

March
2024

Program Ponderings

By: Director of Programs

Hello March

M ay the early spring
A waken your soul and
R emind you to
C elebrate the season with the
H ope and Joy it brings



We're looking forward to the first day of Spring coming this month and the addition of more daylight beginning on Sunday, March 10th with **DAYLIGHT SAVING TIME**. Set your clocks forward 1 hour on Saturday, March 9th before going to bed.

Last month
we sold

Thank you... ❤️

cookie grams that were delivered to various residents/friends on Valentine's day. I'm happy to say the proceeds from this event went to the PROP Food Shelf and we were able to **donate \$246!** Thank you to everyone who purchased a cookie. We received MANY smiles from the recipients.

Some **music highlights** for March:

- New entertainers! Alyssa and Maxwell as dueling pianos on Friday, March 8th at 2:00 pm.
- Irish Happy Hour and sing-a-long with Carol LaMere and Friends on Tuesday, March 12th at 3:30 pm.
- Mickey Peterson and the Summit Singers will be leading a Hymn Sing-a-long on Friday, March 15th at 2:00 pm.

It's time to mingle! For 3 Tuesdays in March, we'd like to mix it up and have you mingle in the dining rooms. Assisted Living residents will be encouraged to go to a different table during lunch and independent living is encouraged to sit with new residents at dinner. This is a great way for you to get to know new people and find out how many interesting neighbors you have. Conversation questions will be provided on the tables.

The Hilltop church volunteers will be leading a **Good Friday service** on Friday, March 29th at 10:30 am in the Chapel. Everyone is welcome to attend.

We have many
talented resi-
dents who live



in our community. Also, those who collect beautiful works of art. If there's enough interest, we'd like to highlight your talents and art collections by hosting an "Art Crawl". A few years back we toured **personally hand made art pieces** right in the resident/Artist's apartment and it was well received! It's a fun & easy way to display your larger painting's, wall hangings of quilts, blankets you've knit, or collections of pottery, sewing, or wood turnings...right in your own apartment. If you are interested in participating, please contact the activities department and let them know what you have to display.



*Please welcome your
new neighbors!*

Independent Living

Beatriz P.
Jim & Shannon T.
Susan Q.
Kent & Birgit J.

Assisted Living

Phyllis N.

Truth or Blarney...

1. A leprechaun is really an Irish teacher.
2. Lamb is the meat found in Irish stew.
3. St. Patrick was born in Ireland.
4. If you kiss the Blarney Stone, you might spill the beans.
5. Ireland is approximately half the size of Arkansas.
6. The shamrock is the official emblem of Ireland.
7. Limerick is the capital of Ireland.
8. St. Patrick was a shepherd before becoming a missionary.

Answers:

1. Blarney. He's a shoemaker.
2. Truth
3. Blarney. He was born in Britain and lived there until he was a teenager.
4. Truth. When you kiss the Blarney Stone, you receive the gift of gab.
5. Truth. Ireland's total land area is 27,135 square miles (70,280 square kilometers). Arkansas is approximately 53,182 square miles.
6. Blarney. It is the harp.
7. Blarney. Dublin, the largest city in Ireland, is the capital.
8. Truth. During his captivity as a slave, he was a shepherd in the mountains of Ireland. He escaped and fled to Britain. He

1st—Alta O.

2nd—Carrie M.

5th—Marilyn R.

7th—Ken S.

7th—Jeri T.

7th—Eugene G.

8th—Joyce H.

9th—Jack W.

13th—Marie D.

11th—Mary E.

17th—Elfi J.

17th—Brenda R.

19th—Ellen M.

20th—Jeannette R.

21st—Darlene N.

23rd—Rich H.

23rd—Karen T.

26th—Della T.

28th—Tom K.



We welcome Spring on March 19th. It's been a mellow winter, but I'm looking forward to the green grass and flowers blooming. Daylight saving time is on March 10th, so set your clocks ahead 1 hour. I need everyone's help with a constant issue that we are having at the front entrance. The front port cache' is a drop off and pick up only. Please talk to anyone picking you up or dropping you off that their vehicle cannot be left unattended. We are having family members "run in quick" which quick has been up to 5 minutes or more. This presents a problem for our bus drivers, other visitors dropping off and picking up, and most importantly and ambulance may need to get in. I appreciate you each talking to your guests and families about dropping off and picking up only. If they need to come into the building, they need to park their car in a parking space.

Do you have a suggestion or question about Summit Place? The rent box also doubles as our suggestion box. If you have any suggestions drop a note in the rent box, call or email me and I will follow up with you.

Our core value for the month is Community:

Meriam-Webster defines community as: A unified body of individuals.

What is a community?

Where we live is our community, where we work is our community, even the people we spend time with are our community of friends. At Summit Place Campus, we are all members of a community. We as employees represent, and in some ways, we live for our community. Our residents live, thrive and, most of all, are safe in our community because of what we all do. Regardless of our titles or responsibilities, we all are valuable assets within the community that is Summit Place Campus. Let's use this to our advantage to maintain the exceptional reputation that Summit Place Campus is known for in the community of Eden Prairie and others that surround us. To me, as a newer employee, it is truly gratifying to hear from prospective and new residents how nice the employees and residents are to each other. As one, now new, resident stated at the completion of her community tour, "it will be nice to be in a community where people smile".





SPRING

WORD SEARCH

WORD LIST

APRIL
 BASEBALL
 BIRDS
 BLOSSOMS
 BUMBLEBEE
 BUTTERFLIES
 CHICK
 CLEANING
 CLOVER
 CROCUS
 DAFFODIL
 DAYLIGHT
 EQUINOX
 FLOWERS
 FORSYTHIA
 GARDEN
 JACKET
 LADYBUG
 MARCH
 MAY
 PICNIC
 PUDDLES
 RAINBOW
 ROBIN
 SEEDS
 SHOWERS
 SPRING
 UMBRELLA

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

Limiting a Sedentary Lifestyle

The Sedentary Lifestyle is bringing us closer and closer to the point of no return. In the last decade, sedentary behavior has emerged as a new risk factor for health. Weight management and overall wellbeing can be affected by living an inactive lifestyle.

While there are tons of ways to limit sedentary time and manage weight, here are ideas to get a start on living a non-sedentary lifestyle:

- Exercise: This can help prevent further weight gain or maintain the loss of a modest amount of weight. You'll probably need to gradually increase the amount you exercise as your endurance and fitness improve.
- Participate in exercise classes.
- Use the health club equipment
- Keep moving. Even though regular aerobic exercise is the most efficient way to burn calories and shed excess weight, any extra movement helps burn calories.

Take walks throughout the building

March during TV commercials

Perform heel raises while you are at the counter brushing your teeth

Try doing some sit to stands when you've noticed you have been sitting for too long

Help us build a better and healthier world by participating in Technogym's MOVES challenge in the Health Club. Refer to the Summit Club Newsletter for more information on how to reduce your sedentary lifestyle and join the

movement!

LET'S MOVE®
FOR A BETTER WORLD



Movies for March

Saturday, March 2nd: *Forever My Girl*—Eight years after Liam Page (Alex Roe) left fiancé Josie (Jessica Rothe) at the altar, he returns to his small Louisiana hometown as an enormously successful country music megastar. Is it too late for Liam to get the love of his life back, and can he win over the daughter (Abby Ryder Fortson) he never even knew he had? 2018 PG 1 hr. 48 mins.

Sunday, March 3rd: *Flight*—Whip Whitaker is a commuter airline pilot. While on a flight from Orlando to Atlanta something goes wrong and the plane starts to fly erratically. With little choice Whip crashes the plane and saves almost all on board. When he wakes up in the hospital, his friend from the airline union introduces him to a lawyer who tells him there's a chance he could face criminal charges because his blood test reveals that he was intoxicated with alcohol and cocaine. 2012 R 2 hrs. 18 mins.

Saturday, March 9th: *Oppenheimer: The Real Story Documentary*—Delving into the life of J. Robert Oppenheimer, a prominent physics professor at UC Berkeley, this documentary unveils his pivotal role in developing the atomic bomb as the leader of Los Alamos Lab during WWII. The profound impact of witnessing the bomb's inaugural explosion in 1945 moved him to quote the Bhagavad Gita, expressing, "I am Death, the destroyer of worlds." 2023 NR 1 hr. 41 mins.

Sunday, March 10th: *Barbie*—Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. 2023 PG-13 1 hr. 54 mins.

Saturday, March 16th: *The Legend of Bagger Vance*—A disillusioned war veteran, Captain Rannulph Junuh, reluctantly agrees to play a game of golf. He finds the game futile until his caddie, Bagger Vance, teaches him the secret of the authentic golf stroke which turns out also to be the secret to mastering any challenge and finding meaning in life. 2000 PG-13 2 hrs. 6 mins.

Sunday, March 17th: *Clue-The Movie*—Here is the murderously funny movie based on the world-famous Clue board game. Was it Colonel Mustard in the study with a gun? Miss Scarlet in the billiard room with the rope? Or was it Wadsworth the butler? Meet all the notorious suspects and discover all their foul play things. You'll love their dastardly doings as the bodies and the laughs pile up before your eyes. 2017 PG 1 hr. 37 mins.

Saturday, March 23rd: *Air Force One*—Communist radicals hijack Air Force One with the U.S. President and his family on board. The Vice President negotiates from Washington D.C., while the President, a veteran, fights to rescue the hostages on board. 1997 R 2 hrs. 4 mins.

Sunday, March 24th: *The Hill*—The Hill is an inspiring, true story of baseball phenomenon Rickey Hill. The son of a small-town traveling pastor, Rickey shows an extraordinary talent for baseball despite being burdened by leg braces from a degenerative spinal disease. Driven by his faith and love of the sport, he continues to play against his father's wishes. But when a scout for the major league arrives, he must overcome his worsening condition and the division it causes in his family in order to fulfill his dream of playing professional baseball. 2023 PG 2 hrs. 7 mins.

Saturday, March 30th: *City of Angels*—An angel on Earth, a doctor unable to believe, a patient with a secret, a love story made in Heaven. 1998 PG-13 1 hr. 40 mins.

Sunday, March 31st: *Silver Linings Playbook*—Life doesn't always go according to plan, Pat Solatano has lost everything - his house, his job, and his wife. He now finds himself living back with his mother and father after spending eight months in a state institution on a plea bargain. Pat is determined to rebuild his life, remain positive and reunite with his wife, despite the challenging circumstances of their separation. All Pats parents want is for him to get back on his feet and to share their family's obsession with the Philadelphia Eagles football team. 2012 R 2hrs. 2 mins.

A diet rich in fruits, vegetables, whole grains, and low-fat dairy products can help you get your blood pressure under control.

If you've been diagnosed with high blood pressure, you may be wondering if the foods you eat could play a role in your condition. The answer is yes. Lifestyle factors such as diet can have a major impact on lowering blood pressure. In fact, some older adults are able to get their blood pressure under control just by changing what they eat. This in turn can potentially reduce or even eliminate their need for blood pressure medication.

Here are some foods that can promote normal blood pressure levels and support your overall health:

- Unsweetened yogurt. A recent study showed that yogurt may produce positive blood pressure outcomes for those with hypertension. This is attributed to its high amounts of the minerals calcium, potassium, and magnesium—all thought to help regulate blood pressure. Look for unsweetened natural and Greek yogurts, which can be blended with fruits, seeds, and nuts for a healthy breakfast or snack.
- Berries: Strawberries and blueberries are rich in antioxidant compounds called anthocyanins. Research has linked anthocyanins to a reduction in blood pressure in people with hypertension.
- Beets: This root vegetable is high in nitrates, which the body converts into nitrous oxide, a molecule that's been shown to reduce systolic blood pressure.
- Sweet potatoes: Loaded with magnesium, potassium, and fiber, this side dish superstar is a delicious way to lower blood pressure.
- Leafy greens: Cabbage, collard greens, spinach, kale, and other greens are high in nitrates, which have been found to offer blood pressure benefits. It's easier to get your daily dose of greens by varying how you eat them.
- Fatty fish: Salmon is packed with heart-healthy omega-3 fatty acids and vitamin D, nutrients that can help lower and regular blood pressure.
- Whole grains (especially oatmeal): Oats and other whole grains contain a type of fiber called beta-glucan, which may lower both systolic and diastolic blood pressure.
- Bananas: Potassium is an essential mineral that helps the body get rid of sodium, relaxes blood vessels, and lowers blood pressure.

Dementia: The Top 4 Things You Should Know

Dementia is an umbrella term. Most of the time when people hear the term 'dementia' they think of Alzheimer's Disease. However, Alzheimer's Disease is just one form of dementia. Dementia is an umbrella term for many different neurocognitive disorders, such as Lewy body dementia, Parkinson's disease, Frontotemporal dementia, Creutzfeldt-Jakob disease, Huntington's disease, Wernicke-Korsakoff syndrome and many more.

Dementia is about more than memory

loss. Dementia is a disease of the brain, affecting much more than memory. Dementia can also cause changes and impairment to judgement, reasoning, problem solving, spatial awareness, vision, language skills, motor skills, emotional regulation, and behavior.

Dementia is not the same as normal aging. While the risk for dementia does increase as we age, dementia is not a normal or inevitable part of aging. Slight lapses in memory, such as forgetting where we put our keys or forgetting what is on the shopping list, are common and part of normal aging. Dementia goes beyond these normal lapses in memory, such as regularly forgetting the names of close family members, not being able to recall common words, or forgetting where you live.

You can still live a full, meaningful life with dementia. It is important to remember that a diagnosis of dementia does not mean your life is over. People living with dementia are still able to live lives full of joy and purpose. Individuals living with dementia can still maintain friendships, be creative, learn and grow, and give back to their communities.



A friendly reminder that our Dementia support group for caregivers will meet on Thursday, March 21st at 2:30 PM in the Assisted Living Library.

Need-To-Know

Director of Resident Services

Guest Room

Summit Place offers two guest rooms for residents to reserve for friends or family.

Each room is \$100 per night and the maximum stay is two weeks. Check in is at 3:00 pm and check out is at 11:00 am. Guest room fobs may be picked up at the independent living reception desk keeping in mind that the desk is staffed Monday through Friday from 9:00 am to 7:00 pm. Cash or check payment for guest rooms is accepted at the independent living desk. Guest rooms may not be reserved more than 90 days in advance.

And a friendly reminder! Independent and Assisted living dining rooms are open seating for meals. In keeping with



SilverCrest's core values of respect and community, please refrain from "saving" a seat. Reserving a seat creates an environment of exclusivity and sends an unwelcome message to others. We take pride in accepting *all* residents for who they are. Let's help each other all feel like we belong here.

The hydration stations have been well received! So



well, it seems, that we have seen an uptick in cup replacement. There have been days where 50, or more, cups were replaced at the IL station and were completely

gone by the end of the day. While we are happy that residents are taking the opportunity to "drink more water", we would like to remind you that the cups are *exclusively for the hydration stations*. They are not for residents to take for personal use.

Dining News

Director of Dining Services



Calling all gour-mands and culinary adventurers! The Dining department at Summit Place is whipping up something delectable this month, and you're

invited to the feast!

Fresh Flavors, Familiar Faces: We're excited to announce a brand-new initiative focused on incorporating residents' favorite comfort foods into our regular menus. Our chefs have been gathering recipe suggestions, family heirlooms, and cherished culinary memories from each of you. From Grandma's secret apple pie to Dad's hearty chili, expect a taste of home alongside our carefully crafted, nutritious dishes.

Dining with Distinction: Remember, mealtimes at Summit Place are about more than just sustenance. They're about community, laughter, and creating cherished memories. We encourage you to gather around the table, share stories, and savor the company of your fellow residents.

So, grab your napkin and get ready for a month of culinary delights! We can't wait to share these tasty adventures with you. Bon appétit!

P.S. Don't forget to ask the Dining Team about our new dietary options. We believe everyone deserves to enjoy a delicious and satisfying meal.

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



Summit Place Green (Recycling) Team:

1st Floor: Harriet, Mary Ann
2nd Floor: Maxine
3rd Floor: Ken, Mimi, Doug
4th Floor: Kathy

If you have any questions about recycling, please reach out to a green team member. The green team is educated on the recycling "Do's & Don'ts" from the Hennepin County Recycling Center.

Friendly reminder:

1. Please **do not put food** or any containers with remnants of food into the recycling bins.
2. Store receipts are NOT recyclable.
3. Gift wrap is NOT recyclable.



Important Phone Numbers

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