

February
2023

Program Ponderings

By: Trisha Anderson, Director of Programs

SUMMIT PLACE
A SILVERCREST COMMUNITY

SUMMIT UP

February is Heart Healthy month. One way to make our hearts feel good is by making someone else's day. We know how you can do that...sign-up to participate in our **Secret Valentine Week from February 6th-13th.**

Please call Trisha at 952-995-1711 to sign-up before Wednesday, February 1st. The more the merrier in the "Secret Valentine" event –it's 1 week of sending sweet little affirmation notes, treats of candy, a flower, or small "dollar store" type gifts to your "secret person's" mailbox, apt. door, or front desk (if too far to walk for you to deliver). Then on Tuesday, February 14th at 2:00 pm you'll join the fellow participants in the Performance Room for the SECRET REVEAL of "who-had-who". This is an exciting way to meet new neighbors and spread joy.



Green team! We'd like to start a recycling team. If you're interested, please attend the meeting on Tuesday, February 21st at 10:30am in the Great Room.

Clothing alterations: did you know there's a seamstress who comes to Summit Place every other Monday from 10:00 am-11:00 am in the Conference Rm.? If you have any articles of clothing that need to be altered, Zina would be happy to do it. This is *not* a complimentary service.

Our annual **Gala** is the evening of **Wednesday, February 15th**. This is one of our more formal events we celebrate. The evening begins with appetizers, then an elegant dinner in your respective dining rooms. Lastly, Jazz on the Prairie band will be performing from 6:30-7:30 pm in the Performance Room. The Holiday Gala is one time that we say "no guests" as space is very limited! Thank you for understanding. Independent Living & Townhome residents will need to sign-up for this meal. Stay tuned for more information regarding the sign-up procedure. Also, check the activity calendar for more information.

Come to the Performance Room on **Tuesday, February 28th at 3:00 pm** to hear **Bruce Christopher, a Humorist, Psychologist and Professional Speaker** talk about **"Why Women are so Strange and Men are so Weird?"** Someone once said, "Life is relationships". It's true, people who have achieved success are those who have developed effective relationship skills. Communication is the skill which makes relationships work, yet sometimes communicating with the opposite sex can be a frustrating experience. Men and women think, communicate, and decide differently. Unless we understand these differences, our relationships will be filled with communication mis-fires, mis-understandings, and a lot of mystery! This session takes a very hilarious look at how men and women think, speak, and make decisions differently.

Save the dates:

Valentine Sing-A-Long—Join the Summit Singers, Carol L. and Mickey P. for a fun sing-a-long in the Performance Room on Thursday, **February 16th at 2:00 pm**. The Simple Social will follow the sing-a-long and we'll be serving cupid floats.

Sweet Feet Dance Performance—Enjoy a wonderful performance on **Saturday, February 18th at 1:30 pm** in the Performance Room. These adult dancers have taken lessons at Sweet Feet Dance Company and are ready to perform a mixture of jazz and tap for you.

Ash Wednesday Services—The shuttle bus will be running to some local churches on 2/22 for Ash Wednesday service. Check the activity calendar for more details.



Please welcome your new neighbors!

Independent Living

Betty Anderson: I-203

Reflections (Memory Care)

Angelo “Bud” DePietto: M-112

4th—Jane Harrison

6th—Erma Kelly

9th—Phil Peterson

9th—Diane Stromberg

10th—Jane DiAna

11th—Joyce Schlafge

12th—Marty Baloga

12th—Bob Gammill

14th—Marilyn Small

16th—Jim Jenkins

18th—Dale Stroud

20th—Dorothy Wethern

21st—Barb Olsson

22nd—Marta Schulze

23rd—Patricia Santelman

24th—Cheryl Sybiltrud

25th—Bev Bonasera

25th—Liz LaLuzerne

26th—Barbara Tharp



Campus Director's Notes

By: Kris Daggett

Executive Director



As many of you know, staff is not able to accept individual gifts from residents. However, if residents want to give a gift to the staff holiday party the gifts are divided among full and part time staff to thank them on behalf of the residents. So, thank you for your generosity in donating money to the staff holiday party. The generosity at the holidays gave each staff person a gift card to Target. Thank you so much for your kindness, your treats, cards of appreciation, candy, and cookies. The party was wonderful and each employee that attended also went home with another gift card as a door prize. Staff was able to participate in a painting class, eat good food and enjoy hanging out with each other. We can't thank you enough for recognizing the staff with all your donations.

February is the shortest month of the year, and on February 2nd we will see if the ground hog sees his shadow. Will it be an early spring or 6 more weeks of winter?

Silver Advantage

By: Ashley Coleman

Director of Administrative Services

Teamwork, one of the pillars of SilverCrest Properties and an aspect that we strive to achieve at Summit Place. During the staffing challenges that we have experienced over the last several months, our crew has put our teamwork capability into practice every single day. Every department has felt the squeeze of low staffing numbers, open positions, and shortages due to weather or illness. Teamwork is the combined action of a group, especially when effective and efficient. The Summit Place Team has tried our absolute best to keep our challenges from impacting you too much.

Marge is definitely not “just a bus driver”; she is a Jane of all trades – helping out wherever she’s needed: reception, programs, decorating & undecorating and much, much more! You have seen Kris and Laurie serving breakfast on the weekends. Greta, Lisa, Meagan and Susan have been observed serving dinner. Chris and Teri helped Reflections get their breakfast meals. Elizabeth is frequently on hand to escort Reflections residents back home after music programs. Resident Assistants work long shifts and sometimes even long weeks with extra shifts to ensure that Assisted Living and Reflections residents are properly cared for. Recent winter weather provided the opportunity for Kevin, David, Chris & the receptionists to showcase their snow and ice removal skills by ensuring that entries and walkways were clear and safe.

Unfortunately, there are a couple vacancies that our existing staff are not able to fill – none of us moonlight as a chef. Hopefully, these openings will be filled soon.

This is not just a job or a place of business to us. The Summit Place staff is a team. We complement and support each other so that the Summit Place community is a great home for residents, and a great work place for staff.

Upcoming Outings

**More outings are listed on the program calendar.*



MN Landscape Arboretum Spring Flower Show

Wednesday, February 8th

Bus departs at 10:00 am

Complimentary admission

February is a tough month in Minnesota! What better, then the botanical pick-me-up at the Spring Flower Show at the Arboretum!

The theme for this year's show is Gardening With Nature, featuring special emphasis on gardens that benefit birds, bees, butterflies and other beneficial insects.

Fort Snelling presents "Black Regulars"

Buffalo Soldiers program



Thursday, February 9th--Bus departs at 10:45 am
\$5 fee for admission (Free for Veterans)

Sign-up in the program binder.

Hear about the 25th Infantry "Buffalo Soldiers" at Fort Snelling during the 1880s and learn about their bicycle experiment soon after they left Fort Snelling, riding almost 2000 miles.

Memphis & the Meantimes- Songs of the Grand Ole Opry and Sun Records

Wednesday, March 22nd

\$27 per ticket—sign up in the program binder.

Bus departs at 12:00 pm (Lunch is not included, so eat before leaving.)

Celebrate the music that changed the world from the Grand Ole Opry and Sun Records! Featuring songs from Cash, Haggard, Lewis, Orbison, and many others. This show is the best of American popular music.



Summit Club News

*By: Andrea Perkins
Director of Wellness*

Balance concerns? Maybe this can help

When we're young, the concept of balance isn't something that enters our thoughts. Staying upright is taken for granted and the worry about falling is not front of mind. However, as we age, our systems change. The ability to detect gravity, sense body position and balance/stabilize become less efficient. Muscle loss, surgical procedures, physical conditions, and medication exacerbates weakening and impacts physical and emotional well-being as well as balance confidence. Fortunately, research has shown that specific exercises play a significant role in improving and maintaining balance. These bodyweight exercises can be performed 3-5 times per week at a kitchen counter, behind a chair in a corner or while waiting in line!

Single Leg Stand: Stand tall with feet hip width apart. Lift one foot about an inch off the floor while standing tall and hold for 10-15 seconds. Repeat on opposite leg.

Standing Marches: Stand with feet hip width apart. Lift one knee as high as you can comfortably while standing tall. Slowly return foot to floor and alternate each leg.

Sit-to-Stands: Sit tall with back against a sturdy chair. Use arms on chair if needed to stand up and slowly lower hips to chair to sit back down. Try for up to 10 times.

Head Rotations: Stand with feet hip width apart. From here slowly move your head from side to side then up and down while keeping the body as still as possible. Do this for up to 30 seconds. If you feel dizzy pause, move head more slowly. If you're still dizzy, then stop.

Clock Reach: Stand tall and slowly shift your weight and reach to imaginary numbers on the clock.

While, these exercises are certainly important, they must be done safely and carefully. Be sure to have a sturdy chair, wall, or countertop for assistance.

For Summit Club programs & schedule information, see our insert in the Summit Up.



Movies for February

Saturday, February 4th—*The Last Man on the Moon*: In this artful blend of memoir and documentary, former Apollo astronaut Gene Cernan looks back to the glory days of NASA's lunar landings and his unique distinction of being the last man to stand on the moon.

2016 NR 1 hr. 36 mins.

Sunday, February 5th—*New In Town*: The weather isn't the only drastic change for high-paid consultant Lucy Hill when she's sent from her home base in South Beach, Fla., to a small Minnesota town to improve the productivity of a local manufacturing plant. 2009 PG 1 hr. 36 mins.

Saturday, February 11th—*Bonnie & Clyde*: Serial bank robbers, sometime lovers and folkloric heroes Bonnie Parker (Faye Dunaway) and Clyde Barrow (Warren Beatty) barrel across Depression-ravaged America on a shooting spree that ends in a deadly rain of bullets and tragedy. Directed by Arthur Penn, this stylish and sexy film shattered the mold when it came to crime pictures, layering comedy onto mayhem and youthful criminality. Gene Wilder makes his big-screen debut.

1967 R 1 hr. 51 mins.

Sunday, February 12th—*Andre Rieu: Love Songs*: An intoxicating collection from PBS #1 Musical Artist of the year, Andre Rieu, performs his most romantic music filmed on location in some of Europe's most beautiful and exotic locales. 2005 Over 60 minutes

Saturday, February 18th—*Queen Bees*: While her house undergoes repairs, fiercely independent senior Helen reluctantly moves into a nearby retirement community—just temporarily. Once at Pine Grove Senior Community, she encounters feisty widows, cutthroat bridge tournaments and a group of bullying "mean girls" that reminds her of high school and has her yearning to go home. But somewhere between flower arranging and water aerobics Helen discovers that it's never too late to make new friends and perhaps even find a new love. 2021 PG-13 1 hr. 41 mins.

Sunday, February 19th—*Pursuit of Happyness*: Chris Gardner is smart and talented, but his dead-end salesman job barely pays the bills. When he and his son are evicted, they face trying times as a desperate Chris accepts an unpaid internship at a stock brokerage firm.

2006 PG-13 1 hr. 57 mins.

Saturday, February 25th—*March of Penguins*: Award-winning photographer Luc Jacquet takes documentary film to new heights -- and depths -- with his first feature film, a stunning insider's look at the life of emperor penguins living in one of the cruelest climates on the planet. The product of more than a year of filming on the Antarctic ice, this Oscar-winning documentary reveals never-before-captured footage of the penguins' underwater life and explores their steadfast quest for monogamy. 2004 G 1 hr. 20 mins.

Sunday, February 26th—*Elvis*: Elvis's story is seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. As told by Parker, the film delves into the complex dynamic between the two spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to that journey is one of the significant and influential people in Elvis's life, Priscilla Presley. 2022 PG-13 2 hr. 39 mins.

Health & Wellness

By: Cheri Booth

Director of Clinical Services

Reflections from Reflection

By: Erika Takahashi

Director of Reflections

Alzheimer's Disease: Big name, Big impact

What is Alzheimer's Disease?

Alois Alzheimer was a German psychiatrist who discovered the pathological condition of Dementia and diagnosed the disease that bears his name.

After obtaining his medical degree, he worked in hospitals in Frankfurt, where he met Auguste Deter, a 51-year-old woman suffering from progressive short-term memory loss. She would become the first official diagnosis of Alzheimer's disease.

Today, it is believed that "Alzheimer's disease (AD) is the most common form of dementia among older people. Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities. This is due to small abnormalities, so-called amyloid plaques, and tau tangles formed in the brain and found in specific locations throughout are two distinguishing hallmarks of Alzheimer's Disease Dementia. Advanced testing, such as PET scans, MRI, DNA, and spinal fluid analysis, can shed invaluable light on the probability of Alzheimer's. AD begins slowly. It first involves the parts of the brain that control thought, memory, and language. People with AD may have trouble remembering things that happened recently or the names of people they know. A related problem, mild cognitive impairment (MCI), causes more memory problems than usual for people of the same age. Many, but not all, people with MCI will develop Alzheimer's dementia.

In AD, over time, symptoms get worse. People may not recognize family members or have trouble speaking, reading, or writing. They may forget how to brush their teeth or comb their hair. Later, they may become anxious or aggressive or wander away from home. Eventually, they need total care. This can cause great stress for family members who must care for them.

AD usually begins after age 60. The risk goes up as you get older. Your risk is also higher if a family member has had the disease. No treatment can stop the disease.

However, some drugs may help keep symptoms from worsening for a limited time." If you, or a loved one has any of these signs, it is always best to have them evaluated early as the medications and therapies work best if they are started promptly.

Happy February!

Are you having fun shoveling or getting snow off your car, or having so many layers of winter gear? I am sure some of you have been thinking "we had enough of this cold, snowy winter in Minnesota!" Weather affects us in many different ways. Sure enough, people living with dementia are on the same boat, maybe more so. People living with dementia may feel cold more but might not realize it or be able to communicate it. This is why we, as caregivers, need to be mindful during these winter months. Here are some tips:

Be creative to stay active physically & mentally. Indoor active games and brain games are always good options. Keep the regular movements; simple standing or walking. Try some easy stretches or exercises too.

When going outside, ensure appropriate outerwear including coat, hat, & gloves are on. Having layers & non-skid footwear is also important.

Warm beverages & nutritious meals/snacks to boost energy. Don't forget good hydration!

Watch out for sundowning (restlessness, anxiety, agitation, confusion, disorientation etc.). It may be more frequent than warmer months due to shorter daylight & reduced sunlight. Keeping a nicely lit indoor environment is important.

Consider incorporating some bright colors into the interior as a mood booster.

Keep a good routine, such as bedtime, mealtime, active time during the day etc.

Keep a warm temperature indoor. Consider having throws/blankets ready to offer warmth and comfort.

Need-To-Know

*By: Elizabeth Stroner
Resident Services Director*

It's that time of year again...TAX SEASON! Protect yourself and don't fall victim to tax scammers – they are still out there!

The caller ID may say IRS, but you shouldn't assume it's a government agent you're speaking with on the phone. It could be a fraudster hoping to intimidate you into providing sensitive information or making a payment on a tax bill that doesn't exist. Common IRS scams include demanding Social Security numbers or insisting on gift card payments. Failure to comply could result in threats that law enforcement is on its way.

"The (tax) system is very complicated, and most people aren't confident when filing their taxes," says Christina Taylor, head of operations at Credit Karma Tax. That can make it easy for criminals impersonating IRS agents to manipulate others into giving up personal or financial information. "The scammers prey on that vulnerability," according to Taylor.

To assure you don't become a victim, watch out for these five red flags of an IRS tax scam.

- An email, phone call or text claiming to be the IRS.

- Poor grammar, hostile tone or awkward sentence structure.

- Threats that law enforcement will be called.

- Requests for payment via gift card, prepaid card or wire transfers.

- Demands for a refund to be repaid.

When it comes to contacting taxpayers, the IRS will almost always use the U.S. Postal Service. "The IRS is old-fashioned," says Howard Dvorkin, CPA and chairman of financial solutions website Debt.com. "You'll get a letter first. The IRS loves letters".

Since the IRS doesn't initiate contact over the phone, the best course of action is to simply hang up. The IRS doesn't have the capability to text so if you get a text message, delete it. If you have lost money, contact law enforcement to report it.

Source: US News and World Report

Dining News

*By: Dan Stephenson
Dining Services Director*

Meet Your Dining Team

1. What is your name and position at Summit Place?

My name is Dan Stephenson and I am Director of Dining Services.

2. How did you get into your career and how did you find Summit Place?

I worked with Chef Auggie prior to coming to Summit Place and he wanted me on board! I've been in love ever since!

3. What is your favorite thing to do outside of work?

Sporting events especially Twins games!

4. What is something people might not know about you?

I have lived in Alaska and I grew up on a farm.

5. What do you like most about working with seniors?

Listening and learning about their favorite foods.

6. What is your favorite ice cream flavor?

Salted Caramel.



Summit Place Senior Campus

Independent Living

8505 Flying Cloud Drive
Eden Prairie, MN 55344
952-995-1006

Assisted Living

8501 Flying Cloud Drive
Eden Prairie, MN 55344
952-995-1000

Website:

www.summitplacecampus.com



Friendly Reminders:

Summit Place Community Library Use:

The libraries in the building are for resident use only. The libraries are run on an honor system (with the exception of the Hennepin County Library books), so you may take any book at your leisure and return it when you're done. All of the Hennepin County Library books **must be signed out** and **signed back in**. These books are loaned to us from the Hennepin County Library and we're responsible for returning them every 3 months. On that note, go to the Independent Living Library to check out the new selection we just received.

Outings:

All **outings**, need a minimum of 5 residents in order for the outing to go. If you need to cancel, do so within 24 hours. If you cancel for a prepaid outing after the deadline, (one that requires payment, i.e. theaters, museums, etc.), you will be charged for the outing. We will do our best to fill the seat, but if we're unsuccessful, you will be billed.



Summit Place Staff E-mail & Phone List

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Summit Club 995-1021

IL Front Desk 995-1006

AL Front Desk 995-1000

Beauty Shop 651-238-4500

AL Kitchen 995-1015

24-Hour Home Care & Afterhours

995-1290

Bistro

995-1701

Housekeeping

995-1702