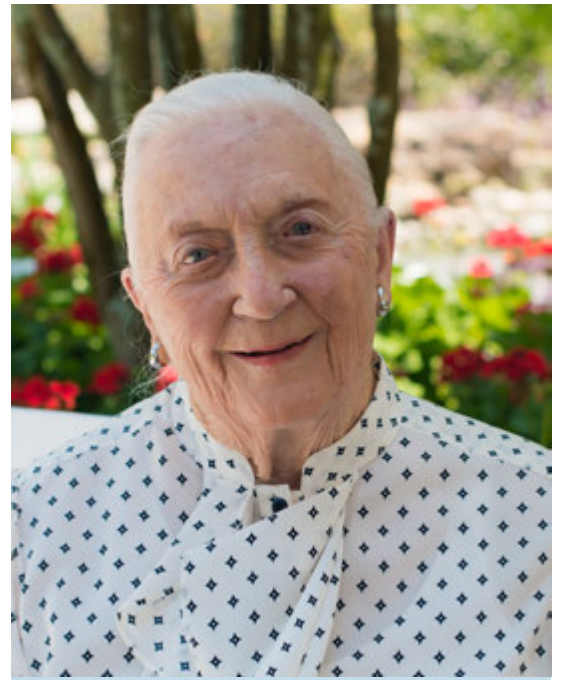


GOOD Life News

at The Commons on Marice

SEPTEMBER 2017

www.commonsonmarice.org



Executive Director

Hello Everyone,

I hope you are all enjoying the “dog days of summer.” I don’t know about you, but this is the time of the year my mind gets drawn to two things, football and the Fair. Two of my favorite things; good news! The Commons on Marice passed last month’s HUD survey with a score of 83! What does that mean? Well, the higher the score, the less often we are required to be inspected. Our number means we won’t need another inspection for two years. I want to thank all the residents for their patience during all the projects that took place to prepare our community for this inspection. I also want to thank all our staff members who contributed extra effort and hours in helping get our community ready. All the hard work you performed really paid off!

On another note, our Spiritual Director, Josiah Armstrong, has resigned from his position at The Commons on Marice to continue his education. I want to thank Josiah for the support he has shown our community during his time with us. We wish Josiah all the best in perusing the calling placed on his heart. He will be missed by many. Going forward, The Commons is actively seeking out new candidates for this role. I am confident we will have someone in place soon.

That’s it for now! I hope you all have a wonderful month!

Sincerely,

David Salmon, Executive Director



Our Talk. Our Walk. Every Day!

Healthy Aging Month

This month’s theme is designed to focus national attention on the positive aspects of growing older. Just like Carolyn Worthington, editor-in-chief of Health Aging Magazine, we believe it’s never too late to find a new career, sport, passion or hobby. She says, “Use September as the motivation to take stock of where you’ve been, what you really would like to do if money was no object. And try it! Who says you have to do something related to what you studied in school? Who says, you can’t start your own home business later in life, test you’re your physical prowess, or do something wildly different from anything you’ve done before? Only that person you see in the mirror!”

Life Enrichment Opportunities

Outings for the Month:

Friday, Sept. 8: We will be having lunch at The Cheesecake Factory. This restaurant features an eclectic menu, large portions and signature cheesecakes. The van will be leaving at 11 a.m.

Wednesday, Sept. 13: Aamodt's Apple Orchard. Fun doesn't fall far from the trees here. Come and enjoy the great scenery and goat farm. The van leaves at 12 p.m.

Friday, Sept. 22: We will be having lunch at Machine Shed. This is a down-home eatery serving a range of American comfort food such as fried chicken, steak and pot pie. The van leaves at 11 a.m.

Sunday, Sept. 24: There are many ways to create a collage and there is no wrong way to do it. Collage is for everyone and no experience or artistic ability is required. Simply come to the table and open to the process allowing yourself this time to be in this space. Begin to choose images and when you are ready move them into place on the paper until it seems right to you then glue. Look and think about what the title for your collage may be. Take another look and ask what it may be telling you. Maybe you know right away or maybe it will come to you later. Either way only you make meaning from your creation.

Thursday, Sept. 28: The Valiant Veterans® Club will be going to the History Museum. The museum is very interactive with both permanent and changing exhibits. The van leaves at 10 a.m.

Other Life Enrichment Opportunities:

FIT Functional Fitness®™ is a personalized functional fitness program designed to improve or maintain a resident's core strength while maximizing an optimum level of well-being. The program was developed by The Goodman Group in collaboration with a physical therapist and geriatric certified specialist. There are four different fitness programs we offer that are designed to reduce the affects of dementia, diabetes mellitus, heart failure, hypertension, Parkinson's disease and stroke survivors. This is a great opportunity to maximize your well-being in a friendly group setting. Look at the calendar for all of the times offered throughout the week. Also, we have changed the location of the fitness programs to the Activity Center on the second floor! Hope you see you all there!

I am also excited to announce that starting Tuesday, Sept. 5, Crown of Life Lutheran Church and School will be starting church services here at The Commons! Worship will be every Tuesday, at 10 a.m., in the Atrium. We are so excited to start this relationship with such a great church. I look forward to seeing you all there! All are welcome!

Friday, Sept. 1: The Red Hats Club meets every month. This is just another great opportunity for the women here at The Commons to get together this month. We will be meeting at 2 p.m., in the Atrium.

Thursday, Sept. 7: We will have Happy Hour in the Atrium, at 3 p.m., with music entertainment by Janet! Come on down and enjoy your favorite cocktail while listening to some great music!

Friday, Sept. 15: Do you love to bake and/or cook? Culinary Creations is the perfect opportunity for you! We will meet in the Clubroom, at 3 p.m., to create delicious snacks for us to enjoy!

Tuesday, Sept. 19: Quick Witz Cognitive Program in the Activities Center, at 1:30 p.m. This is a great opportunity keep your brain sharp while having some fun doing it.

Thursday, Sept. 21: Happy Hour will be held in the Atrium, at 3 p.m., with music entertainment by Linda Carlson!

Wednesday, Sept. 27: Come on down to the Atrium at 3 p.m., to listen to music provided by Colleen H. and help us celebrate the September birthdays!

Friday, Sept. 29: Do you love to bake and/or cook? Culinary Creations is the perfect opportunity for you! We will meet in the Clubroom, at 3 p.m., to create delicious snacks for us to enjoy!



Abby McDaniel

Life Enrichment Director

Spiritual Director's Corner

A Farewell Message from Joey Armstrong, former Spiritual Director:

Dear Friends of The Commons,

As you know, I have moved on from The Commons and am pursuing my BCC (Board Certified Chaplain). It was certainly not an easy decision to make to leave all of you lovely people. I have been deeply touched by the welcome and compassion many of you showed me as soon as I walked through the door. You were patient with me and kind and understanding, and I learned so much about being a better chaplain, husband, and friend from your years of stories and wisdom.

Cari and I covet your prayers as we move on to our next adventure. We are still living in our little lake house in Oakdale with our cats, Rev and Rabbi. Cari will continue her work in Lutheran World Relief, and I will work, part-time for HealthEast hospital system, and then go wherever God leads me next. My prayers are with all of you, with the staff, and with the new Spiritual Director as she/he begins her/his work with you. I am certain you will give her/him the same warm welcome you gave me!

I have been asked by many of you to come back and visit soon! That warms my heart! I will give your new Spiritual Director plenty of space to find his/her own footing before I come back to The Commons to visit, but rest assured, I will be back to see you! The good part about leaving a place of work is: Now you're not residents to me. You are my friends

Here is my prayer of blessing for all of you at The Commons. It comes from Scotland which is where my ancestors come from:

May the blessing of light be on you — light without and light within.

May the blessed sunlight shine on you like a great peat fire,
so that stranger and friend may come and warm himself at it.

And may light shine out of the two eyes of you,
like a candle set in the window of a house,
bidding the wanderer come in out of the storm.

And may the blessing of the rain be on you,
may it beat upon your Spirit and wash it fair and clean,
and leave there a shining pool where the blue of Heaven shines,
and sometimes a star.

And may the blessing of the earth be on you,
soft under your feet as you pass along the roads,
soft under you as you lie out on it, tired at the end of day;
and may it rest easy over you when, at last, you lie out under it.

May it rest so lightly over you that your soul may be out from under it quickly; up and off and on its way to God.
And now may the Lord bless you, and bless you kindly. Amen.



Resident Birthdays

Nancy N., 4th

Dave E., 4th

Beryl C., 5th

Leroy B., 7th

Rita S., 7th

Pat W., 8th

Rosie J., 9th

Adeline K., 9th

Margaret Q., 9th

Marco B., 9th

Phillip G., 15th

Phyllis R., 23rd

Lois W., 24th

Robert K., 25th

Ione P., 29th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Locations Activity Center, AC Atrium, A Center Courtyard, CTYD Clubroom, CR				Calendar events subject to change.		9:15 Scrabble, CR 1 10:00 Claim Your Prize, CR 10:30 Bingo, CR 1:00 FIT to Pedal@, AC 1:30 FIT to Stretch@, AC 2:00 Red Hats, A 6:30 500 Club, PR 6:30 Movie Night – Channel 19, FSL	
		Dining Room Patio, DRP Fireside Lounge, FSL Library, L Lobby, LOB		Patio By The Pond, P Poker Room, PR Second Floor Lounge, 2nd Third Floor Lounge, 3rd		Van Transportation, Van Wellness Center, WC	
3 10:30 Coffee Talk, CR 1:00 Bingo, CR 3:00 Community Crossword Puzzle, A 6:30 Evening Movie, FSL	LABOR DAY 4 1:30 FIT to Balance@, AC 2:30 Labor Day Jeopardy, AC 3:30 Puzzle Packets, L	Body Renewal Massage 5 9:30 Tuesday Tea, CR 10:00 Midweek Worship, A 11:15 FIT to Be Strong@: Class B, AC 2:00 Book Club, FSL 3:00 Wine Tasting Tuesday, CR 6:30 Cribbage, L	6 9:30 Hand & Aroma Massage, FSL 10:00 St. John Neumann Comm. Service, A 10:00 Associated Bank, PR 11:15 FIT to Pedal@, AC 1:00 Manicures, CR 1:30 Your Story Matters, AC 2:45 FIT to Balance@, AC 3:00 FIT to Stretch@, AC 6:30 Bingo, CR	7 9:30 Coffee Crew, CR 10:00 Crown of Life Lutheran Service, A 11:15 FIT to Be Strong@: Class B, AC 1:00 Blood Pressure Checks, AC 1:30 FIT to Be Strong@, AC 3:00 Happy Hour w/Janet W., A 6:30 Evening Prayer Service, AC	8 9:15 Scrabble, CR 10:00 Claim Your Prize, CR 10:30 Bingo, CR 11:00 Lunch: Cheesecake Factory, Van 1:00 FIT to Pedal@, AC 1:30 FIT to Stretch@, AC 2:30 Floor Bowling, A 6:30 500 Club, PR 6:30 Movie Night – Channel 19, FSL	9 9:15 Bible Study w/Randy, L 10:00 Rosary, FSL 1:00 Bridge, PR 3:00 6,5,4 Dice Game, CR 6:30 Cribbage/500 Club, PR	
10 10:30 Coffee Talk, CR 1:00 Bingo, CR 2:00 Ice Cream Sandwich Social, CR 6:30 Evening Movie, FSL	PATRIOT DAY 11 9:30 Monday Musings, AC 10:30 Ages Entwined@: Reading Buddies, L 11:00 Chorus Practice, AC 1:00 Art Hour, AC 1:30 FIT to Balance@, AC 2:45 Monday Malts, CR 3:30 Word Games, A 6:30 Music w/Mary Hall, A	Body Renewal Massage 12 9:30 Tuesday Tea, CR 10:00 Midweek Worship, A 11:15 FIT to Be Strong@: Class B, AC 1:30 Treasures of the Heart@, FSL 3:00 Resident Association Meeting, A 6:30 Cribbage, L	13 9:30 Hand & Aroma Massage, FSL 10:00 Catholic Mass, A 11:15 FIT to Pedal@, AC 12:00 Apple Orchard, Van 1:00 Manicures, CR 2:45 FIT to Balance@, AC 3:00 FIT to Stretch@, AC 6:30 Bingo, CR	14 9:30 Coffee Crew, CR 10:00 Crown of Life Lutheran Service, A 11:15 FIT to Be Strong@: Class B, AC 1:30 FIT to Be Strong@, AC 3:00 Happy Hour, A 6:30 Evening Prayer Service, AC	15 9:15 Scrabble, CR 10:00 Claim Your Prize, CR 10:30 Bingo, CR 1:00 FIT to Pedal@, AC 1:30 FIT to Stretch@, AC 3:00 Culinary Creations, CR 6:30 500 Club, PR 6:30 Movie Night – Channel 19, FSL	16 9:15 Bible Study w/Randy, L 10:00 Rosary, FSL 1:00 Bridge, PR 6:30 Cribbage/500 Club, PR	
17 10:30 Coffee Talk, CR 1:00 Bingo, CR 2:00 Storyline w/Nan, CR 3:00 Piano Music w/Margaret, A 6:30 Evening Movie, FSL	18 9:30 Monday Musings, AC 10:30 Ages Entwined@: Reading Buddies, L 11:00 Chorus Practice, AC 1:00 Art Hour, AC 1:30 FIT to Balance@, AC 2:45 Monday Malts, CR 3:30 Word Games, A 6:30 Armchair Travel, AC	Body Renewal Massage 19 9:30 Tuesday Tea, CR 10:00 Midweek Worship, A 11:15 FIT to Be Strong@: Class B, AC 1:30 Quick Witz Cognitive Program, AC 3:00 Design on a Dime, AC 6:30 Cribbage, L	ROSH HASHANAH BEGINS AT SUNDOWN 20 9:30 Hand & Aroma Massage, FSL 10:00 St. John Neumann Comm. Service, A 11:15 FIT to Pedal@, AC 12:30 In House Movie, AC 1:00 Manicures, CR 2:45 FIT to Balance@, AC 3:00 FIT to Stretch@, AC 6:30 Bingo, CR	21 9:30 Coffee Crew, CR 10:00 Crown of Life Lutheran Service, A 11:15 FIT to Be Strong@: Class B, AC 1:30 FIT to Be Strong@, AC 3:00 Happy Hour w/Linda C., A 6:30 Evening Prayer Service, AC	FALL BEGINS 22 9:15 Scrabble, CR 10:00 Claim Your Prize, CR 10:30 Bingo, CR 11:00 Lunch: Machine Shed, Van 1:00 FIT to Pedal@, AC 1:30 FIT to Stretch@, AC 3:00 Loving Service, A 6:30 500 Club, PR 6:30 Movie Night – Channel 19, FSL	23 9:15 Bible Study w/Randy, L 10:00 Rosary, FSL 1:00 Bridge, PR 3:00 Community Crossword Puzzle, AC 6:30 Cribbage/500 Club, PR	
24 10:30 Coffee Talk, CR 1:00 Bingo, CR 3:00 Collage w/Nan, AC 6:30 Evening Movie, FSL	25 9:30 Monday Musings, AC 10:30 Ages Entwined@: Reading Buddies, L 11:00 Chorus Practice, AC 1:00 Art Hour, AC 1:30 FIT to Balance@, AC 2:45 Monday Malts, CR 3:30 Word Games, A 6:30 Cocktail of the Month, CR	Body Renewal Massage 26 9:30 Tuesday Tea, CR 10:00 Midweek Worship, A 11:15 FIT to Be Strong@: Class B, AC 1:30 Nature Club, A 3:00 Welcome Party, CR 6:30 Cribbage, L	27 9:30 Hand & Aroma Massage, FSL 10:00 Catholic Mass, A 11:15 FIT to Pedal@, AC 1:00 Manicures, CR 2:45 FIT to Balance@, AC 3:00 FIT to Stretch@, AC 3:00 Resident Birthday Party, A 6:30 Bingo, CR	28 9:30 Coffee Crew, CR 10:00 Crown of Life Lutheran Service, A 10:00 Valiant Veterans@ Museum, Van 11:15 FIT to Be Strong@: Class B, AC 1:30 FIT to Be Strong@, AC 3:00 Happy Hour, A 6:30 Evening Prayer Service, AC	YOM KIPPUR BEGINS AT SUNDOWN 29 9:15 Scrabble, CR 10:00 Claim Your Prize, CR 10:30 Bingo, CR 1:00 FIT to Pedal@, AC 1:30 FIT to Stretch@, AC 3:00 Culinary Creations, CR 6:30 500 Club, PR 6:30 Movie Night – Channel 19, FSL	30 9:15 Bible Study w/Randy, L 10:00 Rosary, FSL 1:00 Bridge, PR 6:30 Cribbage/500 Club, PR	

Dining Services

To All Residents and Families,

As a Senior Living Facility, it is not only the Nursing Departments goal to keep you healthy but also the Dining Department. I am excited to inform you we will be making changes to our Dining Program. To better serve and care for you, we will be moving our Dining Program in the direction of Food for Life. We have already made progress in the Food for Life Program, but it is now time to take the next step. We look forward to starting this change **Sept. 1** and wish everyone a healthy beginning.

Marilyn Wolff, Dining Director



Neighborhood News

Remember, good friends make good neighbors! If you know anyone who would be interested in receiving materials about The Commons on Marice, please contact Dani at 651-365-3058. If someone you refer moves in, you will receive a \$1,000 credit toward your monthly rent for that month.

Dani Minnick
Director of Sales and Marketing



Welcome New Residents

The Commons on Marice residents are invited to attend a Welcome Party every month. We take this time to socialize and welcome new neighbors who have moved into the Commons community. Join us Tuesday, **Sept. 26, at 3 p.m.**, in the Club Room, where we will introduce and enjoy some refreshments with our new neighbors here at the Commons. There are many other ways to welcome our neighbors who have recently moved in. You can invite them to activities with you or invite them to eat a meal with you as well. Help make our community a welcoming and friendly place to live for all!

“We are constituted so that simple acts of kindness, such as giving to charity or expressing gratitude, have a positive effect on our long term moods. The key to the happy life, it seems, is the good life: a life with sustained relationships, challenging work and connections to community.”

—Paul Bloom



Resident Spotlight

Jackie S. was born and raised in Cleveland, Ohio. Jackie moved to Minnesota when she was 19 years old. She attended Northwestern Bible College in Minneapolis, Minn., where she met her husband, Lee. They were married for 19 years, and they have four children, 10 grandchildren and five great-grandchildren. Jackie worked part-time until she went back to college at Metro State University and St. Thomas University. Jackie worked for Control Data in the Education Department. Her husband, Lee, was drafted in the Army for two years and then went back to college at Brown Institute. Lee worked as a Computer Consultant for 3M. Jackie likes watching movies and enjoys musicals. Jackie currently enjoys attending Music Programs and Happy Hour at the Commons. Jackie has been here since June, but we are happy to call her our new neighbor and our friend!



Environmental Rundown

Sept. 10-16 is National Environmental Services & Housekeeping Week.

The Environmental Service team at The Commons on Marice demonstrates huge efforts toward quality, safety and customer service in every aspect.

Let us recognize our environmental services team as essential personnel in the execution of infection control, cleaning protocols, residents' safety and outstanding service.

Good job team, we are so proud to be given the opportunity to manage such great departments

- Sue Bahrke, Director of Housekeeping
- Bob Baumann, Director of Maintenance



Nursing

September is National Cholesterol Education Month. Cholesterol is a waxy, fat-like substance that is found in all cells of the body. Your body makes all the cholesterol it needs. Cholesterol is also found in some of the foods you eat. Here are some lifestyle changes to improve your cholesterol:



- Eat heart healthy foods such as salmon, walnuts, almonds, oats, fruits and vegetables, beans and whey protein (found in dairy products or whey protein powders).
- Exercise on most days of the week and increase your physical activity. With your doctor's okay, work up to at least 30 minutes of exercise each day. Here at The Commons, we are fortunate to have FIT programs offered on various days and times throughout the week as well as a treadmill and bikes in the wellness center.
- Drink alcohol in moderation.
- Small changes add up. If you eat when you're bored or frustrated, take a walk instead. If you pick up fast food for lunch every day, pack something healthier from home. For snacks, munch on carrot sticks or air-popped popcorn instead of potato chips. Don't eat mindlessly. Start by evaluating your eating habits and daily routine. Consider your challenges to weight loss and ways to overcome them.

Information provided by *agingcare.com* and The Mayo Clinic.

Kelly Preskorn
Director of Nursing

THE COMMONS
on MARICE

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