



# Good Life

## NEWS

at The Commons on Marice

SEPTEMBER 2019

## EXECUTIVE DIRECTOR

### Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are a variety of ways to connect with them and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending “just because” cards by mail. With technology such as email, text messaging, video calls and social media websites, it’s even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Your loved ones will treasure reading about those memories now and for years to come. Creating these keepsakes can be a fun hobby and help you feel closer to your family, even when you’re apart.

You’ve probably heard the saying “They may forget what you said, but they will never forget how you made them feel.” What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying “I love you” are all simple yet shining ways of being a great grandparent.



## HONEY AND HEALTH

Honey, the sweet, golden nectar produced by bees, has been treasured for thousands of years not only for its taste, but also its healing properties.

**Antioxidants:** Honey is full of these powerful compounds that help protect the body’s cells from damage and have been linked to a reduced risk of heart attack, stroke and some types of cancer. Dark varieties of honey, such as the kind made from buckwheat flowers, have the highest antioxidant levels.

**Antibacterial properties:** Ancient Egyptians used honey’s antibacterial power to heal wounds and burns, and modern-day health professionals sometimes use medical-grade honey as a wound treatment. Honey’s antiseptic qualities and ability to promote healing make it a popular ingredient in skin care products. Honey is also used in hair care products to soothe various scalp conditions.

**Anti-inflammatory effects:** There’s a reason why honey is often touted as a remedy for a sore throat or a cough. Multiple studies have shown honey to be a better cough suppressant than several over-the-counter medicines because of its anti-inflammatory properties. Honey’s soothing effect may also provide relief from acid reflux symptoms.

It’s important to remember that honey is still sugar and can affect blood sugar levels. Talk to your health care provider about consuming honey.



## RESIDENT SPOTLIGHT

Ellie K. grew up on a farm in Clements, Minn. She was the youngest of nine children. She remembers going to a one room schoolhouse that was heated by a coal burning stove. Ellie has many fond memories of growing up in a small Minnesota town; sleigh rides in the winter, going to dances where they danced to live music and watching movies in the park.

When she graduated from high school, she moved from Clements, a town of about 200 people, to Minneapolis, where she experienced the “big city.” She lived with her sister near Lake Calhoun, which she said was a very “hip” place to live. Ellie worked at Sears in the credit office and walked to work to save money and get exercise. It was a big change from the small town farm life she had lived. She then moved to North Dakota for a short while, where she worked as a hospital receptionist, but she missed her family and living in Minnesota, so she moved back.

She met her husband, Bob, on a blind date. They were married in the winter of 1950. On their wedding day, Ellie said the sun shone down on them but the next day there was a blizzard. Ellie and Bob started their married life together in Richfield and then moved to West St. Paul. They raised four children, two girls and two boys. She worked for Marriott at the Minneapolis/St. Paul International Airport for 24 years. She said it was fun, and she saw lots of interesting people. Bob and Ellie were married for 56 years until he passed away in 2006. Ellie has a grandson and a granddaughter.

Ellie enjoys knitting and traveling. Some of her most memorable trips were to the Holy Lands, Spain, Italy and Paris.

At the Commons, she volunteers setting up for the weekly St. John Neumann Church services. She also enjoys Art with Shawn, being a member of the Commons Choir and Bingo. We are happy to call Ellie our friend and neighbor.



## RESIDENT BIRTHDAYS

Harriet S., 2nd	Clair T., 14th
Dave E., 4th	Marjorie H., 15th
Beryl C., 5th	Jerry S., 21st
Rita S., 7th	David S., 22nd
Rosie J., 9th	Phyllis R., 23rd
Russ S., 10th	Lyn W., 24th
Nancy S., 13th	Robert K., 25th

## NEIGHBORHOOD NEWS

We are excited to be bringing back our Annual Pancake Breakfast on Sept. 15 from 9 a.m.-12 p.m. We will be partnering with Chris Cakes and

earning money to be donated to support the Walk to End Alzheimer's. Chris Cakes catering company specializes in high flying, pancake flipping for all ages! Come be our guest and help support a great organization!



## ENVIRONMENTAL SERVICES

Sept. 8-14 is National Environmental Service & Housekeeping Week.

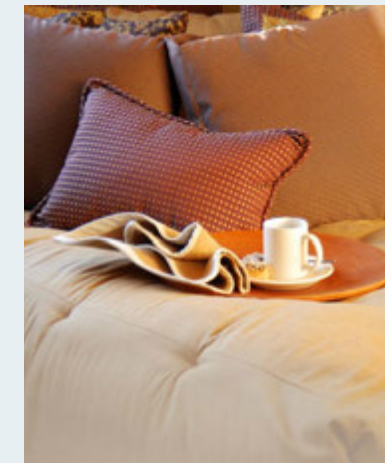
The Environmental Service team at The Commons on Marice demonstrates huge efforts towards quality, safety and customer service in every aspect.

Let us recognize our environmental services team as essential personnel in the execution of infection control, cleaning protocols, residents' safety and outstanding service.

Good job, team; we are so proud to be given the opportunity to manage such great departments.

*Sue Bahrke, Director of Housekeeping*

*Bob Baumann, Director of Maintenance*



## SOARING THE SPIRIT

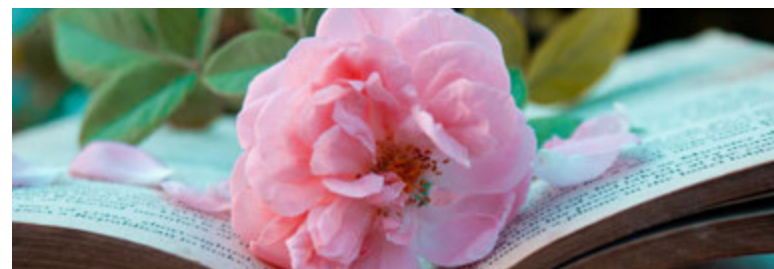
Recently, I was talking with a friend of mine about the idea of becoming. Here are some thoughts and words to “chew” on. We all hold potential to become, to renew, to transform, to flourish from within.

Having trust that it is possible to improve or change is crucial in succeeding. Becoming includes believing that a new you, a different you, a better you can emerge. Caterpillars become butterflies, and seeds become grand trees.

The other side is that we cannot help but become something. Good, bad, indifferent, active, passive, connected, isolated, etc. We are all becoming — the question is what do we want to become? What holds us back from becoming what we hope for and still can be?

Age is only a mask — it doesn't reveal who we are becoming — our intentions, actions, desires are more powerful than age.

*Shawn Latourelle*



## NURSING/ HEALTH CARE

### Reasons To Read

Getting lost in a good book is an enjoyment for many people.

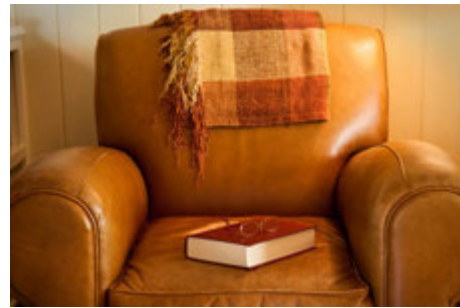
More than just entertainment, reading has been shown to be good for your health.

**Boosts brain power** — Much like exercise for the body, reading a book is a workout for the brain. Critical thinking is required to process the text, make connections between chapters and retain information. This forges new pathways in the brain, which can help protect against cognitive decline.

**Increases empathy** — When immersed in reading, especially a fiction story, we are likely to identify with the characters and their emotions. This may help us better relate to people in real life, strengthening bonds and prompting positive interactions.

**Promotes sleep** — A bedtime routine that includes reading with dimmed lights sends a signal to the body that it's time to wind down. Physical books work best at night since the glare from digital devices can disrupt sleep.

**Reduces stress** — A page-turner often transports the reader to another world, providing a break from worries. Participants in one study began to relax after just six minutes of reading.



## LIFE ENRICHMENT/ HIGHLIGHTED EVENTS

### Lunch Outings for this Month:

#### Friday, Sept. 13, Jensen's Cafe

Jensen's Café prides themselves on their homemade soups, famous butter maple syrup (oh my!), made-from-scratch pancakes, locally-roasted coffee and plenty of other home-style delights and serving an unforgettable breakfast, lunch and dinner.

#### Friday, Sept. 27, Dangerfield's

The Dangerfield's tradition is about excellence, warm hospitality and legendary but comfortable cuisine, all in a beautiful nature setting overlooking the river at the east end of Shakopee. For lunch, dinner or Sunday Brunch, you will find their food, service, selection and atmosphere are superior by every measure.

#### Wednesday, Sept. 25

Join some pre-schoolers for lunch at the Intergenerational Learning Center next door to the Commons. There's never a dull moment and lots of conversation!

### Summer Fun Outings This Month:

#### Wednesday, Sept. 11, Old Log Theatre Present "Five Presidents"

Former presidents Gerald Ford, Jimmy Carter, Ronald Reagan and George H. W. Bush joined the incumbent president, Bill Clinton, at the 1994 funeral of former president Richard Nixon in Yorba Linda, Calif. It had been more than 20 years since the world's most exclusive “Presidents” club had lost a member through death. “Five Presidents” is an 85-minute imagining of what might they have chatted about while gathered prior to the services to begin. Was there maybe some soul searching among great men so rarely together or would these leaders of the free world prefer banter, small talk, jokes or petty bickering? “Five Presidents” is a smart and funny drama/comedy.

#### Wednesday, Sept. 18, Mystic Lake Casino

It's Minnesota's largest casino only 25 minutes from Mall of America® owned and operated by the Mdewakanton Sioux Community with slots, blackjack, bingo, luxury hotel, entertainment, best of Twin Cities restaurants and an award winning buffet. We will go for lunch and gambling, or just gambling, or just lunch, you decide.





# THE COMMONS ON MARICE

Senior Living

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MDH-377791



MANAGED BY  The Goodman Group

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**Maintenance Director**  
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**Director of Spiritual Care**  
Shawn Latourelle

## NEW RESIDENTS

Each month, we have a welcome party to welcome our new neighbors and friends into the community! This is a great chance to learn interesting facts about the new residents. We will serve refreshments and a light snack.

This month, the welcome party will be on Tuesday, Sept. 24, at 3 p.m., in the club room. We hope to see you there!



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