



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
7/1	3:30pm	Spa Manicures (CR)
7/7	10:30-2pm	Necessity Shop (CR)
7/8	2:30pm	Food Committee (CR)
7/11	12:00pm	BBQ Lunch & Grab Bag Bingo (CR)
7/12 & 7/26	3:00pm	Happy Hour (CR)
7/16	3:15pm	Bear Pong Toss (CR)
7/17	1:15pm	Tenant Council (CR)
7/17	2:45pm	Root Beer Floats (CR)
7/19	8:00am	Hot Breakfast (DR)
7/19	3:00pm	Smoothie Social (CR)
7/24	3:00pm	Birthday Party with LIVE Entertainment
7/25	3:15pm	Taste Testers (CR)
7/26	8-9am	Men's Club with Ron (CR)
7/26	2:00pm	Board Game Mania (CR)
7/31	2:30pm	Armchair Travelers (CR)
7/30	9:00am	Muffins & Mimosas (CR)
Every Sat.	2:30pm	Bingo with Dawn (CR)
		Outings Every Other Week
		Pet visit every Tuesday

July Horoscopes

In astrology, those born July 1–22 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds and comfortable homes, and are always willing to welcome people into their circle. Those born between July 23–31 are Lions of Leo. Leos are natural leaders: intelligent, courageous, bold, and unafraid of the limelight. Leos' social natures also make them excellent friends and bosses.

A Lifetime of Caring

July 2019

Staff Directory



Main Number
651-767-9572

Asia Glaze
Executive Director

Kris Bauman
Director of Nursing

Ron Nelsen
Maintenance Director

Ashlie Knack
Life Enrichment Director

Ashley Brantner
Dietary Director

Lauren Thomas
Marketing Director



Glaze Gazette

"Success is a journey not a destination"

Hello everyone,

Happy July!

We are back again! It seems to officially be Summer! A couple of reminders for Summer; please remember to try your hardest to stay in the shade while outside, if you are outside please remember to apply sunscreen. You need to be applying sunscreen every 2 hours and please know that no sunscreen is truly waterproof! Even darker skin tones should still be applying sunscreen. Most importantly, sun screen doesn't protect all skin from sun damage. Being in the shade is imperative to keep looking young!

Flowers are in full bloom in the garden, feel free to enjoy the space. We have put an ashtray down in the garden area as an alternative smoking area, but please remember to put on sun screen and to throw cigarette butts in the ash tray.

Just a reminder that we are having National Night out on August 6th. Please feel free to invite friends and family! Also one week after the 4th of July, we will be having BBQ lunch/"party in the USA" to celebrate the 4th!

Thanks, and have a glorious day!

~Asia



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1824 Old Hudson Rd, St Paul, MN 55119

Summithillseniorliving.com

All About Treaah

A little bit about me, I started my medical career doing dialysis back in 2006, since then I progressed from tech, to nurse, to charge nurse, finally leaving at the position of Head of Nursing Services. My favorite place to travel so far has been California. I have yet to travel out of the country but would enjoy a trip to Europe. I enjoy trying new foods from different cultures and tend to prefer anything spicy. In my free time, I spend time with my two boys (5yo and 2yo) doing family activities. Playing at the park, building Legos or playing with Hotwheels cars. If I get adult time, I enjoy going to the beach or any body of water. I chose the nursing career as I have always been compassionate and caring towards others and want to make a difference not only in individuals lives but also contributing to bettering our society.



Humor Month: Ole & Lena

~Ole and Sven went fishing one day in a rented boat and were catching fish like crazy. Ole said, "We better mark this spot so we can come back and catch more fish." Sven then proceeded to mark the bottom of the boat with a large 'X'. Ole asked him what he was doing, and Sven told him he was marking the spot so they could come back tomorrow to catch more fish. Ole said, "Ya big dummy, how do ya know ve are going to get da same boat tomorrow?"

~Ole was excited when he completed a jigsaw puzzle in six months. Sven told him, "Ya know Ole, dat doesn't sound so good." Ole replied, "Vell Sven, da box says right here, "two-to-four years."

~Ole is inconsolable after his dog goes missing. Lena suggests that he take out an ad in the newspaper, which he does. "Well, what did you write in the ad?" asks Lena. "Here boy!", Ole replies.

Thorud, Richard Arland. *The Best of Ole & Lena : Scandinavian Jokes for All Occasions*. Bloomington, Minn. :Elliot House, 2005. Print.



Staff Appreciation

We recognized three employees last month for excellent service. Please congratulate Somorra for Teammate of the month. We also awarded Ty & Amy 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:
Somorra**

Say It Ain't So Joe of the Month:

**Ty
&
Amy**

A Good Scare

Scarecrows are normally associated with the days of late summer and autumn, but Build-a-Scarecrow Day falls on the first Saturday in July, for this is when scarecrows are needed most. The Egyptians were the first to construct scarecrows in order to keep quail out of their wheat fields. And while the Greeks and Romans were building scarecrows, so, too, were the Japanese, who made kakashi to protect their rice fields. With so much use of scarecrows throughout history, one would have to think that they are an effective way to deter pests from raiding the fields. Most scarecrows do scare off pest birds like crows and blackbirds—temporarily. But once the birds become accustomed to the scarecrow, they will resume eating the crops. Researchers have discovered that scarecrows with realistic faces and brightly colored clothing do a better job of scaring away birds. Moving a scarecrow around will also keep pests wary. Futuristic farmers have even begun to opt for robotic scarecrows that scare birds off with laser beams and supersonic waves. Fun fact birds are also scared of the scent of humans that lingers on a scarecrow's clothes. 3

