



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
2/1	3:00pm	Smoothie Social (CR)
2/11	2:30pm	Food Committee (CR)
2/6	2:30pm	Charades (CR)
2/7	3:00pm	Valentine's Day Party with Entertainment (CR)
2/8 & 2/22	3:00pm	Happy Hour (CR)
2/10	10:30-2:30	Necessity Shop (CR)
2/13	1:15pm	Tenant Council (CR)
2/14	1:15pm	Grab Bag Bingo (CR)
2/15	2:30pm	Cooking Club (CR)
2/18	3:00pm	Spa Manicures (CR)
2/20	2:30pm	Taste Testers (CR)
2/21	8-9am	Hot Breakfast (CR)
2/22	1:45pm	Tax Clinic (CR)
2/27	1:15pm	Armchair Travelers (CR)
2/28	9:15am	Catholic Mass (CR)
2/28	3:00pm	Monthly Birthday Party LIVE Entertainment (CR)
Every Sat.	2:30pm	Bingo with Dawn (CR)
		Outings Every Other Week

February Horoscopes

In astrology, those born between February 1–19 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and teammates. Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists.

A Lifetime of Caring

February
2019

Staff Directory



Main Number
651-767-9572

Kathleen Ford
Executive Director

Andrea Martinson
Director of Nursing

Ron Nelsen
Maintenance Director

Ashlie Knack
Life Enrichment Director

Ashley Brantner
Dietary Director



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1824 Old Hudson Rd, St Paul, MN 55119

Summithillseniorliving.com

Ford Journal



"Where there is love, there is life"

Hello everyone,

I wanted to take this opportunity to introduce myself to all you and let you know how excited I am to be working at Summit Hill Senior Living! My name is Kathleen Ford (I do prefer Kathleen) and I have lived in St. Paul/Ramsey County my entire life. I remember when this building was the Ramada Inn. In fact, I did a puppet show here as a little girl while attending Como Elementary School; the name of the puppet show was The Princess and the Pea. Before coming to SHSL, I worked at Ramsey County Social Services for nearly 18 years as a social worker. The last 5 of those years I worked with people 65 and over to complete assessments for Elderly Waiver. I've loved working with seniors; I believe there are so many great stories to hear about how life was "back in the day"! I enjoy spending time with family and taking trips to Florida each year. My husband and I both enjoy going to the airport to watch the planes take off – I love flying as well. I also enjoy sitting by bonfires or fireplaces, the ocean or a calm lake in Minnesota - like Como, Phalen, or even Lake Superior!

Thanks, and have a glorious day!
Kathleen

Note From Nursing

~Tips for Better Heart Health~

1. Aim for lucky number seven.

The next time you're tempted to stay up later than you should, remember how comfy that pillow will feel and how good a full night's sleep is for your heart. In one study, young and middle-age adults who slept 7 hours a night had less calcium in their arteries (an early sign of heart disease) than those who slept 5 hours or less or those who slept 9 hours or more.

2. Keep the pressure off.

If your blood pressure gets too high, the extra force can damage artery walls and create scar tissue. That makes it harder for blood and oxygen to get to and from your heart. The heart has to pump harder and gets worn out faster. If it can't get enough oxygen, body parts can start to die. Cut back on salt, limit alcohol to no more than one to two drinks a day, favor healthy eating habits (think fruits, vegetables, whole grains, and lean protein) manage your stress, and work out. These changes are often enough to bring your blood pressure back down into the normal range. If not, your doctor might recommend you also take medication.

3. Move more.

To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. That includes any activity that gets you moving around and breaking a slight sweat.

6. Clean up.

Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies). One of the fastest ways to clean up your diet is to cut out sugary beverages like soda and fruit juice, which lacks the fiber that's in actual fruit.

"10 Tips for Better Heart Health." WebMD, WebMD, www.webmd.com/a-to-z-guides/prevention-15/heart-healthy/12-tips-for-better-heart-health?page=3.



Staff Appreciation

We recognized three employees last month for excellent service. Please congratulate Jacqueline for Teammate of the month. We also awarded Andre & Colin 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:
Jacqueline**

Say It Ain't So Joe of the Month:

**Andre
&
Colin**

Many Happy Returns

February is Return Shopping Carts to the Supermarket Month. Shopping carts are abandoned in the strangest of places: alongside roads, in ditches, under bridges. Today is the day to put those shopping carts back where they belong. It is estimated that two million shopping carts are taken from supermarkets each year, and with one shopping cart valued at \$100, that's \$200 million rolling away. If pushing a shopping cart back to a supermarket all the way from a highway is too much to ask, you can start by returning shopping carts from the parking lot. Unattended carts can do a lot of damage to cars. Furthermore, studies show that abandoned shopping carts lead to people throwing other sorts of trash into parking lots. Returning carts fosters good citizenship!

