

# *A Lifetime of Caring*

**November  
2018**

## **Staff Directory**



### **Main Number**

651-767-9572

### **Jim Dudley**

*Executive Director*

### **Tina Wedde**

*Director of Nursing*

### **Ron Nelsen**

*Maintenance Director*

### **Ashlie Knack**

*Life Enrichment Director*

### **Christina Pinder**

*Community Relations Director*

### **Scott Borchardt**

*Dietary Director*



## **SUMMIT HILL**

SENIOR LIVING

1824 Old Hudson Rd, St Paul, MN 55119

[Summithillseniorliving.com](http://Summithillseniorliving.com)

## **Jim's Journal**



*"Work like you don't need the money.  
Love like you've never been hurt.  
Dance like nobody's watching."*

*~Satchel Paige*

## **Hello!**

November is here which means that flu season is closer than ever before. With that being said please make sure that you are covering your mouth when you cough or sneeze, and washing your hands frequently! We want to make sure everyone stays happy and healthy here at Summit Hill. Please make sure you are aware of your surroundings at all times, make sure that you never let anyone into the building that you don't know and also report any suspicious activity to either Jim or the police. We also have a new Chef that recently started named Scott, please introduce yourself to him and if you have any suggestions for new meals please let him know!

**Best Wishes,  
Jim Dudley**



# A Note from Nursing

## Which Foods Best Help Manage Diabetes?

Diabetes is a difficult condition to control. There are many aspects to regulating blood sugar, but diet plays a significant role and without the right foods, diabetes can quickly become unmanageable.

A balanced daily intake of carbohydrates, protein, and fat is the cornerstone of a sound diabetic meal plan, but not all foods are created equal and making the wrong choices makes managing blood glucose harder than it has to be. Lean proteins, whole grains, and healthy fats are the best sources of the three main macronutrients, but selecting foods that are also high in soluble fiber, low in calories, brimming with healthy fats and packed with essential micronutrients such as vitamins and minerals supports optimal health and make it easier to keep both weight and blood glucose in check over time. For optimal control of diabetes, consider these six nutritious and delicious food choices.

**Nuts:** They're loaded with protein and fiber, so they make a well-balanced snack, and they're full of beneficial mono- and polyunsaturated fats that help stabilize blood sugar and cholesterol levels

**Popcorn:** Snacking with diabetes can be tough, but popcorn is an excellent source of whole grains that are low on the glycemic index because of its high fiber and protein content.

3. **Greens:** Vegetables are healthy mainstays in a diabetic diet, but too many starchy choices like corn and potatoes can derail glycemic control efforts.

4. **Oatmeal:** All whole grains contain fiber that helps minimize blood sugar spikes, but oats have a special kind of fiber called beta-glucan.

5. **Beans:** Like whole grains, beans are a premium source of healthy fiber and protein that makes them better for diabetics than other sources of carbohydrates.

"Which Foods Best Help Manage Diabetes?" *HealthnFitness.net*, [healthnfitness.net/read/which-foods-best-help-manage-diabetes?k=diabetes](http://healthnfitness.net/read/which-foods-best-help-manage-diabetes?k=diabetes).

## Easy-Baked Success

If only baking in a real oven was as delightful as baking in an Easy-Bake Oven. In 1963, the first Easy-Bake Oven was introduced in November just in time for the Christmas shopping season. Inventor Ronald Howes' idea was simple: create an oven that can be used by kids that looks just like Mom's oven. He

was inspired by a visit to New York City, where he witnessed chestnut vendors cooking their nuts on what seemed like every street corner. His new toy used just two incandescent lightbulbs to generate enough heat (about 350°) to bake small brownies and cakes. In those first couple of months, the Kenner toy company sold 500,000 Easy-Bake Ovens, despite the price tag of \$15.95, which would be almost \$100 by today's standards. In 1963, it must have been a small price to pay for real home-baked goodies.





# Staff Appreciation

We recognized three employees last month for excellent service. Please congratulate Denis for Teammate of the month. We also awarded Winston & Helen P. with Say it Ain't So Joe! We encourage all residents to nominate an employee who goes above and beyond to assist you, or provides you with excellent service.

Complete a nomination form and place it in the "Say it Ain't So" box, located in the lobby.



**Teammate of  
the Month:  
Denis**

**Say It Ain't So Joe of  
the Month:  
Winston  
&  
Helen P.**

## Champion of Chimpanzees

Jane Goodall had no formal training in animal behavior or anthropology when she ventured into the African jungle in Tanzania, East Africa. She simply wanted to observe chimpanzees in the wild. What she discovered on November 4, 1960, changed the way humans view animals forever. For the first time, a human witnessed another animal use a tool of any kind. In this case, a chimp used a twig to extract termites from their mounds. Humans are called *Homo sapiens*, which means "man the toolmaker." Goodall's discovery forced the scientific world to reconsider the idea that tool-making is not unique to humans. After a lifetime of being a champion of chimpanzees, there maybe no better-known chimp expert than Jane Goodall, who at her start, wanted nothing more than to be alone with the chimps.







# SUMMIT HILL

SENIOR LIVING

Hi There!

We have many new Residents in the building so please feel free to introduce yourself and welcome them home!

If you ever have any questions or concerns feel free to come talk to me. I am always open to new suggestions on activities as well!

-Ashlie

The Life Enrichment office number is:

651-767-9575

Date	Time	Event
11/6	6:00pm	Pet Visit (CR)
11/ 2, 16, & 30th	3:00pm	Happy Hour (CR)
11/6	1:00pm	Party with LIVE Entertainment (CR)
11/8 & 28	3:00pm	Sing Along with Melissa
11/9	1:15pm	Veterans Day Program
11/9	2:00pm	Walker & Wheelchair Cleanup
11/14	1:15pm	Tenant Council (CR)
11/14	2:45pm	Taste Testers (CR)
11/15	8-9am	Hot Breakfast (DR)
11/16	1:30pm	Resident Directory Picture Directory (CR)
11/19	3:00pm	Spa Manicures (CR)
11/20	2:30pm	Cooking Club (CR)
11/21		Thanksgiving Celebration!
11/27		Christmas Decorating Day!
11/28	1:30pm	Armchair Travelers (CR)
Every Sun.	1:15pm	Penny Pokeno (CR)
Every Sat.	2:30pm	Bingo with Dawn (CR)
		Outings Every Other Week

## November Fun Facts

- ~The name 'November' comes from the Latin for nine (novem), as it was the ninth month of the Roman calendar.
- ~November was called "Blood Month" by the ancient Saxons because that was the month they sacrificed animals to their gods.
- ~Observed during the second week in November, National Split Pea Soup Week celebrates exactly what you'd think it does: that yummy green potage.