

GOOD Life News

at The Commons on Marice

OCTOBER 2018

www.commonsonmarice.org

Executive Director

Hello All,

Fall has arrived. The State Fair is over, football has begun and students are starting a new school year. Fall is also one of the best times to enjoy the outdoors. The air is fresh and crisp, the sunlight



cascades off an array of colorful leaves and the smell of the changing landscape permeates the air. Going out for a walk, a bicycle ride or playing a pickup game of football with friends are some of my favorites. Fall is also a great time to go golfing, as the courses often have fewer golfers playing them and it can feel like you and your pals have the whole course to yourselves. Although, finding your ball mixed in with all the fallen leaves can be a challenge at times. Yes, I love fall weather; I just don't care for what follows.

As we near winter, try getting out to enjoy the beauty this time of year provides, as we who live in Minnesota know all too often what is headed our way.

Sincerely,
David

New Residents

Each month, we have a Welcome Party to welcome our new neighbors and friends to The Commons!

This month, we will be having the party on **Tuesday, Oct. 30, at 3 p.m.**, in the Clubroom. There will be a

snack and beverages served. This is a great opportunity to learn more about new residents!



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

Health Literacy Month

This annual observance month is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopting a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit: blog.thegoodmangroup.com.

Resident Spotlight

Joanne H. was born in Eau Claire, Wisc., and grew up in St. Paul. Her family moved to Le Sueur when she was 15. She attended St. Agnus High School in St. Paul before moving with her family to Le Sueur, where she attended the public high school there. This was Joanne's first experience in a public school. In Le Sueur, she finished high school, met her husband and even had her first job. Joanne's first job was a waitress in a café, then she became a telephone operator at Northwestern Bell. Two years after working at Northwestern Bell, Joanne married her husband and moved to Colorado, where he was in the Air Force. While her husband was overseas, she wrote to him every day, and he sent her ring from Japan. They met when Joanne's lifelong friend came to spend the weekend in Le Sueur. She and her friend were wandering around the town when a car pulled up and wanted to know if they wanted a ride. Joanne's friend married one of the men from the car, who was also Joanne's husband's friend, and Joanne married her husband. Both couples were married for over 50 years!



Later on in life, Joanne and her husband ended up buying a house in Burnsville after they grew out of their house in Bloomington. She also worked at Metcalfe Junior High as a lunch room cashier, ran the laundry there for five years and was a custodian after her kids went to school. Another fun fact about Joanne, her husband was an ordained deacon. When her husband took classes, Joanne would go with him every time. She was certified and worked with him, helping with weddings and baptisms.

Joanne H. has six children, three sons and three daughters. Her husband was an accountant and said he, "had to even it up." She has 11 grandchildren and 13 great-grandchildren. Three of her children live close by The Commons, one lives in Duluth, one in Hackensack and one lives between Hawaii and Colorado.

Joanne used to enjoy collecting recipes and gathering interesting cookbooks from various places. She also used to bowl with a women's team and a co-ed team. She enjoyed gardening and cooking as well, until she came to The Commons and got spoiled! Fun fact: Joanne's whole family worked at Green Giant at one point or another.

One parting joke Joanne left me with was, "Do you know what the buffalo said to his son on the first day of school? Bye-son!" Joanne H. has been at The Commons for eight years! We are happy to call her our neighbor and our friend!

Dining Services

To All Residents

With the winter months ahead of us and the cold and flu season here, just a friendly reminder to continue to drink plenty of liquids. Also the best prevention of the spread of germs is to make sure we are washing our hands often.

Thank you,
Marilyn Wolff



Life Enrichment/ Highlighted Events

Outings for The Month:

Wednesday, Oct. 3: We will be going to Caponi Art Park here in Eagan! We will be meeting students from Eagan High School there and going on the tour together around the sculpture garden! After the tour, we will have dessert with the students. The van will leave at **12:45 p.m.** for the **1:15 p.m.** tour!

Friday, Oct. 12: We will be going to lunch at Chianti Grill! This is an exciting new brand that offers authentic and innovative Italian dishes along with grilled steaks, fresh seafood and an extensive wine selection in a comfortable, moderately upscale setting. The van will be leaving at **11 a.m.**

Wednesday, Oct. 17: We will be going to a movie at Eagan Regal! The title of the movie and time will be determined closer to the day.

Friday, Oct. 26: We will be going to lunch at Houlihan's! This is a Leawood, Kan.,-based American casual restaurant and bar. The van leaves at **11 a.m.**

Highlighted Events For The Month:

Tuesday, Oct. 2: An Eagan Police Officer and The Crime Prevention Specialist will be at The Commons to talk with residents and answer your questions! It will be at **2 p.m.** in the 2nd Floor Activity Center.

Wednesday, Oct. 3: The Commons Chorus will lead us in a Community Hymn Sing at **3 p.m.** in the atrium!

Tuesday, Oct. 9: We will be having a presentation on WCCO Radio titled "The Way It Once Was." It will begin at **6:30 p.m.** in the 2nd Floor Activity Center. Please arrive before **6:30 p.m.**, as the seating will be limited!

Each month, The Commons does a Loving Service Project for the community. In October, The Commons will be having a food drive! The drive will begin on **Oct. 12 and go until Oct. 19.** There will be a donation spot in the front lobby for residents, families and staff to drop off their donations. Then on **Friday, Oct. 19,** we will be bagging all of the donated food at **2:15 p.m.** in the atrium.

Friday, Oct. 19: We will be decorating pumpkins to have as decoration at the Halloween Carnival! It will begin at **3 p.m.** in the atrium.

Tuesday, Oct. 23: We will be having our annual Halloween Carnival! The children from the Inter-generational Learning Center will be here in their costumes with their families, as well as staff, their families and the community. Costumes are encouraged for all who come! We will have carnival games for everyone to win prizes. The carnival will be from **5-7 p.m.** in the atrium!

Friday, Oct. 26: Two of The Commons very own staff will be having a pop-up shop! They will be selling air plants and jewelry! The pop-up shop will be from **11 a.m.- 2 p.m.** in the front lobby!



Bobbing for Apples

Part of the traditional fun at fall festivals and parties, bobbing for apples began as a courting game in Europe centuries ago.

The apple is a longtime symbol of love and romance, and people have used it in various ways to predict future sweethearts. Bobbing for apples was one playful custom. In this game, apples were marked with names of potential suitors, then placed in a barrel of water. As the fruit floated, a young woman would try to catch an apple by biting into it, using only her teeth and not her hands. If she was successful on the first attempt, it was believed the romance was meant to be.

In a variation of the game, single ladies would mark the apples before dropping them in the water, and eligible men would bob for the fruit, determining romantic matches.

Apple bobbing was popular at Celtic festivals celebrating the end of the harvest season, which led to the game's ties to autumn. When early European colonists brought apple seeds to America, they also brought the bobbing tradition with them.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Calendar events subject to change.</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 Portugal, AC</p>	<p>1</p> <p>2</p> <p>Body Renewal Massage 10:30 Midweek Worship, A 11:15 FIT to Be Strong®, AC 2:00 Coffee w/a Cop, AC 3:00 Wine Tasting, CR 6:30 Cribbage, L</p>	<p>10:00 St. John Neumann Comm. Service, A 12:45 Caponi Art Park, Van 1:00 Manicures, CR 1:45 FIT to Balance®, AC 2:00 FIT to Stretch®, AC 3:00 Community Hymn Sing, A 6:30 Bingo, CR</p>	<p>10:00 Claim Your Bingo Prize, A 10:45 Chair Yoga, WC 11:15 FIT to Be Strong®, WC 1:00 Blood Pressure Checks, WC 1:30 FIT to Stretch®, WC 3:00 Happy Hour w/ Tara B., A</p>	<p>4</p> <p>5</p> <p>9:15 Scrabble, PR 10:30 Bingo, CR 11:00 BBQ Lunch, A 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>6</p> <p>10:00 Rosary, FSL 1:00 Bridge, PR 2:30 6,5,4 Dice Game, CR 6:30 500 Card Game, PR 6:30 Evening Movie Channel 19</p>	
	<p>7</p> <p>10:30 DVD Worship, Lutheran Church, AC 1:00 Bingo, CR 3:00 Pumpkin Pie Social, CR 6:30 Evening Movie – Channel 19</p>	<p>COLUMBUS DAY</p> <p>8</p> <p>10:30 Ages Entwined®: Reading Buddies, L 11:00 Chorus Practice, AC 1:00 Bible Study w/ Kevin & Sue, FSL 2:00 Book Club, FSL 2:15 FIT to Balance®, AC 2:45 Monday Malts, CR 3:30 Word Games, A 6:30 Jeopardy, CR</p>	<p>Body Renewal Massage</p> <p>9</p> <p>10:30 Midweek Worship, A 11:15 FIT to Be Strong®, AC 1:30 Quick Witz Cognitive Program, AC 3:00 Resident Association Meeting, A 6:30 Cribbage, L 6:30 WCCO Presentation, AC</p>	<p>10</p> <p>10:00 Catholic Mass, A 12:00 Movie Outing: TBD, Van 1:00 Manicures, CR 1:45 FIT to Balance®, AC 2:00 FIT to Stretch®, AC 6:30 Bingo, CR</p>	<p>11</p> <p>10:00 Claim Your Bingo Prize, A 10:45 Chair Yoga, WC 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>12</p> <p>9:15 Scrabble, PR 10:30 Bingo, CR 11:00 BBQ Lunch, A 11:00 Lunch Outing: Chianti Grill, Van 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>13</p> <p>10:00 Rosary, FSL 1:00 Bridge, PR 3:00 Eagan Women of Note, A 6:30 500 Card Game, PR 6:30 Evening Movie Channel 19</p>
	<p>14</p> <p>10:30 Worship Service w/Pauline, A 1:00 Bingo, CR 3:00 Music w/Lonnie & Jeff, A 6:30 Evening Movie – Channel 19</p>	<p>15</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 Prague, AC</p>	<p>Body Renewal Massage</p> <p>16</p> <p>10:30 Midweek Worship, A 10:30 Valiant Veterans® 11:15 FIT to Be Strong®, AC 2:00 Noodle Ball, AC 3:00 Music Bingo, CR 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 1:45 FIT to Balance®, AC 2:00 FIT to Stretch®, AC 6:30 Bingo, CR</p>	<p>18</p> <p>10:00 Claim Your Bingo Prize, A 10:45 Chair Yoga, WC 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour w/ Linda Carlson, A</p>	<p>19</p> <p>9:15 Scrabble, PR 10:30 Bingo, CR 11:00 BBQ Lunch, A 1:00 FIT to Stretch®, AC 1:30 FIT to Pedal®, AC 2:15 Loving Service, A 3:00 Pumpkin Decorating, A 6:30 Movie Night – Channel 19</p>	<p>20</p> <p>10:00 Rosary, FSL 1:00 Bridge, PR 3:00 Singalong Party w/Jill, A 6:30 500 Card Game, PR 6:30 Evening Movie Channel 19</p>
	<p>21</p> <p>10:30 DVD Worship, Lutheran Church, AC 1:00 Bingo, CR 3:00 Dakota Valley Symphony, A 6:30 Evening Movie – Channel 19</p>	<p>22</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>23</p> <p>Body Renewal Massage 10:30 Midweek Worship, A 11:15 FIT to Be Strong®, AC 5:00 Halloween Carnival, A 6:30 Cribbage, L</p>	<p>24</p> <p>10:00 Catholic Mass, A 11:15 FIT to Pedal®, AC 1:00 Manicures, CR 1:00 Absentee General Ballot Help, L 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>25</p> <p>10:00 Claim Your Bingo Prize, A 10:45 Chair Yoga, WC 11:15 FIT to Be Strong®, AC 1:30 FIT to Stretch®, AC 3:00 Happy Hour w/ Commons Chorus, A 7:00 Cotty's Classics, A</p>	<p>26</p> <p>9:15 Scrabble, PR 10:30 Bingo, CR 11:00 BBQ Lunch, A 11:00 Pop Up Crafts Shop, LOB 11:00 Lunch Outing: Houlihan's, Van 1:00 FIT to Stretch®, AC 1:30 FIT to Pedal®, AC 3:00 The Pond Game, A 6:30 Movie Night – Channel 19</p>	<p>27</p> <p>10:00 Rosary, FSL 1:00 Bridge, PR 3:00 Hi Water Band, A 6:30 500 Card Game, PR 6:30 Evening Movie Channel 19</p>
	<p>28</p> <p>10:30 Worship Service w/Pauline, A 1:00 Bingo, CR 3:00 Singalong Party w/Jill, A 6:30 Evening Movie – Channel 19</p>	<p>29</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 AC Travel Hudson River Valley, AC</p>	<p>30</p> <p>Body Renewal Massage 10:30 Midweek Worship, A 11:15 FIT to Be Strong®, AC 1:30 Trivia w/a Twist, CR 3:00 Welcome Party, CR 6:30 Cribbage, L 6:30 The Singing Hearts, A</p>	<p>HALLOWEEN</p> <p>31</p> <p>10:00 Rosary, FSL 11:00 Absentee General Ballot Help, L 11:15 FIT to Pedal®, AC 1:00 Manicures, CR 1:45 FIT to Balance®, AC 2:00 FIT to Stretch®, AC 3:00 Halloween Social, CR 6:30 Bingo, CR</p>	<p>Locations</p> <p>Activity Center, AC Dining Room Patio, DRP Patio By The Pond, P Atrium, A Fireside Lounge, FSL Poker Room, PR Center Courtyard, CTYD Library, L Second Floor Lounge, 2nd Clubroom, CR Lobby, LOB Third Floor Lounge, 3rd</p> <p>Mindfulness Video will be shown Monday-Thursday at 7 p.m. on Channel 19.</p>		

The Role of a Physician Assistant

In the health care industry, a number of professionals work together to provide care for patients. Among them are physician assistants, who have a growing role in helping to meet the population's increasing medical needs.

The physician assistant profession began in the 1960s in response to a shortage of primary care doctors. Since that time, the career has become one of the fastest-growing in the medical field.

Physician assistants are educated in general medicine so they can provide a wide spectrum of care. They must earn the equivalent of a master's degree from a specialized program, which requires classroom training and clinical experience similar to that of a traditional medical school.

Working in collaboration with a supervising licensed physician, certified PAs can perform most of the same duties as a medical doctor. They can conduct physical exams, diagnose illnesses, prescribe medications and treatment plans, order lab work and other tests, and perform procedures. PAs work in a range of medical settings, including doctors' offices, health clinics, hospitals and senior living communities.

National Physician Assistant Week is observed every year **Oct. 6-12**.

Preserving The Redwoods

Northern California's coast is home to the world's tallest trees, the towering redwoods. To protect these majestic wonders, Redwood National Park was dedicated Oct. 2, 1968.

Author John Steinbeck called the redwoods "ambassadors from another time." They flourished in the region for millions of years until they began to be logged as Americans settled the West in the 1800s. Local efforts to save the redwood groves from being axed started in the early 1900s and led to the creation of three state parks. By the time the federal government purchased the bordering forests to create Redwood National Park, 90 percent of the giant trees had been cut down.



Spanning nearly 132,000 acres, the park contains prairies, woodlands, rivers and nearly 40 miles of Pacific coastline, but the stunning redwoods are its star attraction. The area's mild temperatures, abundant rainfall and rich soil contribute to the trees' massive heights of 300 feet or more. Many of the redwoods are 500 to 700 years old.

The park is home to diverse species of animals, including elk, black bears, bald eagles, coyotes and mountain lions. Visitors exploring the beach trails can spot sea lions, harbor seals, porpoises and whales.

Resident Birthdays

Shirley S., 8th

Carol L., 8th

Lulu H., 11th

Carol K., 15th

Pat M., 16th

Barbara F., 18th

John W., 22nd

Jim F., 27th

Peg K., 29th

Noreen R., 29th

Cliff T., 29th

Neighborhood News

One of the best things about Minnesota is that we get to experience the beauty of all the seasons. Even better, we're coming into my favorite season! I love pumpkin-scented candles, Dairy Queen's Pumpkin Pie Blizzards, pumpkin lattes — are you seeing a trend here?! I also love the crisp air and the beautiful fall leaves. Fall is a season that puts our focus on change, and change can be a good thing. I want to remind everyone to try to be welcoming and inviting when you meet a new resident who has just joined our community. Moving here can be a big change! Being part of a welcoming community here, we can all ensure change brings about wonderful things for our new residents. Think of what we have to offer here at The Commons: new friendships, new hobbies and new opportunities. I hope you all enjoy this season as much as I do, and remember to help your neighbors who may be experiencing a new season in their own life. Thank you all for making The Commons such a wonderful community.



-Dani Minnick

Director of Sales & Marketing

Environmental Services

Please remember that with changing outside temperatures, our goal is to keep all residents comfortable.

Many factors affect our building temperature, and between outside temps, thermostat confusion and opened windows, our resident apartment temps can vary greatly. Please feel free to call the front desk with any questions regarding room temperatures.

Also, some residents find it difficult to open and close their windows. A call to the front desk will get that addressed as well.

All calls will be forwarded to the maintenance department.

Be aware that recently shampooed carpeting will be accompanied by yellow caution signs and fans running to dry the areas quickly.

Always be careful when transitioning from wet carpet areas to tile floors.

Because of the popularity of last years "Meet the Fire Marshal" program for the residents, we will be scheduling another such event.

A notice will go out when a date is chosen.

On the lighter side,

Commodore Lopez (Isaac Lopez, Our Commons Maintenance assistant) was in full character when he recently braved the high seas and treacherous waters of our lagoon/pond to repair our beautiful but recently temperamental fountain.

We trust that a return voyage will not be necessary and the fountain will be up and running for the remainder of the fall season.





THE COMMONS
ON MARICE

Senior Living

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