

August 2024

## Matriarchs

“Cut your hair,” my father demanded when I was a college student in the 1960s. “No,” I said defiantly. “Both my grandmothers died with long hair, and I too shall die with long hair.” I thought of that exchange when I looked into the mirror. I hadn’t intended to grow my hair long again after years of it being stylishly short, appropriate for a professional. But Covid cancelled hair appointments, I got lazy and it just grew. Then I realized, I liked it long. I liked being in the company of my grandmothers whose long hair had entranced me as a child.

We did not live near my father’s mother who lived on a farm in Michigan. She did not look anything like my father, with his keen blue eyes and more angular features. Her face was softly rounded with grooves burrowing deep into a dark complexion. Her hazel eyes with long lashes matched her long, thick dark hair which she always wore in a messy bun. She had 11 children: 4 with her first husband who died young of a ruptured appendix. Seven more with the man she married to keep the farm going. He was a Polish immigrant who barely spoke English. He was the wiry one the priest brought from the lumber camp when she asked him to find her a good man. She married him after the priest introduced them.

I never saw her sit. She tended to every living thing that was born on the farm, no matter the day or time. My father would wish many times for the patience he saw in his mother. I remember how she cupped her great grandchild in her large, gnarled hands and sang to her softly to stop the colicky crying. She died at 94, proving that hard work didn’t kill you but a failed gallbladder surgery could. She still had thick, black hair, having kept most of the gray at bay through the loss of her own young mother, two husbands and the 3 year old child who bore her second husband’s name.

My mother’s mother also wore her hair in a bun. I remember her standing at the kitchen sink, pouring hot water over her hair as she sudsed and rinsed it. She wrung the water out into the sink, then towed her hair dry. She lifted her head high and shook it back and forth to set the strands freely swaying before they fell down her back. City Grandma had long, thin brown hair and sharp blue eyes that missed nothing. She was the youngest daughter of a large fishing family of Polish immigrants squatting on an island in the Milwaukee harbor. I loved the glamorous hair combs that secured her bun, the hairpins which mysteriously held it neatly in place.

She bore 4 children in 5 years, with a miscarriage in between. She cared for a very young me while my mother worked.

***Continued on page 2...***

# Waverly Gardens

## ***Continued from page 1***

I liked that she treated me as someone who had something to say. She showed me how to make sausage, bake bread and cook fish head soup with the eyes still floating in it. Nobody prepared a platter of fish better than Grandma.

When Grandma lay fading away in her bed with congestive heart failure at 82, I visited her. Other family members, my aunts and uncles, came by as well. When I complained that they never came to Minnesota to visit me, my grandmother looked at me and promised firmly, "I will visit you, Virgie." Now, that was love. Her body never made the trip but her spirit did.

I kept my hair long through the 1960s and into the 70s, when I was a young mother. It was thick and blond and so long I sat on it. I loved the way it tumbled down my shoulders creating a quiet shelter as I bent over my nursing babe. When I went to work, in order to be taken seriously, I cut my hair short. Large earrings replaced hair combs.

My hair is no longer thick and no longer blond, but it is once again long. I am happily a grandmother wearing my hair in a bun, remembering what my grandmothers taught me, walking with them through the ages, loving our offspring endlessly.

By Virginia Reiner

## Pray for the PHS CEO search

### Discernment

**A**s the search committee of the PHS board considers candidates for the next CEO of PHS, we invite you to join us in prayer to guide this work.

*"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."*

— James 1:5

**Lord of wisdom and might, as we enter this phase of discernment, we humbly seek your clarity and guidance. Grant us the wisdom to recognize the candidate who is not only equipped for the role but who also embodies the servant leadership required for this season. May our decision be a reflection of your will, leading to richest blessings for our ministry and those we serve. Through Jesus Christ, our Lord, Amen.**

### Trivia

- A. How many rings are there in the Olympic flag?
- B. What year was the first iPhone released to the public?
- C. Which city was the first modern Olympic Games held?

(Answers on bottom of page 5)

## Check It Out—library news

On loan from Ramsey County Library!  
Large Print books available for resident checkout!

- Blood of an Englishman
- Blood Lines
- Between Lost & Found
- Invisible
- Silenced
- Death of A Gentle Lady
- No Way Out
- Treasure State
- Shell Beach
- The Cast
- High Profile

- The Forgotten Road
- One Hot Murder
- Life is Sweet
- Fallen
- A Voyage Long and Strange
- Crook Manifesto
- The Glass Hotel
- Jacqueline in Paris
- South America
- Stranger in Paradise
- A Dangerous Business
- Spare - Prince Harry
- The Man Who Died Twice
- Big Summer

## Rain—A Haiku

By Diana Hestwood

Soft rain on the roof  
Lulled me to sleep at the lake  
I could hear it well.  
Now my ears fail me  
Not picking up the soft sounds

## Announcements and events

- **Thursday, August 1, 2:00pm Entertainment:** Minnesota Opera soprano Siena Forest and pianist Andrew Sun - Auditorium
- **Tuesday, August 6, 6:30pm National Night Out** Todd Anderson's Neil Diamond Show -Front Patio
- **Thursday, August 8, 11:00am PHS Virtual Scholars:** The Olympics in Ancient Greece by Paul Christesen, Dartmouth College-Theater
- **Saturday, August 10, 9:00am-12:00pm Family Swim-Pool**
- **Monday, August 12, 11:00am-3:00pm Taylor Marie's Fashions-Club Room**
- **Thursday, August 22, 1:30-3:30pm Waverly Gardens Fair—Staff, Residents and Their Families are Welcome!** -Employee Parking Lot
- **Monday, August 26, 6:30-7:30pm Entertainment: CODA-Rose Garden**

Only hearing the storms.  
During the daytime  
Hearing aids help me converse,  
Not to hear soft sounds.  
I will never hear  
Soft rain on the roof again.  
But I'll remember.

# Waverly Gardens

## August employee anniversaries

Lucas B.	RA LTC	1
Bella S	Server	1
Elianna B.	Server	1
Mitch B.	RA LTC	1
Hser G.	RA AL	1
Martin W.	Engineer Tech	1
Cadence G.	Server	1
Sara B	OT	2
Jack I.	RA LTC	2
Ana P.C.	Server	2
Jess D.	RN AL	3
Jill M.	Server	3
Kathleen B.	RN AL	3
Sarah I.	OTA	3
Paige D.	Server	4
Charlotte W.	Server	4
Mackenzie M.	Maintenance Tech	5
Merary J.	RA AL	5
Christine M.	RA AL	5
Meghan M.	Executive Chef	6
Misael L.	Server	7
Nikki D.	Rehab Manager	9
Om D.	RA LTC	15
Jackie S.	Server	16

## Wellness Words: Self-care

“We must take care of yourself to take care of others.” - PHS (Presbyterian Homes & Services) Relias Training teaches our employees. It is the same phenomenon as putting on your safety mask first on an airplane before helping others. So, what is self-care?

According to World Health Organization, self-care “defines self-care as individuals, families and communities promoting and maintaining their own health, preventing disease, and coping with illness and disability, with or without the support of a health worker.”

### Here are the top ways to care of yourself:

Eat a healthy diet

- Do not skip meals, this can lead to irritability
- Include lots of fruits, vegetables like leafy greens

Create strong sleep habit

- Turn off phone/TV 1 hour before bed

Stay active

- Exercise is a wonderful way to reduce stress and improve mood.

Support

- A support system can be friends, family, staff, therapists, anyone that you feel comfortable talking to

Avoid alcohol

- Alcohol is a depressant and can make things worse. It can lead to addiction.

### Resources:

Relias Training: Taking Care of Yourself

<https://www.who.int/news-room/events/detail/2023/06/24/default-calendar/self-care-month>

## Monthly gifts: keep it simple and safe

Individuals sometimes set up monthly gifts for convenience when they generously consider the needs of their community while planning their budgets. These gifts create a stable funding source for your community — furthering employee education, expressing employee appreciation, providing spiritual support and creating life enrichment activities.

You may choose to send monthly gifts by mail, however, there are other ways to give that save postage and are not at risk of being stolen or lost in the mail.

### Checking/savings account

Giving directly from your bank account is a convenient and secure option. Through a bank's routing number, gifts of \$20 or more may be transferred from a checking or savings account without having to write and mail checks. We are happy to assist you in setting this up correctly and ensure your gifts are processed smoothly. If you need to change or discontinue the arrangement at any time, simply notify us.

### Debit/credit card

Another way to give monthly is to set up a recurring charge on your debit or credit card. This option may be beneficial if you earn rewards or cash back with your card. You choose the amount you give and the day on which the charge will be made. Please note that, if setting up the gift online, the date of the first transaction becomes the default date for future transactions. To make changes to upcoming gift dates or amounts, or to discontinue future charges, let us know and we can help.

### Getting started

To set up a recurring gift please call 651-631-6105 or 651-631-6418, and we will be happy to assist. You can also visit [PresHomes.org/give](http://PresHomes.org/give), click on *Give Monthly*, then *Become a Monthly Giver*. We ensure that your information is kept secure, so you can give with confidence.

We are grateful for your consideration of a monthly gift. Your support makes a difference!



## Trivia Answers

1. Five
2. 2007
3. Athens, Greece

## Quotable Quotes

"In summer, the song sings itself."

—William Carlos Williams

"Keep your face to the sunshine, and you cannot see a shadow."

—Helen Keller

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WaverlyGardensPHS.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 and Services is here to support you! With onsite outpatient therapy through **Presbyterian Homes and 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. To-

gether, 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/](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.*