

GOOD Life News

at The Commons on Marice

JANUARY 2019

www.commonsonmarice.org

Executive Director

Hello, everyone!

Well, we made it! Another year has passed and a fresh, new year has begun. I hope you all had a wonderful holiday season.

This is the time of year I like to look back on the previous year and reflect on things that have gone well and things that haven't. I ask myself if the past year was personally better than the previous year. If so, how come? If not, what can I do better?

The year 2018 will always be a year I look back on as the most memorable and special of my life. This was the year my wife and I were blessed with our son, Jack. When Jack was born, my life was changed forever. Before, my wife and I just had each other to care for, but now life suddenly became more complicated. I worry more and I am more tired. I underestimated how much stamina it took to chase after a curious 10-month-old. I underestimated the constant attention an active 10-month-old would require. I underestimated the amount of sleep my wife and I would lose. I even underestimated the amount of diapers my son would go through. However, I also underestimated how much love I would have for this beautiful, healthy and happy boy. It is all totally worth it. I would not change a thing!

I believe the meaning of life is simple. I believe it all comes down to relationships. I hope 2019 is filled with fond memories and strong relationships with those you hold dearest.

Happy New Year!

David Salmon
Executive Director



Our Talk. Our Walk. Every Day!

Platinum Service® Standard #6

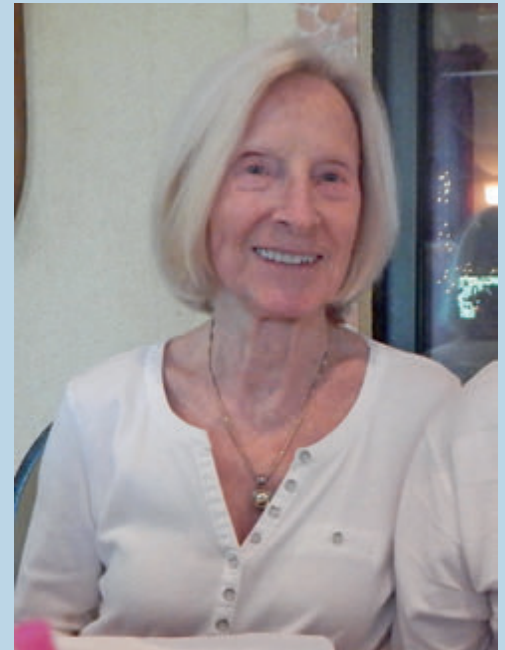
"I enjoy what I do. I have a warm, caring and positive attitude that makes our communities great places to live and work."

Having a positive attitude and an optimistic view of life are two things that intertwine to help us find happiness, both in our personal lives and at work. As we head into the new year, Platinum Service Standard #6 reminds us to reflect on and be thankful for the opportunity to serve our residents and fellow staff members. A warm tone of voice, a smile, and kind manners are examples of our Platinum Service® promise, which we strive for in all things we do. When employees genuinely enjoy what they do, they serve others with a sense of purpose. May you all have a very happy and blessed New Year.



Resident Spotlight

Rose L. grew up in Foley, Minn. on a farm. She went to a one-room school for five years and each grade had between two and six children. Talk about a small school! She met her current husband, Bill, when she was 16 years old at a baseball game, which is a sport they still both enjoy as well as their family. Rose and Bill have been married for 65 years! Rose enjoyed spending her winters in Florida golfing, going on walks, dancing and walking. Rose and her husband thank Kitty (a former resident at The Commons on Marice) every day for recommending the two of them to live here. They feel so fortunate to have moved in to such a wonderful community! Rose enjoys going to all of the FIT Functional Fitness® classes, book club, church and happy hour. She also wants to give a shout-out to all of the wonderful Life Enrichment staff who lead programs — they are all wonderful. We are so lucky to call Rose our neighbor and our friend!



Life Enrichment/ Highlighted Events

Outings For The Month:

Friday, Jan. 11: We will be going to lunch at Olive Garden. This restaurant is an American casual dining restaurant chain specializing in Italian-American cuisine. The van will leave at **11 a.m.** Please sign up near the salon.

Wednesday, Jan. 16: We will be going to a movie at Eagan Regal! The time and movie will be determined closer to the date. Please sign up near the salon closer to the date.

Friday, Jan. 25: We will be going to lunch at Axel's. Axel's River Grille is part of a well-known steakhouse chain. They serve up delicious steaks, pasta, soups, salads. The van will leave at **11 a.m.** Please sign up near the salon.

Wednesday, Jan. 30: We will be going to have lunch at the inter-generational learning center! The van will leave at **10:45 a.m.** Please sign up near the salon closer to the date.

Highlighted Events For The Month:

Wednesday, Jan. 9: Do you fall frequently or have a fear of falling? Then this class is for you! "Fight Against The Fall" class will begin at **3 p.m.** in the second floor activity center.

Friday, Jan. 11: We will be having a comedy magic show provided by Robert and Lynn Halbbrook here at The Commons on Marice! This is a program you won't want to miss! It will begin at **3 p.m.** in the atrium.

Tuesday, Feb. 15: We will have our February Calendar Planning program starting at **2 p.m.** in the clubroom. This is a great opportunity for residents to come with their ideas for programs and ideas for the next month. We have this program each month!

Tuesday, Feb. 15: We will have Miss Jill's Trivia Show at **3 p.m.** in the atrium. This is a nonstop participation hour of fun with trivia and singalong and photos.



Neighborhood News

Season's Greetings and Happy New Year from the Marketing Department! We would like to wish all of our residents and their families a happy and healthy 2019!

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 towards your next month's rent.

Cheers to 2019!



Environmental Services

The Maintenance and Housekeeping departments hope you had a wonderful holiday season and we look forward to the new year serving you at The Commons.

Some new changes to the building include new carpet in the first floor apartment hallway and new common area furniture. We will also be changing paint color and redecorating our laundry rooms on all floors.

We will be continuing our change of lighting to LED fixtures in the hallways and common areas which will brighten areas that have been identified as too dark.

A reminder to continue to be safe on our exterior sidewalks and report any slippery areas so that we may address them promptly.

Let's make it a good year at The Commons!!

Bob Baumann and Sue Bahrke



Soaring The Spirit

January is a new month, a new year, which strikes me as a reminder that we each have second chances. This year is a chance to try something new or revive a hobby or interest that has gone neglected for a while. 2019 could be the year that reconnects you with an activity that "lights your fire" and connects you with purpose in life. It doesn't have to be a huge undertaking, but the first step is to ask yourself, "What have I always wanted to try, but haven't?" Or, "What is something I loved to do but I don't do anymore?" Once you have an answer — DON'T say, I can't do that now. This is where some creativity and flexibility come into play. Let's make a bridge, an avenue to engage those things you love once again! My door is open and my heart is open to help your process of connecting with the things that bring joy, purpose, meaning. This year is a second chance to start anew.

Peace,

Shawn Latourelle, Spiritual Director

Resident Birthdays

Rose Marie W., 1st

Gerry H., 10th

Kathleen B., 11th

Joell A., 12th

Bill G., 13th

Robert S., 13th

Bill L., 17th

Florence T., 18th

Marilyn B., 28th

Karen K., 29th

Bette C., 31st



JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations Activity Center, AC Atrium, A Center Courtyard, CTYD Clubroom, CR Dining Room Patio, DRP Fireside Lounge, FSL Library, L</p>	<p>Lobby, LOB Patio By The Pond, P Poker Room, PR Second Floor Lounge, 2nd Third Floor Lounge, 3rd Van Transportation, Van Wellness Center, WC</p>	<p>NEW YEAR'S DAY 1</p> <p>1:00 FIT to Stretch®, AC 1:45 Bunco, CR 3:00 New Year's Day Social, CR 6:30 Cribbage, L</p>	<p>2</p> <p>10:00 St. John Neumann Comm. Service, A 11:15 FIT to Pedal®, AC 1:00 Manicures, CR 1:45 FIT to Balance®, AC 2:00 FIT to Stretch®, AC 3:30 Piano Music w/Jake, A 6:30 Bingo, CR</p>	<p>3</p> <p>10:00 Claim Your Bingo Prize, A 11:15 FIT to Be Strong®, AC 1:00 Blood Pressure Checks, WC 1:30 FIT to Stretch®, AC 3:00 Happy Hour, A</p>	<p>4</p> <p>9:15 Scrabble, PR 10:30 Bingo, CR 11:00 Lunch in Atrium, A 1:00 FIT to Stretch®, AC 1:30 FIT to Pedal®, AC 3:00 Music Bingo, CR</p>	<p>5</p> <p>10:00 Rosary, FSL 10:30 Divine Life Worship Service, A 1:00 Bridge, PR 3:00 Music w/Ross McLeod, A 6:30 500 Card Game, PR</p>
<p>6</p> <p>11:00 Puzzle Packets, L 1:00 Bingo, CR 2:30 6,5,4 Dice Game, CR</p>	<p>7</p> <p>10:30 Ages Entwined®: Reading Buddies, L 11:00 Chorus Practice, AC 2:00 Book Club, FSL 2:15 FIT to Balance®, AC 2:45 Monday Malts, CR 3:30 Word Games, A 6:30 Armchair Travel: Hawaii, AC</p>	<p>8</p> <p>11:15 FIT to Be Strong®, AC 1:30 Eagan Art House, AC 3:00 Resident Association Meeting, A 6:30 Cribbage, L 6:30 Music w/Randy Roloff, A</p>	<p>9</p> <p>10:00 Catholic Mass, A 11:15 FIT to Pedal®, AC 1:00 Manicures, CR 1:45 FIT to Balance®, AC 2:00 FIT to Stretch®, AC 3:00 Fight Against the Fall, AC 3:30 Piano Music w/Jake, A 6:30 Bingo, CR 7:00 Eagan Garden Club, A</p>	<p>10</p> <p>10:00 Claim Your Bingo Prize, A 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour w/ Cindy Scheffler, A</p>	<p>11</p> <p>9:15 Scrabble, PR 10:30 Bingo, CR 11:00 Lunch Outing: Olive Garden, Van 1:00 FIT to Stretch®, AC 1:30 FIT to Pedal®, AC 3:00 Comedy Magic Show, A</p>	<p>12</p> <p>10:00 Rosary, FSL 1:00 Bridge, PR 1:15 FIT to Stretch®, AC 2:00 Life Stories, CR 3:00 Ice Cream Sundaes, CR 6:30 500 Card Game, PR</p>
<p>13</p> <p>10:30 Worship Service w/Pauline, A 11:00 Puzzle Packets, L 1:00 Bingo, CR 3:00 Music w/Gloria Jespersen, A</p>	<p>14</p> <p>10:30 Ages Entwined®: Reading Buddies, L 11:00 Chorus Practice, AC 2:15 FIT to Balance®, AC 2:45 Monday Malts, CR 3:30 Word Games, A 6:30 Jeopardy, AC</p>	<p>15</p> <p>11:15 FIT to Be Strong®, AC 1:00 Mahjong, PR 2:00 February Calendar Planning, CR 3:00 Miss Jill's Trivia Show, A 6:30 Cribbage, L</p>	<p>16</p> <p>Movie Outing, TBD, Van 10:00 St. John Neumann Comm. Service, A 11:15 FIT to Pedal®, AC 1:00 Manicures, CR 1:45 FIT to Balance®, AC 2:00 FIT to Stretch®, AC 6:30 Bingo, CR</p>	<p>17</p> <p>10:00 Claim Your Bingo Prize, A 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour, A 7:00 Cotty's Classics, A</p>	<p>18</p> <p>9:15 Scrabble, PR 10:30 Bingo, CR 11:00 Lunch in Atrium, A 1:00 FIT to Stretch®, AC 1:30 FIT to Pedal®, AC 3:00 Music Bingo, CR</p>	<p>19</p> <p>10:00 Rosary, FSL 10:30 Divine Life Worship Service, A 1:00 Bridge, PR 1:30 Piano Recital w/ Students, A 6:30 500 Card Game, PR</p>
<p>20</p> <p>11:00 Puzzle Packets, L 1:00 Bingo, CR 3:00 Music w/Phil Kitze, A</p>	<p>MARTIN LUTHER KING JR. DAY 21</p> <p>10:30 Ages Entwined®: Reading Buddies, L 11:00 Chorus Practice, AC 1:00 Bible Study w/Kevin & Sue, FSL 2:15 FIT to Balance®, AC 2:45 Monday Malts, CR 3:30 Word Games, A 6:30 Armchair Travel: Tennessee, AC</p>	<p>22</p> <p>11:15 FIT to Be Strong®, AC 1:45 Community Crossword Puzzle, AC 3:00 Wine Tasting, CR 6:30 Cribbage, L</p>	<p>23</p> <p>10:00 Catholic Mass, A 11:15 FIT to Pedal®, AC 1:00 Manicures, CR 1:45 FIT to Balance®, AC 2:00 FIT to Stretch®, AC 6:30 Bingo, CR</p>	<p>24</p> <p>10:00 Claim Your Bingo Prize, A 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour w/ Gary Larue, A</p>	<p>25</p> <p>9:15 Scrabble, PR 10:30 Bingo, CR 11:00 Lunch Outing: Axel's, Van 1:00 FIT to Stretch®, AC 1:30 FIT to Pedal®, AC 3:00 Loving Service, A</p>	<p>26</p> <p>10:00 Rosary, FSL 10:30 Divine Life Worship Service, A 1:00 Bridge, PR 3:00 Music w/Tim Patrick, A 6:30 500 Card Game, PR</p>
<p>27</p> <p>11:00 Puzzle Packets, L 1:00 Bingo, CR 2:15 Root Beer Float Social, CR</p>	<p>28</p> <p>10:30 Ages Entwined®: Reading Buddies, L 11:00 Chorus Practice, AC 1:00 Bible Study w/ Kevin & Sue, FSL 2:15 FIT to Balance®, AC 2:45 Monday Malts, CR 3:30 Word Games, A 6:30 Cocktail of the Month, CR</p>	<p>29</p> <p>11:15 FIT to Be Strong®, AC 1:45 Community Crossword Puzzle, AC 3:00 Welcome Party, CR 6:30 Cribbage, L</p>	<p>30</p> <p>10:45 Ages Entwined® Lunch, Van 11:15 FIT to Pedal®, AC 1:00 Manicures, CR 1:45 FIT to Balance®, AC 2:00 FIT to Stretch®, AC 3:00 Birthday Party w/ Mary Franz, A 6:30 Bingo, CR</p>	<p>31</p> <p>10:00 Claim Your Bingo Prize, A 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour, A 7:00 Cotty's Classics, A</p>	<p>Mindfulness Video will be shown every night at 7 p.m. on Channel 19.</p> <p>Calendar events subject to change.</p>	

Nursing/Health Care

January is National Glaucoma Awareness Month.

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is called “the sneak thief of sight” since there are no symptoms and once vision is lost, it’s permanent. As much as 40% of vision can be lost without a person noticing.

Experts estimate that half of them don’t know they have glaucoma. Combined with our aging population, we can see an epidemic of blindness looming if we don’t raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma — yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

Types of Glaucoma:

There are two main types of glaucoma: primary open-angle glaucoma (POAG) and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma.

Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

Regular Eye Exams Are Important:

Glaucoma is the second-leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Glaucoma is a leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma.

Risk Factors:

Are you at risk for glaucoma? Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma and may help to prevent unnecessary vision loss.

Help Us Find a Cure:

Glaucoma Research Foundation is a national nonprofit organization funding innovative research to find better treatments and a cure for glaucoma. Gifts of every size make a difference. Donate today.



Therapy in Art

Creating art, whether it's with paint, pencils, wood or another material, can be a fun, rewarding activity. Let these benefits of art therapy paint a picture:

Relieves stress: Participating in art activities can be soothing and relaxing. Focusing on a project often boosts positive feelings and has been shown to lower anxiety and depression.

Increases cognitive skills: From selecting materials to choosing a color scheme, many decisions are made during the creative process, stimulating the brain. Artistic endeavors can also trigger memories from long ago.

Promotes self-expression: Art is a nonverbal outlet for communicating and sharing with others. Making something by hand is a personal experience that lets people express their thoughts and feelings.

Sharpens motor skills: Small movements such as brushing paint across a canvas or sanding a piece of wood improve dexterity and hand-eye coordination.

Encourages socialization: Whether it's a shared love of watercolors or an interest in ceramics, art has a way of connecting people, which helps lessen feelings of loneliness. Making art in a group setting promotes socializing with others.



Dining Services

Hello, everyone! With the cold and flu season upon us please remember to drink plenty of fluids and make sure you are washing your hands often. Thank you.

Marilyn Wolff



New Residents

Each month, we have a welcome party to meet our new friends and neighbors that have joined the community! This month, the welcome party will be on **Tuesday, Jan. 29 at 3 p.m.** in the clubroom. We will serve a snack and refreshments. This is a great opportunity for residents to socialize and meet their neighbors!



Skiing Through History

From families hitting the slopes for fun to athletes competing in fierce races, snow skiing is enjoyed by millions around the world.

The cold-weather pastime was first used for survival rather than thrills. Dating

back to prehistoric times, people in snowy climates skied as a way to travel across frozen terrain. Cave paintings found in Norway and China depict hunters on skis, and fragments of ancient wooden skis have been unearthed in Russia and northern Europe.

A shift toward skiing as a sport began in the 18th century, when the armies of Scandinavian countries trained on skis and staged races down mountain slopes and around obstacles. The first nonmilitary ski competitions were held in the 1840s in Norway. The popularity of the sport spread, and in 1924, skiing events were part of the first Winter Olympics in Chamonix, France.

With improvements in equipment, including the development of metal and fiberglass skis and the invention of the chairlift, skiing became easier and accessible to more people. It took off as a recreational activity, and ski resorts worldwide opened in response.





THE COMMONS
ON MARICE

Senior Living

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