

January 2023

## Waverly Gardens' 2022 CROSS Award Nominees

In this year's CROSS Awards, Presbyterian Homes & Services (PHS) gave us the chance as a community to celebrate and recognize some of the many employees who we feel make Waverly Gardens so special.

With the CROSS Awards, PHS celebrates employees that best represent and live out the CROSS values. CROSS stands for Christian Ministry, Ready and Engaged People, Operation Integrity, Service Excellence, and Stewardship. Employees that represent these values can be nominated by residents, employees, or friends.

We want to congratulate the employees that were nominated for the CROSS Awards this year and thank them for all of the hard work that they put into representing CROSS values.

For the **Christian Ministry** value/category, which is reflecting the love of God, the employees nominated were:

- Jenny Konetski
- Kathleen Henry
- Tracy Keiffer

For the **Ready & Engaged People** value/category, which is creating ownership and utilizing strength, the nominated employees were:

- Fong Yang
- Jill Hanson
- Kathie Roth
- Lynne Wright
- Taylor Anderson
- Tracy Keiffer

For the **Operation Integrity** value/category, which is doing what we say we are going to do, the nominated employees were:

- Anna Degonda
- Julie Waldera Williams
- Kathleen Bart
- Merary Jacobo
- Tracy Kieffer

For the **Service Excellence** value/category, which is creating an exceptional customer experience, the nominated employees were:

- Jess Nordeen
- Johna Lumbro
- Karla Nord
- Kelly Scott
- Lilibeth Guiamoy
- Mary Kimani

Congratulations team for making PHS CROSS values come to life!

# Waverly Gardens

## Curiosity corner

Welcome to the first **curiosity corner** column of the new year! This month we asked a group of residents to tell us about the favorite place they had visited and what made that place special. We also asked them what new place they would like to visit (assuming no problems with money, physical limitations, etc.). Here are the responses:

- My favorite place to visit is the Minnesota State Fair building that has the children's art in it. I'm always amazed by their creativity. I also like to see all the different kinds of rabbits.
- Another member and her husband took turns planning trips in the 1990s. Their first trip was to Kenya. They traveled by Jeep and were chased by an elephant. They also enjoyed a hot air balloon ride. She would like to visit the Holy Land.
- Another couple spent a year in Paris, France, with their four children, ages four to 16, and declared it the most beautiful city in the world. Sometimes the language presented difficulties. For the future, anywhere on a Viking River Cruise would fill the bill.
- The favorite trip of another couple was to Alaska. The national forest drew them in to enjoy the experience.
- One resident visited botanical gardens, with Huntington Garden in Pasadena, Calif., a special favorite. Besides the main gardens, there is artwork to see and a Japanese garden to enjoy. She has just signed up for her long-awaited dream trip on the Rhine River.
- A safari in Botswana, Africa, was a favorite trip

for 13 members of one family. Victoria Falls was impressive, as was the dangerous Black Mamba Snake in the dining room. They were assured the snake would not attack unless cornered!

- With five children in tow, one resident spent seven weeks sleeping in tents as they visited eight countries. Later, she would visit all the continents. She would like to visit Patagonia.
- In 1985, one resident spent a month in Japan. She loved everything about the country including the people, culture, art, food, traditions, and gardens. Her wish now is to see the ancient Redwood Trees in California.
- One resident traveled to Kenya and Tanzania with eight friends. They slept in pup tents on the floor of Ngorongoro Crater and awoke to the sound of a lion roaring outside their tents in the middle of the night. The only place this resident hasn't been is Antarctica.
- And finally, we have a resident whose first love is the North Shore of Lake Superior. For future travels, Ireland is at the top of the list.

## Quotable quotes

"You are never too old to set another goal or to dream a new dream."

- C.S. Lewis

"Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."

- Helen Keller

## Metric units of weight

You may have noticed that your medications and the information on food labels use measurements like grams and milligrams. These are examples of metric measurement units for weight. The fields of medicine and science use metric units. Other countries in the world also use metric units for all other measurements as well, including length, volume and temperature. The United States is the only holdout.

The basic metric unit for weight is the **kilogram**. The short way to write kilogram is **kg** (no period at the end, and no "s" if you have more than one kilogram, just **kg**).

A kilogram is a little more than 2 pounds (about 2.2 pounds). A heavy cast iron frypan weighs about 1 kg, and a newborn baby usually weighs between 3 kg and 4 kg (between 6.6 pounds and 8.8 pounds).

For smaller weights, a kilogram is divided into 1000 **grams**, written as 1000 **g** (no period, no "s"). A paperclip weighs about 1 g, and a nickel weighs about 5 grams. Pick the correct metric weight unit for each example below. Answers are at end of the column.

- Would 5 pennies weigh about 16 grams or 16 kilograms?
- Would you buy 2 kg or 2 g of grapes at the grocery store?
- Would a serving of cereal have about 9 g or 9 kg of protein?

BONUS question:

- If a dollar bill weighs 1 g, how much would a ten-dollar bill weigh?

Until next time, stay curious!

Your curious corner editor, Diana Hestwood

### Answers to metric weight units questions:

- 16 grams; b. 2 kilograms; c. 9 grams; d. 1 gram.

*Resource: Metric Information Office, National Bureau of Standards, Washington, D.C. 20234*

## Wellness words: Mental health

This new year's resolution is to focus on your mental health. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

If you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Getting physically active

Did you know the wellness center offers personal training? Please contact the wellness desk at 651-765-4060 for more information.

Resource: <https://www.mentalhealth.gov/basics/what-is-mental-health>

# Waverly Gardens

## January employee anniversaries

Delainey S.	RA AL	1
Ana P.	TMA LTC	1
Rein J.	RN LTC	1
Ger V.	RA AL	1
Alyssa T.	Server	1
Sydney A.	RA LTC	1
Isaac S.	RA LTC	1
Marcela C.	RA LTC	1
Anne F.	RA LTC	2
Jada R.	RA AL	2
Karla N.	Chef	3
Keith L.	Pastoral Care Director	3
Michelle S.	SLP	7
Sydney F.	RA LTC	8
Andrea J.	Housing Counselor	8
Haron N.	RA LTC	8
Eric E.	Engineer	11
Jenny J.	Housekeeping	12
Stacie W.	RN AL	12
Kathy H.	Housekeeping	12
Angie S.	Staffing Coordinator	16
Lisa L.	RA AL	17
Evy S.	Housekeeping	17
Lisa K.	OTA	25
Israel O.	Clinical Administrator	25
Dynette G.	RA LTC	25

## Recipe of the month

### Pesto Chicken Minestrone

- **1** head garlic
- **3 tbsp.** olive oil, divided
- **1** small onion, chopped
- **8 c.** chicken stock
- **1 1/4 lb.** boneless, -skinless chicken breast
- **1** large piece Parmesan cheese rind
- **1** (15.5-ounce) can dark red kidney beans, rinsed
- **2** large carrots, sliced
- **1/4 tsp.** crushed red pepper
- **1** (9-ounce) package fresh four-cheese tortellini
- **1** bunch curly kale, stems discarded and leaves torn
- **2 tbsp.** prepared pesto, plus more for serving
- Kosher salt
- Freshly ground black pepper

### Directions

1. Preheat oven to 400°F. Cut off pointed end of garlic, exposing cloves. Place on a piece of aluminum foil and drizzle with 1 tablespoon oil; wrap tightly. Bake until soft, 35 to 40 minutes; let cool. Squeeze pulp from garlic and mash into a paste; reserve.
2. Meanwhile, heat remaining 2 tablespoons oil in a large pot or Dutch oven over medium-high heat. Add onion and cook, stirring occasionally, until golden brown, 4 to 6 minutes. Add chicken stock, chicken breast, and Parmesan rind. Bring to a boil. Reduce heat to low and simmer, covered, until chicken is cooked through, 25 to 30 minutes. Remove chicken and shred with two forks; return to pot.
3. Stir in beans, carrots, red pepper, and 2 tablespoons reserved mashed garlic. Simmer, covered, 15 minutes. Uncover and stir in tortellini. Cook, uncovered, stirring occasionally, 4 to 6 minutes. Stir in kale and cook until pasta is cooked through and kale is tender, 2 to 4 minutes. Remove from heat and discard Parmesan rind. Stir in 2 tablespoons pesto. Season with salt and pepper. Serve warm with additional pesto. (8 Servings) (Recipe by Marian Cooper Cairns on Country Living Website)

## Trivia

1. Who was the first woman to win a Nobel Prize in 1903?
2. Approximately how many languages are written from right to left?
3. What is the most consumed manufactured drink in the world?
4. Which author created Sherlock Holmes?
5. Which is the second most popular sport (after soccer) according to its estimated number of fans?

## Trivia Answers:

1. Marie Curie
2. 12
3. Tea
4. Arthur Conan Doyle
5. Cricket

## Announcements

### Veterans wanted

**D**ream Flights is dedicated to honoring military senior veterans with the adventure of a lifetime: a flight in a Boeing Stearman biplane.

The Dream Flights is a non-profit organization established and dedicated to honoring seniors and military veterans.

Through donors, community support and volunteers, the foundation provides Dream Flights in a Boeing Stearman biplane, the same aircraft used to train many military aviators in the late thirties and early forties.

Contact Julie at 651-765-4062 or \* 4062 if you are interested or have questions, the flight will happen sometime in the spring of 2023.

### Season greetings!

It is truly a wonderful time of year! Getting together with family and loved ones is a large part of making it so wonderful. With these gatherings and given the prevalence of Covid, influenza, RSV and other infections, please be mindful for any symptoms such as fever, sore throat, congestion/runny nose, nausea, or diarrhea; stay home if you have any of these symptoms. It is also recommended that you contact your health care professional, avoid close contact with others, and mask if interacting is necessary. Masks are available at the reception desk, and meal delivery is available through culinary services at \***4016**.

Thank you,  
Waverly Gardens

Waverly Gardens  
5919 Centerville Road  
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651-765-4000  
WaverlyGardensPHS.org

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

## Beloved

“A new command I give you: Love one another. As I have loved you, so you must love one another.”

~John 13:34

Our Presbyterian Homes & Services (PHS) mission statement, “to honor God by enriching the lives and touching the hearts of older adults,” is built on Jesus’ command to “love one another.” We honor God by loving one another, and we love others because we know and experience God’s great love for ourselves.

There is no greater gift in life than knowing we are loved by God. We are, indeed, God’s **beloved children** — intimately known and eternally loved by the one who created us. Similarly, there is no higher calling than to love: to embody and reflect God’s care and kindness to others through our thoughts, words and actions.

Throughout the year, in a series entitled “Beloved,” we will explore what it means to give and receive

love through stories of the people who live and work at PHS. These stories will be published across PHS communication channels, including our blog and Facebook. But we need more eyes and ears — not to mention hearts and minds — to do this well.

**We ask for your help in this effort.** We want to hear from you about the special people — employees, residents, volunteers, families or friends — whose words and actions demonstrate love at your community. Their stories inspire us to give and receive love daily, reminding one another that we are all beloved.

Share what you know with us by email at **communication@preshomes.org** or share your idea or story with your campus staff. We look forward to hearing from you.