

February 2023

## An act of generosity

Jan and Carl Kuhrmeyer moved to Waverly Gardens in 2020 at the start of the COVID pandemic. An interesting time to say the least! What didn't come with them, however, was Jan's Steinway grand piano. It stayed at a good friend's house where it could be played and properly maintained.

Jan's eyesight kept her from playing the piano. As much as she'd like to have given it to a family member, she doesn't have relatives that play piano. "Our family isn't very musical," Jan says.

After some thought and careful consideration, she made the decision to give her beautiful Steinway piano to Waverly Gardens.

The Steinway made its way to Waverly Gardens late this fall after the right equipment was purchased to move the piano to its new home on the Chapel side of the auditorium. The piano was played during the holiday season and will definitely be used, continuing to delight audiences at Waverly Gardens.

Thank you for your generosity, Jan, and the gift of music to Waverly Gardens!



# Waverly Gardens

## Curiosity corner

This month, **Curiosity Corner** asked a group of residents about the pets they had when they were young. One of the stories was especially appropriate for the winter month of February!

- One resident who grew up on a farm didn't have any friends living nearby, so her dog Brownie, a rat terrier, was her buddy. (Guess what color her dog was?)
- Another resident had a beautiful chartreuse parakeet. She named it Tweety Pie, and the bird soon learned to say its name, followed by a whistle. She often let it out of its cage, but the bird met an unfortunate end when it flew up to the top of the front porch. She took it to an older neighbor woman for care. It was too late for the bird, but the neighbor took care of the young resident's sad heart.
- Pet dogs were popular, and one resident described his dog Queenie as a "coon dog." Being a city girl, I had to ask what a "coon dog" did; it hunted racoons and Queenie was good at it.
- A baby racoon was the center of another resident's story. The neighbor's dog killed the mother racoon, and her children brought the baby racoon home. Never underestimate a mother! She raised the baby racoon all summer. It loved ice cream, frosted flakes, and ice cream cakes. They named it Bandy and the kids played outside with it. In the fall, the racoon was grown up and left. Did it make it through the winter? Well, the next spring they heard about a racoon that came up to people and wanted to play. Maybe it was Bandy.
- One resident and his sister got into their father's shoe polish, and for reasons he didn't remember (or didn't want to remember), they used the it to try to make their kittens' fur black. Neither Dad nor the kittens appreciated their efforts.
- Another resident was living in Wyoming when she was young. They had a dog named Skipper. The dog kept a watchful eye for rattlesnakes and would start barking loudly whenever it spotted one. The dog also liked to lie on the lap of whoever was stretched out in the hammock.
- White mice and baby chickens were favorite pets of one resident. She kept the mice in a box of cotton and kissed the chickens repeatedly!
- Dad built a metal pipe railing on the steps of his home. The family dog was let out on a very cold day and got its tongue stuck on the metal pipe. The dog was trying to bark and was obviously upset. The resident's brother went out and cupped his hands around the dog's tongue to warm it up, and after several tense minutes, the dog was able to move its tongue off the pipe! (I thought only kids got their tongues stuck on cold metal pipes!)

## Brain tidbit

This list provides proof that older brains can produce high quality work.

- Giuseppe Verdi wrote the opera *Otello* at age 74, and the opera *Falstaff* at age 78.
- Helen Keller's book *Teacher* was published when she was 75.
- Benjamin Franklin, at age 81, arranged a compromise that led to adoption of the U.S. Constitution.
- Agatha Christie wrote her final mystery at age 86.
- At age 89, architect Frank Lloyd Wright completed the Guggenheim Museum in New York City.
- Pablo Casals received the U.N. Peace Medal at 92.
- Anna Mary Robertson Moses (aka "Grandma Moses") took up painting at 76 and was still working at age 100.

## Math tidbit: measuring liquids in metric units

The basic metric unit for measuring liquids is the **liter**. The short way to write liter is **L** (capital “ell” with no period at the end, no “s”). A liter of water is a little more than a quart of water.

For smaller amounts of liquid, a liter is divided into 1000 **milliliters**, written as 1000 **mL** (no period at the end, no “s”). A milliliter is a very tiny amount of liquid; a medicine dropper usually holds 1 mL of liquid.

When cooking or measuring liquid medications, 5 ml is equal to a teaspoon, and 15 mL is equal to a tablespoon. A cup of milk is 250 mL, and a can of soda is about 350 milliliters.

Pick the correct metric unit for each example below. Answers are at the end of the article.

- Would your prescription tell you to drink 10 liters of liquid or 10 milliliters?
- Would a recipe for a large batch of pudding call for 2 L of milk or 2 mL of milk?
- Would a child in school get 250 mL of milk with lunch or 250 L?

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

So, until next month, stay curious!

Your **Curiosity Corner** Editor, Diana Hestwood

(Answers to Metric Liquid Units: 10 milliliters; 2 L; 250 mL)

## Recipe of the month: Robusto Italian Pasta Salad

### Ingredients

1 box vegetable pasta spirals—Boil, strain and rinse with cold water

1-2 cups mini pepperoni

1-2 cups raw broccoli (cut into small pieces)

1-2 cups raw cauliflower (cut into small pieces)

1/2-1 can whole or sliced black olives

1 cup any combination of sliced red, yellow, green peppers

1 cup cherry tomatoes

1-2 cups cubed cheese of your choice

Shredded parmesan cheese

1/2-1 bottle if Wishbone Robusto Italian dressing

### Directions

Add all veggies, cheese, pepperoni to cooked pasta. Toss. Add dressing to taste. Sprinkle with parmesan cheese. Good recipe to personalize to suit taste or needs!

- Julie Hoag

### Trivia

- A. What are the five Great Lakes?
- B. How many Canadian provinces are there?
- C. Which of the following countries does not use the euro: Germany. Switzerland or Spain?
- D. What is the largest continent?
- E. Which country did the store Ikea originate?

Answers on page 5

# Waverly Gardens

## Ministry theme of 2023

Dear friends at Waverly Gardens,

Comedian Jerry Seinfeld has a schtick about growing older. He is 65 years old now, and he says at his age, he no longer has time for stupid stuff or for stuff that he just doesn't want to do. Going forward, he just wants to enjoy life and keep things simple. To me, that idea makes a lot of sense.

Presbyterian Homes & Services has adopted a new, simple theme for its ministry this year: **Know God, Love God and Serve God**. This theme, taken from the Baltimore Catechism, gets us back to the basics of our faith life. As we put together activities, Bible studies, worship services — all that we do in this ministry, we will highlight this theme this year.

**Knowing God** is perhaps the greatest goal and challenge we all face in this life. Our God is an awesome, infinite and otherworldly kind of God. But the good news is that He has revealed Himself to us. He is “knowable.” He has shown Himself in creation, through His Word found in the Bible, and also through the incarnation (God became human) of His Son, Jesus Christ. There is no greater experience for us in this life than to walk with God on a daily basis, to know Him personally and to experience His presence and grace with us every day of our lives. Do you know Him?

**Loving God** is the second part of this theme. It fits that as we get to know God better, we will love Him. We are attracted to this God because of His infinite and unconditional love for us. As I John 4 states, “We love because He first loved us.” The more we get to know God — His love, His mercy, His forgiveness and His provision for us — the more we will love Him.

Finally, as a faithful response to His goodness to us, we **serve God**. One of my primary aims in my ministry here at Waverly Gardens is to encourage us all that God has a plan and a purpose for our lives. He's not

done with us! We can still make a difference in our world for God and for good! No matter if we are 19 or 91, we can still serve God and His people. And doesn't it feel good when we can help others around us? It does! I see it around here every day.

Know God. Love God. Serve God. More than a ministry theme, it's a simple way to keep our lives on track and on purpose. Keep this theme in mind and look for it around Waverly Gardens this year.

Have a great February!

Your friend in Christ,  
- Pastor Keith

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## February employee anniversaries

|            |                        |    |
|------------|------------------------|----|
| Laura M.   | Receptionist           | 1  |
| Max S.     | Fitness Instructor     | 1  |
| Ramsey L.  | RN AL                  | 2  |
| Madelyn M. | RA AL                  | 2  |
| Avery G.   | Server                 | 2  |
| Emily W.   | RA LTC                 | 3  |
| Kara P.    | RA LTC                 | 3  |
| Tina K.    | RA AL                  | 6  |
| Marie W.   | Occupational Therapist | 7  |
| Ann D.     | Housekeeping           | 13 |
| Joey O.    | RA AL                  | 14 |
| Vickie S.  | Server                 | 17 |
| Bruce N.   | OCPT Campus Pastor     | 20 |
| Patrick N. | TMA LTC                | 22 |

## Trivia answers

1. Lake Superior, Lake Erie, Lake Huron, Lake Michigan, Lake Ontario
2. 10
3. Switzerland
4. Asia
5. Sweden

## Quotable quotes

“Attitude is the ‘little’ thing that makes a big difference.” - Winston Churchill

“Remember there’s no such thing as a small act of kindness, Every act creates a ripple with no logical end.” - Scott Adams

## New legislation and you: Secure 2.0 Act

**A** new year has brought more than just resolutions. It’s brought new laws and other changes that may affect you. The new laws include retirement changes, known collectively as “Secure 2.0,” that may affect your saving and your giving.

### 1. Allows for a distribution from your IRA to fund a life-income gift.

If you are 70-1/2 or older, you can make a one-time election for a qualified charitable deduction (QCD) of up to \$50,000 (without being taxed) from your IRA to fund a life-income gift such as a charitable gift annuity, charitable remainder unitrust or charitable remainder annuity trust. These types of gifts allow you to make a gift to a qualified charity, like PHS or your PHS community, and receive lifetime payments to boost your retirement income, or provide lifetime payment for another beneficiary.

### 2. Increases the required minimum distribution (RMD) age to 73 in 2023.

## February activities

- 10 — Valentines themed music program by Caitlyn Johnson
- 13 — Valentine’s Day Dance
- 24 — Entertainment: Amy & Adams

## March activities

- 2 — **NEW ENTERTAINER TO Waverly**  
Nate Hance, pianist and composer

It does not increase the age when an IRA owner can take a qualified charitable distribution (QCD). That remains at 70-1/2.

### 3. Adjusts for inflation the \$100,000 annual limit on direct gifts to qualified charities from your IRA.

Historically, the amount you could give to qualifying charities without paying income taxes on the distribution was capped at \$100,000 per year. This figure will now be adjusted annually for inflation. This ensures that your giving keeps pace with inflation.

We know these updates can seem complex and it’s important to receive answers to your questions! Your financial advisors can provide you with more details. If you have questions about giving to your PHS community, please contact a gift planner at your community or call the PHS Foundation at 651-631-6408 or 651-631-6418.  
Happy 2023!



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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.

## Optage: a fresh look expresses an enduring commitment to support you at home

**O**ptage™, the home and community services division of Presbyterian Homes & Services (PHS), recently introduced a new logo and website.

Our new logo is a stylized flame symbolizing the presence of God's Holy Spirit. It also includes a fish within the flame, an ancient symbol of Christian fellowship.

**Optage.org** has been redesigned for an exceptional user experience. The new website will be faster and easier to navigate, and brings a range of features that help older adults find and use services for home care, hospice and meals.

Optage services help people live independently, actively and with purpose, whether one's home is in a senior living community or in the broader community. Optage works from a foundation of

Christian ministry that upholds the spirit of compassion and service to all.

In addition, Optage staff maintain special training and certification in geriatric care so older adults receive the best, targeted care for their unique needs. For those living in senior communities, Optage staff apply their expertise in collaborating with multiple caregivers, including family and site staff to deliver seamless, holistic care.

With Optage, you gain the confidence to stay at home and live the life you choose. To contact the Optage care team directly or to learn more about the supportive services available, visit [Optage.org](https://optage.org) today!

