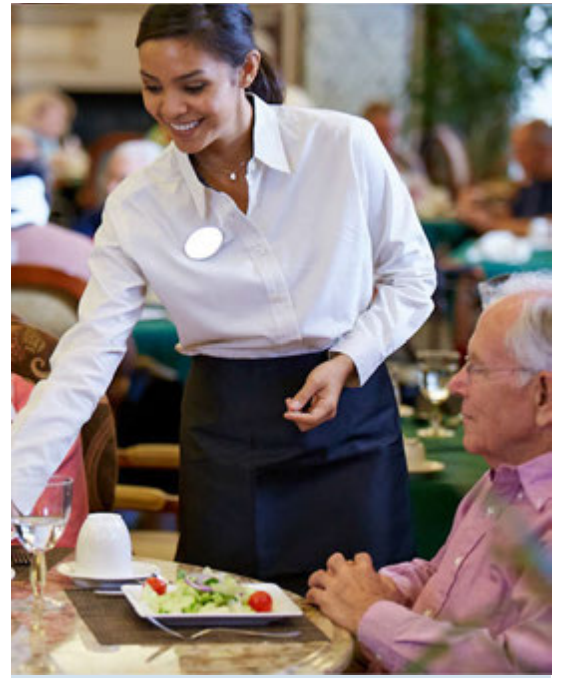


GOOD Life News

at The Commons on Marice

JULY 2017

www.commonsonmarice.org



Executive Director

Hello Everyone!

Happy June! I hope you are all enjoying this summer weather! It is a very busy time at The Commons. As you probably have already noticed, there are many physical improvements under way, both inside and outside the community. This work will continue throughout the next few months.

Also, you may have noticed there are some new faces walking at our community. This is the time of year many of our employees who attend college in the winter months come back to The Commons to work throughout the summer. We are very happy to have them back!

We also have some changes in our leadership team as well. Cathe Steinbach, Director of Sales and Marketing, is no longer with the company. I am thrilled that Dani Minnick, our Director of Life Enrichment, has accepted this vacancy and will become The Common's new Director of Sales and Marketing. Ashley Davison has accepted the role as Resident Services Coordinator, a position that Jill Gilbertson currently manages. Jill has accepted a new role outside the company. Please congratulate Dani and Ashley in their new roles!

We thank Jill for her years of professional service at The Commons on Marice. We will miss her and wish her the very best in the next chapter of her life.

— *Dave Salmon*, Executive Director

Greetings from Marketing

I would like to thank all residents, their families and staff for such an amazing experience over the past nine years! My life has been enriched by the kindness and inspiration so many of you have shown to me. I will always be grateful for the many friends I have made along the way and the wonderful memories I take with me. I will miss you all! Thank you from the bottom of my heart!

— *Jill Gilbertson*

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

**Enjoying
the Summer
Bounty**

At long, last summer is here! That means fresh fruits and vegetables straight from the garden, food co-op, roadside stand or local grocery. We're here to help you enjoy the best of the season's bounty and reap the benefits. Eating well this season is about fresh, colorful food, and on many occasions, eating outside with friends or family adds to the fun. Search out super foods like spinach, raspberries or blueberries. Research suggests that healthy eating can promote mental acuteness, resistance to illness and disease, and increased energy.

Spiritual Director's Corner

Some Thoughts on Mystery and Love from Chaplain Josiah:

When I was a kid, I loved the stories of Sherlock Holmes and Dr. John Watson by Sir Arthur Conan Doyle. Sherlock Holmes has become a cultural icon, and he is representative of sleuths and brilliant detectives all over the world. Of course, the most famous symbol of Sherlock's sleuthing is the magnifying glass! Sherlock was always tasked with solving the most complicated of mysteries in the city of London, and the police would come to him specifically because he was a genius and considered the best in his field.



Despite how good Sherlock was at his job, he would fumble and screw up from time to time, proving the job of solving mysteries is very hard work.

One of the great mysteries of the faith is the person of God. We don't understand God, and we can't possibly because God is so much more infinite than humans and all created beings. Christians have described God, throughout history, in the words of the Holy Trinity. The Trinitarian confession says that God is one God, but exists in three persons: God the Father, Jesus the Son and the Holy Spirit. Now, I don't know about you, but when I was in grade school, my math teacher taught me that $1 + 1 + 1 = 3$. But, Christians throughout history, when they talk about God, claim that $1 + 1 + 1 = 1$! How can God possibly be One God and exist in three persons? And how on earth does each person of God work? Well, to be honest, we don't know.

We don't know, and we will never know. Part of having faith in God is believing it's okay to not have all of the answers, right?

God gives us permission to stop trying to solve the mystery! God doesn't call us to be little Sherlocks in this life! We are freed in God's magnificent love to put down our magnifying glass and just embrace the mystery!

Embrace the mystery. I like that. It's a relief to know God is taking care of you and me and there is no need to understand all things. It's okay to relax.

A woman once asked Martin Luther, "How am I supposed to know God's will for my life?" Pastor Luther looked at the woman and said, "If you want to know God's will for your life, go love your neighbor, then you will know God's will." In other words, when in doubt, love. You don't have to solve the mysteries of God or the mysteries of this life. Instead, God warmly invites you to love your neighbor, even if you disagree with them.

Remember, despite all evidence to the contrary, God loves you.

Environmental Rundown

Environmental Rundown

Happy July! Hope you are all getting outside to enjoy the wonderful weather.

I would like to remind everyone with the Fourth of July approaching, our cleaning schedules may change. Thank you for your understanding on this matter.

Have a Happy Fourth of July.
Sue Bahrke, Housekeeping Director



Nursing News

Hello, my name is Kelly Preskorn. I am the new Director of Nursing here at the Commons on Marice.

I have been a nurse for 24 years, primarily in long-term care. I started my nursing career as a nursing assistant and have furthered my education up to my Bachelor's degree.

I live in Wisconsin, but no, I am not a Green Bay Packers fan.

I am a Minnesota Vikings fan. I have two children; Ashlee, 24, and Ashley, 22. Yes, both have the same name, the younger one is my step-daughter. I have two grandchildren; Ryker, 2, and ReayAnn, 1, with a third due in December. My husband is Bob, and he works in construction and is in the Air Force Reserve.

I am happy to be here. I hope to get to know all of you. Feel free to stop in and say hello; my office is on 2nd floor in the nursing office.

— Kelly Preskorn, DON



Favorite Fair Foods

Fair season is underway, and one of the highlights of these annual festivals is the delicious fare! Tempt your taste buds with these classic foods:

Cotton candy — Originally called “fairy floss,” this colorful, fluffy spun sugar was introduced at the St. Louis World’s Fair in 1904 and has become a favorite of fairgoers.

Corn dogs — Hot dogs dipped in cornmeal batter, deep-fried and served on a stick have been staples since the 1940s.

Funnel cakes — Crisp on the outside and light and airy on the inside, this fried dough dessert is traditionally topped with powdered sugar, but fruit, chocolate and ice cream are popular add-ons.

Candy apples — Tart, crisp apples are covered in sweet, hard candy or creamy caramel to make this snack-on-a-stick.

Kettle corn — Those who can’t decide between sweet and salty get the best of both worlds in this popcorn treat seasoned with sugar and salt.

Resident Spotlight

Ruth was born and raised in Yonkers, N.Y. Ruth went to Concordia College in Bronxville, N.Y., and received her two-year business degree. She worked at a publishers company, Crowell Collier, in New York City. Ruth is an active lifelong member of the Lutheran’s Women’s Missionary League. Ruth met her husband, Lawrence, at a Lutheran Service Center. Ruth and Lawrence were married for 64 years. They have three children, six grandchildren and 11 great-grandchildren. Ruth started playing piano lessons at the age of seven. She taught piano lessons for over 10 years and played for church events, nursing homes and accompanied the choir. One of her favorite pieces to play is “I’ll Be Seeing You.” Ruth enjoyed sewing, making quilts, knitting and making banners for church. Ruth has been at the commons since March, and we are happy to call her our neighbor and our friend.



Ruth J.

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>9:15 Bible Study w/ Randy, L 1 10:00 Rosary, FSL 1:00 Bridge, PR 3:00 6,5,4 Dice, CR 6:30 Cribbage/500 Club, PR</p>
<p>10:30 Coffee Talk, CR 2 10:45 Community Worship Service, A 1:00 Bingo, CR 3:00 Sunday Sundaes, CR 6:30 Evening Movie, FSL</p>	<p>9:30 Monday Musings, AC 3 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@, WC 2:45 Monday Malts, CR 3:30 Word Games, A 6:30 Armchair Travel: Washington D.C., AC</p>	<p>INDEPENDENCE DAY 4 10:00 Patriotic Puzzle Packet, L 1:30 4th of July Social, CR 3:00 Music w/From the Heart, A 6:30 Cribbage, L</p>	<p>9:30 Hand & Aroma Massage, FSL 5 10:00 St. John Neumann Comm. Service, A 10:00 Associated Bank, PR 11:15 FIT to Pedal@, WC 1:00 Manicures, CR 1:30 Your Story Matters, AC 2:45 FIT to Balance@, WC 3:00 FIT to Stretch@, WC 6:30 Bingo, CR</p>	<p>9:30 Coffee Crew, CR 6 11:15 FIT to Be Strong@: Class B, WC 1:00 Blood Pressure Checks, AC 1:30 FIT to Be Strong@, WC 3:00 Happy Hour w/Janet W., A 6:30 Evening Prayer Service, AC</p>	<p>9:15 Scrabble, CR 7 10:00 Claim Your Prize, CR 10:30 Bingo, CR 1:00 FIT to Pedal@, WC 1:30 FIT to Stretch@, WC 3:00 Red Hats Club, A 6:30 500 Club, PR 6:30 Movie Night – Channel 19, FSL</p>	<p>9:15 Bible Study w/ w/Randy, L 8 10:00 Rosary, FSL 1:00 Bridge, PR 3:00 Community Crossword Puzzle, AC 6:30 Cribbage/500 Club, PR</p>
<p>10:30 Coffee Talk, CR 9 10:45 Community Worship Service, A 1:00 Bingo, CR 3:00 Twins Tailgate Social, CR 6:30 Evening Movie, FSL</p>	<p>9:30 Monday Musings, AC 10 10:30 Ages Entwined@: Reading Buddies, L 11:00 Chorus Practice, AC 1:00 Art Hour, AC 2:15 FIT to Balance@, WC 2:45 Monday Malts, CR 3:30 Word Games, A 6:30 Music w/Jim Kellerman, A</p>	<p>Body Renewal Massage 11 9:30 Tuesday Tea, CR 10:00 FIT to Be Strong@, WC 11:15 FIT to Be Strong@: Class B, WC 1:30 Design on a Dime, AC 3:00 Resident Association Meeting, A 6:30 Cribbage, L</p>	<p>9:15 Nicollet Island Pops Concert, Van 12 9:30 Hand & Aroma Massage, FSL 10:00 Catholic Mass, A 11:15 FIT to Pedal@, WC 1:00 Manicures, CR 2:00 Quarterly Memorial Service, A 2:45 FIT to Balance@, WC 3:00 FIT to Stretch@, WC 3:30 Fresh Veggie Tasting, CR 6:30 Bingo, CR</p>	<p>9:30 Coffee Crew, CR 13 11:15 FIT to Be Strong@: Class B, WC 1:30 FIT to Be Strong@, WC 3:00 Happy Hour w/Dan Newton, A 6:30 Evening Prayer Service, AC</p>	<p>9:15 Scrabble, CR 14 10:00 Claim Your Prize, CR 10:30 Bingo, CR 11:00 Lunch: Lone Oak Grille, Van Kona Ice Truck, LOB 1:00 FIT to Pedal@, WC 1:30 FIT to Stretch@, WC 3:30 Puttin on the Green, P 6:30 500 Club, PR 6:30 Movie Night – Channel 19, FSL</p>	<p>9:15 Bible Study w/ Randy, L 15 10:00 Rosary, FSL 1:00 Bridge, PR 3:00 Bean Bag Toss, P 6:30 Cribbage/500 Club, PR</p>
<p>10:30 Coffee Talk, CR 16 10:45 Community Worship Service, A 1:00 Bingo, CR 3:00 Piano w/Margaret, A 6:30 Evening Movie, FSL</p>	<p>9:30 Monday Musings, AC 17 10:30 Ages Entwined@: Reading Buddies, L 11:00 Chorus Practice, AC 1:00 Art Hour, AC 2:15 FIT to Balance@, WC 2:45 Monday Malts, CR 3:30 Word Games, A 6:30 Armchair Travel, AC</p>	<p>Body Renewal Massage 18 9:15 Nicollet Island Pops Concert, Van 9:30 Tuesday Tea, CR 10:00 FIT to Be Strong@, WC 11:15 FIT to Be Strong@: Class B, WC 1:30 Quick Witz Cognitive Program, AC 3:00 Treasures of the Heart@, FSL 6:30 Cribbage, L</p>	<p>9:30 Hand & Aroma Massage, FSL 19 10:00 St. John Neumann Comm. Service, A 10:00 Fishing Outing, Van 11:15 FIT to Pedal@, WC 12:30 In House Movie Matinee, AC 1:00 Manicures, CR 2:45 FIT to Balance@, WC 3:00 FIT to Stretch@, WC 6:30 Bingo, CR</p>	<p>9:30 Coffee Crew, CR 20 11:15 FIT to Be Strong@: Class B, WC 1:30 FIT to Be Strong@, WC 3:00 Happy Hour, A 6:30 Evening Prayer Service, AC</p>	<p>9:15 Scrabble, CR 21 10:00 Claim Your Prize, CR 10:30 Bingo, CR 1:00 FIT to Pedal@, WC 1:30 FIT to Stretch@, WC 2:30 Watermelon on the Patio, P 6:30 500 Club, PR 6:30 Movie Night – Channel 19, FSL</p>	<p>9:15 Bible Study w/ Randy, L 22 10:00 Rosary, FSL 1:00 Bridge, PR 3:00 6,5,4 Dice, CR 6:30 Cribbage/500 Club, PR</p>
<p>10:30 Coffee Talk, CR 23 10:45 Community Worship Service, A 1:00 Bingo, CR 3:00 Root Beer Float Social, CR 6:30 Evening Movie, FSL</p>	<p>9:30 Monday Musings, AC 24 10:30 Ages Entwined@: Reading Buddies, L 10:30 Valiant Veterans@ Club, A 11:00 Chorus Practice, AC 1:00 Art Hour, AC 2:15 FIT to Balance@, WC 2:45 Monday Malts, CR 3:30 Word Games, A 6:30 Music w/Dragonfly, DRP</p>	<p>Body Renewal Massage 25 9:15 Nicollet Island Pops Concert, Van 9:30 Tuesday Tea, CR 10:00 FIT to Be Strong@, WC 11:15 FIT to Be Strong@: Class B, WC 1:30 Nature Club, A 3:00 Welcome Party, CR 6:30 Cribbage, L</p>	<p>9:30 Hand & Aroma Massage, FSL 26 10:00 Catholic Mass, A 11:15 FIT to Pedal@, WC 1:00 Manicures, CR 2:45 FIT to Balance@, WC 3:00 FIT to Stretch@, WC 3:30 Culinary Creation, CR 6:30 Bingo, CR</p>	<p>9:30 Coffee Crew, CR 27 10:30 MSS Visits, A 11:15 FIT to Be Strong@: Class B, WC 1:30 FIT to Be Strong@, WC 3:00 Happy Hour w/Ralph Hintz, A 6:30 Evening Prayer Service, AC</p>	<p>9:15 Scrabble, CR 28 10:00 Claim Your Prize, CR 10:30 Bingo, CR 11:00 Lunch: Q. Cumbers, Van 1:00 FIT to Pedal@, WC 1:30 FIT to Stretch@, WC 3:00 Loving Service, AC 6:30 500 Club, PR 6:30 Movie Night – Channel 19, FSL</p>	<p>9:15 Bible Study w/ Randy, L 29 10:00 Rosary, FSL 1:00 Bridge, PR 3:00 Bunco, CR 6:30 Cribbage/500 Club, PR</p>
<p>10:30 Coffee Talk, CR 30 10:45 Community Worship Service, A 1:00 Bingo, CR 3:00 Storyline w/Nan, FSL 6:30 Evening Movie, FSL</p>	<p>9:30 Monday Musings, AC 31 10:30 Ages Entwined@: Reading Buddies, L 11:00 Chorus Practice, AC 1:00 Art Hour, AC 2:15 FIT to Balance@, WC 2:45 Monday Malts, CR 3:30 Word Games, A 6:30 Cocktail of the Month, CR</p>	<p>Calendar events subject to change.</p>				

Life Enrichment Opportunities

Outings for the month:

Wednesday, July 12, Tuesday, July 18, and Tuesday, July 25: The Minneapolis Pops Orchestra presents their Free Concerts for Seniors at the historic Nicollet Island Pavilion. Complimentary beverages, treats and door prizes are provided at each of these concerts. The van will leave at **9:30 a.m.**, and the concert starts at **10:30 a.m.** and ends around **11:30 a.m.** A picnic lunch will be provided after the concert. Please see sign up for availability.

Friday, July 14: Lunch at Lone Oak Grill in Eagan. The Lone Oak Grill aims to simultaneously comfort and confound its clientele. New and exciting food and drink experiences abound amid a plethora of classic comfort choices. Van will leave at **11 a.m.**

Wednesday, July 19: Let's go fishing! Sign up for this fun outing where residents fish the waters of the St. Croix. The van will depart at **10 a.m.** We will have a picnic lunch before we board the boat at **12 p.m.** Please see sign up for availability.

Friday, July 28: Lunch at Q. Cumbers in Edina. Unlike other buffet style restaurants, Q. Cumbers offers more than fresh, healthy ingredients. The salad bar is 50 feet long! Packed with vegetables and salad toppings, the possibilities are endless. If you are craving something hot and comforting, you know you can count on our homemade soups and bakery, not to mention our weekly hot entree specials. Van will leave at 11 a.m.

Other Life Enriching Opportunities:

Friday, July 7: Ladies of The Commons, please join us for our monthly Red Hat Club. All ladies are welcome to come make new friends and enrich lives through the power of fun and friendship! We will meet in the Atrium at **3 p.m.**

Monday, July 10: Come to the Atrium at **6:30 p.m.** to enjoy the music of "the one man band" James Kellerman. James has 32 years of professional performing experience on clarinet, sax, flute and vocals.

Wednesday, July 12: Join us in the Atrium at **2 p.m.** for The Common's Quarterly Memorial Service. The service will be lead by Spiritual Director Rev. Josiah Armstrong.

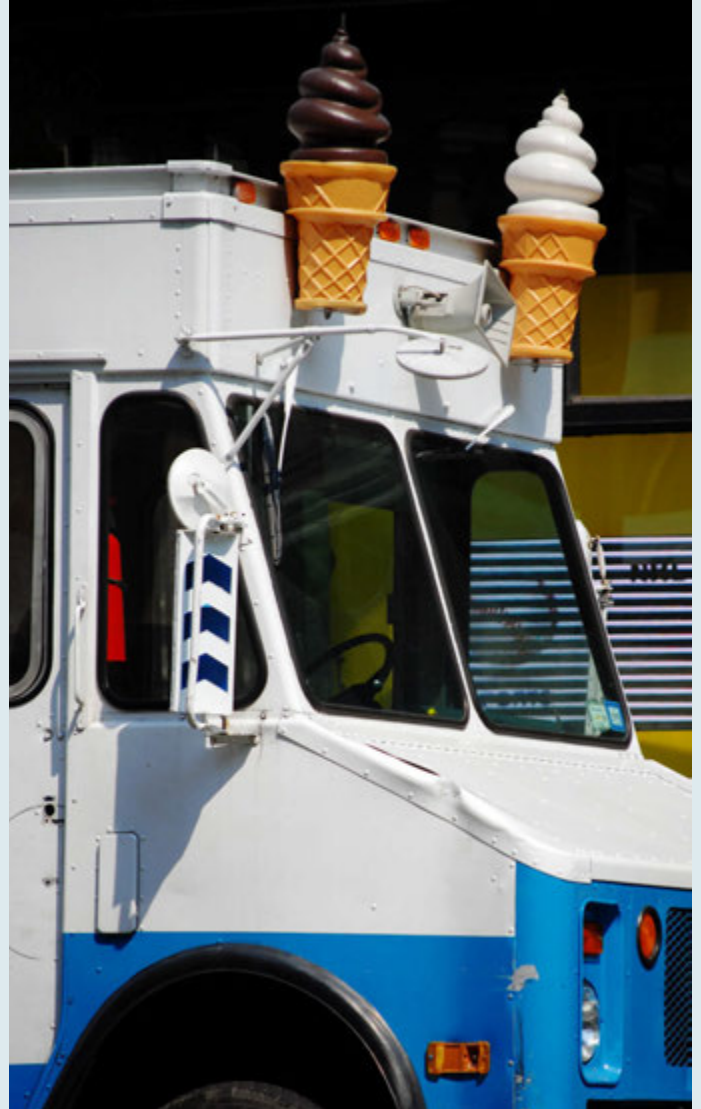
Friday, July 14: Beat the heat with a refreshing shaved ice from Kona Ice Truck. These shaved ice trucks scream fun and excitement from the shiny chrome wheels, the colorful characters and the tropical steel drum music that whisks you away to a tropical paradise. Come out front from **1-3 p.m.** to enjoy this delicious treat.

Friday, July 21: Join us at **3 p.m.** on the Patio by the Pond as we enjoy the sounds of summer and the taste of sweet watermelon. (Seed spitting is encouraged!)

Monday, July 24: Dragonfly Band is back by popular demand! Dragonfly performs popular American songs, spiced with upbeat rockabilly, lonesome country western, heartfelt folk, toe-tappers, tender ballads, singalongs and standards. Join us on the Dining Room patio starting at **6:30 p.m.** weather permitting. In case of bad weather, they will be relocated to the Atrium.

Tuesday, July 25: Come to the Atrium at **1:30 p.m.** for this month's Nature Club. This month, join us as we create fresh floral arrangements.

These are just some highlights from the month of July! Make sure to check the rest of the calendar for other fun activities, as well as the whiteboards located in the front lobby for any changes.



Kona Ice Truck — July 14, 1-3 p.m.

Dining Services

Just a friendly reminder with the warm weather here to drink plenty of water to keep yourself hydrated.

Here are some fun ideas to liven up your water!

Ingredients:

Fruit Infused Water Flavor Ideas

- raspberry (or strawberry)
lemon — any berry paired with lemon ends up with a light lemonade flavor!
- watermelon mint — super refreshing!
- tropical (mango pineapple) — this one comes out sweeter than the others, but in a totally good way!
- citrus cucumber (lemon, lime, orange, cucumber)
- Other fruits to try: apples, honeydew, cantaloupe, blueberries, blackberries and peaches
- Try fresh herbs too! Rosemary, basil and mint



Directions:

1. Add desired fruits to a pitcher and then fill with water. Allow fruit to soak for 2-8 hours in the fridge and then enjoy! You can add as much or as little fruit as you'd prefer. Add more fruit for more flavor and sweetness for your water.

Welcome New Residents!

The Commons on Marice residents are invited to attend a Welcome Party every month. We take this time to socialize and welcome new neighbors who have moved into the Commons community. Join us Tuesday, July 25, at 3 p.m., in the Club Room, where we will introduce and enjoy some refreshments with our new neighbors here at the Commons.



Stay Healthy by Staying Connected

Research shows that having strong social connections can boost your health. Staying active within your community has been proven to strengthen the immune system, speed recovery from illness, and reduce anxiety and depression.

There are many ways to maintain beneficial social networks, such as staying in touch with former classmates and co-workers, taking part in family traditions, and making new memories with friends.

Smiling at another person is one of the simplest ways to connect with them. Initiate conversations. Ask people about their lives, families and hobbies, and actively listen to what they have to say. Giving your full attention to the person you're with enhances the connection, and showing sincere interest in others' lives helps build relationships.

Create a list of friends and family members you want to stay in touch with and make a commitment to call, write, email or get together with those people on a regular basis. Skype and Facebook are handy web-based ways to connect. Expand your social circle by participating in activities in your community, such as book clubs, classes, parties and game nights. Looking forward to special events will boost your spirits, too.

Resident Birthdays

AJ A., 1st
Arnold C., 2nd
Bonnie M., 4th
Georgia K., 4th
Lorraine M., 9th
Jeanette L., 14th
Lois H., 16th
Joan B., 17th
Raymond K., 18th
Dale S., 21st
Donald S., 23rd
Dixie T., 25th
Viola K., 26th
Doug A., 28th

THE COMMONS
on MARICE

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Eagan, MN 55121
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Executive Director

David Salmon

Director of Nursing

Kelly Preskorn

Life Enrichment Director

Dani Minnick

Director of Community Relations

Mollie Lund

Director of Dining Services

Marilyn Wolff

Business Office Director

Laura Brathall

Housekeeping Director

Sue Bahrke

Maintenance Director

Bob Baumann

Spiritual Director

Rev. Joey Armstrong

Like Us on Facebook



Go to facebook.com/TheCommonsOnMarice to see pictures and catch up on all the fun here at The Commons on Marice. This is a great way for family members and friends to stay connected!