

GOOD Life News

at *The Commons on Marice*

MARCH 2018

www.commonsonmarice.org

Executive Director

Hello Everyone!

Well, Punxsutawney Phil has seen his shadow, guaranteeing us six more weeks of winter, according to this quirky American tradition. If you are like me, you are wondering why he can't just ignore his shadow so we can get on with spring and some warmer weather. We deserve it! Maybe we should blindfold him next time.

Speaking of spring, many of you know my wife and I are expecting our first child in mid-March. Of course, we know the baby is going to come when he decides he is going to come. My wife feels he will be early (perhaps late February). Whenever that time does arrive, I will be taking some time off to be home with my wife and child to get settled. During this period, Laura Brathall, our Business Office Manager, will be available should you have any questions that cannot wait for my return.

In closing, enjoy the final "six weeks" of winter; spring will be here before we know it!

Warmest Regards,
David Salmon



Dining Services

To All Residents

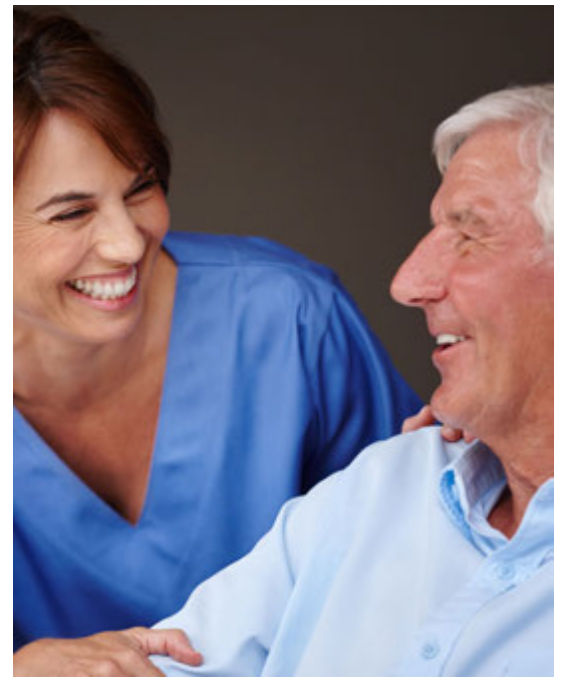
Something New!

Starting **Thursday, March 8**, the second Thursday of every month **9:15-10:15 a.m.**, Chatter with Marilyn. Stop by and join Marilyn for a pastry and cup of coffee. Chat about food ideas, concerns and whatever else that has to do with the dining program.

Looking forward to seeing you there!



Marilyn



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

**Platinum
Service®
Standard #20**

"I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values."

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador means that what we do and the way we do it is the result of a direct personal connection with our team and residents. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection. Here, we are fortunate to have such dedicated, skilled and upbeat team members who make our community a great place to live and work.

*"Integrity is what we do, what we say, and what we say we do."
—Don Galer*

Resident Spotlight

Marlys B. was born in Minnesota and grew up in a small town called Clearbrook, which is located near Bemidji. She attended Clearbrook High School, where she received her diploma. She went on to work at a bank in Clearbrook for three years. Marlys met her late husband, Anton, when a friend of his mentioned he should take her out on a date, so they went to the movies. She then married her late husband of 59 1/2 years and they moved to Rosemount, Minn., where her husband worked at the Coke Refinery plant. While her husband worked at the Coke Refinery plant, Marlys was busy raising their five children, four boys and one girl, at home in Rosemount. After retiring from the Coke Refinery, Anton and Marlys moved to Alexandria, Minn., where they resided on Mill Lake.



Marlys enjoys embroidering, reading books and completing word-search puzzles. She has embroidered many things including a quilt, several dish towels she has given out and many other patterns. Her favorite author is Janette Oke, a pioneer era writer. However, Marlys enjoys a variety of novels to read in her spare time.

Marlys' children all live in the area, including Farmington, Apple Valley and Rosemount, Minn. She also has 11 grandchildren and 17 great-grandchildren, all in the Twin Cities area. She enjoys spending time with all of her family and is happy to be close to them here at The Commons. We are happy to call her our neighbor and our friend!

The Wings of Spring

If you need a signal that spring is just around the corner, look to the skies. Many migrating birds are now making their way to nesting grounds and rest areas, including these feathered favorites:

Cliff swallows — One of the most famous symbols of spring is the return of these birds to Mission San Juan Capistrano in Southern California. Flying 6,000 miles from Argentina, the swallows reach the area around March 19, when tourists flock to the city to celebrate Swallows Day.

Sandhill cranes — In late February, these cranes begin leaving their winter homes in the Southern U.S. and Mexico to set up camp in Canada, Alaska and Siberia. Throughout March and early April, half a million of the birds will make a pit stop in Nebraska's Platte River valley to rest and fuel up on food before continuing north.

Long-billed curlews — As temperatures turn warmer, these shorebirds — the largest in North America — move from the coastlines and Mexico to the continent's west-central grasslands. Bird-watchers are in for a spectacular show as male curlews perform looping flight patterns while making their sharp "whit-whit" calls.

Red knots — Their 9,300-mile spring migration from South America to the Arctic is one of the longest trips of any bird, and a ready supply of eggs spawned by horseshoe crabs draws thousands of red knots to stop in Delaware Bay. During this feast, it's estimated that 90 percent of the species' population can be seen there in a single day.



Life Enrichment/ Highlighted Events

Outings for The Month:

Friday, March 9: We will be going to lunch at Tavern on Grand. This rustic restaurant offering an eclectic menu of American eats, including its popular walleye plates. The van will leave at **11 a.m.**

Wednesday, March 21: We will be going to Mystic Lake Casino! The van will be leaving at **10:30 a.m.** Make sure you sign up!

Friday, March 23: We will be having lunch at Olive Garden. This restaurant is an American casual dining restaurant chain specializing in Italian-American cuisine. The van will leave at **11 a.m.**



Highlighted Events for The Month:

Wednesday, March 7: We will be having an in-house movie! The movie will be announced closer to the date! The movie will begin at **12 p.m.** in the activity center.

Thursday, March 8: We will have a speaker in from the Alzheimer's association regarding early detection of Alzheimer's Disease entitled "Know the 10 Signs." It will began at **6:30 p.m.** in the activity center. If you or someone you know is experiencing memory loss or behavioral changes, this is a great time to learn the facts!

Wednesday, March 14: We will be getting all of the men together to socialize, enjoy a beer and have a delicious pretzel with cheese. It will be at **3 p.m.** in the clubroom.

Tuesday, March 20: We will be having a financial planning seminar the topic will be: "How to Plan Ahead Before the Money Runs Out." The program will begin at **3 p.m.** in the Activity Center. This is a great program for seniors to attend!

Friday, March 23: We will be having a welcome party to welcome the new residents into the facility! The party begins at **3 p.m.** in the clubroom.

We also have some new programs starting here at The Commons! We will be doing chair yoga, which is another form of exercise. The classes are Tuesdays and Thursdays at **10:45 a.m.** in the activity center. You won't know if you like it until you try it! I hope to see you all there! Another new program is playing card games/ board games in the clubroom at **3 p.m.** on Wednesdays!

Neighborhood News

Join us for an informative evening with fellowship and refreshments. From **6:30 to 7:30 p.m.** on **Thursday, March 8**, we will be hosting an informational class regarding early detection of Alzheimer's Disease entitled "Know the 10 Signs." If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Please invite your loved ones or anyone you know who may need some coaching in this area. RSVP to Dani Minnick by **March 5** at 651-365-3058. We hope to see you there!





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>Calendar events subject to change.</p>						
<p>4</p> <p>10:30 DVD Worship, Lutheran Church, AC 1:00 Bingo, CR 4:00 Piano Music w/ Margaret, A 6:30 Evening Movie – Channel 19</p>	<p>5</p> <p>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 3:30 Word Games, A 6:30 Armchair Travel Ireland, AC</p>	<p>6</p> <p>Body Renewal Massage 10:00 Midweek Worship, A 10:45 Chair Yoga, AC 11:15 FIT to Be Strong®, AC 1:30 St. Patrick's Day Craft, AC 3:00 Wine Tasting Tuesday, CR 6:30 Cribbage, L</p>	<p>7</p> <p>10:00 Associated Bank, PR 10:00 St. John Neumann Comm. Service, A 11:15 FIT to Pedal®, AC 12:00 In-House Movie, AC 1:00 Manicures, CR 1:45 FIT to Balance®, AC 2:00 FIT to Stretch®, AC 3:00 Card Games/Board Games, CR 6:30 Bingo, CR</p>	<p>1</p> <p>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, A</p>	<p>2</p> <p>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>3</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 Kids Southview Church Concert, A 6:30 500 Card Game, PR</p>
<p>DAYLIGHT SAVING TIME BEGINS 11</p> <p>10:30 DVD Worship, Lutheran Church, AC 1:00 Bingo, CR 3:00 Root Beer Floats, CR 6:30 Evening Movie – Channel 19</p>	<p>12</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>13</p> <p>Body Renewal Massage 10:00 Midweek Worship, A 10:45 Chair Yoga, AC 11:15 FIT to Be Strong®, AC 1:30 St. Patrick's Day Craft, AC 3:00 Resident Association Meeting, A 6:30 Cribbage, L 6:30 Music w/Kent Appeldoorn, A</p>	<p>14</p> <p>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 3:00 Men's Group Beer & Pretzels, CR 6:30 Bingo, CR 7:00 Eagan Nature Club, A</p>	<p>15</p> <p>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, A</p>	<p>16</p> <p>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>ST. PATRICK'S DAY 17</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 Irish Songs w/Bill, A 6:30 500 Card Game, PR</p>
<p>18</p> <p>10:30 DVD Worship, Lutheran Church, AC 1:00 Bingo, CR 2:30 Music w/Hong Twins, A 6:30 Evening Movie – Channel 19</p>	<p>19</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 Spain, AC</p>	<p>SPRING BEGINS 20</p> <p>Body Renewal Massage 10:00 Midweek Worship, A 10:30 Valiant Veterans®, AC 10:45 Chair Yoga, AC 11:15 FIT to Be Strong®, AC 1:30 Name That Tune, CR 3:00 Financial Planning Seminar, AC 6:30 Cribbage, L 6:30 Music w/Bobby & Christine, A</p>	<p>21</p> <p>10:00 St. John Neumann Comm. Service, A 10:30 Mystic Lake Casino, Van 11:15 FIT to Pedal®, AC 1:00 Manicures, CR 1:45 FIT to Balance®, AC 2:00 FIT to Stretch®, AC 3:00 Card Games/Board Games, CR 6:30 Bingo, CR</p>	<p>22</p> <p>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/Dragon Fly Band, A</p>	<p>23</p> <p>9:15 Scrabble, CR 10:30 Bingo, CR 11:00 Lunch: Olive Garden, Van 1:00 FIT to Stretch®, AC 1:30 FIT to Pedal®, AC 3:00 Welcome Party, CR 6:30 Movie Night – Channel 19</p>	<p>24</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 Community Crossword Puzzle, AC 6:30 500 Card Game, PR</p>
<p>PALM SUNDAY 25</p> <p>10:30 DVD Worship, Lutheran Church, AC 1:00 Bingo, CR 3:00 Sunday Sundaes, CR 6:30 Evening Movie – Channel 19</p>	<p>26</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 Jeopardy, CR</p>	<p>27</p> <p>Body Renewal Massage 10:00 Midweek Worship, A 10:45 Chair Yoga, AC 11:15 FIT to Be Strong®, AC 1:30 Music Bingo, CR 3:00 Quarterly Memorial Service, A 6:30 Cribbage, L</p>	<p>28</p> <p>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 3:00 Birthday Party w/Gary Larue, A 6:30 Bingo, CR</p>	<p>29</p> <p>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, A</p>	<p>GOOD FRIDAY PASSOVER BEGINS AT SUNSET 30</p> <p>9:15 Scrabble, CR 10:30 Bingo, CR 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>31</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/Ross McLeod, A 6:30 500 Card Game, PR</p>

Nursing News

Well, here it is March already! If you haven't noticed or heard yet, we have switched vendors for our in-house provider of Vision, hearing and podiatry services. We will also be offering dental services again! We are in the process of getting the new vendor up and rolling. They are On-Site. There is a link that you can click on to complete the registration form to get registered: [On-Site Care LINK Registration Form](#). Or you can fill out the form on paper. If you have computer access, contact Kelly in the nursing office and she will be happy to send the link to you or your family to get you signed up with On-Site. They do require a doctor's signature for audiology, as then Medicare or insurance will pay for more of the services.



Health Perks of Positivity

March is Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

Better physical health — Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels. Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

Increased life span — Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to live longer. A study of centenarians found that the majority had positive attitudes.

Stronger immune system — Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

Lower depression rate — Compared to pessimists, optimists are often more social, handle stress better and are more resilient. These qualities can help ward off depression.

Faster recovery — Recovery rates show that people with sunny dispositions bounce back from illness and injury faster than those who are less hopeful.



Resident Birthdays

Ed K., 2nd
Jeanne K., 11th
Jean S., 11th
John N., 12th
Patty H., 13th
Lois A., 17th

Beverly N., 18th
Sylvia W., 25th
Gene J., 31st
Joann S., 31st
Ruth Ann B., 31st

Irish Heritage in America

March is the month for celebrating all things Irish. According to the U.S. Census Bureau, more than 30 million people in the U.S. can trace their roots to the Emerald Isle. That number is more than seven times the population of Ireland.

The biggest wave of immigrants arrived in the mid-1800s to escape the Irish Potato Famine, which began after a fungus destroyed most of Ireland's potato crop, a staple food, for several years. Large populations settled in New York City, Boston, Chicago and Philadelphia.

The Irish brought with them many traditions that made their way into American culture. Most famously, the St. Patrick's Day holiday has become an annual celebration of their heritage that includes parades, shamrocks and the wearing of green. The day's festivities wouldn't be complete without a meal of corned beef and cabbage, an American version of the Irish dish of bacon and cabbage. Irish stew, soda bread and colcannon are also part of the cuisine brought to America.



Environmental Services

Environmental Rundown

Happy March! Spring is just around the corner! At the Commons, residents safety and customer service are our top priorities. I would like to remind you to be careful walking outside on the sidewalks; it is still icy-sidewalk season. If you see areas that need attention, please inform the front desk.

Please remember when using the washers and dryers to be courteous to other residents and switch loads promptly and empty the dryers when finished.

We want to make your time here fun and rewarding.



Sue Bahrke, Director of Housekeeping
Bob Baumann, Director of Maintenance

Soaring Spirits

As spring approaches, the snow recedes and the first flowers begin to push up from their beds, reaching for the warmth and sun above. In the midst of cold and darkness, it can be tempting to lose hope. The earliest buds of spring, though, remind us that everything blooms in its season — and in times of dormancy, while we may not see growth or blooming, things are still very much alive. One way we carry on living, even in the quiet times, is in giving back to others. The Loving Service Project continues to be a way for our residents at The Commons to meaningfully give to others and in so doing, grow their own sense of connection, compassion and commitment to the betterment of our whole world.





THE COMMONS
ON MARICE

Senior Living

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