



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
5/3	2:30pm	Cinco De Mayo Fiesta (CR)
5/5	10:30am	Necessity Shop (CR)
5/6	2:30pm	Food Committee (CR)
Tues.	6:00pm	Pet Visit (LO)
5/8	1:00pm	Help at Your Door (CR)
5/10 & 5/24	3:00pm	Happy Hour (CR)
5/15	1:15pm	Tenant Council (CR)
5/15	2:30pm	Smoothie Social (CR)
5/16	12:00pm	BBQ Lunch & Grab Bag Bingo
5/22	1:30pm	B-Day Party: Malt Shop Melodies (CR)
5/24	8-9am	Hot Breakfast
5/30	3:15pm	Taste Testers (CR)
5/28	3:00pm	Service Project: Get well Cards (CR)
5/29	1:30pm	Garden Club: Potted Planting
5/31	8-9am	Men's Club with Ron (CR)
5/31	2:30pm	Armchair Travelers (CR)
Every Sat.	2:30pm	Bingo with Dawn (CR)
		Outings Every Other Week

May Horoscopes

In astrology, those born May 1–20 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded! Those born May 21–31 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party but also a deep and emotional side that needs nurturing.

A Lifetime of Caring

May
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 Thompson
Marketing/Admin Director



Glaze Gazette

"Mindset is what separates the best from the rest"

Hello everyone,

Its that time again! Happy Spring!

We will have lots of focus spent on spring cleaning in the next couple months; both inside and out. A reminder to please utilize the maintenance slips for maintenance requests that way you guys will never forget! Please welcome Rick to the team! He is our new full-time housekeeper! He comes to Summit with lots of experience working in places like the OR and providing direct care. Please be patient while he learns your routine. A huge congratulations to Lauren who used to be our Health Unit Coordinator. She is now in the new role doing Marketing & Administrative duties. Growing within is always a huge success! Also welcome back Donshay! She has been an aide at Summit for 5 years! She recently accepted the Health Unit Coordinator position! The ice and water machine is now up and running at the hydration station! We also added a coffee machine! This will stay up and running 24/7. Please respect the restaurant hours so that staff are able to clean and set up for the next meal.

Thanks, and have a glorious day!

~Asia



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1824 Old Hudson Rd, St Paul, MN 55119

Summithillseniorliving.com

Note From Nursing

Seasonal allergies: Nip them in the bud

Spring means flower buds and blooming trees and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies also called hay fever and allergic rhinitis can make you miserable.

- 1) **Reduce your exposure to allergy triggers:** Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air
- 2) **Keep indoor air clean:** Use the air conditioning in your house and car. Keep indoor air dry with a dehumidifier. Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- 3) **Try an over-the-counter remedies such as:** Oral antihistamines, Decongestants, Nasal spray, and Combination medications.
- 4) **Rinse your sinuses:** Rinsing your nasal passages with saline solution (nasal irrigation) is a quick, inexpensive and effective way to relieve nasal congestion. Rinsing directly flushes out mucus and allergens from your nose.

"Seasonal Allergies: Nip Them in the Bud." Mayo Clinic, Mayo Foundation for Medical Education and Research, 12 May 2018, www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343.

Humor Month: Ole & Lena

Ole goes into a lumber yard to buy some 2x4's. "May I help you", asks the salesman. "How long do you want' em?" Ole replies: "Oh, for long time. I'm building a house."

Ole goes to the doctor and says, "Everywhere I touch with my finger hurts." The doctor asks "What do you mean?" So Ole shows him what he means. He touches his knee and says "Ouch!" Then he touches his chest and says, "Ouch!" Then he touches his shoulder, "Ouch!" The doctor looks at Ole and shakes his head. "Ole you dummy, you got a broken finger!"

Did you hear farmer Ole won a prestigious award? They found him to be out standing in his field."

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 Marie for Teammate of the month. We also awarded Richard & Kadetra 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:
Marie M.**

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

May Day

For many, the first rite of spring comes on May 1, May Day, with the raising of the maypole. The celebration of May Day dates back thousands of years. The Celts of the British Isles celebrated May 1 as Beltane, their most important holiday. It was believed that this holiday marked the halfway point of a year split between the dark and light. Massive fires were burned to herald the start of the return of life. The tradition of raising and dancing around a maypole came much later, during the Middle Ages. It was common for villagers to dance around the maypole bearing colorful streamers, ribbons, and baskets of flowers, symbolizing the fertility of the earth. It wasn't until May 1, 1886, that May Day became associated with the labor movement. In those days, workers of all ages suffered from abhorrent working conditions. It was on that May Day that 300,000 workers marched across America to demand better working conditions. While May Day is considered a major holiday in many countries, it is not widely celebrated, least of all in the United States.

