

GOOD Life News

at The Commons on Marice

NOVEMBER 2017

www.commonsonmarice.org

Executive Director

Hello Everyone,
Can you believe its
November already? Where
does the time go?

As we fast approach
the Holiday Season, our
community is changing
over from our "fall mode"
to our "winter mode." Air
conditioners and lawn
movers will soon be replaced with furnaces and snow blowers.
This time of year is always especially busy with holiday parties
and festivities.

As most of you have noticed, our bus driver, Bret Brown,
has left our community to pursue another career path. The
Commons has hired Steve Nelson as our new bus driver.
Steve has been a driver for many years and knows this area
of the metro well. Please say hello to Steve when you see him
(you can't miss him, he is very tall) and welcome him to The
Commons as he starts his new job.

That's it for now! I wish all of you a Happy Thanksgiving!

Sincerely,

David Salmon, Executive Director



Dining Services

Thanksgiving is Thursday,
Nov. 23!

Here at The Commons, we
will be serving a Traditional
Thanksgiving Dinner in the Main
Dining Room from 4-6:30 p.m.
The price for an adult is \$22 and
the price for a child is \$15. Please
make your reservations with the front desk by Wednesday, Nov. 15,
so we can plan accordingly. Thank you!



Marilyn Wolff



**Our Talk.
Our Walk.
Every Day!**

**FIT Functional
Fitness®**

Our FIT Functional Fitness program is designed to go beyond typical senior fitness programs to help improve core strength, balance, cardiovascular health, and promote relaxation. Developed in partnership with a board certified exercise physiologist, the program's targeted exercises are created to deliver the maximum benefit for each participant. The goal is to increase overall health and wellbeing, reduce potential for falls and encourage residents to remain active. FIT Functional Fitness incorporates four fitness programs, taking current health levels into consideration and allowing all residents to participate.

Resident Spotlight

Pete H. is from Atlanta, Texas, and Becky H. is from Bakersfield, Calif. Pete attended the University of Texas-El Paso where he earned his bachelor's degree. Pete went on to earn his master's degree in business from Regis University in Denver, Colo. Pete was trained as a Certified Public Accountant. Pete and Becky met in high school where they lived in Heidelberg, Germany. They got married on Nov. 17, 1963. Becky stayed at home until their youngest child went back to school. Becky worked at a bank and rose to the position of vice president. Becky also owned a women's retail store in Alaska. They have three children and eight grandchildren. Pete likes to golf and enjoys attending socials such as happy hours, welcome parties and birthday parties. Becky likes to golf with her husband and enjoys quilting. Pete and Becky belonged to a country club. Becky enjoys attending bingo, exercise class and happy hour. Pete and Becky own two dogs named Pepper and Millie. Pete and Becky have only been here for a couple of weeks, but we are happy to call them our new neighbors and our friend.



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



New Residents

Welcoming new residents here at The Commons can add to our strength and diversity. We have a welcome party each month to get to know the residents who have moved in. This is a great opportunity to expand your circle of friends. The welcome party will be on Tuesday, Nov. 28, at 3 p.m., in the Clubroom. You can also invite new residents to sit with you at meals and invite them to activities with you to help maintain an inclusive environment here at The Commons.



Life Enrichment/ Highlighted Events

Outings for The Month:

Wednesday, Nov. 1: Back by popular demand, we will be going to Mystic Lake Casino. The bus will be leaving at 10 a.m.

Friday, Nov. 10: We will be leaving at 11 a.m. for Doolittles Woodfire Grill in Eagan. This restaurant grills meat over an open flame for a savory roasted flavor. Make sure you sign up, you won't want to miss this!

Wednesday, Nov. 29: We will be leaving for the History Museum at 12 p.m.

Other Events:

Thursday, Nov. 9, at 3 p.m.: We will be having a special happy hour to honor our veterans. We will have pictures displayed of the veterans and patriotic music will be played.

Friday, Nov. 10: This month, the Red Hats group will be making/ decorating red hats to wear at all of the red hat clubs! The group will meet at 3 p.m. in the atrium.

Saturday, Nov. 11: To celebrate Veterans Day, we will be having music entertainment by Red Gallagher in the atrium at 2 p.m. There will also be coffee and refreshments being served! Come on out and help us celebrate our veterans here at The Commons!

Monday, Nov. 13: We will be having a pop up jewelry shop, D'Alta, in the front lobby. The shop will be open from 11 a.m.-3 p.m. This is a great opportunity to buy gifts for your friends and family!

Tuesday, Nov. 28: Nature Club at 3 p.m. This month, we will be making holiday arrangements with Eagan Garden Club. Hope you to see you there!



Soaring Spirits

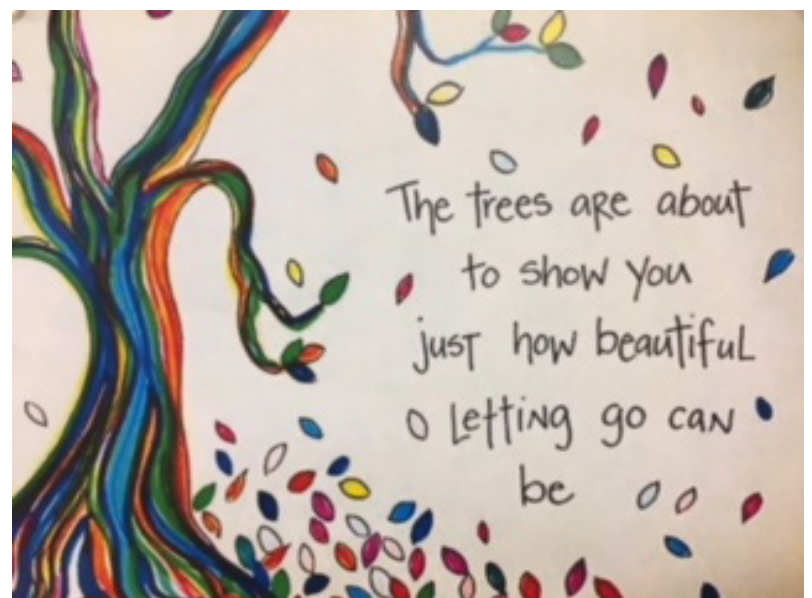
Changing Seasons

Autumn is upon us. It seems every day we find something new — the grass is beginning to fade. The last of the summer flowers have fallen. The trees are changing from deep green to shades of brilliant yellow, orange and magenta. Like the seasons of our year, we all have various seasons in our lives. During different seasons, we find ourselves in new places, meeting new people, trying new things.

My name is Mary, and I'm the new Spiritual Director at The Commons on Marice. I'm excited to start this new season of my life with all of you. I was born and raised Iowa and moved to the Twin Cities just over a year ago to pursue a career in chaplaincy.

For the past year, I have worked as a hospital chaplain at Abbott Northwestern Hospital.

One of the greatest challenges we often face is the changing seasons of our lives. It can be difficult and sometimes painful to leave one thing behind, especially when the new thing calling to us is unknown or unfamiliar. Yet, there is often much beauty to be found in letting go of what has passed and choosing to embrace what is to come. I look forward to getting to know each of you, and I am honored to be able to join you on your journey during this season of your life.



Mary Winkelpleck
Spiritual Director

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations Activity Center, AC Atrium, A Center Courtyard, CTYD Clubroom, CR Dining Room Patio, DRP</p>	<p>Fireside Lounge, FSL Library, L Lobby, LOB Patio By The Pond, P Poker Room, PR</p>	<p>Second Floor Lounge, 2nd Third Floor Lounge, 3rd Van Transportation, Van Wellness Center, WC</p>	<p>10:00 St. John Neumann Comm. Service, A 1 10:00 Mystic Lake Casino, Van 10:00 Associated Bank, PR 11:15 FIT to Pedal®, AC 1:00 Manicures, CR 2:45 FIT to Balance®, AC 3:00 FIT to Stretch®, AC 4:00 Pet Visits w/Jasmine, A 6:30 Bingo, CR</p>	<p>9:30 Coffee Crew, CR 2 11:15 FIT to Be Strong®, AC 1:00 Blood Pressure Checks, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour w/ Janet W., A 4:15 Bible Study w/Randy, L</p>	<p>9:15 Scrabble, CR 3 10:00 Claim Your Prize, CR 10:30 Bingo, CR 1:00 FIT to Stretch®, AC 1:30 FIT to Pedal®, AC 3:00 Culinary Creations, CR 6:30 500 Club, PR 6:30 Movie Night – Channel 19</p>	<p>10:00 Rosary, FSL 1:00 Bridge, PR 1:30 FIT to Stretch®, AC 3:00 Piano Recital, A 6:30 Cribbage/500 Club, PR</p>
<p>DAYLIGHT SAVING TIME ENDS 5 10:30 Coffee Talk, CR 1:00 Bingo, CR 3:00 Community Crossword Puzzle, AC 6:30 Evening Movie – Channel 19</p>	<p>10:30 Ages Entwined®: Reading Buddies, L 6 11:00 Chorus Practice, AC 1:00 Art Hour Making Holiday Cards, AC 2:00 Book Club, FSL 2:15 FIT to Balance®, AC 2:45 Monday Malts, CR 3:30 Word Games, A 4:15 Monday Musings, A 6:30 Armchair Travel, AC</p>	<p>ELECTION DAY 7 Body Renewal Massage 9:30 Tuesday Tea, CR 10:00 Midweek Worship, A 1:30 Quick Witz Cognitive Program, AC 3:00 Wine Tasting Tuesday, CR 6:30 Cribbage, L 6:30 Music w/Ross McLeod, A</p>	<p>10:00 Catholic Mass, A 8 11:15 FIT to Pedal®, AC 1:00 Manicures, CR 2:45 FIT to Balance®, AC 3:00 FIT to Stretch®, AC 3:30 Men's Group Pretzels & Beer, CR 6:30 Bingo, CR</p>	<p>9 9 9:30 Coffee Crew, CR 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour, A 4:15 Bible Study w/Randy, L</p>	<p>10 10 9:15 Scrabble, CR 10:00 Claim Your Prize, CR 10:30 Bingo, CR 11:00 Doolittles Lunch, Van 1:00 FIT to Stretch®, AC 1:30 FIT to Pedal®, AC 3:00 Red Hats, A 6:30 500 Club, PR 6:30 Movie Night – Channel 19</p>	<p>VETERANS DAY 11 10:00 Rosary, FSL 1:00 Bridge, PR 1:30 FIT to Stretch®, AC 2:00 Veterans Day Social w/Music, A 6:30 Cribbage/500 Club, PR</p>
<p>12 10:30 Coffee Talk, CR 1:00 Bingo, CR 2:00 Piano Recital – Group 1, A 4:00 Piano Recital – Group 2, A 6:00 Piano Recital – Group 3, A 6:30 Evening Movie – Channel 19</p>	<p>13 10:30 Ages Entwined®: Reading Buddies, L 11:00 Chorus Practice, AC 1:00 Thanksgiving Craft, AC 2:15 FIT to Balance®, AC 2:45 Monday Malts, CR 3:30 Word Games, A 4:15 Monday Musings, A 6:30 Cocktail of the Month, CR</p>	<p>14 Body Renewal Massage 9:30 Tuesday Tea, CR 10:00 Midweek Worship, A 1:30 Treasures of the Heart®, FSL 3:00 Resident Association Meeting, A 6:30 Cribbage, L</p>	<p>15 St. John Neumann Comm. Service, A 11:15 FIT to Pedal®, AC 1:00 Manicures, CR 2:45 FIT to Balance®, AC 3:00 FIT to Stretch®, AC 4:00 Pet Visits w/Jasmine, A 6:30 Bingo, CR</p>	<p>16 9:30 Coffee Crew, CR 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour w/ Flemmingfold, A 4:15 Bible Study w/Randy, L</p>	<p>17 9:15 Scrabble, CR 10:00 Claim Your Prize, CR 10:30 Bingo, CR 1:00 FIT to Stretch®, AC 1:30 FIT to Pedal®, AC 3:00 Culinary Creations, CR 6:30 500 Club, PR 6:30 Movie Night – Channel 19</p>	<p>18 10:00 Rosary, FSL 1:00 Bridge, PR 1:30 FIT to Stretch®, AC 3:00 Pumpkin Pie Social, CR 6:30 Cribbage/500 Club, PR</p>
<p>19 10:30 Coffee Talk, CR 1:00 Bingo, CR 2:30 Expressive Arts Hour, AC 3:00 Piano Music w/Margaret, A 6:30 Evening Movie – Channel 19</p>	<p>20 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 4:15 Monday Musings, A 6:30 Rosemount Historical Society, AC</p>	<p>21 Body Renewal Massage 9:30 Tuesday Tea, CR 10:00 Midweek Worship, A 1:30 Quick Witz Cognitive Program, AC 3:00 Name That Tune, AC 6:30 Cribbage, L 6:30 Music w/Duke Zecco, A</p>	<p>22 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 6:30 Bingo, CR</p>	<p>23 THANKSGIVING DAY Happy Thanksgiving! 11:00 Puzzle Packets, L 4:00 Thanksgiving Meal 6:30 Evening Movie Channel 19</p>	<p>24 9:15 Scrabble, CR 10:00 Claim Your Prize, CR 10:30 Bingo, CR 1:00 FIT to Stretch®, AC 1:30 FIT to Pedal®, AC 3:00 Loving Service – Tie Blankets, A 6:30 500 Club, PR 6:30 Movie Night – Channel 19</p>	<p>25 10:00 Rosary, FSL 1:00 Bridge, PR 1:00 Craft Fair, A 6:30 Cribbage/500 Club, PR</p>
<p>26 10:30 Coffee Talk, CR 1:00 Bingo, CR 3:00 Root Beer Float Social, CR 6:30 Evening Movie – Channel 19</p>	<p>27 10:30 Ages Entwined®: Reading Buddies, L 11:00 Chorus Practice, AC 1:00 Holiday Craft, AC 2:15 FIT to Balance®, AC 2:45 Monday Malts, CR 3:30 Word Games, A 4:15 Monday Musings, A 6:30 Armchair Travel, AC</p>	<p>28 Body Renewal Massage 9:30 Tuesday Tea, CR 10:00 Midweek Worship, A 1:30 Nature Club, A 3:00 Design on a Dime, AC 6:30 Cribbage, L</p>	<p>29 11:15 FIT to Pedal®, AC 12:00 History Museum, Van 1:00 Manicures, CR 2:45 FIT to Balance®, AC 3:00 FIT to Stretch®, AC 6:30 Bingo, CR</p>	<p>30 9:30 Coffee Crew, CR 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour, A 4:15 Bible Study w/Randy, L</p>	<p>Calendar events subject to change.</p>	

Nursing News

It's November already!

It is the start of the holiday season, but first, we start the month with Veterans Day.

Veterans Day in the United States

In the USA, Veterans Day annually falls on Nov. 11. This day is the anniversary of the signing of the armistice, which ended the World War I hostilities between the Allied nations and Germany in 1918. Veterans are thanked for their services to the United States on Veterans Day.

Veterans Day is intended to honor and thank all military personnel who served the United States in all wars, particularly living veterans. It is marked

by parades and church services, and in many places, the American flag is hung at half-mast. A period of silence lasting two minutes may be held at 11 a.m. Some schools are closed on Veterans Day, while others do not close but choose to mark the occasion with special assemblies or other activities.

Veterans Day is officially observed on Nov. 11. However, if it falls on a week day, many communities hold their celebrations on the weekend closest to this date. This is to enable more people to attend and participate in the events. Federal Government offices are closed on Nov. 11. If Veterans Day falls on a Saturday, they are closed on Friday, Nov. 10. If Veterans Day falls on a Sunday, they are closed on Monday, Nov. 12. State and local governments, schools and non-governmental businesses are not required to close and may decide to remain open or closed. Public transit systems may follow a regular or holiday schedule.

History

On the 11th hour of the 11th day of the 11th month of 1918, an armistice between Germany and the Allied nations came into effect. On Nov. 11, 1919, Armistice Day was commemorated for the first time. In 1919, President Wilson proclaimed the day should be "filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory." There were plans for parades, public meetings and a brief suspension of business activities at 11 a.m.

In 1926, the United States Congress officially recognized the end of World War I and declared that the anniversary of the armistice should be commemorated with prayer and thanksgiving. The Congress also requested that the president should "issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on Nov. 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples."

An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) was approved on May 13, 1938, which made Nov. 11 in each year a legal holiday, known as Armistice Day. This day was originally intended to honor veterans of World War I. A few years later, World War II required the largest mobilization of service men in the history of the United States and the American forces fought in Korea. In 1954, the veterans service organizations urged Congress to change the word "Armistice" to "Veterans." Congress approved this change and on June 1, 1954, Nov. 11 became a day to honor all American veterans, wherever and whenever they had served.

In 1968, the Uniforms Holiday Bill (Public Law 90-363 (82 Stat. 250)) made an attempt to move Veterans Day to the fourth Monday of October. The bill took effect in 1971. However, this caused a lot of confusion as many states disagreed with this decision and continued to hold Veterans Day activities on Nov. 11. In 1975, President Gerald R. Ford signed Public Law 94-97 (89 Stat. 479), which stated that Veterans Day would again be observed on Nov. 11 from 1978 onwards. Veterans Day is still observed on Nov. 11.

Remember, with the holiday season coming, please be safe with decorations. We are also entering into flu season, and there have also been confirmed cases of influenza confirmed already, so please make sure to be washing your hands, covering your cough and staying in if you are feeling ill.

Happy Holidays!



Kelly Preskorn
Director of Nursing

The Fight Against Alzheimer's

National Alzheimer's Disease Awareness Month takes place every November, but scientists and medical teams are working year-round to make strides in the diagnosis and treatment of this complex condition that affects millions of people worldwide.

Researchers are constantly learning more about Alzheimer's. Advances in brain imaging are helping provide a clearer understanding of how the brain is affected by the disease. Studies are exploring links to other health conditions, including heart disease, diabetes, stroke, high blood pressure and high cholesterol. This research may make earlier diagnosis of Alzheimer's possible, leading to better treatments and possible prevention.

Currently, there are medications that can temporarily slow the progression of symptoms and provide a better quality of life for patients. The Alzheimer's Association says several drugs that potentially could stop the disease from advancing are in the development and testing stages.

Non-medical therapies have been shown to help both patients and caregivers living with Alzheimer's. Music therapy often involves playing upbeat tunes during everyday activities, calming music near bedtime or to ease confusion, and familiar music from the patient's past to provide comfort and prompt memories. Art therapy can give patients a way to express themselves when communication is difficult.

Storytelling is another therapeutic technique and includes programs such as TimeSlips, which uses photographs to inspire those with Alzheimer's to create and share stories. Scrapbooks, photo albums and memory boxes are other tools that can encourage patients to reminisce and talk about their lives.



Resident Birthdays

Lucille C., 1st
Beverly S., 3rd
Joe B., 6th
Carol G., 9th
Gloria G., 11th
John F., 11th
Elaine G., 12th
Phyllis L., 14th
Virginia O., 15th
Eileen M., 15th
Helen A., 17th
Irene G., 17th
Loren G., 26th
Michael W., 26th
Lucille J., 26th
Dee Dee C., 29th

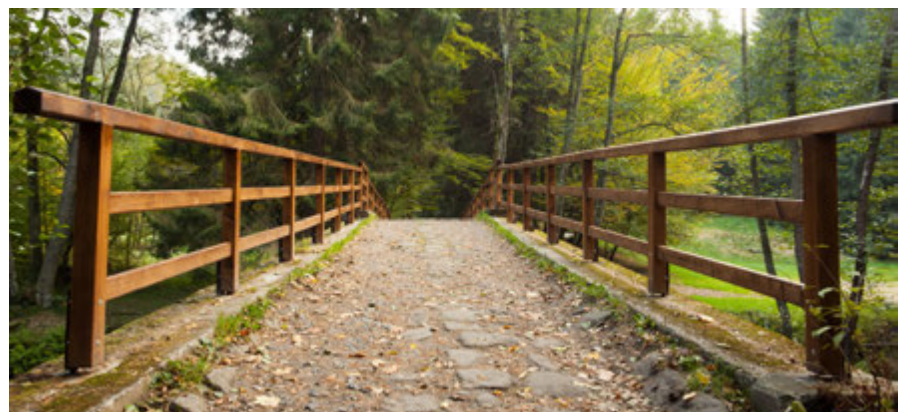
Environmental Rundown

Fall has arrived, and the leaves are in full color. What a beautiful time of year. With November upon us, we get those extremely brisk mornings, so I would like to remind you this is icy sidewalk season. Safety is a primary concern, so if you see areas that need extra attention, please inform the front desk so we can take care of them as soon as possible. Be safe.

I would like to remind everyone that with Thanksgiving coming up on Nov. 23, our cleaning schedules will change. Thank you for your understanding on this matter.

Have a wonderful Thanksgiving.

Sue Bahrke, Director of Housekeeping



THE COMMONS
on MARICE

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A PLATINUM SERVICE®
COMMUNITY MANAGED BY



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