

August 2024

## From the administrator's desk

The summer of 2024 is wrapping up along with "The Dog Days of Summer." This time is usually considered between July 3 and August 11, and considered the hottest, most uncomfortable part of the summer in the Northern Hemisphere. This period was historically the period following the heliacal rising of the star system Sirius (known as the "Dog Star").

If you are looking for activities to finish out the summer season, the Como Zoo & Conservatory has it's Music Mondays every Monday, 10 a.m.-12:40 p.m. Also, remember the big event, the Minnesota State Fair begins on August 22! August 22 is also senior day, and we have a few of those living at Marvella. Check online for the State Fair bus routes.

I will introduce the new campus pastor in the September newsletter at greater length. For now, I will share his name is Pastor Peter Johnson, he is starting after Labor Day as he has a home to sell and moving from Indiana.

Enjoy the rest of the summer!  
Trincy Faas, Campus Administrator



## What's inside this issue

- ◇ Employee Appreciation and Pizza 2
- ◇ Mission, Vision and Values 2
- ◇ Upcoming Highlights 3

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## Summer Olympics

The Summer Olympics in Paris are up and running! How about some Olympic trivia?

**Where were the first Olympic Games hosted back in 776 BC?** *Answer: Olympia (Greece)*

**What was the first U.S. city and state to host the Olympics?** *Answer: St. Louis, Missouri*

**Where were the first Olympic Winter Games held in 1924?** *Answer: Chamonix, France*

**True or false. In Ancient Greek times, Olympic athletes competed naked.** *Answer: True*

**What year did Paris last host the Olympic Games?** *Answer: 1924*

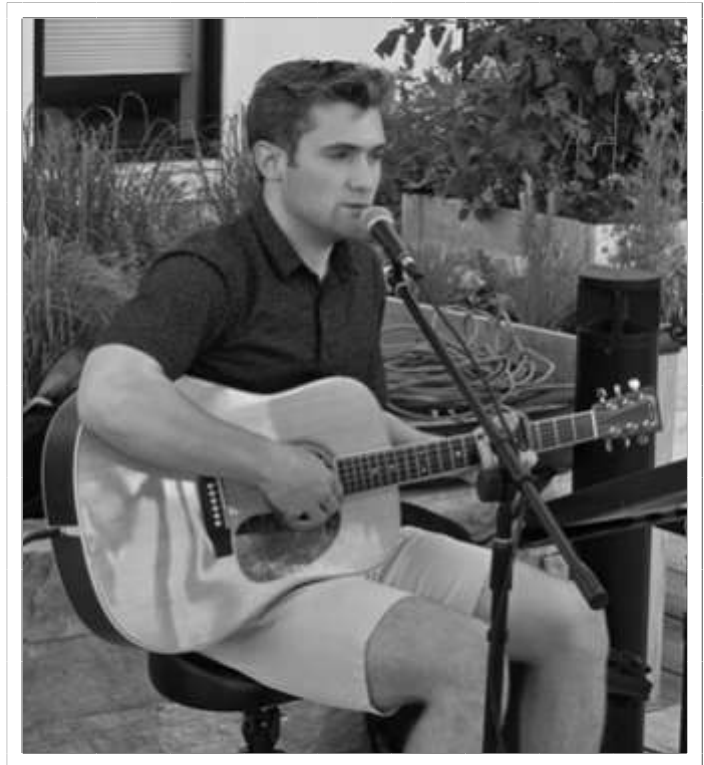
**As of 2024, athletes from how many National Olympic Committees (NOCs) will compete in the Summer Games?** *Answer: 206*

**How many sports will be represented in the 2024 Summer Olympic Games?** *Answer: 32*

# Marvella



**Here's a pizza you've never had before!**



Your employee appreciation gifts at work!

**T**hanks to the generosity of Marvella residents, Marvella employees have enjoyed on a regular basis special food events and other perks. Although employees cannot receive cash gifts or tips, charitable contributions can be made to Marvella by residents, designated to Employee Appreciation.

On July 19 all employees were able to enjoy "Brick Oven Bus" pizza made out of a school bus. The brick oven stands over four feet, jutting through the roof of the bus, signaling that its one-of-a-kind pizza time. Not only unique, but employees also enjoyed the gourmet pizza that is made with true fermented sour dough, leavened with a "wild yeast mother starter."

Employees thank you for making this food event possible, we are grateful for your employee appreciation gifts.

## 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

## Upcoming highlights

- August 1: Caregiving Book Group—3:30 p.m.**
- August 2: The Singing Cowgirl—3:15 p.m.**
- August 5: James Shaw Piano Concert—  
10:30 a.m.**
- August 5: Chris Crutchfield—“Ujamaa Place” -  
1 p.m.**
- August 6: Commons Resident Council Meeting—  
11 a.m.**
- August 7: Marilyn’s TWOcan Bike Rides—  
10 a.m. -noon**
- August 8: Summer Music in the Park on the  
Civic Plaza**
- August 9: Marvella Olympic Events!**
- August 10: Family Swim Day, 9:30 a.m.-  
12:30 p.m.**
- August 12: Highland District Council  
Transportation Bike Ride**
- August 12: Tamas Majoros presentation on  
Hungary—1 p.m.**
- August 12: Matthew Hope Guitar—3 p.m.**
- August 13: Catholic Mass - 9 a.m.**
- August 16: Monthly Resident Birthday Party —  
2 p.m.**
- August 19: Robert Lipscomb on Piano—2 p.m.**
- August 21: OboeBass! Music Education-  
*The Nod: Dvorak and The New World  
Symphony* - 1 p.m.**
- August 26: Matthew Hope Guitar—3 p.m.**
- August 26: Catholic Word and Sacrament—  
9 a.m.**

**August 26: Matthew Hope Guitar—3 p.m.**

**August 26: Macalester Mingle Potluck—  
4:30-7 p.m.**

**August 27: Alfresco Dinner—T1 Amenity Deck—  
*Chimichurri Marinated Flank Steak* with music by  
the Jeff Perry Duo**

**August 28: Marilyn’s TWOcan Bike Rides—  
10 a.m.-noon**

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



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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.

## Living longer, healthier and stronger

**P**resbyterian Homes & Services is (PHS) here to support you! With onsite outpatient therapy through **Presbyterian Homes & Services Rehabilitation** and home health services through **Optage** (available in Minnesota), there is a convenient way to connect with a physical, occupational or speech therapist in a PHS community near you!

It's time to see therapy not as a last resort, but as a regular part of our health regimen, just like our annual check-ups. By focusing on strength, flexibility, balance, safety and function, therapy can prevent the very injuries it was once primarily used to treat.

Let's embrace this proactive approach and make therapy a cornerstone of our strategy to live longer, healthier, and more fulfilling lives.

Together, we can redefine what it means to age gracefully and empower ourselves to take control of our health journey!

For more information, contact your on-site therapy team, visit our website [www.preshomes.org/therapy](http://www.preshomes.org/therapy), or call 651-746-8200 for more information.



**2024 Christmas Card**

Spread goodwill and cheer by sharing your artistic spirit!

Submit your original artwork to be the cover of the 2024 Presbyterian Homes & Services annual Christmas Card.

- Deadline for submissions is **Sept. 13**.
- Submit artwork to [communication@preshomes.org](mailto:communication@preshomes.org).

*TIP: Take a picture or scan it to submit.*