

March 2024

From the Administrator's Desk

As I head into my 3rd month joining Team Marvella, I can honestly say it has been a joy working with wonderful co-workers and serving a great group of residents. I have been impressed with the liveliness of activity here at Marvella and high resident involvement. I would like to move here and bring my friends! Mary Poppins said it perfectly, "In every job that must be done is an element of fun."

I would like to share a couple things that have come out of the Marvella Resident Advisory Council and the collaboration with Marvella Management. There was a request for a shredder available and we have decided I will order a large Shred-It box for a couple weeks at the end of April and again for a couple weeks in October. If you need items shredded outside of those time frames, feel free to bring the documents down to the front desk and we can dispose of them in our Shred-It box in the office work area.

The other item of discussion was making a public printer available for resident use. The logistics of this would be difficult to maintain, so it has been decided, after review with the administrative team, that Marvella can print items for free up to 20 pages. After 20 pages we would like residents to seek outside services, such as PostNet and the UPS Store on Ford Parkway. PostNet also offers document shredding services.

Originally, I had discussed placing printing charges on monthly

statements, but when reviewing with billing, this would not be an easy task and the amounts would be so small.

It was also brought to my attention some signage we are missing to help new residents, families, visitors, EMT's etc, to find their way around our community. I am working on getting those ordered and in place.

Thank you again, for the wonderful welcome! If I have not had an opportunity to meet you, please stop by my office to introduce yourself. Not only will I leave the light on for you like Motel 6, but my door will be open as well!

Happy St. Patrick's Day to all those of Irish decent and who just enjoy green beer!

Trincy Faas, Campus Administrator

What's inside this issue

| | |
|-----------------------------------|---|
| ◇ 2190 Hillcrest Drive Photo | 2 |
| ◇ Mission, Vision and Values | 2 |
| ◇ Spiritual Offerings at Marvella | 3 |
| ◇ Pastor Maia's Monthly Message | 3 |
| ◇ Culinary Corner | 4 |
| ◇ News from 2190 Hillcrest Drive | 5 |
| ◇ PHS Foundation—Marvelous! | 6 |
| ◇ Upcoming Highlights/More photos | 7 |



2190 Hillcrest Drive



Gus practices his chip shots on a warm afternoon in February

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 3 p.m. in the Chapel. It is a service to celebrate the Living Christ among us here at Marvella.

Monthly Communion Worship: Open Table – March 3, at 10 a.m.

No Wednesday Worship on March 27. There will be a 3pm video on Advance Care Planning in the Town Center that date.

Maundy Thursday Worship at 3 p.m. on Thursday, March 28.

Good Friday Worship with Open Table Communion at 3 p.m. on Friday, March 29.

Easter Worship on Wednesday, April 3 at 3 p.m.

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

Praying Hands group, 3pm on Monday, March 11 in the Private Dining Room.

Grief Group, 3pm on Monday, March 18 in the Private Dining Room.

Caregiver Connection, 3pm on Monday, March 25 in the Private Dining Room.

Catholic Services: Mass March 12 at 9am and **Word and Sacrament** on March 22 at 9am, both in the Chapel/Town Center.

Jewish Discussion Group: March 14 at 1pm in the Town Center -Barbara Brooks guest speaker

Bible Study: Thursdays at 3:30 p.m. in the Private Dining Room

Pastor Maia's Message

U.S. poet laureate Ada Limon writes, “The more I am aware of my mortality, the better person I am and the better I am at choosing a life that is aware of its beauty.” To me, this is part of the work in the Christian liturgical season of Lent. We become aware of our brokenness in order to lean into beauty.

Lent is the season of the Church in the weeks leading up to Easter. It happens to be one of my favorite seasons- no presents to wrap, no parties, no helter-skelter, no cookies to bake. Instead, it is an opportunity to slow the pace and to deepen spiritual practice. It is time to lean into the prayer: “Create in me a clean heart, O God, and renew a right spirit within me.” (Psalms 51)

Jesus often retreated to the wilderness or the desert to pray, and in his witness there is an invitation for us. We are invited to come back to our center. There are so many beautiful spiritual practices: lectio divina (reading sacred text meditatively), chanting, praying while walking, or journaling with Jesus. Remember, prayer is that which draws you into communication with the Holy One.

I invite you this Lent to stop me in the hallway and tell me a new way that you will be trying out a spiritual practice in your life this season.

Otherwise, drop by my office anytime (door is always open when I am inside! Come on in!), and let me know how you are deepening your spiritual practice this season.

In Christ,

Maia Twedt

Marvella

Culinary corner

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

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

Lunch is offered in the **Olive Branch Bistro** Monday—Saturday from 11 a.m. to 2:30 p.m. *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.

Friday Fish Fry in the Terrace during Lent!

Beer Battered Walleye, JoJo Potatoes, and Coleslaw— \$20.00

Reservations thru EMENU Choice or with a staff member

A **BYTE Vending Machine** is available in the bistro. This is a great option for afterhours/overnight staff and residents.

The machine functions via debit/credit card.

1. Swipe card to unlock machine.
2. Any items removed from machine after door is closed will be charged. You can pick up items and look at them and NOT be charged if you do NOT close the door. **NO REFUNDS.**



Announcing Movies and Meals—
Tuesday afternoons and evenings!

Continuing in March, 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 will vary, so that participants will be able to go from the movie to dinner at 5:00 p.m.

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

March 5: “Toast”

March 12: “Dinner Rush”

March 19: “The Secret of Roan Inish”

March 26: “The Trip to Spain”

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

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

NEWS FROM 2190 HILLCREST DRIVE

After much anticipation, the marketing gates have opened on Marvella, phase 2. Marvella 2190 will offer 125 beautifully appointed senior apartments with upscale finishes and a variety of floorplans. This LEED certified building will showcase its dedication to environmental sustainability and efficient design. The construction began this fall and is due to open spring of 2025.

Details:

- 125 apartments ranging from 1 BR (935 sq. ft) to 2 BR+ (1739 sq. ft)
- 6 story building offering enhanced finishes on the 5th and 6th floors.
- Fully equipped kitchens with beautiful cabinetry, quartz countertops, LVT tile throughout main living space and stainless-steel appliances
- Beautiful décor in community spaces, a great compliment to Marvella's rich finishes
- Deck/patio on all apartments

Amenities include:

- Roof lounge/terrace on top floor facing the civic plaza
- Wellness Suite includes a fitness room, yoga studio, men's and women's locker rooms with infrared saunas, steam showers, and Himalayan Salt wall
- Spa lounge with hot tub and direct access to relaxation garden.
- Creative space including library, makerspace and woodworking area.
- Outdoor amenity deck including grilling stations, gas firepits, putting green, bocce ball, covered pavilion and a variety of comfortable seating options.
- Retail space on the street level
- Guest suite
- Bike storage
- Pet spa and outdoor dog area
- Indoor heated parking
- Lobby entrance will be at 2190 Hillcrest Drive

Other details to note:

- 2190 will be located across the civic plaza and across the street from Lunds/Byerly's
- When we have completed contacting our wait list, we will add the site map on the Marvella website.
- We are currently calling the people on our comprehensive wait list in chronological order. We have currently contacted half of the list, interested parties have met with Mary to review floorplans. 25% of the new campus is already reserved!

If you have any questions, contact Mary Hoffer at mhoffer@preshomes.org.

Thank you, Marvella Family for all the ways you partner with us to spread the word about our amazing Marvella campus. We appreciate how you proudly invite your friends to visit Marvella, give tours, offer mini-commercials, warmly welcome new residents and all the many ways you encourage and engage with the staff as we continue to build the Marvella Family!

Marvella

MARVELOUS PERFORMANCES AHEAD!

Program plans to bring exceptional musicians to Marvella



If you were at the February 25 concert in the Town Hall, featuring violinist Ariana Kim, you attended the first concert of the Marvelous Performances program.

What is Marvelous Performances? As the name suggests, Marvelous Performances is an event with an exceptional performer or performers who are among the best musicians in their artistic field.

How does it work? A committee of residents has been formed to help with the production of each Marvelous Performance. Joining the resident volunteers in the committee will be staff liaisons Kevin O'Donnell, Director of Life Enrichment and Steve Preus, Presbyterian Homes Foundation Representative. The committee will identify and recruit prospective performers and advise the Presbyterian Homes Foundation on fundraising strategies, generating charitable gifts which pay for each performance.

How is this different from performances handled by Life Enrichment? Life Enrichment will continue to do what it does on a regular basis. However, the budget limits the number of musical performances and the amount paid to each performer. Life Enrichment has brought excellent music to Marvella, which Marvelous Performances aims to complement by offering more music and by booking performers that presently do not fit within a limited budget.

How do you know this is going to work? Like any new venture, it is not known if this will work. However, there are signs that suggest Marvelous Performances will work.

Throughout the ages, patrons of the arts have contributed to special music and arts.

Similar programs have been successfully introduced and maintained at three different sites of Presbyterian Homes & Services.

Marvella residents have already proven that worthy causes, such as support to employees, Spiritual Life, Life Enrichment, Wellness, and other special needs will be supported by many residents.

Stay tuned for more information on Marvelous Performances. We look forward to "more of a good thing" with Marvelous Performances.

– Kevin O'Donnell & Steve Preus

The word "Marvelous" written in a large, elegant, cursive script font.

Upcoming highlights

March 1 or 2: Bach Society Mini-Concert

March 3: Monthly Sunday Worship with Holy Communion—10 am

March 3: Marvella Film Society, *"Ignashev"* - 2pm

March 4: Speaker—Charles Rossman— 1pm

March 5: Outing to Six Points Theater—1pm

March 8: Monthly Resident Birthday Party with Mary Franz—2pm

March 9: Family Swim Day, 9:30am-12:30pm

March 10: Daylight Savings Time Begins

March 11: Speaker—Kathy Haubrich, - Founder of Marilyn's TWOcan Bike Rides—1pm

March 12: Catholic Mass—9am

March 14 Jewish Discussion Group— Barbara Brooks—Founder of Six Points Theater— 1pm

March 17: Marvella Film Society, *"Into Temptation"* - 2pm

March 18: Speaker—Joseph Daly—1pm

March 21: Don Irwin Piano Concert—2pm

March 22: Catholic Word and Sacrament—9am

March 22: Miss Minnesota visits Marvella! - 1pm

March 25: Speaker—Jon Limbacher—1pm

March 27: OboeBass! Music Education—1pm

March 28: *"A Sea Change on Lake Superior"* - documentary—Theater—2pm

***Please follow Wellzesta for changes and additional events and outings**



Speaker Dr. Franz Reisdorf, with a talk about the B-26 Marauder bomber in World War II

Marvella
825 Mount Curve Boulevard
St. Paul, Minnesota 55116

(651) 344-2000
Marvella.org

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

PHS president & CEO announces retirement, board transition plan

Dear Presbyterian Homes & Services family,

It has been a blessing and joy to be part of this ministry for more than 47 years. I am in awe of how God has blessed us and has been faithful through every challenge. The Lord has been in it all, shepherding, guiding and prospering this organization.

My wife, Jeannie, and I have prayerfully considered the best time to step away from my role at PHS and retire. We have determined that now is the right time. As such, I have notified the PHS Board of my intent to retire in spring 2025.

I am humbled, thankful and privileged to have been part of this ministry for my entire career. I have been honored to work side-by-side with an outstanding board, a great leadership team, as well as capable and extraordinarily gifted staff.

You have been an inspiration to me as I have tried to serve with commitment and compassion. Because of

you, our ministry truly embodies and extends our mission to honor God by enriching the lives and touching the hearts of older adults.

A search committee, appointed by the PHS board, has convened. They will meet frequently over the next 12 months to identify, recruit and recommend to the PHS Board the next President/CEO of Presbyterian Homes & Services.

Thank you for your friendship and for your support in this important mission. Together, and with God's hand of blessing, we have a strong foundation. As we look ahead in anticipation, we have adopted Jeremiah 29:11 as a scriptural framework:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

With deepest gratitude,
Dan Lindh, President & CEO