

# The Summit Hill Herald

January

2022

## We are at your Service!



**Alex Ferrell**  
Executive Director



**Cosmina Strain**  
Director of Marketing



**Kelli Leonard**  
Director of Nursing



**Alexandra Olson**  
Director of Life Enrichment



**Cuyler Kappenman**  
Director of Maintenance



**Jan Waterhouse**  
Culinary Director

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## Joyful January

### Did you know...

- January was named for the Roman god Janus, known as the protector of gates and doorways who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future.

### January's Birthstone

- The garnet, is thought to keep the wearer safe during travel.



### January's Flower

- Birth flowers are the carnation and snow-drop



### January Astronomy

- On January 4, 2022, Earth reaches perihelion, which is the point in the planet's orbit where it is closest to the Sun. At perihelion, Earth will be 91,406,842 miles from our bright star. Don't forget your sunscreen!



### Just for Fun Days...

National Hot Tea Month

1/1 New Year's Day

1/3 National Chocolate covered cherry day

1/5 Twelfth Night

1/6 National Bean Day

1/8 Elvis's b-day

1/10 National House-plant appreciation day

1/15 National Hat Day

1/17 Martin Luther King Day

1/19 National popcorn day

1/20 National Penguin Day

1/29 National Puzzle Day

## Director's Cut By Alex Ferrell

As 2021 comes to an end, I would like to personally thank everyone for choosing Summit Hill as their home. We are grateful for you and wish everyone a very Happy New Year. A couple updates for all of you. I'm still working on

securing a new beautician for the building. I hope to have someone shortly, I will keep everyone update on this. If you are a smoker, I'm asking all of you to be courtesy by picking up and properly disposing of your cigarette butts.

This helps keep our community looking nice. We are excited to see what this next year brings for Summit Hill and I look forward to working with all of you in the New Year. As always if you need anything please stop by my office.

## Chef's Table By Jan Waterhouse

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new

product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

## Marketing Minute By Cosmina Strain

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president,

or an editorial. You can also profile new employees or top customers or vendors.

## Nursing Notes By Kelli Leonard

I would like to introduce our new nurse, Maly! Maly is a Registered Nurse she is taking over for Jiovanni. Her primary role will be to complete assessments and manage care for the residents who reside on floors 4-7. Feel free to come introduce yourself. She is here to help! I hope you all got the chance to meet my new puppy, Indiana! Indiana is a Golden Retriever, and he is 8 weeks old! You may see him

in the building from time to time.

Golden Retriever Facts:

1. Golden Retrievers trace their history back to Scotland.
2. As sporting dogs, Golden Retrievers need lots of exercise.
3. They're a hard-working breed. Golden Retrievers are used for everything from hunting and tracking

to rescue and service dog work.

4. Golden Retrievers make top-notch therapy dogs.
5. Past puppyhood, Golden Retrievers often stay young at heart.
6. Golden Retrievers love to eat.
7. Golden Retrievers are naturally mouthy. Goldens are likely to carry something around everywhere!

# Resident Spotlight

This month we are shining a spotlight on our resident Jerry. Many will describe him as sweet, handsome, fabulous, generous, and absolutely hilarious. Some of his life highlights include going to Disney World for the 1st time. He is a big fan of Mickey Mouse and collects a lot of Disney memorabilia. He also liked visiting his aunts cabin in Cross Lake and sitting on the deck. In his free time Jerry likes to attend activities at Summit, watch football (Vikings or Chargers fan), cook, read, and watch his soap operas during lunch. If Jerry were to have a movie made about his life he would like to see Patrick Swayze cast as him because, he is an amaz-

ing dancer and very good looking. Also, if he could meet anyone in the world dead or alive, he'd choose to meet his aunt DJ who is deceased. He chose her because he misses her a lot. He misses when they would go to a local bistro and listen to jazz while drinking apricot brandy. A surprising fact about Jerry would be how much he loves to dance. He loves going to weddings and dancing the night away. Jerry is also an avid gardener. His favorite plants to grow are hastas, he even had several different varieties. One thing Jerry has been working on is making new friends; so don't be shy, he is always friendly and has a smile. We're so happy to have Jerry as one of our great residents.



# Staff Spotlight

This month we are shining a spotlight on Lisa. She is our Administrative Assistant or otherwise known as the 'front desk lady'. Most describe Lisa as outgoing, optimistic, compassionate, and a total sweetheart. In her free time she likes spending time with her son and three dogs. She also likes to travel, her favorite places have been Orlando and Boulder Colorado.

She's looking forward to going to Hawaii some day. Lisa also plays video games, likes try new cuisines, and read. Her favorite part of working at Summit is interacting with all of the residents. She also loves to deliver the mail. The most important thing Lisa has learned so far in life is, "You need to work hard , no one will work for you or put the time in to make something success-

ful." We're happy to have such a great person on our Summit Hill Team.



# Happy Birthday!

- Sherry D. 1/1                      Eric D. 1/16
- Claudia G. 1/4                    Linda B. 1/17
- Shannon M. 1/4                  Greg P. 1/18
- Chuck F. 1/5                      Willie L. 1/20
- Tony E. 1/13                      Gail B. 1/24,
- Betsy B. 1/15                      Juanita L. 1/24

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# Martin Luther King Jr.

- Alabama
- Assassination
- Brotherhood
- Change
- Civil rights
- Dream
- Equality
- Freedom
- Georgia
- Integration
- January
- Justice
- Minister
- Nobel
- Nonviolence
- Peace
- Rosa Parks
- Segregation
- Speech

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

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30 Joe WBS

## 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! 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, including Treasure Island Casino, Walmart, Bingo Palace, and Green Mill. 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. We will be doing memorial service this month to honor residents who have passed away in this last year. My plan is to make this a quarterly event. We will also be continuing the choir! Please feel free to join, we're always looking for new singers or instrumentalists. We meet Wednesday's at 11:00am. Our themed dinner party is also coming back this month, don't forget to sign up! Lastly, the Little Store will be open only on Monday and Thursday from 4:00-4:45pm. Happy New Year! May this year be filled with lots of joy, celebrations, and fun.

