



# Good Life

## NEWS

at Summer Hill

JANUARY 2021

### EXECUTIVE DIRECTOR

It's winter here in the Northern Hemisphere, bringing cooler temperatures. Keep warm with this bundle of cold-weather facts:

- While it may not snow in every city, about 1,200 cubic miles of the fluffy stuff falls on North America every year.
- The Great Lakes region is known as the snow belt of the U.S.
- Fairbanks, Alaska, gets the title of America's coldest city in winter. Its average low temperature is a frosty 16 below zero.
- Residents of Bethel, Maine, built a record-breaking snowperson in 2008. Named Olympia, she stood 122 feet high — almost as tall as the Statue of Liberty — and was made of 13 million pounds of snow!
- You don't have to wait for spring to see beautiful blossoms. Pansies, snowdrops and English primroses are some common flowers that bloom during the chilly months.



### LIFE ENRICHMENT

Happy New Year! 2021 is here, so let's make it a good year! With a New Year brings new hope, new memories to make and a New Year's resolution!

My new year's resolution is to work on doing nice things for myself, such as going on a nice walk, settling down with a good book and a cup of tea, tending to my nails while I watch some TV and doing a face mask once a week.

We all had a challenging year in 2020, so let's make 2021 the year we take care of ourselves!

What is your New Year's resolution?

### NURSING

Fiber is famous for keeping the body's digestive system working, but it also has a powerful effect on other vital functions, helping you live longer and stay healthier.

**Controls blood sugar** — Eating foods high in fiber — whole grains, vegetables, fruits and nuts — slows the absorption of sugar and carbohydrates into the bloodstream. Blood sugar levels rise gradually instead of spiking and crashing, which also affects your energy level.

**Lowers cholesterol** — The type of fiber found in foods such as oats and beans attaches to cholesterol in your intestine and keeps it from being absorbed, contributing to heart health.

**May reduce inflammation** — Studies suggest that people who eat a diet full of fiber have reduced levels of chronic inflammation, which is linked to arthritis and certain cancers.

**Helps control weight** — High-fiber foods tend to be low in calories and help you feel full faster and longer.

Guidelines recommend older women fill up on at least 21 grams of fiber each day, and 30 grams for older men.

Doctors say getting your daily amount from a variety of foods that are naturally rich in fiber, rather than supplements, is best. Top sources include black beans, peas, raspberries, oatmeal and popcorn.

## PATTY'S POST

January — a new day, a new year — ringing in with joy and excitement! January brings the freshness of new beginnings, new resolve and perhaps even a new outlook on life. After this long and difficult year of pandemic and all it brought, it's hard to feel joy and excitement. We could all certainly use a fresh beginning!

I was having a particularly difficult time a few months back, and it happened to come time to change the password on my computer. The first thing to come to my mind was what I was aching for inside, "New Day," came spilling from my fingers to the keyboard. At that moment what I needed most was a new day, a fresh start, a new outlook. I figured if I had to type it perhaps 50 times a day it might get stuck in my head, "Every day is a new day. This day is unlike any other," it will be what I make of it.

### An unknown author once wrote:

"This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind, let it be something good."

My challenge to you today is, no matter your situation, whether you are in a place of peace and contentment or a place you would rather not be, may you use this day, this new day, to affect your world for good. Share some encouragement in the form of a smile, a compliment or a word of good cheer to those around you. Make this new day and every day count.

Cheers and may God bless you richly in 2021!

*Patty*

## FROM THE DESK OF DAN

Happy New Year! Hello everyone and welcome to the New Year. 2021 is finally upon us. I hope everyone had a great 2020 and is genuinely looking forward to 2021. 2020 was an extremely tough year for all of us with the Pandemic and the challenges it presented. As the new year unfolds, I am sure it will present all of us with some new and interesting challenges that we as the Summer Hill family will meet head on with grace, humility and determination. All of the Summer Hill staff genuinely thanks you from the bottom of our hearts for your patience during these challenging times that unfolded in 2020.

As a reminder to all residents and staff, the cold and weather has created a lot of black ice and slip hazards on the roads and the parking lots as we go out for walks or appointments. Please be careful getting in and out of your vehicles so you don't hurt yourself. If you see a patch of ice in the parking lot that you feel is dangerous, please get a hold of me or any of the staff members so we can get the problem fixed immediately.

I hope this year is also filled with lots of happiness and great moments for all of us to enjoy and cherish. No one knows for sure what will happen, and that is part of the excitement we call life. I am really looking forward to the New Year and all the wonderful possibilities it holds. I hope all of you have a great year as well. From all of us in the Summer Hill family to you and your family, welcome to 2021 and have a great year.

*Dan*

## KICK-START YOUR DAY

How you start your day affects how you feel and act the rest of the day. These simple habits can get you ready to take on whatever comes your way.

**Wake up to music:** Groggy when you first get up? Using an upbeat song instead of a harsh beeping sound as your alarm can help you feel more awake and alert. Scientists say a melody eases the brain into waking up, while alarms seem to confuse it.

**Stay offline:** If you use your phone as an alarm, resist the urge to stay on your device and scroll through your social media, check your email or read the news. Use the time to make a plan for the day ahead, journal or just think.

**Make your bed:** This small task can have a big impact on the rest of your day. High achievers agree that completing small actions, such as straightening your bed, will give you a sense of pride and provide momentum to accomplish other tasks.



## RESIDENT BIRTHDAYS

Walter D., 18th   Charleen L., 25th   Bernie B., 28th   Patrick S., 28th

## EMPLOYEE BIRTHDAYS

Lissette B., 7th   Jheza C., 15th

## SERVICE ANNIVERSARIES

Michaela S., 1/27/2020

## EMPLOYEE SPOTLIGHT

This month, let's put one of our CNAs, Michaela, in the spotlight! Michaela is really nice and is always willing to lend a hand, from complimenting your outfit to getting you to dinner all with a smile in her voice. When you see Michaela, make sure you give her a big thank you for all she does for us!

## RESIDENT SPOTLIGHT

I would like to put our new resident, Joy, in the spotlight! Joy is new to our building, and she is very nice. She loves to have conversations with people and get to know them. She used to do needlepoint art and horseback riding. If you see Joy around, give her a friendly hello!

## FEEL-GOOD FILMS

Begin the new year on a bright note by enjoying one of these movies that are favorites for their uplifting stories.



### "The Wizard of Oz" (1939):

Called one of history's greatest films, this Technicolor musical fantasy has stood the test of time for its tale about friendship, courage and longing for home.

**"Hoosiers" (1986):** A small town high school basketball coach defies the odds and guides his team to the state finals. This underdog story has been named one of the best and most inspiring sports films.

**"The Shawshank Redemption" (1994):** With its plot about a man wrongly imprisoned and message of never losing hope, this timeless drama remains a top-rated pick decades after its release.

**"Apollo 13" (1995):** "Failure is not an option." That's a line from this true story of NASA's against-all-odds mission to get the three astronauts of the 1970 Apollo 13 moon mission safely back to Earth after an explosion damages their spacecraft.

**"Ray" (2004):** A portrait of Ray Charles, this biopic shows how the music legend overcame tragedy and blindness to revolutionize American music.

**"Up" (2009):** In this animated hit, 78-year-old Carl carries out an unusual plan to fulfill a promise to his late wife by taking flight for a South American paradise. But a young stowaway steers his adventure off course.

## SALES & MARKETING

Happy January, Residents!

We did it! We made it through 2020! What a year it was! I learned a few things from 2020. The first one is stock up on toilet paper! On a serious note, I actually learned to slow down, to not take things for granted and to spend as much time telling my family how much I care and appreciate them. It is easy getting caught up in the day-to-day roles we play and then time goes by so fast! It is nice to slow down every once in a while and be in the moment.

I look forward to a new year with you all!

Much Love,

*Jennifer Bachmann*

## DINING SERVICES

Warm and filling, comfort foods make us happy and often remind us of home. Enjoy a taste of some go-to favorites from around the globe:

**Pierogies** — These Polish dumplings can have different savory fillings, including potatoes, cheese, sauerkraut or ground meat, and are typically served with sour cream and fried onions.

**Soupe a l'oignon** — A bowl of French onion soup features caramelized onions in a rich beef stock, covered with a blanket of toasted bread and melted cheese.

**Cha siu bao** — A dish from southern China, these soft, doughy steamed buns are filled with slightly sweet barbecued pork.

**Picadillo** — This simple hash of ground beef and tomatoes is popular in Latin American cultures. The iconic Cuban version includes olives and raisins and is paired with rice and beans.

**Irio** — In Kenya, this mash of potatoes, corn and green peas is so essential that its name literally means "food." It's often eaten as a main dish or served as a side to roasted meat.

**Khichdi** — Often compared to risotto, this one-pot Indian recipe of rice and lentils is flavored with warm spices such as cumin and turmeric.

**Moussaka** — A classic casserole from Greece, moussaka is made of layers of sautéed eggplant, potatoes, ground meat, tomatoes and onions, all topped with cheese and a creamy white sauce.





**SUMMER  
HILL**

Senior Living

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MANAGED BY



The Goodman Group

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## FALLING FOR DOMINOES

Whether it's chicken foot, Mexican train or 42, domino games score big for fun.

The click-clack sound of dominoes has long been enjoyed across geography and cultures. The game likely originated in China during the 12th century. By the 1700s, a modified version was being played in Europe, then it later spread to North and South America.

Domino game pieces are rectangular tiles, also called bones. The face of each tile has two sections, marked with a number of spots known as pips, which are like those on a pair of dice. Similar to card games, the tiles are shuffled, and players draw a number of pieces for their hands. Players take turns laying down their dominoes, forming connected chains of tiles. There are dozens of domino games for all skill levels.

Domino toppling has also become a popular activity. Game tiles are stood upright on their ends and lined up, forming designs and images. Knocking over one domino creates a chain reaction of falling pieces and a visual spectacle.



## NEW RESIDENTS

- Joy B.
- Ruth K.



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