

GOOD Life News

at Summer Hill Assisted Living

DECEMBER 2017

www.summerhill-assistedliving.com



Executive Director

Winter is a time to enjoy the warmth and comfort of home — not worry about chilly weather or catching a cold. Here are some tips to help the season stay merry, healthy and bright:

Wash your hands — With more people indoors, germs that can cause illness are more prevalent. Wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

Get a dose of vitamin D — Less sunshine means less vitamin D absorption, so eat a variety of foods that include the nutrient, including eggs, milk, fortified cereals, and fatty fish such as salmon and tuna. Vitamin D boosts your immune system and helps stave off the “winter blues.”

Dress warmly — Two or three thin layers of clothing are actually warmer than one thick layer. When out during cold weather, wear a heavy coat, a hat, gloves or mittens, and a scarf. Limit your time outdoors and go inside immediately if your clothing gets wet.



Baby It's Cold Outside

Can you believe we are into winter? With rain, snow and wind, we never know what to expect. Get those coats, hats, gloves and scarves out! It is a great time for tea, hot cocoa and oatmeal. Go meet a friend in the dining room in between meals and enjoy and cup of something hot. Work a puzzle up in the activity room. Catch a movie in the afternoon with some friends. Start a good book! Don't forget, always count your blessings. Happy Holidays!

— Judy

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

**Platinum
Service®
Standard #17**

“I am committed to my ongoing development. Knowledge and skills are essential in creating a great experience for our residents.”

We use this Platinum Service mission in all we do to create a wonderful, safe and friendly community for our residents to call home. When we live up to the mantra of “Putting you at the heart of everything we do,” we know that residents, families and team members are enjoying a positive, enriching experience each day. Understanding how to better serve our residents and families is very important to us. It helps make us contributing and supportive members of the community we serve!

Patty's Post

Merry Christmas and Happy New Year from your Summer Hill staff! December is the season for giving and sharing. Often times I am asked if it is permitted for you to give tips or gifts to staff. While it is a very nice gesture I know comes from a gracious heart, by policy we as staff are not permitted to accept gifts. A smile, a card, a kind word or hug will make our day. Our job satisfaction comes from knowing we have helped create a safe, clean and loving environment for our residents. Your verbal appreciation goes a long way in giving us those "warm fuzzies" that keep us inspired each day. Your gift to us is to be happy, safe and healthy at Christmas and always!

Warmly, Patty

Summer Hill would like to recognize Patty for her 20 years of service. Patty started in December 1997 as a caregiver and has been with us since! She has filled many different roles including; caregiving, clerical support, nursing supervisor, sales/marketing, personnel compliance, staffing coordinator and HR assistant. Patty is an essential employee at Summer Hill, and we are fortunate to have her! Please congratulate her on 20 years of service!



1997



2017

Kathleen's Column

I had a wonderful Thanksgiving with my family and hope you did too! There was a plethora of great food, conversation and fellowship with my loved ones during the holidays, which always helps to stave off the winter "blahs" and chilly weather.

I love the amount of energy I feel from everyone around this time of year. There is so much excitement in the air in preparation for and during the holidays. With shopping plans, parties and baking, we are all extremely busy and preoccupied.

Hopefully, this is also the time of year we are thinking about other people as much, if not more, than ourselves. Now would be a good opportunity to give back to the community in whatever way touches your heart. This is a joyous time of year for many, but a tough time for others. Maybe you could stop during the hustle and bustle of your day to lend a sympathetic ear and spend a few moments visiting with someone who looks like they could use a friend. Step outside your comfort zone and share yourself with others in a way that shows your holiday spirit!

Merry Christmas to all and a happy New Year.

— Kathleen



Meaningful Gifts for Seniors

As you may know, gifting and receiving gifts can become a bit redundant when you already have everything you need and want! Sometimes it can be a challenge to find a gift that is appropriate for a friend, or maybe you have a hard time thinking of things you would like to receive as gifts. We have come up with a short list that may give you some ideas this holiday season.

- Toiletries
- Stamps
- Gift Certificates for Dining Out
- Clothing
- Pharmacy Gift Cards
- Blankets
- Haircuts
- Snacks
- Puzzles and Game Books
- Door Decorations



New Residents

We would like to give a warm welcome to all of the new residents.

Heidi's Outreach

Winter stormed in very early this year, and right on the heels of that, the holidays were already in full swing. It's so fun to see all of the Christmas decorations and lights gracing our community. Eyes will twinkle as Santa and Mrs. Claus appear with candy canes and cheer to all. Young and old alike will be participating in festive musical presentations adding to the enjoyment of the season, conveying the message of "Peace on Earth."

It is a time of giving and receiving gifts. Sometimes, it is difficult to think of that perfect item for friends and family. Emerson wrote, "The greatest gift is a portion of thyself." In all of our hurried schedules, we sometimes rush through the season filling our lives with busyness. Wouldn't it be great if we would give the gift of time to others? Even a smile, a kind word or just sharing a cup of coffee can be a gift to those you care about.

May the joy of the season abound in your hearts throughout the year ahead.

— Heidi



Food and Beverage/ Dining Services

Whether carried on by culinary tradition or celebrated in story and song, some foods from years past remain part of the season's festivities:

Chestnuts — The lyrics of a sentimental holiday song describe "Chestnuts roasting on an open fire."

Roasted chestnuts have been a common street food for centuries in Europe and Asia. The brown nuts are heated over a flame or in an oven. Once cooled, peeling the hard shell reveals a meaty, sweet-tasting nut.

Sugarplums — The beloved Sugar Plum Fairy rules the Kingdom of Sweets in Tchaikovsky's popular ballet "The Nutcracker." A long-ago luxury, this confection from the 17th to 19th centuries was not actually a sugared plum as the name suggests, but a type of small, hard-sugar candy that resembled the fruit's shape.

Figgy pudding — The word pudding is a generic term for dessert in Britain, where a figgy pudding topped with a holly sprig ends a holiday meal. The dome-shaped, moist spice cake, loaded with dried fruit, is also called plum pudding and was most popular in the 15th to 19th centuries.



Carly's Life Enrichment Corner

The holidays are here again! I cannot believe how fast time goes. This month, just like last year, we will be having a wide variety of events to celebrate the holiday season. We will be having bands, dancers, music groups and performances, so watch for flyers announcing the dates and times. Also, we will be having our Summer Hill Christmas Celebration on Dec. 14, at 4:30 p.m. Last year, Santa and Mrs. Claus made an appearance, which was a special treat! Maybe if we are on our best behavior they will come again. I am really looking forward to spending this holiday season at Summer Hill.

— Carly



Resident Birthdays

Jerry E., 8th
Bud M., 10th
Betty P., 23rd

Employee Birthdays

Mikhaila R., 15th

Anniversaries

Patty Y., 12/2/1997 (Service)
Michelle A., 12/2/2016 (Service)



SUMMER HILL

Senior Living

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Staff

Executive Director
Leslie Burns, RN

Director of Nursing
Judy Gilbert

Life Enrichment Director
Carly Waymire

**Community Outreach
Director**
Heidi Kuzina

Maintenance Director
Geoff Simmons

Business Office Manager
Kathleen Houlihan

**RNA Administrative
Coordinator**
Patty Young, RNA

Maintenance Updates

Summer Hill would like to introduce to you our new Maintenance Director, Dan Sligh.

“Hello everyone. My name is Dan Sligh. I am the new Maintenance Director. I wanted to take this time personally thank Geoff for his time here at Summer Hill and for taking his time to train me properly to support all of you here at Summer Hill. I am from Lake Tahoe, Calif. I have a wife, Sally, and two daughters, Sherilyn and Marisa. I retired in 2016 from the United States Navy as a Command Master Chief after a 30 year career. I look forward to being a new member of this amazing family. Thank you, and have a Happy Holidays.”

— Dan



Dan Sligh, Maintenance Director

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

