

April  
2024

## Program Ponderings

*By: Director of Programs*



April is Parkinson's Disease Awareness Month, chosen because it is the birth month of James Parkinson, who first identified the symptoms of Parkinson's disease more than 200 years ago. The National Institutes of Health states that Parkinson's disease (PD) is a brain disorder that impacts one's coordination, balance, shaking and stiffness. Parkinson's Foundation writes, "Nearly one million people in the U.S. are living with Parkinson's disease. This number is expected to rise to 1.2 million by 2030." The number of people in the U.S. diagnosed with PD each year is roughly 90,000. Parkinson's disease is the second most common neurologic condition found in the United States after Alzheimer's. This month we're hosting a fundraiser for Parkinson's research. On Thursday, April 11th sign up for a 15-minute time slot on the Nu-Step. Our goal is to get to 10,000 steps by the end of the day.

Also, we're hosting a **bake sale** on **Thursday, April 11th from 1:00-2:30 PM in the IL Dining Room**. Donations of baked good will be accepted on Tuesday, April 9th and Wednesday, April 10th. Bring your items to the Great Room between 11:00 AM-3:00 PM. **Label your items with what it is, who made it and a contact number in case there are any questions. Thank you!**

**The Arizona National Scenic Trail (AZT)** – one state, 800 miles and 100,000 feet of elevation gain – is a continuous footpath from Mexico to Utah moving through diverse landscapes that link deserts, "sky islands," canyons, forests as well as two national parks, Saguaro and Grand Canyon. It was one of the hardest but most alluring of trails walked by Blissful Hiker. A former professional flutist and American Public Media radio host, Alison Young is the "solo female middle-aged titanium-reinforced cancer-thriver long-distance backpacker" Blissful Hiker. Join **Alison** for this wonderful presentation with exquisite pictures **on Tuesday, April 9th at 2:00PM in the performance room.**



Don't miss this once in a lifetime performance on **Sunday, April 21st at 3:00 PM by the Minnesota Mandolin Orchestra** in the performance room. They field 20-30 plucked-string acoustic musicians who play mandolin, mandola, mandocello, guitar, and bass, playing a mix of early 20th-century string, classical, and pop music. Their setlists always include some locally-composed music as well as a Beatles tune.





*Please welcome your  
new neighbors!*

**Independent Living**

Paul & Dianelle K.  
Leslie J.

**Reflections**

Carol H.



***Calling Gardeners!***

We have a couple garden plots left for anyone who may be interested in maintaining a plot of your own.

Please call Programming at 952-995-1711, if you are interested or have any questions. The plots will be assigned on a first come, first serve basis. Thank you!

1st—Lois L.

4th—Marian A.

16th—Ken K

16th—Mona B.

20th—Walter P.

20th—Rose Marie L.

22nd—Mary S.

24th—Dinh T.

26th—Margie L.

28th—Barb L.

29th—Jo M.

29th—Shirley S.

30th—Karla O.

*Spring is finally here  
as April comes along,  
flowers blooming bright  
and birds sing out their song.  
A birthday wish for you  
for blue skies up above  
and may your days be filled  
with family, friends and love.*

## Campus Director's Notes

By: Kris D.

Executive Director

## Silver Advantage

By: Chris P.

Director of Environmental Services



This April we celebrate Summit Place being open for 21 years! Thank you for making Summit Place your home.

It's the time of year when the building gets warm as the temperatures rise outside. We are not able to turn the chiller on until the weather is no longer below 32 degrees at night. The chiller is water based and the lines freeze at night. If your apartment is too warm, turn your heat off, open a window or run the fan. If you need help opening windows, please let us know and we will assist you. Once we have a date set to turn on the Air conditioning, we will let you know.

Join me for an hour of "Is it true?". Rumors run rapid in a large community like this. I hear all sorts of fun things related to our community and how we do business. I would like to invite you to join me for an open discussion of "Is it true?" I'll answer your questions and debunk any false information floating through the community. This will be an open question forum and I look forward to "clearing up" a few things.

One of the key contributors to the success of Summit Place are the volunteers who support the Summit Place community. April is Volunteer recognition month and I want to take this opportunity to thank the many volunteers that give their time and talents to support our community, THANK YOU!

You've likely heard the saying, "The whole is greater than the sum of its parts." While Aristotle was not referring to teamwork, the statement expresses the main goal of building a great team.

A team can achieve far more than any individual working alone. That's obvious. .

Some of us have been on teams where we would not say that is always the case.

Why is being part of a team not always fulfilling?

It takes more than one brilliant mind to achieve a goal especially as the issues we're trying to solve become more complex, no single person has all of the information, context, and skills needed. It takes a team for great ideas to come to life.

You can't simply put a group of people into a room and expect miracles to happen. Utilizing the diverse talents and perspectives of team members, having a clear, shared objective, and effective collaboration, all help give a team the power to grow and succeed.

Done right, working together and being part of a team drives success for the individual and the company. When a team grows and learns, so does the company's ability to be agile and create value for customers.

Each team member's skills and abilities should grow faster as well.

That's the power of great teamwork.

### TEAM WORK

Coming together is the  
*beginning*  
Keeping together is  
*progress*  
Working together is  
*success*

## Written by:

*Diane S.*

*Independent Living Resident*

## Summit Club News

*By: Greta D.*

*Director of Wellness*

### **Why I Love Minnesota**

Minnesota is my home state. I love the mornings at day break.

The sun coming up from the East, bringing another glorious morning to appreciate.

The beautiful seasons of the Winter, Spring, Summer and Fall, and we also have the mega mall.

We have casinos and horse racing, and a large water park,. You can be busy here form early light 'til dark.

The different seasons bring such delight. The snow in the winter that covers the ground. The holidays with all the family around.

The budding flowers and trees in the spring, and the warmer weather that the season brings.

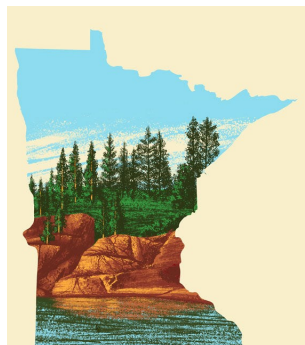
Then comes summer with its warm relaxing days, and next is fall and what I can I say. The beauty of this season takes my breath away. The spectacular colors of the leaves, and the cooler weather that brings a breeze.

We have lutefish, lefse, and our own wild rice. And, our state is often referred to as Minnesota Nice.

We are the land of ten thousand lakes, the north woods, rolling farm land, and that lady that bakes. The Jolly Green Giant lives down in Le Sueur, and Paul Bunyon and his Blue Ox also live here.

We have concerts and theatre and fine dining too, and we have not one but two lovely zoos.

It's always nice to travel and roam. But it is much nicer when you get home.



### **Understanding Parkinson's**

According to the Parkinson's Foundation, "Parkinson's Disease (PD) is a neurodegenerative disorder that affects predominantly dopamine producing neurons in a specific part of the brain called subntania nigra." Symptoms generally develop slowly over the years and the progression of symptoms is often a bit different from one person to another due to the diversity of the disease. People with PD may experience tremors, slowed movements, limb stiffness, gait and balance problems. In addition to movement-related symptoms, people with Parkinson's may experience symptoms not visible on the surface. These non-motor symptoms include cognitive, autonomic, psychiatric, and overall health effects. People are more often impacted by their non-motor symptoms than motor symptoms.

As explained by the Parkinson's foundation, Scientists believe a combination of genes, environmental factors and lifestyle influences are the three components that determine if someone will develop Parkinson's. Parkinson's-specific research is critical to better understanding how these components interact to cause PD and how to prevent it. Although there is no cure, treatment options vary and can include medication and lifestyle adjustments. Currently, all therapies used for PD can improve symptoms but do not slow or halt the disease progression.

April 11<sup>th</sup> is World Parkinson's Day. Join the Summit Club for their Pump it for Parkinson's event. More details on the event can be found in the health club newsletter.



## **Movies for April**

**Saturday, April 6th—*Secondhand Lions*:** A young male spends the summer with his two great-uncles on their farm. While there, he gets to know them and learns about their past. He learns that they fought together. Along the way, they understand the meaning of family and sticking together.

2003 PG 1hr. 49 mins.

**Sunday, April 7th—*The Big Sick*:** Pakistan-born comedian Kumail Nanjiani and grad student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents, his family's expectations, and his true feelings. 2017 R 2 hrs.

**Saturday, April 13th—*The Shack*:** After the abduction and presumed death of Mackenzie Allen Phillips' youngest daughter, Missy, Mack receives a letter and suspects it is from God, asking him to return to The Shack where Missy may have been murdered. After contemplating it, he leaves his home to go to The Shack for the first time since Missy's abduction and an encounter that will change his life forever.

2017 PG-13 2 hr. 12 mins.

**Sunday, April 14th—*Big Fat Greek Wedding 3*:** After the death of the family's patriarch, Toula attempts to locate her father's childhood friends in Greece for a family reunion. 2023 PG-13 1hr. 32 mins.

**Saturday, April 20th—*Me Before You*:** Lou Clark knows lots of things. She knows how many footsteps there are between the bus stop and home. She knows she likes working in The Buttered Bun tea shop and she knows she might not love her boyfriend Patrick. What Lou doesn't know is she's about to lose her job or that knowing what's coming is what keeps her sane. Will Traynor knows a road accident took away his desire to live. He knows everything feels very small and rather joyless now and he knows exactly how he's going to put a stop to that. What Will doesn't know is that Lou is about to burst into his world in a riot of color. And neither of them knows they're going to change each other for all time.

2016 PG-13 1hr. 50 mins.

**Sunday, April 21st—*Casablanca*:** The story of Rick Blaine, a cynical world-weary ex-patriate who runs a nightclub in Casablanca, Morocco during the early stages of WWII. Despite the pressure he constantly receives from the local authorities, Rick's cafe has become a kind of haven for refugees seeking to obtain illicit letters that will help them escape to America. But when Ilsa, a former lover of Rick's, and her husband, show up to his cafe one day, Rick faces a tough challenge which will bring up unforeseen complications, heart-break and ultimately an excruciating decision to make. 1942 PG 1hr 43 mins.

**Saturday, April 27th—*Ladder 49*:** A firefighter, injured and trapped in a burning building, has flashbacks of his life as he drifts in and out of consciousness. Meanwhile, fellow firefighters led by the Chief attempt to rescue him. 2004 PG-13 1hr. 55 mins.

**Sunday, April 28th—*The Best of Me*:** Amanda and Dawson are soul mates who met as teens and were from different backgrounds. But circumstances would force them to part ways. 20 years later they are brought back together by the passing of a mutual friend. So they go back home to fulfill his final wishes and they run into each other. While Amanda is married, albeit unhappily, she still has feelings for Dawson but can't forgive him for pushing her away. 2014 PG-13 1hr. 58 mins.

## Health & Wellness

By: Cheri B.

Corporate Director of Clinical Services

Spring Cleaning.... Your medicine cabinet!

We all have them- those bottles that get pushed to the back, forgotten, or not oft used. While some expired medications may retain their efficacy, it's crucial to exercise caution and adhere to best practices. Some medicines- like liquids, inhalers, creams or lotions have much shorter expiration dates. Others, when stored properly could remain good for months even years beyond their expiration date. Here are a few tips to help keep you safe:

**1. Check for Signs of Degradation:** Inspect medications for any changes in color, texture, or odor. If a drug appears altered in any way, it should be discarded immediately.

**2. Follow Storage Guidelines:** Store medications in a cool, dry place away from direct sunlight. Avoid storing them in the bathroom or kitchen, where humidity levels fluctuate.

**3. Dispose of Expired Medications Properly:** Many pharmacies and community centers offer medication disposal programs to safely discard expired or unused drugs. Flushing medications down the toilet or throwing them in the trash can have adverse environmental consequences.

**Consult Healthcare Professionals:** When in doubt about the safety or efficacy of expired medications, consult with a pharmacist or healthcare provider. They can offer guidance tailored to your specific situation and medical history.

Remember, while expiration dates serve as important guidelines for medication use, they should not be viewed as absolute indicators of efficacy or safety. Understanding the factors that influence medication stability and practicing proper storage and disposal methods are key to maximizing the lifespan of medications and ensuring their safe and effective use. When it comes to your health, knowledge is power. Stay informed, stay safe, and don't let misconceptions about expiration dates cloud your judgment when it comes to managing your medications.

## Reflections from Reflections

By: Chloe S.

Director of Reflections

Spring is here!! With the transition into Spring starting with Daylight Savings time and dealing with the changes in weather, it can be a difficult adjustment for your loved one living with dementia. Some difficulties can include maintaining consistent sleep and wake patterns and worsening dementia symptoms. Routine and consistency are key to the well-being of a person living with dementia. To decrease any disruptions caused by the change in seasons, people with dementia should be encouraged to:

- Participate in regular exercise sessions.
- Engage in enjoyable activities that celebrate the season change.

When the weather permits, spend more time outdoors in the sunlight.

With this we can expect more outings on the Reflections calendar and more time to spend outside! We will be utilizing our outdoor patio and gardens to spend more time in the sun! Now is also a good time to start making the transition between winter and summer clothes as well as making sure your loved ones have sunscreen available as well as light jackets for the beginning of Spring.

A friendly reminder that our Dementia support group for caregivers will meet on Thursday, April 25th at 2:15 PM in the Assisted Living Library.

## Need-To-Know

By: Elizabeth S.

Director of Resident Services

Independent living bathroom pull cords have a switch and there has been some confusion as to where the small black switch should be. The following is from our alarm monitoring company, Custom Alarm: The switch needs to be in the 'Off' position when there isn't an emergency. When the cord is pulled, it pulls the switch into the 'On' position which triggers an alarm. This also means it's very important to make sure after every alarm that the switch is moved back to 'Off' so it's ready to be pulled again to send another alarm. There you go!

Did you know that the speed limit in our parking lot is five miles per hour? Do be a kind neighbor and don't speed. Residents, families, friends and vendors walking to and from their cars deserve to be safe. We see many cars drive too fast, so please slow down. Also, if you are taking a walk, please use the sidewalks.



For those of you who use the parking garage, did you know there is a telephone to the left of the door that enters the independent living building by the Summit Club? If you find yourself in the garage without your fob, there is a telephone you can use for assistance.

Help! My fob doesn't work! I hear this almost daily. The reason your fob might mysteriously stop working is because it hasn't been updated regularly. You may be saying, "How do I do that?". Fobs need to be used at either entrance (8505 IL or 8501 AL) for an automatic update to occur. Even though our receptionists are customer service experts and often open the door for you, please place your fob on the door reader from time to time so that it is updated and working for you. As always, we are here to help if you encounter any fob foibles.

## Dining News

By: Dan S.

Director of Dining Services

Spring into Flavor! April Dining Delights! As the days grow longer and warmer, Summit Place is excited to unveil its delicious and nutritious menu for the month of April! We'll celebrate the flavors of spring, featuring fresh, seasonal ingredients.

April is a time for renewal and fresh starts. Our culinary team has created a menu that reflects that spirit, with light and vibrant dishes that are perfect for the Spring season.

Residents can look forward to a variety of menu options throughout the month, including:

- Spring Salads:** Freshly picked greens with seasonal berries, nuts, and a light vinaigrette.
- Herb-Roasted Chicken:** Tender chicken flavored with fragrant spring herbs like rosemary and thyme.
- Salmon with Lemon Dill Sauce:** A light and flavorful dish packed with healthy omega-3 fatty acids.
- Roasted Asparagus and Cherry Tomatoes:** A colorful and delicious side dish featuring spring vegetables.
- Easter Brunch:** A special holiday feast featuring traditional favorites with a gourmet twist. **And don't forget dessert!** Enjoy refreshing fruit crisps, creamy custards, and other spring-time treats.

We believe that mealtime is an important social event. Our goal is to provide a dining experience that is not only delicious but also promotes socialization and a sense of community. Summit Place is committed to providing a vibrant and enriching lifestyle. The April dining program is just one example of how we strive to create a positive and enjoyable living environment.

## 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](http://www.summitplacecampus.com)



### Summit Place Green (Recycling) Team:

1st Floor: Harriet B., Mary Ann J.

2nd Floor: Maxine M

3rd Floor: Ken R., Mimi E., Doug S.

4th Floor: Kathy C.

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. **Do not put food** or any containers with remnants of food into the recycling bins.
2. Be courteous of your neighbors and throw any garbage down the trash shoot. Do not leave it sit on the floor in the trash room or in the recycling bins.

## 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