

GOOD Life News

at *The Commons on Marice*

JULY 2018

www.commonsonmarice.org

Landmarks Across America

The United States is home to dozens of must-see landmarks that are widely recognized symbols of the country. Have you visited any on this list?

Statue of Liberty — A gift from France in 1886, Lady Liberty stands proudly in New York Harbor with her torch symbolizing enlightenment and freedom.

White House — A highlight of historic sites in Washington, D.C., the home and office of the U.S. president is the only private residence of a head of state that is open to the public free of charge.

Gateway Arch — This 630-foot-tall monument to America's pioneering spirit and expansion of the West offers spectacular views of St. Louis and the Mississippi River.

Mount Rushmore — The giant faces of Presidents George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln are carved into a granite cliff in South Dakota.

Grand Canyon — This geological wonder in Arizona was formed millions of years ago, when the Colorado River eroded a 277-mile ravine through layers of rock, creating breathtaking vistas.

Golden Gate Bridge — Instantly recognized by its "international orange" paint color and art deco design, this San Francisco landmark was voted one of the seven engineering wonders of the modern world.



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

**Platinum Service®
Standard #2**

"I build lifetime relationships with our residents by creating memorable experiences."

"The customer always comes first" is an old saying that still rings true today. When surveyed, customers said they didn't feel it was a good service experience when employees worked on something else when they were waiting for assistance or when employees continued talking to each other as the customer waited for help.

At The Goodman Group and in our managed communities, Platinum Service® shows how we are always trying to focus on our residents to ensure these types of things do not happen. Through our service standards and our service approach, we make these promises to our residents: To be genuinely caring, reliable, create a great personalized experience, and be friendly and cooperative.

Resident Spotlight

Deb A. is from and has lived in Bloomington, Minn., for many, many years. After graduating high school, she attended Luther College and the University of Minnesota, where she got her Bachelor's Degree in Psychology. She then received her certificate to become a chemical dependency counselor, which was her occupation and something she really enjoyed doing.

Deb is a widow and was married for 37 years. She met her late husband when they were working at Dayton's together. She has three children, two daughters and a son, as well as two grandchildren, a boy and a girl. Her grandchildren live in Apple Valley, Minn., and enjoy visiting her about once a week. Deb is a book worm and enjoys reading all sorts of books. She belonged to a book club for 32 years in Bloomington, and she is still friends with many of the ladies from that book club. She also enjoys spending time with family and friends. The three most important words to Deb are: Family, Faith and Friends.

Deb has been at The Commons for three months. We are happy to call her our neighbor and our friend!



Life Enrichment/ Highlighted Events

Outings For The Month:

Friday, July 13: We will be going to lunch at Doolittle's in Eagan. Their menu features wood-fired rotisserie cooking, grilling meat over an open flame for a savory wood roasted flavor. This restaurant is also known for their rotisserie menu. The rotation of the rotisserie creates self-basting and slow-roasting skewers resulting in juicy and succulent meats. The van will leave at **11 a.m.**

Monday, July 16: We will be going to The Minneapolis Pops Orchestra Concert at the Nicollet Island Pavilion. The van will be leaving at **9:30 a.m.** The concert will begin at **10:30 a.m.** This is a free concert for seniors!

Friday, July 27: We will be going to lunch at Mama Maria's in Hudson, Wisc. This restaurant has been known for extraordinary authentic Italian cuisine. Mama Maria's features delicious homemade recipes made with only the very finest and freshest ingredients. The van leaves at **11 a.m.**

Highlighted Events:

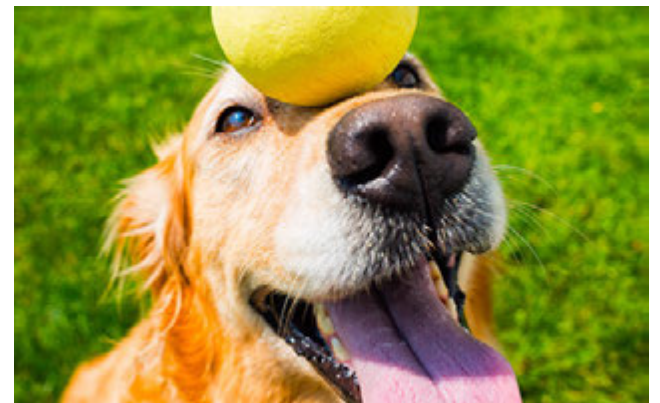
Thursday, July 5: The Commons Chorus will be singing patriotic themed songs at happy hour! It will begin at **3 p.m.** in the atrium. This is a great opportunity to socialize and singalong to great music!

Friday, July 13: We will have voter registration for the 2018 Primary election. It will be from **12-2 p.m.** in the library.

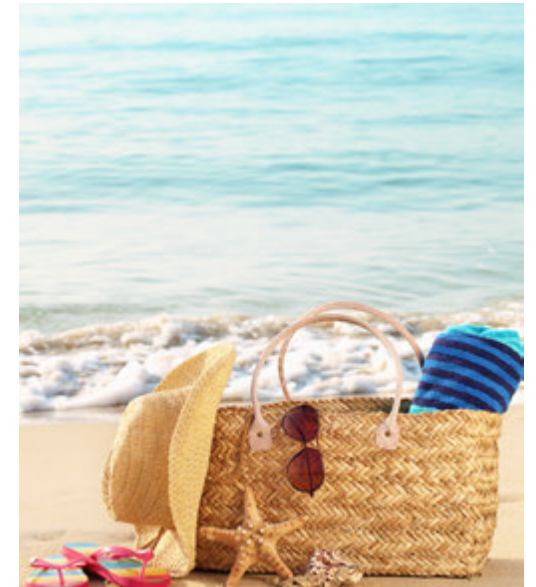
Friday, July 13: We will be having music entertainment on the dining room patio with music by the Hi-Hats. In addition to the music, we will also be having an ice cream truck on the street. It will be the perfect treat on warm sunny day! You won't want to miss this event!

Saturday, July 21: Bark Avenue will bring their therapy dogs at **2 p.m.** in the atrium. Bark Avenue, a nonprofit organization, will present a dog show featuring therapy dogs that will demonstrate obedience tricks. In addition, the dogs' owners will share heartwarming stories about the journey to becoming a therapy dog and what that entails.

Tuesday, July 24: The Eagan Garden club will be coming in to talk about caterpillars and their transition to butterflies. Caterpillars will also be left so we can watch them transition into butterflies. This will be at **1:30 p.m.** in the atrium.



Nursing News



Summer Safety Tips for Seniors:

1. Stay hydrated.

The standard suggestion is to aim to drink 6-8 cups of water a day. If you intend to spend much time out in the sun, you may want to aim even higher to avoid dehydration. Don't just depend on your body to tell you when you're thirsty. One of the many small frustrations of aging is that seniors become less aware of their thirst. Be proactive in staying hydrated and make sure it's water, sports drinks or juice that you're drinking.

2. Don't stay out for too long.

If you live somewhere where it gets really hot, you should keep your plans for outdoor activities reasonably short. Don't plan to spend the whole day out in the sun — stick to a couple of hours and then head inside for a break. You don't always feel the effect the sun is having on you in the moment, but it can build to something dangerous if you're not careful to temper the time you spend outside on hot days.

3. Check the forecast before you go out.

You don't want to be caught unawares on a 104° day. Make sure you know what to expect of the weather before you go out so you can dress appropriately and plan your day accordingly. Don't risk being stuck on a hike far from your car when record temperatures hit in the afternoon. When the heat starts to get extreme, make sure your plans give you an easy out from the outdoors so you can take breaks and cool off.

4. Keep sunscreen where it's easily accessible and you'll remember to use it.

If you carry a purse, keep your sunscreen in it at all times. If you don't, stick some in your car or anywhere else you can think of where you're likely to have it when you need it. If you think you might forget to re-apply when needed, set yourself an alarm; pretty much all phones have that option these days.

5. Check the side effects of your prescriptions.

Some medications make people more sensitive to the sun. Make sure you know if your prescriptions mean you need to take extra precautions. It probably won't mean you have to forego outdoor activities, just that you'll need to make extra sure to follow some of the other suggestions on this list to avoid problems.

6. Use your air conditioning if you have it.

I know it costs money, but summer heat waves can have serious consequences for seniors. Making sure you're reasonably comfortable and safe in your own home is worth the splurge. If you don't have an air conditioner, consider buying one. The Low Income Home Energy Assistance Program may help if the cost is prohibitive.

If you don't have A/C in your home and can't find a way to afford it, take trips in the hottest part of the day to the mall, the movies or the closest library. You can take advantage of their A/C for a little while before heading back home when the day starts to cool down.

7. Know the early warning signs of heat-related illnesses.

Hopefully these tips can help keep you from encountering a heat related illness, but you should still be prepared for the worst just in case. Review the symptoms for dehydration, heat stroke, heat exhaustion and heat syncope. If you suspect you're experiencing any of these, don't be shy about speaking up and insisting on water, shade or some time inside in air conditioning. It's better than a trip to the emergency room.

Tips were provided by senioradvisor.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1</p> <p>10:30 DVD Worship, Lutheran Church, AC</p> <p>1:00 Bingo, CR</p> <p>3:00 Popsicles on the Patio, P</p> <p>6:30 Evening Movie – Channel 19</p>	<p>2</p> <p>10:30 Ages Entwined®: Reading Buddies, L</p> <p>11:00 Chorus Practice, AC</p> <p>1:00 Bible Study w/ Kevin & Sue, FSL</p> <p>2:15 FIT to Balance®, AC</p> <p>2:45 Monday Malts, CR</p> <p>3:30 Word Games, A</p>	<p>3</p> <p>Body Renewal Massage</p> <p>10:30 Midweek Worship, A</p> <p>11:15 FIT to Be Strong®, AC</p> <p>1:30 Quick Witz Cognitive Program, AC</p> <p>3:00 Wine Tasting, CR</p> <p>6:30 Cribbage, L</p> <p>6:30 Cocktail of the Month, CR</p>	<p>4</p> <p>INDEPENDENCE DAY</p> <p>11:00 Puzzle Packets, PR</p> <p>1:30 Bingo, CR</p> <p>1:45 FIT to Balance®, AC</p> <p>3:00 Watermelon on the Patio, P</p>	<p>5</p> <p>10:00 Claim Your Bingo Prize, CR</p> <p>10:45 Chair Yoga, CR</p> <p>11:15 FIT to Be Strong®, AC</p> <p>1:00 Blood Pressure Checks, AC</p> <p>1:30 FIT to Stretch®, AC</p> <p>3:00 Happy Hour w/ Commons Chorus, A</p> <p>7:00 Cotty's Classics, A</p>	<p>6</p> <p>9:15 Scrabble, PR</p> <p>10:30 Bingo, CR</p> <p>11:00 BBQ Lunch, A</p> <p>1:00 FIT to Stretch®, AC</p> <p>1:30 FIT to Pedal®, AC</p> <p>3:00 Mindfulness Program, AC</p> <p>6:30 Movie Night – Channel 19</p>	<p>7</p> <p>10:00 Rosary, FSL</p> <p>1:00 Bridge, PR</p> <p>1:30 FIT to Stretch®, AC</p> <p>3:00 Ice Cream Sundaes, CR</p> <p>6:30 Evening Movie Channel 19</p> <p>6:30 500 Card Game, PR</p>	
<p>8</p> <p>10:30 Worship Service w/Pauline, A</p> <p>1:00 Bingo, CR</p> <p>3:00 Music w/Jim Berner, A</p> <p>6:30 Evening Movie – Channel 19</p>	<p>9</p> <p>10:30 Ages Entwined®: Reading Buddies, L</p> <p>11:00 Chorus Practice, AC</p> <p>1:00 Bible Study w/ Kevin & Sue, FSL</p> <p>2:00 Book Club, FSL</p> <p>2:15 FIT to Balance®, AC</p> <p>2:45 Monday Malts, CR</p> <p>3:30 Word Games, A</p> <p>6:30 Cake Social, CR</p>	<p>10</p> <p>Body Renewal Massage</p> <p>10:30 Midweek Worship, A</p> <p>11:15 FIT to Be Strong®, AC</p> <p>2:00 Taste Testing, CR</p> <p>3:00 Resident Association Meeting, A</p> <p>6:30 Cribbage, L</p> <p>6:30 Music w/Don Irwin, A</p>	<p>11</p> <p>10:00 Catholic Mass, A</p> <p>11:15 FIT to Pedal®, AC</p> <p>1:00 Manicures, CR</p> <p>1:45 FIT to Balance®, AC</p> <p>2:00 FIT to Stretch®, AC</p> <p>6:30 Bingo, CR</p>	<p>12</p> <p>10:00 Claim Your Bingo Prize, CR</p> <p>10:45 Chair Yoga, CR</p> <p>11:15 FIT to Be Strong®, AC</p> <p>1:30 FIT to Stretch®, AC</p> <p>3:00 Happy Hour w/ Jeff B., A</p>	<p>13</p> <p>9:15 Scrabble, PR</p> <p>10:30 Bingo, CR</p> <p>11:00 Doolittle's Lunch, Van</p> <p>11:00 BBQ Lunch, A</p> <p>12:00 Voter Registration, L</p> <p>1:00 Mindfulness Program, AC</p> <p>2:00 Hi Hats Music & Ice Cream Truck, DRP</p> <p>6:30 Movie Night – Channel 19</p>	<p>14</p> <p>10:00 Rosary, FSL</p> <p>1:00 Bridge, PR</p> <p>3:00 6,5,4 Dice Game, CR</p> <p>6:30 Evening Movie Channel 19</p> <p>6:30 500 Card Game, PR</p>	
<p>15</p> <p>10:30 DVD Worship, Lutheran Church, AC</p> <p>1:00 Bingo, CR</p> <p>3:00 Community Crossword Puzzle, AC</p> <p>6:30 Evening Movie – Channel 19</p> <p>6:30 Northern Winds Concert Band, DRP</p>	<p>16</p> <p>9:30 Pops Concert, Van</p> <p>10:30 Ages Entwined®: Reading Buddies, L</p> <p>11:00 Chorus Practice, AC</p> <p>1:00 Bible Study w/ Kevin & Sue, FSL</p> <p>2:15 FIT to Balance®, AC</p> <p>2:45 Monday Malts, CR</p> <p>3:30 Word Games, A</p> <p>6:30 Armchair Travel, AC</p>	<p>17</p> <p>Body Renewal Massage</p> <p>10:30 Midweek Worship, A</p> <p>11:15 FIT to Be Strong®, AC</p> <p>1:30 Music Bingo, CR</p> <p>3:00 Welcome Party, CR</p> <p>6:30 Cribbage, L</p>	<p>18</p> <p>10:00 St. John Neumann Comm. Service, A</p> <p>11:15 FIT to Pedal®, AC</p> <p>1:00 Manicures, CR</p> <p>1:45 FIT to Balance®, AC</p> <p>2:00 In-House Movie, AC</p> <p>2:00 FIT to Stretch®, AC</p> <p>6:30 Bingo, CR</p>	<p>19</p> <p>10:00 Claim Your Bingo Prize, CR</p> <p>10:45 Chair Yoga, CR</p> <p>11:15 FIT to Be Strong®, AC</p> <p>1:30 FIT to Stretch®, AC</p> <p>3:00 Happy Hour w/ Colleen H., A</p>	<p>20</p> <p>9:15 Scrabble, PR</p> <p>10:30 Bingo, CR</p> <p>11:00 BBQ Lunch, A</p> <p>1:00 FIT to Stretch®, AC</p> <p>1:30 FIT to Pedal®, AC</p> <p>3:00 Mindfulness Program, AC</p> <p>6:30 Movie Night – Channel 19</p>	<p>21</p> <p>10:00 Rosary, FSL</p> <p>1:00 Bridge, PR</p> <p>2:00 Bark Avenue Dog Show, A</p> <p>6:30 Evening Movie Channel 19</p> <p>6:30 500 Card Game, PR</p>	
<p>22</p> <p>10:30 Worship Service w/Pauline, A</p> <p>1:00 Bingo, CR</p> <p>2:00 Music w/Hong Twins, A</p> <p>6:30 Evening Movie – Channel 19</p>	<p>23</p> <p>10:30 Ages Entwined®: Reading Buddies, L</p> <p>11:00 Chorus Practice, AC</p> <p>1:00 Bible Study w/ Kevin & Sue, FSL</p> <p>2:15 FIT to Balance®, AC</p> <p>2:45 Monday Malts, CR</p> <p>3:30 Word Games, A</p> <p>6:30 Jeopardy, CR</p>	<p>24</p> <p>Body Renewal Massage</p> <p>10:30 Midweek Worship, A</p> <p>11:15 FIT to Be Strong®, AC</p> <p>1:30 Eagan Garden Club, A</p> <p>3:00 Loving Service, A</p> <p>6:30 Cribbage, L</p>	<p>25</p> <p>10:00 Catholic Mass, A</p> <p>11:15 FIT to Pedal®, AC</p> <p>1:00 Manicures, CR</p> <p>1:45 FIT to Balance®, AC</p> <p>2:00 FIT to Stretch®, AC</p> <p>3:00 Birthday Party w/ Kent A., A</p> <p>6:30 Bingo, CR</p>	<p>26</p> <p>10:00 Claim Your Bingo Prize, CR</p> <p>10:45 Chair Yoga, CR</p> <p>11:15 FIT to Be Strong®, AC</p> <p>1:30 FIT to Stretch®, AC</p> <p>3:00 Happy Hour, A</p> <p>7:00 Cotty's Classics, A</p>	<p>27</p> <p>9:15 Scrabble, PR</p> <p>10:30 Bingo, CR</p> <p>11:00 Mama Maria's Lunch, Van</p> <p>11:00 BBQ Lunch, A</p> <p>1:00 FIT to Stretch®, AC</p> <p>1:30 FIT to Pedal®, AC</p> <p>3:00 Mindfulness Program, AC</p> <p>6:30 Movie Night – Channel 19</p>	<p>28</p> <p>10:00 Rosary, FSL</p> <p>1:00 Bridge, PR</p> <p>3:00 Music w/John De Vaal, A</p> <p>6:30 Evening Movie Channel 19</p> <p>6:30 500 Card Game, PR</p>	
<p>29</p> <p>10:30 DVD Worship, Lutheran Church, AC</p> <p>1:00 Bingo, CR</p> <p>3:00 Music w/Gary Larue, A</p> <p>6:30 Evening Movie – Channel 19</p>	<p>30</p> <p>10:30 Ages Entwined®: Reading Buddies, L</p> <p>11:00 Chorus Practice, AC</p> <p>1:00 Bible Study w/ Kevin & Sue, FSL</p> <p>2:15 FIT to Balance®, AC</p> <p>2:45 Monday Malts, CR</p> <p>3:30 Word Games, A</p> <p>6:30 Armchair Travel, AC</p>	<p>31</p> <p>Body Renewal Massage</p> <p>10:30 Midweek Worship, A</p> <p>11:15 FIT to Be Strong®, AC</p> <p>1:30 Community Crossword Puzzle, AC</p> <p>3:00 Culinary Creations, CR</p> <p>6:30 Cribbage, L</p>	<p>Locations</p> <p>Activity Center, AC</p> <p>Atrium, A</p> <p>Center Courtyard, CTYD</p> <p>Clubroom, CR</p> <p>Dining Room Patio, DRP</p> <p>Fireside Lounge, FSL</p> <p>Library, L</p> <p>Lobby, LOB</p> <p>Patio By The Pond, P</p> <p>Poker Room, PR</p> <p>Second Floor Lounge, 2nd</p> <p>Third Floor Lounge, 3rd</p> <p>Van Transportation, Van</p> <p>Wellness Center, WC</p>			<p>Calendar events subject to change.</p>	

Resident Birthdays

AJ A., 1st
Bonnie M., 4th
Georgia K., 4th
Albert O., 6th
Lorraine M., 9th
Lois H., 16th
Joan B., 17th
Raymond K., 18th
Dale S., 21st
Franny C., 24th
Dixie T., 25th
Doug A., 28th
Dick O., 30th

Environmental Rundown

From Laundry Services

We would like to remind everyone that with Independence Day coming up on July 4, our cleaning schedules may change. Thank you for your understanding on this matter.

From the Maintenance Department

Please remember to respect our No Parking areas in front of the main entrance of our building. That area is for resident pick up and drop off only. We need to keep that area clear for safety vehicles, our community van and other metro mobility vehicles.

We wish all a festive Fourth of July holiday!



Spiritual

Plans were recently interrupted — first by a flat tire, then by a second flat tire, and finally by the efforts made to drive down a pothole laden, single-lane road on which the local residents raced at speeds of 70 mph to reach the next “passing place” before encountering oncoming traffic. Travel in such conditions can be stressful!

Like much of life, there was little that could be done but progress slowly and with care, trusting the things outside of our control would ultimately take care of themselves. I was on the look-out, though, for the beauty that often pops up in our lives when we least expect it. I was not disappointed — in the midst of the chaos and drama and dangerous road conditions, the local livestock overtook the roadway — not just a sheep jam, but a lamb jam, as four young lambs frolicked and played, chasing each other.

So much of life has unexpected moments of frustration and distress, but there are also unexpected moments of joy and delight, little sparkling hints that the universe really is a place of wonder and amazement. Let us continually be mindful of the moments that bring levity in heavy times, moments that bring light in times of darkness.



Executive Director

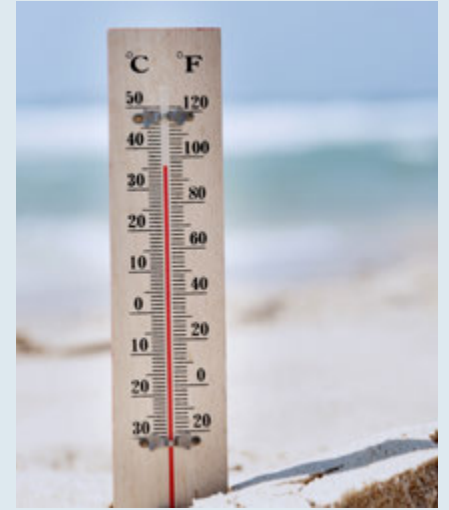
Hello Everyone!

I would like to thank all of you who took the time to fill out our Resident Survey that was sent out last month. Your feedback of your experience living at The Commons on Marice really is important to us. The survey answers you provided were sent to a third party and are strictly confidential. This third party entity takes all the information from all the answers and compiles reports to be sent back to The Commons on Marice to be reviewed. These reports will enable us to look at our community and see what is going well and what areas may not be going as well where a change may need to be considered.

On another note, we are entering into some of the hottest weeks of the month. It is more important than ever that we all stay cool and hydrated. Drinking plain old water is best. If your air conditioner is not functioning properly, please don't hesitate to inform a member of our staff or call the front desk and they will contact a member of our maintenance staff to address the issue.

Thank you, and get out and enjoy some summer!

—David Salmon, Executive Director



Neighborhood News

On July 13, from 2-4 p.m., join us on the dining room patio for ice cream novelties from the Pink Cow and music entertainment with the Hi-Hats!

The Hi-Hats play music from the '50s, '60s and '70s, as well as polkas and waltzes.

We also have asked the Intergenerational Center to join in the fun! Invite your families and grandkids and head out to the patio on Friday, July 13, for an afternoon of enjoyment!

We hope to see you there!



Dining Services

To All Residents:

During the summer months, we will be changing things up a bit in the dining room. On Fridays, the dining department will



be serving you lunch in the Atrium. We will do BBQs and special themed meals. Lunch in the Atrium will be served from 11 a.m.-1:30 p.m. The Main Dining Room will be closed. You are welcome to invite guests, however they will be charged just like in the dining room. We look forward to seeing you at Fun Fridays in the Atrium.

New Residents

We will be having our monthly welcome party on Tuesday, July 17, at 3 p.m., in the Clubroom! This is such a fun event for the community where we can welcome new residents who have moved in and give them a chance to meet other residents in the community as well! Everyone is welcome to join!





THE COMMONS
ON MARICE

Senior Living

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