



# 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   |
|------------|------------|---|
| 11/7       | 11:30am    | Resident Picture Day (LO)                       |
| 11/6       | 2:30pm     | Cooking Club (CR)                               |
| 11/8       | 1:30pm     | Happy Hour: Chicken Wing Bar (CR)               |
| 11/10      | 10:30-2:30 | Necessity Shop (CR)                             |
| 11/12      | 2:30pm     | Birthday Party with LIVE Entertainment (CR)     |
| 11/13      | 2:30pm     | Wishbone Toss (CR)                              |
| 11/13      | 3:15pm     | Turkey Ticklers (CR)                            |
| 11/14      | 3:15pm     | Name this Tune (CR)                             |
| 11/19      | 10:30am    | Tenant Council: Monkey Bread & Fresh Fruit (CR) |
| 11/19      | 2:15pm     | Truth or Turkey Trivia (CR)                     |
| 11/20      | 2:30pm     | Soul Food Social (CR)                           |
| 11/21      | 3:15pm     | Americas Funniest Videos (CR)                   |
| 11/22      | 8-9am      | Hot Breakfast (DR)                              |
| 11/26      | 3:00pm     | Harvest Party with LIVE Entertainment (CR)      |
| 11/27      | 1:30pm     | Candy Bar Bingo (CR)                            |
| 11/28      |            | HAPPY THANKSGIVING                              |
| Every Sat. | 2:30pm     | Bingo with Gayle (CR)                           |
|            |            | Outings Every Other Week                        |
|            |            | Pet visit every Tuesday                         |

## November Horoscopes

*In astrology, those born November 1–22 are the scorpions of Scorpio. Scorpions are passionate and assertive, yet they are also known to keep cool. This composure makes them good leaders and loyal friends. Those born between November 23–30 are centaur archers of Sagittarius. Archers are curious, energetic, and enjoy change. They are funny and enthusiastic, cherishing freedom and independence.*

## A Lifetime of Caring

November 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

**Jermaine Rayford**  
Dietary Director

**Cosmina Strain**  
Marketing Director



# SUMMIT HILL

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1824 Old Hudson Rd, St Paul, MN 55119

Summithillseniorliving.com

### The Scoop



*"There is always something to be thankful for"*

**Happy November Everyone!**

With winter just on our door steps please remember to dress accordingly, especially if you are going outside for any period of time. That means throw those shorts and flipflops in the back of the closet and pull out those winter jackets and boots! We want to make sure that you're not only safe but also that you don't catch any bugs this season.

There are some fun new activities on the schedule along with some favorites from the past. We will have our monthly Birthday Party on the 12th and a Harvest Party on the 26th, both of which have live entertainment! On the 20th we are bringing back our soul food event right before the holidays, so come and stop by for some traditional southern eats!

Lastly just a friendly reminder about the bus outings. The sign up book is placed by Asia's office by the 1st of every month, and is a first come first basis. Just a reminder that if you do sign up for an outing you are making a commitment on attending and must be there 15min before the listed time for loading.

~Ashlie



# Meet your new Chef Jermaine!



We recently hired a new Dietary Director at our facility and for those of you who haven't had the chance to meet him, his name is Jermaine . He has a lot of cooking experience and started off cooking in the military, then worked at Fairview for over 15 years. Jermaine's favorite thing to cook is lasagna. The weirdest food he has eaten is snake or alligator. Believe it or not he does not eat red meat! Some of the hobbies he enjoys participating in is softball, tennis, and bowling (his average score is 219). His favorite place that he has traveled to is Jamaica but dreams about traveling to Africa. Jermaine has been married for 20 years and has a four month old son that tends to take up a lot of his time. Lastly to warn all readers...he does cheer for Minnesota's most hated enemy...the Packers. Hopefully this new information doesn't taint your view of our new cook. I'm sure he cooks a lot better than his taste in football teams.

# Pride of the Pilgrims

In 1620, the pilgrims departed England on the Mayflower, looking for religious freedom in the New World. They had contracted with the Virginia Company to establish a colony in Virginia, but storm drove their ship far off course, and they landed instead on what is now Cape Cod. Far from Virginia, the pilgrims aboard the Mayflower began to argue that they were no longer bound to the laws of Virginia Company. Pilgrim leader William Bradford knew that without laws the colonists would turn against themselves. And so, on November 11, 1620, the colonists signed the Mayflower Compact, a set of laws establishing order within their new colony. Historians now believe that it was this document that allowed the colonists to work for each other and survive that first, harsh winter. The Mayflower Compact remains the first document that established self government in the New World and is regarded as the earliest successful example of democracy in the colonies.



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# Staff Appreciation

We recognized three employees last month for excellent service. Please congratulate — for Teammate of the month. We also awarded — 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:**

**Say It Ain't So Joe of the Month:**

# Thanksgiving Word Search

Give Thanks



G N U N I S A L Y E D C G P N  
H N E C Q R U Z T Q Y W O N L  
P K I B F F R C G F F L B B T  
W U P V K B L E S S E D B D Z  
A C M N I R A J I A P O L V Q  
V W A P N G C C V G Y L E I Z  
U H Z R K I S E V R F V S E Q  
T W N R P I S K Q G Q L M B G  
Y E K R U T N Z N L C L I V X  
A Z O F O Y P O Q A R C R L Z  
S U D D Y C H J I Y H U G O W  
D E V B T T A D O J X T L X Q  
J L T Y B R N P P C N C I N D  
D D H M J Z H B C Q X V P H Y  
W P I B Z A A F Y A N O P G O

- Acorn
- Blessed
- Gobble
- Leaves
- Pie
- Pilgrims
- Pumpkin
- Thankful
- Thanksgiving
- Turkey

