



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 |
|-------------|--------|---|
| 9/5 | 3:15pm | Cranium Crunches (CR) |
| 9/6 | 3:00pm | Who, What, When? (CR) |
| 9/9 | 2:30pm | Food Committee (CR) |
| 9/10 | 3:00pm | Party with LIVE Entertainment (CR) |
| 9/11 | 1:15pm | Tenant Council (CR) |
| 9/11 | 3:00pm | Taste Testers (CR) |
| 9/12 | 1:15pm | Grab Bag Bingo (CR) |
| 9/13 | 10-3pm | Stuff Exchange (CR) |
| 9/16 & 9/30 | 1:15pm | Candy Bar Bingo (CR) |
| 9/18 | 3:00pm | Karaoke Party (CR) |
| 9/20 | 8-9am | Hot Breakfast (CR) |
| 9/20 | 3:00pm | Ice Cream Sundae Social (CR) |
| 9/24 | 3:00pm | Birthday B-Day Party with LIVE Entertainment (CR) |
| 9/25 | 9:00am | Women's Muffins & Mimosas (CR) |
| 9/25 | 3:00pm | Armchair Travelers (CR) |
| 9/27 | 8-9am | Men's Club with Ron (CR) |
| Every Sat. | 2:30pm | Bingo with Gayle (CR) |
| | | Outings Every Other Week |
| | | Pet visit every Tuesday |

September Horoscopes

Those born between September 1-22 are Virgo's Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industriousness makes them smart problem-solvers and fact-finders. Those born between September 23-30 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

A Lifetime of Caring

September 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



Glaze Gazette

Autumn shows us how beautiful it is to let things go.

Hello everyone,

Fall is in the air! The first day of fall is September 23rd which of course means pumpkin spice and everything nice! Fall is my favorite season due to the nice chilly weather and being able to wear sweaters! The activities department will be going to an apple orchard in the beginning of October and going on a scenic drive to look at the fall leaves! We are working hard here at Summit Hill to keep improving every department and the building itself. With that being said tenant council is every month and we encourage you to come! It is a place where you can share and voice your concerns or suggestions but also a place to hear about any updates that are happening around the building! Just a reminder that the Dietary Director; Ashley, last day is September 6th. We will miss her dearly at summit and wish her the very best at her next adventure. Please know that we are working hard to find the best possible candidate to fill the dietary director position so please be patient during this time of change.

Thanks, and have a glorious day!

~Asia





SUMMIT HILL

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1824 Old Hudson Rd, St Paul, MN 55119

Summithillseniorliving.com

Get out into your community!

Studies show that seniors who stay socially active and engaged experience a variety of health benefits, including:

Better cognitive function. Maintaining good emotional health. Improving physical health. Boosted immune system. Enjoying restful sleep. Increases longevity.

These are only a few ways you can benefit from getting out in the community!



Into The Wild

Humans have settled 77% of Earth's surface, so what places are left unexplored? This September, Wilderness Month, we take a look at the world's wildest places. Antarctica definitely tops the list of one of the wildest and most remote places on Earth, but few want to go there. For those interested in cold and inaccessible places, far from the touch of civilization, there is the Kamchatka Peninsula in Russia's Far East. It is Russia's land of fire and ice, thanks to its proximity to the Arctic and its many volcanoes. It harbors an abundance of wildlife, including

brown bears, wolves, reindeer, mountain sheep, whales, sea eagles, and the breeding grounds of the spoon-billed sandpiper. The peninsula was off-limits to outsiders until 1990 due to its strategic importance to Russia's submarine bases. Papua New Guinea also remains one of the world's least-explored places. Scientists believe that many of the world's undiscovered plants and animals live deep within the rugged, inaccessible jungles of the country's interior. Due to a lack of infrastructure, travel to and around Papua New Guinea is extremely limited. For those looking for an otherworldly experience, there is the barren yet beautiful Atacama Desert of Chile. This high mountain desert gets almost no rainfall. Its

40,000 square miles is covered in salt basins, sand, and lava. In fact, it is so devoid of life that NASA uses it to replicate conditions on Mars. It is so far from light pollution and radio interference that it is one of the best places in the world to spy on the universe, which is why two major observatories have been constructed here. How much longer will such untouched corners of Earth exist? No one knows. But there is still ample time to visit and protect these pristine natural jewels.



Staff Appreciation

We recognized three employees last month for excellent service. Please congratulate Paris for Teammate of the month. We also awarded Ron & Comfort 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:
Paris

Say It Ain't So Joe of the Month:
Ron & Comfort

Fun Fall Word Search

WORDS TO FIND:

- pumpkin
- yellow
- scarecrow
- autumn
- leaves
- sunflower
- acorns
- corn
- harvest
- apples
- hayride
- red
- Thanksgiving
- football
- orange

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