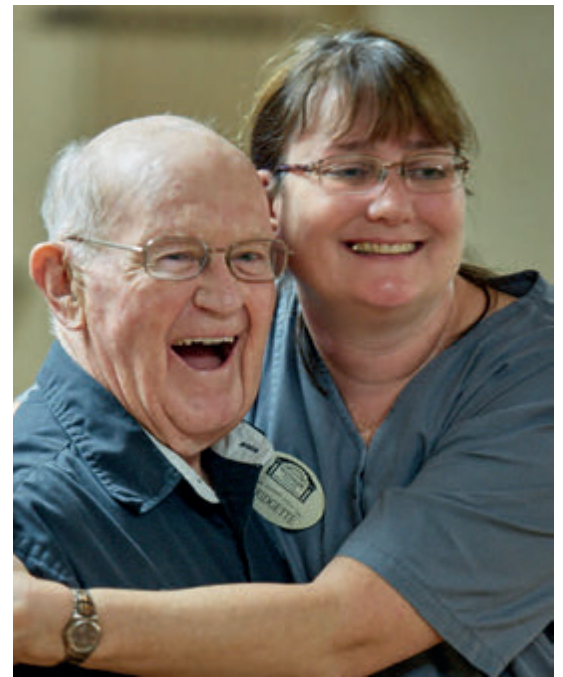


GOOD Life News

at The Commons on Marice

JANUARY 2018

www.commonsonmarice.org



Executive Director

Hello Everyone!

It's hard to believe as I write this that in just over three weeks we will be beginning a new year! Where does the time go?

This past year will go down as one of the busiest and most exciting years of my life. When we began 2017, I had just started my new position



as Executive Director at The Commons on Marice. I also recently got engaged, helped plan a wedding, did a significant home renovation and got married. Oh, and my wife and I are expecting our first child in March. That is a lot of change!

I am looking forward to starting a brand new year in 2018 and all its new opportunities and adventures. Even though I loved the past year and all the blessings it provided, I am looking forward to things slowing down and becoming more settled. I highly doubt that will last very long with a new little baby boy about to be make his grand entrance into our lives, but I will continue to go with the flow and have faith.

As we head towards a new beginning in 2018, may this be a time of blessings to you and your family. May it be filled with peace, joy and love and surrounded by those you care about most.

Happy Holidays to you all!

Sincerely,
David Salmon
Executive Director

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

**Platinum
Service®
Standard #18**

"I am responsible for the quality of the work environment and I am valued when I share ideas, feedback and opinions in a professional manner."

We know that one of the best ways to create a welcoming and great experience for everyone that lives, works or visits our community is by considering each person's feedback. Here, we are fortunate to have an employee base committed and dedicated to our residents and their wellbeing. Being committed to involving each resident and employee helps us improve our overall service. Sharing ideas, feedback, and opinions is essential and always appreciated. Our door is always open!

Fun Challenges for the Year Ahead

Is there a novel you've wanted to read or a hobby you'd like to learn? The new year is the perfect time to set some goals you'll enjoy aiming for. Here are some ideas:

Reading resolution — Select a number of books or pages you want to read this year, and track your progress. Alternatively, you could challenge yourself to read 10 books set in 10 different countries or try genres outside of your usual picks.

Daily doodles — Find a list of drawing prompts online or create your own, then capture your creativity in a sketchbook. Experiment with using different media, such as colored pencils or chalk pastels.

Meaningful mail — Set a schedule for sending handwritten notes a few times each month. Whether a friend, grandchild or another person in your life — think about your hairdresser, barber or librarian — the recipient is sure to smile when reading your words.

Eating adventures — Pick five new restaurants to try this year and invite friends and relatives to join in. You may discover a new favorite!

Expanded interests — There's always a new hobby to master, from watercolor painting and origami to learning how to play poker or chess. Or take part in a new type of fun exercise, such as line dancing or laughter yoga.



Cozy Comforts

The weather outside looks frightful, but you're inside safe and warm, wrapped in a snuggly blanket, enjoying a steaming mug of cocoa and a good book. This experience is a classic example of *hygge*, the Danish way of living that focuses on coziness and contentment.

Central to Denmark's culture since at least the 1800s, *hygge* — pronounced "hoo-gah" — has become a popular décor and lifestyle trend. Fuzzy socks, thick blankets, warm drinks and crackling fireplaces are just some examples of the concept. But *hygge* is more than just familiar, comforting objects; it's also about appreciating the simple things in life and connecting with loved ones.

The heart of *hygge* is creating a warm atmosphere, both literally and figuratively. Surrounding yourself with friends and family, playing a board game and listening to each other's laughter, is just as important as wearing a treasured sweater and curling up in your favorite chair. Another essential element is the food — typically hot beverages, homemade desserts and comforting dishes such as chicken pot pie.



Environmental Rundown

Welcome to cold Minnesota weather!

I hope you all had a wonderful Holiday season.

The Holidays are behind us now, and it is time to welcome in 2018.

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 possible. We want everyone to be safe.

Thank you to all the residents, staff, family members and volunteers for making 2017 a memorial year at The Commons.



I wish you all the best in the New Year!

Sue Bahrke, Director of Housekeeping

Nursing News

With the cold weather, here are just a few reminders about healthy habits to stay well! Preventing the Flu: Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school and errands when you are sick. This will help prevent spreading your illness to others.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.



5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

Soaring Spirits

Welcome the Light

January is a time for new beginnings. We begin a new month; we begin a new year. In spite of the cold and snow that come with deepening winter, the thing I love about January is the light! From July to December, the days grow shorter; by January, they are beginning to lengthen again, noticeably.

Light is also a wonderful metaphor for a number of good things: joy, peace, love, truth, safety, purity, newfound knowledge and a deep understanding of ultimate reality. Darkness serves a purpose. It is, however, just one of many seasons in our lives. This month, in spite of the snow and cold, may you find warmth in the knowledge that the light has returned, and may it brighten each of your days.

— Mary Winkelpleck
Spiritual Director



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Calendar events subject to change.</p>	<p>NEW YEAR'S DAY 1</p> <p>11:00 Puzzle Packets, L 1:15 FIT to Stretch®, AC 2:00 Manicures, CR 3:00 Dessert & Trivia, CR</p>	<p>2</p> <p>Body Renewal Massage 9:30 Tuesday Tea, CR 10:00 Midweek Worship, A 1:00 Art Hour w/Eagan Art House, AC 2:00 Quick Witz Cognitive Program, AC 3:00 Wine Tasting Tuesday, CR 6:30 Cribbage, L</p>	<p>10:00 3</p> <p>St. John Neumann Comm. Service, A 10:00 Associated Bank, PR 11:15 FIT to Pedal®, AC 12:00 Omni Theatre, Van 1:00 Manicures, CR 2:45 FIT to Balance®, AC 3:00 FIT to Stretch®, AC 6:30 Bingo, CR</p>	<p>4</p> <p>9:30 Coffee Crew, CR 11:15 FIT to Be Strong®, AC 1:00 Blood Pressure Checks, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour w/Tara B., A</p>	<p>5</p> <p>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 Movie Night – Channel 19</p>	<p>6</p> <p>9:15 Bible Study w/Randy, L 10:00 Rosary, FSL 1:00 Bridge, PR 1:30 FIT to Stretch®, AC 3:00 6,5,4 Dice Game, CR 6:30 500 Card Game, PR</p>	
	<p>7</p> <p>10:30 Worship Service w/Pauline, A 1:00 Bingo, CR 3:00 Sunday Sundaes, CR 6:30 Evening Movie – Channel 19</p>	<p>8</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 4:15 Monday Musings, A 6:30 Armchair Travel Israel, AC</p>	<p>9</p> <p>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 6:30 Music w/Randy Roloff, A</p>	<p>10</p> <p>10:00 Catholic Mass, A 11:15 FIT to Pedal®, AC 12:00 Monthly Movie Outing, Van 1:00 Manicures, CR 2:45 FIT to Balance®, AC 3:00 FIT to Stretch®, AC 6:30 Bingo, CR</p>	<p>11</p> <p>9:30 Coffee Crew, CR 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour, A</p>	<p>12</p> <p>9:15 Scrabble, CR 10:00 Claim Your Prize, CR 10:30 Bingo, CR 11:00 Olive Garden Lunch, Van 1:00 FIT to Stretch®, AC 1:30 FIT to Pedal®, AC 3:00 Red Hats, CR 6:30 Movie Night – Channel 19</p>	<p>13</p> <p>9:15 Bible Study w/Randy, L 10:00 Rosary, FSL 1:00 Bridge, PR 1:30 FIT to Stretch®, AC 3:00 Music w/Dan Newton, A 6:30 500 Card Game, PR</p>
	<p>14</p> <p>10:30 DVD Worship, Lutheran Church, AC 1:00 Bingo, CR 3:00 Community Crossword Puzzle, AC 6:30 Evening Movie – Channel 19</p>	<p>MARTIN LUTHER KING JR. DAY 15</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 4:15 Monday Musings, A 6:30 Cocktail of the Month, CR</p>	<p>16</p> <p>Body Renewal Massage 9:30 Tuesday Tea, CR 10:00 Midweek Worship, A 1:30 Quick Witz Cognitive Program, AC 3:00 Design on a Dime, AC 6:30 Cribbage, L</p>	<p>17</p> <p>10:00 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 6:30 Bingo, CR</p>	<p>18</p> <p>9:30 Coffee Crew, CR 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour w/Mister Business, A</p>	<p>19</p> <p>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 Movie Night – Channel 19</p>	<p>20</p> <p>9:15 Bible Study w/Randy, L 10:00 Rosary, FSL 1:00 Bridge, PR 1:30 FIT to Stretch®, AC 3:00 Dessert & Trivia, CR 6:30 500 Card Game, PR</p>
	<p>21</p> <p>10:30 Worship Service w/Pauline, A 1:00 Bingo, CR 3:00 Piano Music w/Margaret, A 6:30 Evening Movie – Channel 19</p>	<p>22</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 4:15 Monday Musings, A 6:30 Armchair Travel Tahiti, AC</p>	<p>23</p> <p>Body Renewal Massage 9:30 Tuesday Tea, CR 10:00 Midweek Worship, A 3:00 Chair Activity Bingo, A 6:30 Cribbage, L 6:30 Music w/Colleen H, A</p>	<p>24</p> <p>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 3:30 Men's Group: Beer & Pool, A 6:30 Bingo, CR</p>	<p>25</p> <p>9:30 Coffee Crew, CR 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour, A</p>	<p>26</p> <p>9:15 Scrabble, CR 10:00 Claim Your Prize, CR 10:30 Bingo, CR 11:00 Bakers Square, Van 1:00 FIT to Stretch®, AC 1:30 FIT to Pedal®, AC 3:00 Loving Service, A 6:30 Movie Night – Channel 19</p>	<p>27</p> <p>9:15 Bible Study w/Randy, L 10:00 Rosary, FSL 1:00 Bridge, PR 1:30 FIT to Stretch®, AC 3:00 Snowman Races, A 6:30 500 Card Game, PR</p>
	<p>28</p> <p>10:30 DVD Worship, Lutheran Church, AC 1:00 Bingo, CR 2:30 Music w/Robert Lipscomb, A 3:00 6,5,4 Dice Game, CR 6:30 Evening Movie – Channel 19</p>	<p>29</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 4:15 Monday Musings, A 6:30 Music Trivia, CR</p>	<p>30</p> <p>Body Renewal Massage 9:30 Tuesday Tea, CR 10:00 Midweek Worship, A 3:00 Welcome Party, CR 6:30 Cribbage, L</p>	<p>31</p> <p>11:15 FIT to Pedal®, AC 1:00 Manicures, CR 2:45 FIT to Balance®, AC 3:00 Birthday Party, A 6:30 Bingo, CR</p>	<p>Locations</p> <p>Activity Center, AC Fireside Lounge, FSL Atrium, A Library, L Center Courtyard, CTYD Lobby, LOB Clubroom, CR Patio By The Pond, P Dining Room Patio, DRP Poker Room, PR</p>		<p>Second Floor Lounge, 2nd Third Floor Lounge, 3rd Van Transportation, Van Wellness Center, WC</p>

New Residents

Each month, we like to welcome our new friends and neighbors who have moved in within the month. This is a great time to get to know our new neighbors and make them feel at home! We are having a welcome party on Tuesday, Jan. 30, at 3 p.m., in the Clubroom! We will get to know the new neighbors, enjoy a treat and socialize. I hope to see you all there!



Neighborhood News

Seasons 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 2018!

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 2018!



Dining Services

Just a reminder with the cold and flu season here to remember to wash your hands frequent. Handwashing is the best prevention for the spread of germs.



Resident Spotlight

Sylvia W. was born and raised in Burbank, Calif. She received her BA in Elementary Education, with a minor in Music, from California State University Northridge (CSUN). She was an Air Hostess for TWA out of LAX and 25 years later, was a Flight Attendant for NWA out of MSP.

Sylvia was the founder of a large non-profit program, Tiny Tots and Little Tykes Pre-School and Child Care Center in West St. Paul. The program is in its 44th year and serves 200 children. She remains on the Board of Directors as a Lifetime Honorary Member.

She volunteers here at The Commons in Memory Care on Sundays, playing the piano, singing hymns and telling Bible Stories. She plays the piano for our Tuesday morning Protestant Worship Service and also played for our Holiday Singalong on Thursdays, after Happy Hour.

Her son is a biomedical research engineer and her daughter-in-law is a nurse with Fairview, living in St. Louis Park. She has lived here at The Commons for a year and a half and absolutely loves it! We are happy to call her our neighbor and friend!



Life Enrichment/ Highlighted Events

Outings for the Month:

Wednesday, Jan. 10: Monthly Movie Outing to Regal Cinema. The time of departure and the movie will be announced closer to the day.

Friday, Jan. 12: We will be going to lunch at Olive Garden. Olive Garden is well-known for their salad, breadsticks and pasta. The van will be leaving at 11 a.m.!

Friday, Jan. 26: We will be going to lunch at Bakers Square. Come and enjoy delicious food and desserts! The van will be leaving at 11 a.m.

Other Events for the Month:

Friday, Jan. 5 & 19: We will be have our monthly culinary creations class! This is a great opportunity to learn to make a new recipe. It will be at 3 p.m. in the clubroom each of these days!

Saturday, Jan. 13: We will be having music entertainment by Dan Newton in the atrium! Entertainment begins at 3 p.m.

Wednesday, Jan. 24: Calling all men! We will be enjoy some refreshments and playing pool in the atrium at 3:30 p.m. I hope to see you all there!

Monday Jan. 29: Do you love music and enjoy learning about different artists and songs? This is the program for you! We will be having a music trivia program at 6:30 p.m. in the clubroom. Come and test your knowledge about music!

Wednesday, Jan. 31: We will be celebrating all of the birthdays in the month of January with a birthday party! We will enjoy some delicious treats, refreshments and music entertainment by Dave Adler. The party begins at 3 p.m. in the atrium.



Girl Scout Cookies Galore

Tasty treats of mint, caramel and peanut butter packed inside colorful boxes are a familiar sight the first few months of the year, when annual sales of Girl Scout Cookies kick off.

The tradition started in 1917, when a troop in Muskogee, Okla., baked cookies and sold them to raise money for their projects. Other troops followed their lead.

In the 1930s, a growing demand for the cookies led to commercial bakers making the treats, and sales soared nationwide. Rationing and shortages of sugar, butter and eggs during World War II didn't crumble fundraising efforts; the girls adapted and sold calendars instead. Beginning in the '50s, the Scouts introduced new cookie flavors and set up booths in shopping malls, in addition to selling door to door.

For over a century, the earnings from Girl Scout Cookie drives have helped troops fund activities and teach members valuable skills such as setting goals and managing money.

About 200 million boxes of Girl Scout Cookies are sold each year. Thin Mints are the most popular, making up 25 percent of sales.



Resident Birthdays

Verna K., 5th

Gerry H., 10th

Kathleen B., 11th

Joell A., 12th

Elaine W., 13th

Robert S., 13th

John M., 28th

Karen K., 29th

Bette C., 31st



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Senior Living

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651-688-9999



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