

## April Birthdays!

4/3- Linda L.

4/8- Susan A.

4/10- William C.

4/15- Jennifer P.

4/20- Dwight P.

4/23- Willis W.

4/29- Carolyn D.

## Activity Outings

4/3 Walmart

4/9 Dollar Tree

4/10 Joseph's Coat

4/23 Bowling Outing

4/24 Movie Outing



### Planet vs. Plastics

For Earth Day 2024 on April 22nd, EARTHDAY.ORG is unwavering in our commitment to end plastics for the sake of human and planetary health, demanding a 60% reduction in the production of ALL plastics by 2040.

### St. Paul's 4th

**Date:** 4/20/2024

### Annual Earth Day

**Time:** 11:00-4:00

### Clothing Swap

**Location:** 218 7th St E, Saint Paul, MN, 55101

Better than thrift because its FREE! In honor of Earth Day on Monday, April 22nd, 2024, we invite you to finish your spring cleaning by bringing your extra, gently used clothes to this local clothing swap.

A clothing swap is a clothing exchange where people share their once loved, and gently used clothing with others who share theirs. One of the most obvious benefits of swapping your clothes is the benefit to the environment. Clothing swaps promote slow fashion vs. fast fashion and are an environmentally friendly reuse strategy that helps reduce our environmental footprint while supporting a circular economy.

## Earth Day Word Search Puzzle



APRIL	ENVIRONMENT	PLANET
CLEAN AIR	GLOBAL	POLLUTION
CLIMATE	GREEN	RAINFOREST
COMPOST	HABITAT	RECYCLE
CONSERVE	LITTER	TREES
EARTH	NATURE	VOLUNTEER
ECOLOGY	OCEAN	WATER
ENERGY	OZONE	WILDLIFE

April 2024

# Summit Hill Senior Living

1824 Old Hudson Road, St. Paul, MN 55119

[www.SummitHillSeniorLiving.com](http://www.SummitHillSeniorLiving.com)

## Staff Directory

Main Number  
(651) 767-9572

**Christina Pinder**  
*Executive Director*

**Maly Thao**  
*Nursing Director*

**Richard Meister**  
*Life Enrichment Director*

**Kaleb Erickson**  
*Culinary Director*

**Cuyler Kapperman**  
*Maintenance Director*

**Carlynn Seefert**  
*Marketing Director*

## From the Front Office

Greetings friends & family,

We are pleased to welcome our new Executive Director, Christina Pinder.

A previous employee to Summit Hill, Christina recently came back to the team during the month of March, now in possession of her Assisted Living Director license.

She possess a Master's in Healthcare Administration. Her primary focus in her role includes the needs of the residents and creating a strong team to support the community.

Growing up in St. Paul, Christina spends her free time with her daughter and enjoys reading & traveling. If asked her comfort meal after a long day, she would prefer a quick & easy meal; such as Panera Bread soup!

Please feel free to stop by the office to introduce yourself or as you pass in the lobby! We are excited to have Christina a part of the Summit Hill team.



**Christina Pinder**  
*Executive Director*



# Meet our Staff



**Mai Vang, Nurse Manager**

Mai recently joined the Summit Hill team last month as our Nurse Manager. Originally from Sacramento, California, Mai and her family relocated to Minnesota in 2015 to pursue a career in healthcare. She has recently graduated with her RN license at St. Kate's University. In her free time, Mai is a mother of two, spending quality time with her family and toy poodle, Malachi. She also enjoys shopping. When asked of her favorite comfort meal, she stated her go-to are noodles. Please stop by the nursing office to say hello!

**Niome Chea, Nurse Manager**

Please meet our newest nursing member, Niome who recently joined on as an RN Manager. With over 10 years of experience in healthcare, Niome recently graduated with her RN license from Capella University. Originally from Connecticut, she moved to Minnesota to be closer to family and pursue a career in Nursing. A fan of pizza & pasta for comfort, Niome spends her free time trying new restaurants, traveling, and spending quality time with her family. Welcome to the team, Niome!



**Salina Branson, Care Coordinator**

As a new role within the Summit Hill community, we are pleased to introduce our first ever Care Coordinator, Salina! Her position will introduce a new contact role for residents, families, and community workers. Salina's experience includes over 5 years within the healthcare industry, with an emphasis in Care Coordination. Born & raised in St. Paul, Salina is a mother of two. As an entrepreneur on the side, Salina runs her own hairstyling business for almost 20 years. In her free time, she enjoys spending quality time with her children, and loves to travel & cook. Her comfort meal after a long day of work includes pasta. Please stop by the Marketing office to introduce yourself!



## National Public Health Week is finally here!



**NPHW is April 1-7, 2024. We are so excited to celebrate with you!**

During the first full week of April each year, the American Public Health Association (APHA) brings together communities across the United States to observe National Public Health Week as a time to recognize the contributions of public health and highlight issues that are important to improving our nation's health. This year's theme is "Protecting, Connecting and Thriving: We Are All Public Health."

**The Meaningful Experiences specialty care program** is a unique and innovative program provided with our residents in Memory Care. Each resident is assessed for their specific processing (or cognitive) abilities and gifts. We interpret the information to tailor and deliver wellness programming in a way that makes sense to each individual.

By focusing on a person's residual strengths, we can individualize our approach to allow each person to participate fully for them.



## Meaningful Experiences Kick-off Party!

