

May 2024

## Waverly Gardens embraces the history of North Oaks, Part 2

The Hill Farm Historical Society was formed in 1989 to share the rich and unique history of James J. Hill's North Oaks Farm. It's role was to preserve 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.

The Waverly Gardens 2024 April newsletter described the cooperative agreement to exchange services between Waverly Gardens and the Hill Farm Historical Society (HFHS) that was entered into by these two organizations. This article will focus on one of the results of that agreement – specifically, the HFHS shelf in the Waverly Gardens resource library. The resource library is in the Gallery room on the first floor in the Terrace building opposite the solarium in the Terrace. This shelf will have books on James J. Hill, his family, his legacy, reference materials on the Hill Farm and books and publications specific to the history of the City of North Oaks.

The HFHS library shelf has a good beginning. The books currently on the shelf are:

***Harriman vs, Hill, Wall Street's Great Railroad War*, 2013**

***The Dutiful Son, Louis W Hill*, 2010**

***Great Northern Iron, James J. Hill's 109 Year Mining Trust*, 2020**

***Railroad Signatures across the Pacific Northwest*, 1993**

***The Volunteers of America and Louis W. Hill Build Fresh Air Rest Camp*, 2020**

***North Oaks Farm, Historic Structures Report*, 1995**

***The First Fifty Years, North Oaks Homeowners' Association 1950 – 2000*, 2000, Joan C. Brainard**

***The Legacy Project, Remembering Louis Hill Jr. Through Oral Histories*, 1998**

***Three Bold Ventures*, 2007, Joan C. Brainard and Richard E. Leonard**

***Harriman vs, Hill*** is the story of the financial battle between two railroad tycoons, E. H. Harriman and James J. Hill, which almost brought down the New York Stock Exchange. One of the results of the settlement of this battle was a Supreme Court case declaring that the formation of the company to settle the battle resulted in violation of federal antitrust laws. This in turn resulted in the formation of Great Northern Iron Ore Properties Trust, the story of which is contained in the book: ***Great Northern Iron, James J. Hill's 109 Year Mining Trust***. It should be noted that two long-time residents of North Oaks played important roles in the trust. One in the

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# Waverly Gardens

## History of North Oaks, continued

formation and operation of the Trust and other in the operation and termination of the Trust. They are both mentioned in the book.

**Three Bold Ventures** is the story of the creation of the Village of North Oaks and subsequent incorporation of the City of North Oaks in 1956.

There will be other books added in the future. Some of these publications are reference materials and can only be read in the library. Others will be able to be checked out. Each book and publication will have color sticker that is different from any of the other colors in the library. The publications that must remain in the library will be marked as such. The others can be signed out using a notebook that will be kept on a table just inside the Gallery door. You will be asked to write down your name and apartment/phone number. Please don't keep the books for longer than a week.

Another project of HFHS is to repeat the showing of the four-hour, four segment documentary series, **The Empire Builder - James J. Hill and the Great Northern Railway** in the Waverly Gardens theater in May. Look to the bulletin boards for dates and times.

## Trivia

- A. What is the longest river in the United States?
  - B. Which three colors are in the Irish flag?
  - C. What is the smallest bird in the world?
- (Answers on bottom of page 5)

## Check it out—library news

### Reading challenge results

Thank you all for participating!

Top Readers (they received bookmarks as a thank you for their participation):

Eileen Stack  
Kathy Meloch  
Shelley Birkeland  
Catherine and David Hanson

### Congratulations to Catherine and David Hanson, winners of the Amazon cash card drawing

Check the bulletin board for the streaming date in early May and the Bio for Abraham Verghese.

Abraham is Vice Chair at Stanford University School of Medicine and an international best-selling author.

His books, **Cutting For Stone** and **The Covenant of Water** are a part of the Waverly Gardens Library. His first book sold more than one million copies.

## Quotable quotes

“There are two ways of spreading light: to be the candle or the mirror that reflects it.”

—Edith Wharton

“Learn from yesterday, live for today, hope for tomorrow.”

—Albert Einstein

## Wellness words: social connections

**M**other's Day is coming up on May 12. It is important to reach out to loved ones or connect with your daughters and/or sons. There are other benefits of social connectedness beyond individual health. Social connectedness can also help create trust and resilience within communities.

A sense of community, belonging, and supportive and inclusive connections in the places we live and work are associated with a variety of positive outcomes.

Having supportive and inclusive relationships:

- Helps communities thrive and supports the overall well-being, health, safety, and resilience of communities.
- May encourage people to give back to their communities, which may further strengthen those connections.

### **Health Benefits of Social Connectedness**

People with strong social bonds have a 50% increased likelihood of survival than those who have fewer social connections. Social connection with others can help:

- Improve your ability to recover from stress, anxiety, and depression.
- Promote healthy eating, physical activity, and weight.
- Improve sleep, well-being, and quality of life.
- Reduce your risk of violent and suicidal behaviors.
- Prevent death from chronic diseases.

### **Characteristics of Social Connectedness**

- The number, variety, and types of relationships a person has.
- Having meaningful and regular social exchanges.
- Sense of support from friends, families, and others in the community.
- Sense of belonging.
- Having close bonds with others.
- Feeling loved, cared for, valued, and appreciated by others.

Resource: <https://www.cdc.gov/emotional-wellbeing/social-connectedness/affect-health.htm>

# Waverly Gardens

## Piano Man

Pianist Don Irwin has been a favorite of Waverly Gardens residents for many years. Julie says she has scheduled him to play twice a year for more than 12 years. Her predecessor also had scheduled him for years. On March 15, he charmed the audience with a performance of Rhapsody in Blue and his stories of playing the Steinway Rhapsody piano, created to honor the 100th birthday of the composer George Gershwin, it is very blue and studded with hundreds of mother-of-pearl stars and a starburst on its lid.

He returns to Waverly Gardens on May 13, the day after Mother's Day and the mothers in the audience will be delighted to see him again. Why? Waverly Gardens resident Ann Kmit describes her experience of a Don Irwin concert.

*"I was lucky enough to be seated in the second row of the audience for the concert. Those of us in wheelchairs filled the right half of the auditorium and those who were ambulatory were seated on the left. As we waited for the performance to begin, I watched Don. He was fiftyish, slightly overweight, a dark-haired fellow dressed in a fitted black T-shirt with black pants. Black seemed natural for him. Just under 6 feet tall, he was supremely comfortable and relaxed in every way. He didn't seem to act better than the crowd awaiting him. Darkly handsome, he could have been a favored grandson.*

*"He described himself as a Texas-born kid who was fond of his mom. That was definitely an audience pleaser. He was passionate about piano from a very early age. Upon graduation from high school he enrolled at the Julliard Music School in New York City. He has been using music to travel the world and engage with many famous people, and he spoke of his adventures to the excitement of those of us who now live in this pleasant but secluded space.*

*"As the concert progressed, he enthralled us with favorites from Debussy, Chopin, Tchaikovsky, Bach, and Beethoven. I observed a lady who silently played her own imaginary piano. She had a far-away look in her eyes and seemed very happy. Then I realized that I too was sitting on the edge of my seat, anticipating the next familiar piece. I was enchanted too. Music brings you to so many exalted places, even in a wheelchair.*

*"When he stopped his vigorous playing, he was out of breath. So, he relaxed and spoke easily about concerts he had given in countries around the globe: Norway, Sweden, Italy, Argentina, Japan, and Australia. What a life! I wondered, was he a loner in these diverse lands? Did he have special friends scattered around the world? Did his wandering lifestyle keep him from a relationship?*

*"Finally, he ended the program with a melody of show tunes which melted my heart: "If Ever Would I Leave You" from Camelot, "Sunrise, Sunset" from Fiddler on the Roof and "Oh What a Beautiful Morning" from Oklahoma.*

*"Then it was over in exactly one hour, because elderly people can only sit that long without a call from nature. We applauded enthusiastically, knowing Don Irwin would come again soon. Some of us will be here; some of us will not. But all of us had a great time on this night."*

Julie says Waverly Gardens Residents have traveled to the James J. Hill House in St. Paul and to the Hanifl Performing Arts Center in White Bear Lake to hear Don play. But his music will transport you across time and space without leaving home. Enjoy the ride!

—Virginia Reinier

## Resident showcase

### **MY LIFE IN HAIKU**

In constant motion  
The world is always spinning  
Please I say, "Slow down!"

I have things to do  
I dream of being famous  
But I can't recall - why

Life is a whirlwind  
I rush forward, no real plans  
I will do it all

I zipped through high school  
Enjoyed University  
And married for love

Our children were sweet  
We hit the jackpot for sure  
With pride, they grew well

But time marches on  
For a moment I'm youthful  
My mirror says — nope

Time is running out  
Have I spent my life wisely  
With lusty living

I look back and say;  
It was fun while it lasted  
I have no regrets

Over the river  
And through the woods to — where else?  
Waverly, of course

By Ann Kmit  
April 1, 2023

## Trivia Answers

1. Missouri River
2. Orange, green and white
3. The Bee Hummingbird

# Waverly Gardens

## Exciting events

- Friday, May 3, 11 a.m. -3 p.m. — Taylor Marie’s Fashions—**CLUB ROOM**
- Tuesday, May 7, 11 a.m. - 12p.m. — Virtual event Award-Winning Author Lecture Series Abraham Verghese—**THEATER**
- Friday, May 10, 2 p.m.— Women’s Day Celebration (invitation only) - **AUDITORIUM**
- Monday, May 13, 6:30 p.m. —Don Irwin, **PIANIST**
- Monday, May20, 2 p.m. — Sawdusters — **AUDITORIUM**
- Wednesday, May 22, 6:30 p.m. — Sawdusters —**AUDITORIUM**
- Friday, May 24, 2 p.m. — Memorial Day Program — **AUDITORIUM**
- Thursday, May 30, 6:30mp.m. — Waverly Gardens Senior Prom Entertainment by CODA —**AUDITORIUM**
- Thursday, May 23, 1:30 p.m. — Honoring Choices a health care directive preparation presentation—**Theatre**

## Waverly Gardens Social Bridge

Please join us for a fun and social time of Bridge!

Open to Bridge Players of all skill levels

**Starts May 10, 1-3 p.m. and continues every Friday in the Club Room**

For questions contact Julie Williams at 651-765-4062

## Announcement and appreciation

All are invited to a special service by The St. Croix Sacred Ensemble, an independent liturgical choir based in the St. Croix Valley of Wisconsin/Minnesota. For over 20 years the ensemble has been committed to singing at churches of all denominations and local senior citizen residences in the St. Croix Valley and the St. Paul-Minneapolis, MN Metro area. They will lead the worship service through sacred music from the choral tradition while reading scripture and other short readings.

**Join us for this service on May 5 at 4 p.m. in the Waverly Gardens auditorium.**

A special “Thank You” to the Waverly Gardens community!

*“We give thanks to God always for all of you, constantly mentioning you in our prayers, remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ.”*

(1 Thessalonians 1:2-3 ESV)

I echo, as best as I can, the sentiment of extreme gratitude Paul, Silas and Timothy expressed to the Church of the Thessalonians. You, the Waverly Gardens community, has been so wonderful in supporting and encouraging me during this time of physical challenges. Praise God, the outcome of the open-heart surgery has been so wonderful, and my return to work has been met with your love, support and patience. Thank you!

Pastor Chuck, Director of Pastoral Care

## A beneficiary with benefits

Leaving a legacy that extends kindness to your community beyond your lifetime doesn't have to be complicated nor require an attorney's involvement. You can make an impact when you designate Presbyterian Homes Foundation or your own community as a beneficiary of one or more of your assets. This is one of the simplest ways you can secure your financial affairs and leave a gift that reflects your values. It expresses deep appreciation for your community and makes a difference in the future of your neighbors.

Naming a beneficiary on a retirement account, life insurance policy, bank account, or other investment ensures that your resources continue to serve the needs of those around you. It's usually as straightforward as completing a form from your insurer/custodian or, if you prefer, you may complete a form online. Please give us a call at (651) 631-6418 or 651-631-6408 if you would like assistance with this.

Did you know that you can name both individuals and charities as beneficiaries on the same accounts? For example, you may choose to give 80% to family members and 20% to charities. It's also possible to specify a certain dollar amount that you would like to leave. And, if a primary beneficiary becomes deceased, a charitable organization could be named as a contingent beneficiary. If you already have a donor-advised fund set up, the distribution of investment funds may also be managed for years to come.

Naming a charity as a beneficiary brings flexibility to your financial plans so that assets are available during your lifetime. It also enables you to sow seeds of kindness and compassion that will bear fruit into the future, demonstrating gratitude for blessings and ongoing care for our loved ones. Thank you for considering taking the step to designate your community or Presbyterian Homes as a beneficiary of one or more of your assets. Your generosity makes a difference!



*"May, more than any other month of the year, wants us to feel most alive."*

*- Fennel Hudson*

Employee Anniversaries are on the back of the birthday list.

Waverly Gardens  
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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.

We are thrilled to announce the brand-new website!

The Presbyterian Homes & Services website is new and improved. Designed specifically with YOU in mind, the redesigned website is easy to use with simple navigation, abundant resources and a fresh look.

- Get news, stories and updates on PHS communities, residents and employees, plus resourceful information on living well!
- Access your community's newsletter, social calendar and dining menus all in one place.
- Explore the many different types of support PHS offers including rehabilitative services, home meal delivery and more.



**Visit PresHomes.org today!**