

# The Summit Hill Herald

June

2022

*We are at your Service!*



**Mariah Turriff**

Executive Director



**Cosmina Strain**

Director of Marketing



**Kelli Leonard**

Director of Nursing



**Alexandra Olson**

Director of Life Enrichment



**Cuyler Kappenman**

Director of Maintenance



**Lindsey Jacobs**

Culinary Director

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## Jumping for June

**Did you know...**

- ◆ June was most likely named for the Roman goddess Juno, patroness of marriage and the well-being of women.
- ◆ Another interpretation says that the name came from the Latin *juvenis*, “young people,” who were celebrated at this time

**June’s Birthstone**

Pearls are associated with purity, honesty, and calmness.



**June’s Flower**

The honeysuckle denotes the bonds of love, or generous and devoted affection.



**June’s Astronomy**

- ◆ June’s full Moon, the full Strawberry Moon, occurs on Tuesday, June 14. It reaches peak illumination at 7:52 A.M. (EDT) that morning.
- ◆ This full Moon is also the first supermoon of 2022.

**Just for fun days...**

- ◆ 6/1 Dare Day
- ◆ 6/5 World Environment Day
- ◆ 6/6 D-Day
- ◆ 6/8 Best Friends Day
- ◆ 6/9 Donald Duck Day
- ◆ 6/12 Red Rose Day
- ◆ 6/14 Flag Day
- ◆ 6/15 Prune Day
- ◆ 6/17 Nursing Assistant Day
- ◆ 6/19 Juneteenth
- ◆ 6/19 Father’s Day
- ◆ 6/21 Summer Solstice
- ◆ 6/28 Paul Bunyan Day

## Director’s Cut By Mariah Turriff

Happy June! As many can see, we recently got the floors changed over from carpet to laminate. We will eventually look at expanding this project throughout the building, but we are very happy to finally have the new flooring in the lobby.

An Employee of the Month box has been posted outside of the ED office. Please submit your picks for an employee that has really made an impact for you, or one you just appreciate. We will be announcing each month who wins!

As a reminder, please use the designated smoking patios for smoking. We want to eliminate as much smoke coming into the building as possible, and need to abide by the regulations of smoking near a building.

# Marketing Minute

Marketing did not turn in their newsletter article so here are some brain teasers and you can get a prize!

## Riddles:

1. 84% of people reading this will not find the the mistake in this A,B,C,D,E,F,G,H,I,J,K,L,M,N,O,P,Q,R,S,T,U,V,W,X,Y,Z.

2. How can you throw a ball as hard as you can and have it come back to you, even if it doesn't bounce off anything? There is nothing attached to it, and no one else catches or throws it back to you.

3. What occurs once in every minute, twice in every moment, yet never in a thousand years?

4. What's full of holes but still holds water?

5. What flies without wings?

6. Where will you find roads without vehicles, forests without trees, and cities without houses?

7. What are two things you cannot eat for supper?

8. What word looks the same upside down and backward?

9. What five letter word becomes shorter when you add two letters to it?

10. A boy was rushed to the hospital emergency room. The ER doctor saw the boy and said, "I cannot operate on this boy. He is my son." But the doctor was not the boy's father. How could that be?

If you can answer all 10 go to marketing and get a snack or beverage as a reward!

## Nursing Notes By Kelli Leonard



Each June the Alzheimer's Association recognizes Alzheimer's and Brain Awareness Month! It is celebrated by sharing education, wearing the color purple and raising awareness. Alzheimer's disease is the most common cause of dementia and the

sixth leading cause of death in U.S. adults. Nearly 6 million people in the United States have Alzheimer's, and that number will increase as the population ages. Healthy People 2030 focuses on improving care and quality of life for people with Alzheimer's and other causes of dementia. While there's no cure for Alzheimer's disease, early diagnosis and

supportive care can improve quality of life. And efforts to make sure adults with symptoms of cognitive decline — including memory loss — are diagnosed early can help improve health outcomes in people with dementia. Interventions to address caregiving needs can also help improve health and well-being in people with dementia.

## Chef's Table

- We will have a new Culinary Director starting on June 21st. Her name is Lindsey Jacobs and we are very excited for her to join our team.
- If you have any concerns in the mean time, please bring them to our Executive Director Mari-ah. She is overseeing the kitchen right now.
- Your voice and opinions matter! Please let us know how the food and dining experience can be improved at Summit Hill. Please join us for food panel at 11:00am on Thursday June 9th.



# Resident Spotlight



This month we are shining a spotlight on our resident Amy. Many would describe her as friendly, humorous, outgoing, and genuine. Some of Amy’s careers include being a car sales person, bartender, handy-woman, and writer. One could say she is a Jill of all trades. Some of

her life highlights include being a published author and being accepted in to the Writers Workshop at the University of Iowa. The greatest challenge Amy has had to overcome is her sobriety. She is celebrating 30 years this year! In her free time she likes to shoot pool, read, play poker, and cook. She also attends many activities in the Summit Hill Community. If Amy could meet anyone in the dead or alive she’d choose to have a dinner party with Jesus, Muhammed, and Buda. She chose this group because she’d to see how far humanity has drifted from their original teachings and their plans for the world. Some things that may surprise you about

Amy is that she has met 3 presidents and has actually died two separate times! Her hidden talent is her skill of composing music and playing guitar. Amy’s favorite place she has traveled was when she went to Ireland when she was 18. Most of her family heritage comes from that area and it was great to learn about where her grandfather grew up. Lastly, if Amy could only have one beverage she’d choose regular Pepsi. We are so happy to have such a wonderful resident like Amy at Summit Hill Senior Living!

# Staff Spotlight

This month we are shining a spotlight on our new part time Activity Assistant. Alexis comes with prior experience in activities. Most would describe her as vivacious, extroverted, and friendly. In her free time she likes to spend time with her family, spend time outside, read, sing, and take on new cooking projects. The most unusual job she has had was when she made telephone

books. Her favorite motto to live by is, “Live life to the fullest everyday because you never know what life will bring for you.” and “Love is important. More than you know.” Alexis’s favorite vacation was when she went to San Diego and was able to discover new rocks and gems along the ocean. She actually won this vacation in a local competition on the radio! We are very excited to

welcome such a positive and fun person to Summit Hill Senior Living.



# Happy Birthday!

- 6/4 Betty S
- 6/10 Paula C.
- 6/20 Joe S.
- 6/24 Fred K
- 6/25 Lloyd A
- 6/21 Pierre E.
- 6/22 Gary T.
- 6/28 Brooke L.
- 6/30 Mike L.



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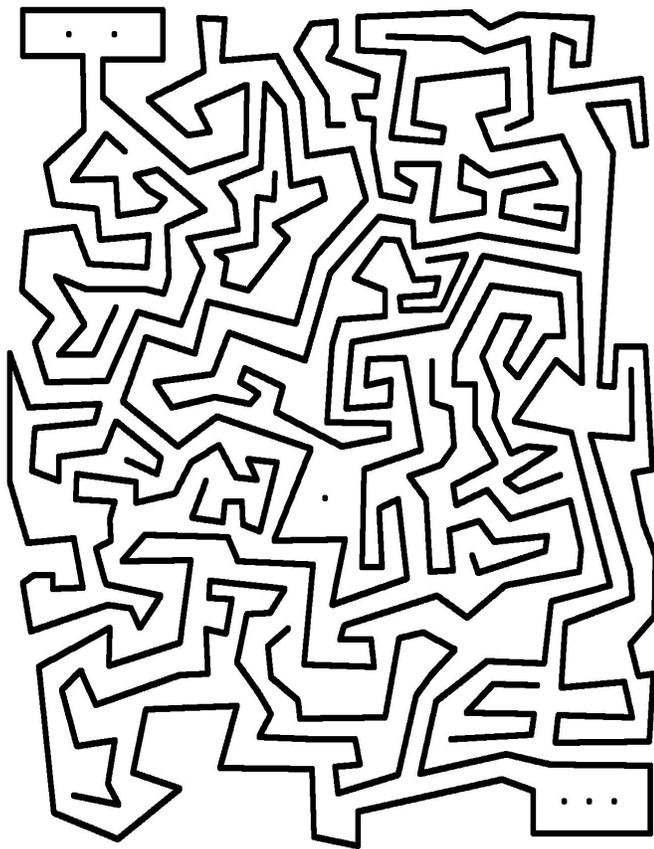
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## June Word Search

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

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|----------|-----------|--------------|
| Swimming | Camp      | Father's Day |
| Vacation | Picnic    | Longest Day  |
| Summer   | Flag Day  | Graduation   |
| Friends  | Canoeing  | Ice Cream    |
| Beach    | Weddings  | Fishing      |
| June     | Celebrate | School       |

COOL2BKIDS



## Fun With Activities By Alexandra Olson

Please join us for activities in Assisted living! We usually meet at 11:00am, 2:00pm, and 4:00pm Monday –Friday. There are resident lead activities on the calendar for the weekends too and also some week nights! Check out your calendar. Activities are a great way for you to meet new people in your community and most importantly, have something fun for you to do! We are doing some really great outings this month, free boating/fishing trip on Lake Riley, delicious ice cream at Nelson's Creamery, shopping at Walmart, and a free tour of Forgotten Star Brewing. Make sure to sign up on the Activity Board, I post the sign up every Monday morning for the outing for the following week. Please let me know if you have any feedback on the current activities or any ideas for future activities or if

you'd like to start your own resident group. I want to support as many of your ideas as possible. I also have lots of opportunities for you to volunteer in your community as well, if you'd like to help out in anyway. The activities department has also hired an assistant. Her name is Alexis and she will be working Thursday-Saturday. Also, we will be moving Bible Study with Tom on Sundays to 4pm instead of 3pm. Lastly, with a heavy heart I am informing you of my resignation as Director of Life Enrichment at Summit Hill Senior Living. I've appreciate each and everyone of you and time we have spent together. I will cherish all of our wonderful memories we have created together. My last day will be June 13th. I wish you all a long prosperous life filled with happiness. Cheers, Alex

