300 acres encompassing what is today part of the City of North Oaks. The farm was used to produce advances in cattle raising and other agricultural practices to benefit the Great Northern Railroad and the farmers who used the railroad for shipping. In 1989, HFHS was organized as a nonprofit member organization to be responsible for the three main buildings of the farm: the dairy, the granary, and the blacksmith/machine shop located on 5.6 acres of land donated by the North Oaks Company.

Many residents of Waverly Gardens who came from North Oaks are somewhat familiar with the Hill legacy; many residents who didn't come from North Oaks are still interested in the history of the community that is now their home. This is one of the reasons for the agreement between HFHS and Waverly Gardens.

The next event of HFHS is the annual spring dinner, which this year will be held on Friday, May 17 at the North Oaks Golf Club starting with a social hour at 5:30p.m. The guest speaker is James Stolpestad, historian and author of ***Great Northern Iron: James J. Hill's 109-Year Mining Trust***. This is a fascinating story about the Great Northern Iron Ore Properties Trust, the brainchild of James J. Hill and his son in response to the Federal Government's trust-busting efforts personally directed by President Teddy Roosevelt. Two long-time residents of North Oaks played important roles in the Trust. One in the formation of the Trust and one in the termination of the Trust. This promises to be a fun event with socializing before dinner.

Waverly Gardens will provide transportation to and from this event. Later in April, each resident of the Terrace and the Mews will receive an invitation to the dinner with details on how to sign up. Residents of Waverly Gardens get a discount price for the dinner. More information, as well as invitations to the dinner,

Continued on Page 2...

Waverly Gardens

(Continued from Page 1)

will be available on the HFHS website: **hillfarmhistoricalsociety.com**. If you didn't receive an invitation and want one and have trouble accessing the website or if you have questions contact Bill Ecklund, Terrace, Apt. 207, tel. 612-859-8509. Also, if you are interested in receiving mail and/or emails from HFHS, sign up for the HFHS newsletter at the bottom of the website home page. HFHS does not send out many emails, but the ones that are sent are interesting.

Another Cooperative Agreement project HFHS is working on is a shelf in the Waverly Gardens resource library. This will hold Hill Farm Historical Society books and materials. The resource library is located on the first floor in the Gallery room opposite the solarium in the Terrace. This will have books on James J. Hill and his enterprises as well as reference materials on the Hill Farm. There will be more about this and other HFHS events in a later newsletter article.

HFHS is a valuable asset to our community, and HFHS does not want to be a "best kept secret." HFHS wants to share the Hill Farm and the James J. Hill history with the community.

Quotable Quotes

"A flower cannot blossom without sunshine, and man cannot live without love."

—Max Muller

"What happens is not as important as how you react to what happens."

—Ellen Glasgow

Check it out—library news

- Large print books provided by Ramsey County Library have been returned to RCL. If you receive a call that you have a book overdue, please let Darlene know the book title.
- Waverly Garden March Reading Challenge tracking lists are due in the library by April 4.
- Watch for the details in the Enrichment Calendar for the next Author interview Streaming in the Theatre!
- Brain & Life (Neurology for Everyday Living) offers free home delivery. Subscribe online at myBLsub.com for fastest subscription service.
- Pop-Up Library April 24 2:00-3:00p.m. in the Club Room.
- April is National Poetry Month - watch for special display of poetry books.

Happy reading!

Trivia

- A. Which country is known for the blooming of its cherry blossoms in spring?
- B. What is the smell that is associated with rain-fall?
- C. What flower is associated with Easter?
- D. Which spring month is Earth Day celebrated in?

(Answers on bottom of page 5)

Wellness words: traumatic brain injury month

Traumatic brain injury is usually caused by a blow or other traumatic injury to the head or body. The degree of damage can depend on several factors, including the nature of the injury and the force of impact. Mild traumatic brain injury may affect your brain cells temporarily. More-serious traumatic brain injury can result in bruising, torn tissues, bleeding and other physical damage to the brain. These injuries can result in long-term complications or death.

Some of the most common causes of a traumatic brain injury are falls, such as from a bed or ladder, down stairs, and in the bath. Help prevent falls by:

- Installing handrails in bathrooms
- Putting a nonslip mat in the bathtub or shower
- Removing area rugs that are tripping hazards
- Installing handrails on both sides of staircases
- Improving lighting in the home, especially around stairs
- Keeping stairs and floors clear of clutter
- Getting regular vision checkups
- Regularly exercising

Follow these tips to reduce the risk of brain injury when driving or outside:

- **Seat belts and airbags.** Always wear a seat belt in a motor vehicle. A small child should always sit in the back seat of a car secured in a child safety seat or booster seat that is appropriate for his or her size and weight.
- **Alcohol and drug use.** Don't drive under the influence of alcohol or drugs, including prescription medications that can impair the ability to drive.
- **Helmets.** Wear a helmet while riding a bicycle, skateboard, motorcycle, snowmobile or all-terrain vehicle. Also wear appropriate head protection when playing baseball or contact sports, skiing, skating, snowboarding or riding a horse.
- **Pay attention to your surroundings.** Don't drive, walk or cross the street while using your phone, tablet or any smart device. These distractions can lead to accidents or falls.

Resource: <https://www.mayoclinic.org/diseases-conditions/traumatic-brain-injury/symptoms-causes/syc-20378557>

Waverly Gardens

Resident showcase: memories and musings

Easter Traditions

By Virginia Reiner

Two weeks before Easter Sunday, my mom started baking the Easter lambs.

The lambs were not meat, but cake, a lemon pound cake baked in a heavy cast iron mold. The mold depicted the lamb lying down in the grass, his head serenely staring off into the distance. The mold was large: 8 inches long and 5 inches high and 3 inches deep. Mom usually made several of them to give away to family and friends.

Before the cake batter was poured into the mold, I coated the interior of the mold with butter—every indentation, lump, and bump had to be coated to bake the batter to a golden coat, and allow the lamb to slip free of its mold. The batter was poured over a skeleton of wooden skewers that held all the body parts together, and the top of the mold was latched to the bottom and placed into the preheated oven.

When the smell of cake began to drift through the kitchen, the mold was left to cool on the breadboard. This could take some time, but impatience most often led to disaster as parts of the lamb would remain attached to the mold, or the lamb broke apart as it was tapped out of a too warm mold.

I apprehensively stared at the cake when the top half of the mold was removed. If I had done my job well, a well formed, beautiful golden lamb stared back at me. We slipped the other half out of its sarcophagus and put each lamb in a plastic bag to freeze until Easter Saturday when we frosted them.

Mom made a cream cheese frosting with powdered sugar and milk. It flowed like expensive, dripless paint as I moved a flexible metal blade over every bulge of the body. While the frosting was still moist, we sprinkled coconut over the lamb, gently patting it into the body. Next we placed raisins in the eye sockets and a red, cinnamon heart at the tip of the nose.

Around the lamb, we placed green cellophane grass, with tiny jellybean eggs hidden among the blades. Then we made a flag for the lamb and set it between its folded legs. The flag displayed a cross and symbolized victory over death. I dressed in my white pinafore with embroidered hearts and ribbons to deliver our lambs and share the joy of Easter with family and friends.

When mom grew old, she stopped making lambs. I moved the lamb mold to my house and resumed baking an Easter lamb. I too stopped when my children moved away and no one was left home to fight over who got the tail end and who got the head when the lamb was cut.

When we sold our house, I gave my daughter the lamb mold but she had no time to use it. Then one day I got a picture from my daughter: “Look what Lola made!”

My granddaughter, Lola had found the lamb mold in a dark cupboard. She found a pound cake recipe and mold directions on the internet. I stared at the serene golden lamb. Newly risen from the dead, it once again spoke of eternal life.

Spring Time

I love the spring time
It has the most wonderful things
Bulbs popping up give us a sign
Listening to the Cardinal as he sings
Cheer! Cheer! Cheer! Other birds return
To sing their songs and look for a mate
Romance is necessary, it cannot wait
Remember when over romances began on a date
With our one true love – such a sweet time!
Intoxicating as the finest first wine
Windows can be opened to let in the fresh air
Walking begun to see what's new here and there
Looking for Pussy Willows on the way
Also Red Twig Dogwood for a bouquet
The scent of tree blossoms and earthy smells
From the ponds, the frogs, choir music swells
Puffy white clouds in a sky of blue
Would not ever make me feel blue
The thing with Spring, it doesn't last
But more light to enjoy before it's passed
All the while it is Spring
I feel in touch with everything

—Marilyn Lynch (Terrace Resident)

A Garden for Daily Living

Plant three rows of peas:
Peas of mind
Peas of heart
Peas of soul
Plant four rows of squash:
Squash gossip
Squash indifference
Squash grumbling
Squash selfishness
Plant four rows of lettuce:
Lettuce be faithful
Lettuce be kind
Lettuce be happy
Lettuce really love one another
No garden should be without turnips:
Turnip for service when needed
Turnip to help one another
Turnip the music and dance
To enjoy our garden
We must have thyme:
Thyme for fun
Thyme for rest
Thyme for ourselves
Water freely with patience and
Cultivate with love.
There is much fruit in your garden
Because you reap what you sow.
—Anonymous

Trivia Answers

1. Japan
2. Petrichor
3. White lilies
4. April

Waverly Gardens

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 for 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.

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. 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 create a health care directive.

A health care directive is a document that informs others of your health care wishes. It allows you to name a person (“agent”) who will assure that your choices are honored or decide for you if you are unable to decide for yourself. This document has legal authority. Physicians, health care providers and hospital staff are bound by law to follow your directives.

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.

Reach out to Pastor Chuck and he will help you take it step by step and get the conversation started.

April employee anniversaries

Angelica H.	Housekeeping Assistant	1
Frida A.	RA LTC	1
Gianna D.	RA AL	1
Kayla S.	Server	1
Jill D.	RA LTC	2
Elise H.	Server	2
Lauryn L.	RA AL	3
Elise D.	Server	3
Heather S.	HR Manager	5
Chris B.	Receptionist	7
Dave F.	Chef	10
Michelle W.	Server	18
Lesley-Anne P.	Health Info Director	18
Johna L.	Server	18
Lynn W.	Nutrition & Culinary Ser-	32

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.



Exciting events

- Tuesday April 9, 2p.m.—Waverly Gardens Singers Spring Concert—AD
- Thursday April 11, 6:30p.m.—Waverly Gardens Singers Spring Concert—AD
- Friday April 19, 2p.m.—Jordan Michaels Entertainment—AD
- Tuesday April 23, 2p.m.—Display and short documentary of the St. John's Bible—AD
- Thursday April 25, 2p.m.—Mini Musical with Nautilus Music Theater and Resident Deloris Mixer—AD
- Tuesday April 30, 2p.m.—Entertainment: Pop Standards Social Club—AD

Waverly Gardens
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WaverlyGardensPHS.org

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!