

GOOD Life News

at The Commons on Marice

MAY 2018

www.commonsonmarice.org

Executive Director

Hello Everyone!

If you are upset with the lack of warm, sunny spring days, you are not alone. I know we live in Minnesota, but it is practically mid-April and we haven't seen a 60 degree day as of yet. It's hard to have a conversation with anyone these days

where the topic doesn't eventually turn to the weather. I keep saying to myself, "summer will eventually arrive, and when it does, it is going to feel that much better!"

During the past few weeks, The Commons on Marice has been featured in different media outlets as a result of an unfortunate incident that occurred back in October 2017. I know hearing or reading this story may raise concerns and questions for you or members of your family. As your executive director, I want to assure you your health and safety are our top priorities. If you or members of your family have any questions or concerns and would like to sit down and talk, please don't hesitate to reach out to me. Many of you have reached out to me, and I want to thank you for the opportunity to discuss your questions and address your concerns.

Make it a great day!

— David Salmon, Executive Director



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

**Platinum
Service®
Standard #1**

"I place our residents at the center of everything I do, personalizing my services to meet their preferences."

Our service delivery is designed to consistently create resident satisfaction and to build loyalty. Through our Platinum Service program, we practice the fundamentals of business etiquette, such as promptly greeting residents and guests with a warm and sincere welcome, introducing ourselves, and if necessary, offering assistance. Our interactions are personalized and appropriately paced to meet the unique needs of our residents. Service is then adjusted to their diverse backgrounds and cultures, creating memorable experiences. We are attentive, friendly and caring, delivering to our residents, guests and visitors a distinctive experience.

New Residents

We will be having a Welcome Party to welcome all of the new residents who we have had move in over the month! The next party will be on **Tuesday, May 22, at 3 p.m.**, in the Clubroom! This is a great opportunity to meet all of your new neighbors! We will be serving a dessert and a refreshment as well.



Resident Spotlight

Mike W. was born in Walker, Minn., and grew up in a small town called Virginia, Minn., which is located about a half hour north of Duluth, Minn. He attended Virginia High School, then he went on to go to junior college for two years and graduated with an Associate's Degree in Biology. He then went on to the University of Minnesota where he spent six years earning his Master's Degree there studying dentistry. Mike then went on to complete his Doctorate in Dentistry. Mike worked as a dentist in St. Paul for many years following his schooling.

Mike was married for 22 years and has two children, Todd and Chad. Todd currently resides in Minneapolis, Minn., and Chad lives in Edina, Minn. Mike has six grandchildren, as well, and he is a very proud grandfather. His family gets to visit him at The Commons often since they live nearby.

In his free time, Mike enjoys hunting and fishing in the outdoors. His favorite things to hunt are duck and deer. When he fishes, he strives to reel in pan fish and walleyes. He also enjoys spending time with all of his family. Mike has lived here at The Commons for 20 years and is one of our longest-tenured residents. We are happy to call him our neighbor and our friend!



Resident Birthdays

Gloria G., 1st
Eunice M., 2nd
Marge K., 3rd
Carolyn M., 6th
Gabi F., 7th

Pauline O., 7th
Connie S., 8th
Christine L., 11th
Marilyn S., 17th
Swanny ., 17th

Paulie R., 24th
Marian D., 24th
Jane F., 27th

Neighborhood News

We have some exciting news to share from the Marketing Office. Join me in welcoming our new Area Outreach Director of Senior Living, Christina Graese, to the team! You will see Christina here and there as she will be doing outreach for The Commons as well as our sister facilities, Chandler Place and The Lakes of Stillwater. She comes to us with a background in sales and marketing, and we are excited to welcome her to our team. When she isn't at work, she enjoys spending time with her husband and their two children, a son and a daughter.

Lust one other thing this month — I wanted to extend a quick thank you to all of you. All of us here at The Commons are, in our own ways, marketers. I can't tell you how much I appreciate when I am giving a tour and you stop to talk about the things you love about our community. It really leaves a lasting impression on those coming to tour. I can always tell them how great our community is, but when they hear it from you, it means so much more! I just wanted to thank you all for the part you play in our community.



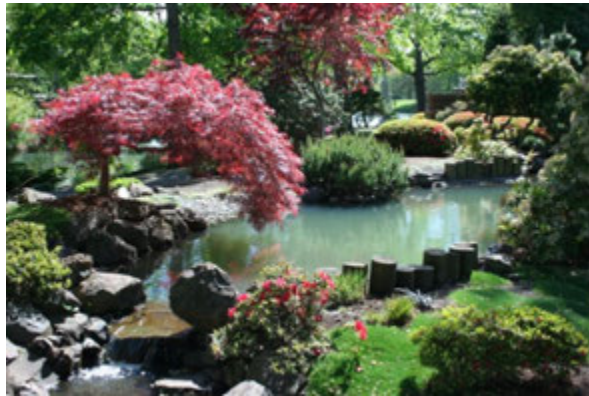
— Dani Minnick, Director of Sales and Marketing

Life Enrichment/ Highlighted Events

Outings For The Month:

Friday, May 11:

We will be going to lunch at 1, 2, 3 Pasta! This is a casual Italian restaurant with fresh ingredients. The van will leave at **11 a.m.**



Wednesday,

May 23: We will be going to the Japanese Garden located in Bloomington. Normandale Community College's Japanese Garden is a two-acre oasis on its campus in Bloomington, Minn. The beauty and serenity of the garden make it ideal for contemplation and renewal of the spirit. The van will leave at **10 a.m.**

Friday, May 25: We will be going to lunch at Degidio's! This is an Italian restaurant that specializes in pasta dishes and other Italian classics. The van will leave at **11 a.m.**

Highlighted Events:

Friday, May 4: The Eagan Fire Marshall will be here to talk about fire safety and any questions you may have for him. This program will start at **1:30 p.m.** in the activity center.

Tuesday, May 15: We will be having our annual Garden Gala here at The Commons! The event will start at dinner followed with a cocktail hour and live entertainment from The 7 Cats Swing Band! There will be a photo booth there as well. This is a formal event so wear your best! The event begins at **4 p.m.** in the dining room and entertainment begins at **6:30 p.m.** in the atrium. Family and friends will need to RSVP by **May 8.** Hope to see you there!

Thursday, May 17: We will be having a pop-up jewelry shop from D'Alta Jewelry. It will be from **11 a.m.-3 p.m.** in the front lobby!

Thursday May 17 and May 31: We will be having a new program called "Cotty's Classics." A resident's son will be singing songs from a different artist each time! If you enjoy music from the '50s, then you won't want to miss this! The program begins at **7 p.m.** each night.

Tuesday, May 22: Eagan Garden Club will be helping us plant planters by the back patio on at **1:30 p.m.** Meet in the atrium!

Tuesday, May 22: We will be starting a mindfulness program here at The Commons! You will get more information closer to the date! You won't want to miss this! The program will begin at **3 p.m.** in the activity center.

The Tomb of the Unknowns

Among the nation's many Memorial Day observances will be the annual wreath-laying ceremony at the Tomb of the Unknowns. The monument overlooking Washington, D.C., is considered the most hallowed resting place at Arlington National Cemetery.

In 1921, Congress approved the burial of one unknown serviceman from World War I in a tomb at the cemetery's new Memorial Amphitheater. Just over a decade later, the white marble sarcophagus that sits atop the tomb was completed. The face of each side is adorned with engravings, including wreaths and the Greek figures representing Peace, Victory and Valor. Over the years, unknown soldiers from World War II, the Korean War and Vietnam War were also interred.

Since 1937, the tomb has been guarded around the clock by soldiers of the Army's elite 3rd U.S. Infantry Regiment. In a measured pace, a lone sentinel walks 21 steps back and forth in front of the tomb. The number symbolizes one of the highest military honors, the 21-gun salute.



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>MAY DAY 1 Body Renewal Massage 11:15 FIT to Be Strong®, AC 1:30 Quick Witz Cognitive Program, AC 3:00 Jeopardy, AC 6:30 Cribbage, L</p>	<p>2 10:00 St. John Neumann Comm. Service, A 10:00 Associated Bank, PR 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>3 10:00 Claim Your Bingo Prize, CR 10:45 Chair Yoga, 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/ Dan Newton, A</p>	<p>4 9:15 Scrabble, CR 10:30 Bingo, CR 1:30 Meet the Eagan Fire Marshal, AC 3:00 Wine Tasting, CR 6:30 Movie Night – Channel 19</p>	<p>5 9:15 Bible Study w/ Randy, L 10:00 Rosary, FSL 1:00 Bridge, PR 3:00 Piano Recital w/Kids, A 6:30 500 Card Game, PR</p>
<p>6 10:30 DVD Worship, Lutheran Church, AC 1:00 Bingo, CR 3:00 Berilante Studio Performance, A 6:30 Evening Movie – Channel 19</p>	<p>7 10:30 Ages Entwined®: Reading Buddies, L 11:00 Chorus Practice, AC 1:00 Art Hour, AC 2:00 Book Club, FSL 2:15 FIT to Balance®, AC 2:45 Monday Malts, CR 6:30 Cocktail of the Month, CR</p>	<p>8 Body Renewal Massage 10:00 Midweek Worship, A 11:15 FIT to Be Strong®, AC 1:30 Noodle Ball, AC 3:00 Resident Association Meeting, A 6:30 Cribbage, L 6:30 Music w/Red Gallagher, A</p>	<p>9 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>10 9:15 Chatter w/ Marilyn, CR 10:00 Claim Your Bingo Prize, CR 10:45 Chair Yoga, CR 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour w/ Commons Chorus, A 7:00 Accent Studio Performance, A</p>	<p>11 9:15 Scrabble, CR 10:30 Bingo, CR 11:00 1,2,3 Pasta, Van 1:00 FIT to Stretch®, AC 1:30 FIT to Pedal®, AC 3:15 Learn to Ballroom Dance, A 6:30 Movie Night – Channel 19</p>	<p>12 9:15 Bible Study w/ Randy, L 10:00 Rosary, FSL 1:00 Bridge, PR 2:30 Minneapolis Southside Singers, A 6:30 500 Card Game, PR</p>
<p>MOTHER'S DAY 13 10:30 DVD Worship, Lutheran Church, AC 1:00 Bingo, CR 2:00 Lanz Studio Performance, A 4:00 Piano Music w/ Margaret, A 6:30 Evening Movie – Channel 19</p>	<p>14 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, AC</p>	<p>RAMADAN BEGINS AT SUNDOWN 15 Body Renewal Massage 10:00 Midweek Worship, A 11:15 FIT to Be Strong®, AC 6:00 Garden Gala Cocktail Hour, A 6:30 Garden Gala: 7 Cats Swing Band, A</p>	<p>16 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 10:00 Claim Your Bingo Prize, CR 10:45 Chair Yoga, CR 11:00 D'alta Jewelry Shop, LOB 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 7:00 Cotty's Classics, A</p>	<p>18 9:15 Scrabble, 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>19 9:15 Bible Study w/ Randy, L 10:00 Rosary, FSL 1:00 Bridge, PR 3:00 The Somewhat Dixieland Band, A 6:30 500 Card Game, PR</p>
<p>20 10:30 DVD Worship, Lutheran Church, AC 1:00 Bingo, CR 3:00 Eden Prairie Community Band, A 6:30 Evening Movie – Channel 19</p>	<p>21 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 Lincoln Assassination Lecture, AC</p>	<p>22 Body Renewal Massage 10:00 Midweek Worship, A 11:15 FIT to Be Strong®, AC 1:30 Eagan Garden Club, A 3:00 Welcome Party, CR 6:30 Cribbage, L</p>	<p>23 10:00 Catholic Mass, A 10:00 Japanese Garden, Van 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 10:00 Claim Your Bingo Prize, CR 10:45 Chair Yoga, CR 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour w/ Cindy S., A</p>	<p>25 9:15 Scrabble, CR 10:30 Bingo, CR 11:00 De Gidio's, Van 1:00 FIT to Stretch®, AC 1:30 FIT to Pedal®, AC 3:00 Taste Testing, CR 6:30 Movie Night – Channel 19</p>	<p>26 9:15 Bible Study w/ Randy, L 10:00 Rosary, FSL 1:00 Bridge, PR 3:00 6,5,4 Dice Game, CR 6:30 500 Card Game, PR</p>
<p>27 10:30 DVD Worship, Lutheran Church, AC 1:00 Bingo, CR 2:00 Music w/Hong Twins, A 6:30 Evening Movie – Channel 19</p>	<p>MEMORIAL DAY 28 1:00 Bible Study w/ Kevin & Sue, FSL 1:30 Music w/Lisa Murphy, A 2:45 Monday Malts, CR</p>	<p>29 Body Renewal Massage 10:00 Midweek Worship, A 11:15 FIT to Be Strong®, AC 1:30 Music Bingo, CR 3:00 Mindfulness Program, AC 6:30 Cribbage, L</p>	<p>30 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/ Matthew H., A 6:30 Bingo, CR</p>	<p>31 10:00 Claim Your Bingo Prize, CR 10:45 Chair Yoga, CR 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 7:00 Cotty's Classics, A</p>	<p>Calendar events subject to change.</p>	

Dining Services

Here is the menu for the Garden Gala on May 15:

- Fresh Vegetable Garden Salad
- Tomato Basil or Vegetable Barley Soup
- Bread of the Day
- Chicken Kiev
- Lightly Breaded and Baked. Stuffed with Garlic Butter
- Lamb Chop
- Grilled to perfection and served with Mint Jelly
- Shrimp Scampi
- Jumbo Shrimp Sautéed in a Garlic Butter
- Twice Baked Potato or Wild Rice Pilaf
- Fresh Green Beans or Fresh Vegetable Medley

Dinner will be served from **4-6 p.m.** in The Garden of Eat-in (Dining Room)

Guest Tickets: \$19.50 for adults, \$12 for children 10 and under

We will also be having a Traditional BBQ in the Atrium

Friday, May 25, 11 a.m.-2 p.m.

Main dining room will be closed during this time.



The Teatime Tradition

Small sandwiches, dainty desserts and a spot of tea are the ingredients for the quaint British tradition known as afternoon tea.

Anna Maria Russell, an English duchess, is often credited with creating the custom around 1840. Back then, dinner was eaten as late as 8 p.m. To tide her over, the duchess would have a cup of tea and snacks in the afternoon. She began inviting her friends to join her in this daily practice.

The ritual spread throughout the country's upper class, and it became a social event with invited guests mingling in elegant drawing rooms. Women typically wore gowns, hats and gloves while they lingered over a light meal of finger sandwiches, scones and cakes, along with tea served in fine china cups.

Afternoon tea was sometimes called low tea because the food was served on a low table with people seated in relaxing armchairs or sofas. The term high tea traditionally refers to the hearty evening meal eaten by the working class, who sat at a dinner, or high, table.

Many hotels and tea rooms in England and the U.S. serve afternoon tea, and it has become a meal used to celebrate special occasions with friends and family.



Nursing News

May is national blood pressure month. Here are some key terms about blood pressure and hypertension provided by better health while aging:

Systolic blood pressure (SBP): the “top number” when BP is checked. This reflects the pressure in the arteries when the heart squeezes. It’s by far the most important number to consider when it comes to older adults.

Diastolic blood pressure (DBP): the “lower number” when BP is checked. This reflects the pressure in the arteries when the heart relaxes.

Pulse: the heart rate. Automatic BP monitors report pulse along with BP. Doctors must evaluate a person’s heart rate when considering a change in BP medication.

Hypertension: Usually defined as BP > 140/90, assuming the readings are taken in a doctor’s office. (There is a slightly lower cut-off if the readings are taken at home.) If only the systolic BP is high, this is called “isolated systolic hypertension.” This type of hypertension is very common in older adults, as aging is associated with both increases in systolic BP and decreases in diastolic BP.



Environmental Rundown

Happy spring!

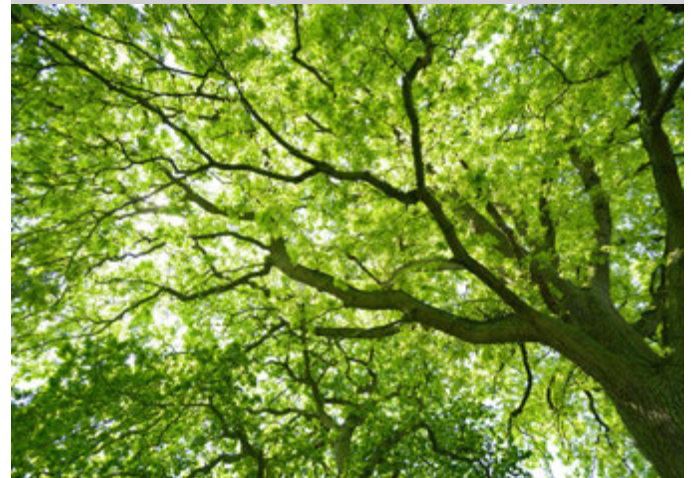
Spring is such a beautiful time of the year with the smell of fresh air, the birds singing, everything turning green and most of all, the warm air and the sun.

I would like to remind everyone that with Memorial Day coming up May 28, our cleaning schedules may change. Thank you for your understanding on this matter.

Thank you to all of the residents, staff, family members and volunteers for making The Commons on Marice such a wonderful place to work.

Have a wonderful Memorial Day.

— Sue Bahrke, Director of Housekeeping



Soaring Spirits

April showers bring...May flowers. May flowers perfectly complement weddings. On July 6, just two days after our nation celebrates the signing of the Declaration of Independence, my partner and I will become legally interdependent as we celebrate the Sacrament of Marriage. Though I have only been at The Commons seven months at the time of this publication, I continue to delight in every connection and relationship I have developed here. I consider it a great privilege to serve in this place and to know each and every one of you. I wanted to share this happy news and hope you will also rejoice in the knowledge that I have been richly blessed. My impending marriage causes my spirits to soar — I hope you’ll rejoice and let your spirits soar with me.

— Mary





THE COMMONS
ON MARICE

Senior Living

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