

Program Ponderings

By: Director of Programs

It has been a beautiful site to see the array of color and fresh vegetables growing from the planter boxes in the backyard. Now that harvest season has come to an end, we remind our **Gardeners** to remove your items from the boxes.



Daylight Saving Time ends on Sunday, November 3rd. Be sure to set your clocks back one hour before you go to bed on Saturday.

Election Day is Tuesday, November 5th. Just a friendly reminder, the shuttle **will not be** running to the polls. If you prefer to vote in person, you may take the shuttle on Thursday, October 31st to the Eden Prairie City Center and vote in person. Please sign up in the shuttle binder.

A day at a boutique without having to leave the comfort of your community.



On **Thursday, November 7th, Taylor Marie's Women's Apparel** will be here from **11:00 am to 1:00 pm** selling quality clothing in the Independent Living Dining Room. At **1:00 pm** the fun begins with a resident **fashion show**. Models are needed! Please call the programming dept. if you are interested in modeling Taylor Marie's apparel for the fashion show.



To our Veterans and their supporters, we **THANK YOU!**

Summit Place resident, Mary S. returns to the Performance Room on Monday, November 11th at 2:00PM with a presentation on American Military Cemeteries.

The presentation details the work of the American Battle Monuments Commission to establish and protect our veterans who have made the ultimate sacrifice. More than 218,000 individuals who died in WWI and WWII are buried or memorialized within ABMC cemeteries and memorials around the globe. It will also detail how we can celebrate the painful reminder that all of these burials are representative of the horrific cost of America's freedom. Mary will give insight into how host countries feel about them.



Oh the array of colors! A beautiful fall picture of our backyard. Credit to Della F. for sharing this picture.



Please welcome your new neighbors!

Independent Living

Phil & Jackie C.

Ellen S.

Gloria H.

Violet M.

Cynthia S.

Assisted Living

Richard B.



Friendly Summit Place Library Reminders

- ◇ We have a new shipment of Hennepin County Library books for you to check out in the Independent Living Library.
- ◇ Reminder, **PLEASE sign out any Hennepin County books if you wish to take them out of the library. There is a sign out binder next to the Hennepin County library book section. All other books do not need to be signed out.** They are donations and are on the honor system.
- ◇ The Hennepin County Library book selection is rotated out every 3 months. During these rotation periods, we ask that you do not remove any Hennepin County books as they need to be returned. There will be signs posted notifying you of this process.

3rd—Marilyn I.

4th—Sheryl K.

5th—Janet S.

7th—Noni H.

8th—Inger O.

8th—Pamela T.

10th—Janet B.

16th—Waneta C.

16th—Robert G.

17th—Dave L.

17th—Carol K.

20th—Lauren O.

24th—Suzanne M.

26th—Tom K.

29th—Aleene B.



Campus Director's Notes

By: Kris D.

Executive Director

Silver Advantage

RESPECT



As we enter November, I extend my heartfelt gratitude to all our residents for choosing Summit Place as your home. I also thank our dedicated staff for their hard work in making Summit Place a wonderful place to live and work.

With the holiday season approaching, we have some guidelines regarding apartment decorations. Please note that live Christmas trees or wreaths are not permitted in your apartment or any common areas. However, artificial wreaths and other decorations are welcome on your door, provided they are hung without nails and do not obstruct your peephole.



We are excited to introduce our new Marketing Director, Karlyn. Karlyn is a native Midwesterner who has recently returned to the area from Washington State. She brings extensive experience in operational, startup,

sales/marketing support, and client management within the Geriatric Care Management arena, HME sector, and private duty home care settings. Karlyn has a deep understanding and compassion for the geriatric population and their needs.

I wish you all a happy and healthy Thanksgiving! Enjoy time with your family and reflect on what you are thankful for this past year.

This month we recognize the letter “T” in *RESPECT*, which represents TEAMWORK.

Without Teamwork, Summit Place wouldn't be functional. Every day, the staff thrives on doing their job well and helping residents and other staff.

As with most things in life, the foundation of any team has to be based on trust—trust that everyone is concerned about the welfare of the entire team and those they are caring for.

It's also about relationships. If individuals on a team have positive and mature relationships, trust will naturally grow and will have a higher rate of success. This goes for you and your neighbors too. If everyone helps each other out or does neighborly checks on one another from time to time, our community thrives. As we all know, small acts of kindness go a long way.

A Little Story

This is a story about four people named, respectively, Everybody, Somebody, Anybody, and Nobody. There was an important job to be done, and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

Upcoming Outings

Wednesday, November 13th

Bus departs at 9:30 AM

Girlhood (It's Complicated) Exhibit

at the Minnesota History Center—

Explore the ever-evolving concept of girlhood in the United States and how young women have influenced politics, education, work, health, and fashion.

Featuring over 100 artifacts from the Smithsonian Institution, interactive displays, historical photographs and more, *Girlhood (It's complicated)* isn't just for girls; it's for everyone.

This is a self-guided tour.

\$10 per person—Registration is required so please sign-up in the program binder.



Thursday, December 5th

Bells will be Ringin' at Sidekick Theatre in Bloomington.

—Bus departs at 10:45 AM

—Lunch is served at 11:30 AM and the show begins at 1:00 PM

Celebrate the most wonderful time of the year with Sidekick Theatre's heartwarming and funny holiday show!

Combining some of the Twin Cities best vocalists with a dynamic band heated up by Brian Pierce. This spirited holiday show brings a modern vitality to holiday favorites from the past and present day, and promises to leave you feeling merry and bright!

Ticket price is \$49 per person.

Lunch is included: Holiday Roast Chicken, with Cheesy Potatoes, Green Bean Almondine, Winter Salad, Dinner Rolls, Assorted Dessert, Coffee, Hot Tea. **Sign-up now in the program binder. The deadline to sign is up November 18th.** Tickets will be ordered then so if you have to cancel after that date, you will be billed for the ticket unless we can find someone to purchase it.



Summit Club News

By: Greta D.

Director of Wellness

November is National Gratitude Month and a time of the year where we reflect on the people, places, and things we are thankful for. One thing that we may not seem to give thanks for enough is our body.

Here's a list of ways to inspire an attitude of gratitude:

- **Take a moment to reflect on everything your body does for you.** *Everything* you have experienced in life up to this point has been possible because of your body. It's incredible when you stop to take the time to think about it!

- **Nourish to flourish.** One of the simplest ways you can thank your body is by fueling up with nourishing, nutrient-dense foods. In other words, foods that make you feel good inside and out. This doesn't mean you can't enjoy a good treat!

- **Move it.** Our bodies were made to move! Movement allows our heart, a muscle, to circulate blood throughout our bodies. Endorphins, released when we exercise, make us feel happy. Just move! Anything is always better than nothing.

- **Rest.** There's nothing better than waking up after a night of deep, restful sleep. Show your body love by prioritizing rest time, too. Rest shouldn't be limited to your nightly sleep sessions.

- **Breathe deeply.** Healthy stress management is a crucial part of well-being. Learning simple breath work techniques can go a long way to helping your body cope and access a calmer place whenever you need to. Your breath is a powerful tool that you can access at anytime and anywhere - use it!



Movies for November

Friday, November 1st: *Coco*—Despite his family's baffling generations-old ban on music, Miguel dreams of becoming an accomplished musician like his idol, Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead following a mysterious chain of events. Along the way, he meets charming trickster Hector, and together, they set off on an extraordinary journey to unlock the real story behind Miguel's family history. 2017 PG 1hr. 45 mins.

Saturday, November 2nd: *The Intern*—Seventy-year-old widower Ben Whittaker has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin. 2015 PG-13 2 hrs.

Sunday, November 3rd: *Dark Waters*—A corporate defense attorney takes on an environmental lawsuit against a chemical company that exposes a lengthy history of pollution. Based on a true story. 2019 PG-13 2hrs. 6 mins.

Saturday, November 9th: *Dear John*— South Carolina US Army Special operations soldier John is on summer leave from his German base, visiting his widowed father. Being gallant on the pier, he befriends college student Savannah, and her buddies, a terminal father and his angelic son. John falls in love with Savannah, who diagnoses his beloved, gentle but weird father as mildly autistic. He plans not to sign up again, but 9/11 changes that, and she won't wait idly while their friends desperately need help. 2010 PG-13 1 hr. 48 mins.

Sunday, November 10th: *Max*—A military dog that helped American Marines in Afghanistan returns to the United States and is adopted by his handler's family after suffering a traumatic experience. 2015 PG 1hr. 51 mins.

Saturday, November 16th: *Living in the Age of Airplanes (Documentary)*—LIVING IN THE AGE OF AIRPLANES is a story about how the airplane has changed the world. Filmed in 18 countries across all 7 continents, it renews our appreciation for one of the most extraordinary and awe-inspiring aspects of the modern world. 2016 47 minutes

Sunday, November 17th: *RESPECT*—Following the rise of Aretha Franklin's career from a child singing in her father's church choir to her international superstardom, RESPECT is the remarkable true story of the music icon's journey to find her voice. 2021 PG-13 2hrs. 25 mins.

Saturday, November 23rd: *Everest*—On May 10, 1996, mountain guides Rob Hall and Scott Fischer combine their expedition teams for a final ascent to the summit of Mount Everest. With little warning, a storm strikes the mountain and the climbers must now battle to survive. 2015 PG-13 2 hours

Sunday, November 24th: *Definitely, Maybe*—Will Hayes, a 30-something Manhattan dad is in the midst of a divorce when his 10 year old daughter, Maya, starts to question him about his life before marriage. Maya wants to know absolutely everything about how her parents met and fell in love. Will's story begins in 1992, as a young, starry-eyed aspiring politician who moves to New York from Wisconsin in order to work on the Clinton campaign. For Maya, Will relives his past as a idealistic young man learning the ins and outs of big city politics, and recounts the history of his romantic relationships with three very different women. On the campaign, Will's best buddy is Russell McCormack. They not only have similar political aspirations, they share the same type of girl problems, too. 2008 PG-13 1hr. 52 mins.

Saturday, November 30th: *Me Before You*—A girl in a small town forms an unlikely bond with a recently-paralyzed man she's taking care of. 2016 PG-13 1 hr. 50 mins

Health & Wellness

By: Cheri B.

Corporate Director of Clinical Services

Something is Afoot! Understanding Plantar Fasciitis in Seniors and How to Manage It

Plantar fasciitis is a common condition among seniors that cause pain and inflammation in the heel and foot. As we age, the padding under our feet becomes thinner, and the wear and tear on the plantar fascia—a ligament connecting the heel bone to the toes—can lead to chronic discomfort. Seniors with this condition often experience sharp, stabbing pain, especially during their first steps in the morning or after prolonged periods of sitting or standing.

Managing plantar fasciitis requires a combination of preventative measures and treatment options. Wearing supportive shoes with proper arch support, stretching the calf and foot muscles, and using orthotic inserts can help alleviate the strain on the plantar fascia. Ice therapy and over-the-counter anti-inflammatory medications may also provide relief from pain and swelling. In some cases, physical therapy can assist in strengthening the muscles around the foot to prevent further strain.

For seniors, it's important to address plantar fasciitis early to avoid complications that could limit mobility and independence. Caregivers and healthcare professionals should encourage regular checkups to assess foot health, especially for those with diabetes, which can exacerbate foot problems. Proper care and attention to foot health can significantly improve the quality of life for seniors dealing with plantar fasciitis.

Reflections from Reflections

By: Chloe S.

Director of Reflections

Celebrating National Family Caregivers Month: Honoring Those Who Care for Loved Ones with Dementia

November is National Family Caregivers Month, a time to recognize and celebrate the invaluable contributions of family caregivers across the country. Caregiving is a labor of love, but it comes with its own set of challenges—especially when caring for individuals living with dementia.

Caring for someone with dementia can be both rewarding and demanding. Family caregivers often take on the role of advocate, companion, and support system. They navigate the complexities of dementia, which can include memory loss, confusion, and changes in behavior. This journey can lead to emotional and physical strain, making it crucial to acknowledge and support these caregivers.

This November let's take time to honor family caregivers. Whether through a simple thank-you note, a phone call, or a shared meal, small gestures can make a big difference in acknowledging their hard work and dedication.

As we celebrate National Family Caregivers Month, let's remember that caregivers are the backbone of the support system for individuals with dementia. Your efforts do not go unnoticed. You are appreciated more than words can express.

Need-To-Know

By: Elizabeth S.

Director of Resident Services

Welcome to another edition of “Need to Know Nuggets” which are the conversational “bits and bobs” people are talking about. The first three are from the resident handbook, which is part of your lease. Here we go!



The use of candles, burning of incense or any type of open flame are not allowed.



Per the Fire Marshal no live Christmas trees or wreaths are allowed within your apartment. Artificial wreaths or other decorations may be hung on your door at any time provided you are able to do so without using nails or tape. Over the door hangers and 3M removable hooks are good options.



The smoke detectors in the apartments are designed to alert each apartment resident of fire or smoke. Apartment smoke detectors do not send an alarm signal to the fire department. To actually signal the fire department, you must call 911 or pull the hallway fire alarms (the building alarm does not notify the fire department).



The handicapped/disability parking spots by the main entrances are for short-term parking and are not to be monopolized by residents or visitors. Vehicles must display a valid disability certificate or state issued disability license plates. Private property disability parking violations are enforceable by the police.



Please refrain from going behind either of the two reception desks; this area is for *employees only*. If the receptionist has stepped away, be patient and they will be happy to assist you upon their return.



The newspapers at the independent living desk **are only for residents who have a paid subscription**. Newspapers are **not complimentary**.

Dining News

By: Ralph S.

Director of Dining Services

Meet Ryan W., he is one of our newer Chefs. Ryan has been cooking professionally for over 20 years. The past ten years he has been working in senior care services. He has a versatile cooking resume. He has done everything from fine dining cuisine to comfort food. He enjoys cooking Asian food, especially seafood. One of Ryan’s favorite dishes to make, is a simple Asian stir fry with meat and vegetables.

Ryan has had the chance to work all over the United States and is now back home in Minnesota where he grew up. In his spare time, Ryan loves to be outdoors, go fishing and watch football. He also likes to volunteer at shelters and soup kitchens to give back to those who are less fortunate. With his years of experience and dedication to customer service, he is a valuable addition to our team.



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 B., Mary Ann J.

2nd Floor: Maxine M.

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

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.



Recycling Batteries

ALL Alkaline batteries should be thrown in the trash.

All other batteries, (hearing aid or watch batteries) should be recycled. Please bring these to the independent living front desk for recycle.

Important Phone Numbers

Summit Club	995-1021
IL Front Desk	995-1006
AL Front Desk	995-1000
Beauty Shop	651-421-1837
AL Kitchen	995-1015
24-Hour Home Care & Afterhours	995-1290
Bistro	995-1701
Housekeeping	995-1702