

## Program Ponderings

By: Director of Programs

This month of 2024 brings music, food, lights and cheerful celebration; It's our way of thanking you for making our year memorable and fun at Summit Place.

The **Summit Singers return to the performance stage on Thursday, December 19th and Friday, December 20th at 2:00 PM.** They will feature a double showing. **We ask that you only attend ONE of the shows.** Space is limited in the room, so if you want a good seat, I recommend you attend on Thursday, December 19th at 2:00 PM. Due to high interest, this show is limited to residents only and the families of the Summit Singers.



Our annual **Holiday Gala** is the evening of Wednesday, December 11th. This is one of our more formal events we celebrate. The evening begins with appetizers, then an elegant dinner in your respective dining rooms. Then we cap off the night with a performance by *The Music Men & Lori* from 6:00 - 7:15 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. Please watch for a reservation form in your in-house mailbox.

**Secret Santa** is a cherished tradition, adding an element of surprise and excitement to holiday gifting. If you wish to participate in our Secret Santa program, sign-up in the program binder before December 6th, as names will be drawn and distributed in your in-house mailbox on December 9th. The object of the game, is to leave a little note, or a small gift for your recipient during the week of December 16 thru December 20th. On Friday, December 20th there will be a reveal session at 10:45 am in the Chapel, so you can reveal yourself to your Secret Santa. Remember, the more the merrier!

With the colder weather upon us, I want to take a moment to remind you of the Shuttle

Bus weather guidelines. The shuttler service may be cancelled if the road conditions are icy; blustery winds; white out conditions with snow and visibility at less than 1/4 of a mile; the "feels like" temperature is 18 degrees below zero; and if schools close because of weather conditions. Lastly, due to the hydraulics in the bus lift, the lift can not be used if the temp is below zero. Do keep this in mind, and plan for any last minute cancellations. Also, with the colder temperatures, we ask that you come prepared with jacket, gloves, and hats, when you ride the shuttle.





***Please welcome your new neighbors!***

**Independent Living**

Ed L.

Therese H.

Alan L./Winnie K.

Carey & Jenny C.

Thomas H.

**Town Homes**

Richard & Sharon B.

**Reflections**

Donald S.

Elvera W.

5th—Marge B.

6th—Brian W.

15th—Ken S.

17th—Nancy C.

20th—Beverly O.

21st—Bessie M.

21st—Dick M.

22nd—Marty C.

26th—Anita D.

26th—Viven M.

27th—Arlene S.

27th—Pat J.

29th—Garv J.

Christmas  
Word Search



CHRISTMAS  
COOKIES  
ELF  
HOLLY  
JOLLY

LIGHTS  
MERRY  
MISTLETOE  
PRESENTS  
REINDEER

RUDOLF  
SANTA  
SNOW  
STAR  
TREE



## Campus Director's Notes

By: Kris D.

Executive Director

## Silver Advantage

By: Sara R.

Housekeeping Supervisor



### Season's Greetings from Summit Place!

On behalf of all the staff at Summit Place, I wish each of you a happy and safe holiday season.

As in the past, I remind everyone that, in accordance with SilverCrest policy, staff members are unable to accept tips or individual gifts from residents. Over the years, many generous residents have inquired about ways to show appreciation for our staff during this festive time. We suggest considering a monetary donation, which will be used to purchase door prizes or gift cards for staff to be distributed at our holiday party in January. Please note that this is completely voluntary and not expected. Cards of thanks, notes, and shared treats are always warmly welcomed.

Also, SilverCrest recognizes all employees each holiday season with a cash gift, the amount of which is determined by staff longevity and hours worked.

**Important Reminder:** Per the Fire Marshal, live Christmas trees and wreaths are not permitted in your apartments. However, artificial wreaths and other decorations may be hung on your door, provided they are affixed without nails or tape. The use of 3M hooks is allowed, but please ensure that your decorations do not obstruct your peep hole.

As we welcome 2025, I want to express my gratitude for choosing Summit Place as your home.

We are coming to the end of another year. This month, we are focusing on "R"-Residents First". Looking back on 2024 and thinking about how we put you first. Each department and staff work together every day to make Summit Place a nice, fun, friendly, and safe place to live. Most of us agree that it is you, our residents, that we enjoy the most about coming to work. You are why we do what we do, and try to do well. We enjoy getting to know you on a personal level while providing great customer service to you in the process. We appreciate your smiles and positive feedback from a job well done, as well as suggestions for improvement. This is your home. Our goal is to make it the best environment in any way we can! We hope you feel like we accomplish this for you, and that you enjoy being here like we do! We look forward to serving you in 2025! Have a Merry Christmas and Happy New Year!

"You matter.  
You are visible.  
You are wanted.  
You are needed.  
You are  
appreciated.  
Your life makes  
a difference."

### **A Holiday Poem**

The air is crisp, the lights aglow,  
A season wrapped in winter's snow.  
With every twinkle, every cheer,  
The holiday spirit draws near.

The hearth is warm, the table set,  
The scent of pine, the moonlight wet.  
Laughter echoes through the halls,  
As joy and peace embrace us all.

Snowflakes dance on winds that swirl,  
A frozen kiss, a sparkling world.  
We gather close, both near and far,  
And share the love beneath the stars.

A time for giving, hearts to mend,  
For making memories that will never  
end.

The world may turn, the years may fly,  
But holiday magic will never die.



### **Avoiding the Slip: Winter Fall Prevention**

Seemingly simple, everyday actions such as stepping out of a car in a parking lot or going on an afternoon walk can suddenly become treacherous in Minnesota winters, leading to falls and injuries.

What can be done to decrease the number of winter falls?

- Take care in risky locations.
- It's not always possible to see icy spots, so prepare for outside streets to be unsafe. When getting in or out of a vehicle, first check to see if the ground is slippery.
- Be cautious and allow extra time
- Change your walking style for greater stability.
- Walk like a "penguin", use a slower and wider gait to prevent falls.
- Dress appropriately.
- Wear footwear with treads and good traction. Consider purchasing ice grippers for your shoes.
- Bring a cellphone and wear your pendant. If you should fall, you will be glad you have a way to contact someone to get help.

I invite you to a "**Fall Prevention**" presentation on **Wednesday, December 18th at 1:00 pm in the performance room**. Ascend, the therapy provider at Summit Place, will be leading the presentation.





# **Movies for December**

**Sunday, December 1st: *Andre Rieu: Home For Christmas***—The “Home For Christmas” program is recorded primarily at André’s home, a romantic medieval castle in the Dutch town of Maastricht where the musketeer D’Artagnan was said to have had his last breakfast. Together with his Johann Strauss Orchestra, soloists and choir, André Rieu performs 26 holiday classics in his snowy, beautiful decorated garden and Saint Pieter Church across the street from his home. 2hrs 10 mins.

**Saturday, December 7th: *Murphy’s Romance***—Emma is a divorced woman with a teen-aged son who moves into a small town and tries to make a go of a horse ranch. Murphy is the widowed town druggist who steers business her way. Things are going along predictably until her ex-husband shows up, needing a place to stay. The three of them form an intricate circle, with Emma's son liking Murphy but desperately wanting his father back. 1985 PG-13 1 hr. 47 mins.

**Sunday, December 8th: *The Proposal***—When New York editor Margaret faces deportation, she convinces her assistant Andrew to marry her in return for a promotion. However, when she visits his hometown, it changes her in many ways. 2009 PG-13 1 hr. 48 mins.

**Saturday, December 14th: *The Biggest Little Farm***—A testament to the immense complexity of nature, *The Biggest Little Farm* follows two dreamers and a dog on an odyssey to bring harmony to both their lives and the land. When the barking of their beloved dog Todd leads to an eviction notice from their tiny LA apartment, John and Molly Chester make a choice that takes them out of the city and on to 200 acres in the foothills of Ventura County, naively endeavoring to build one of the most diverse farms of its kind in complete coexistence with nature. 2018 PG 1 hr. 31 mins.

**Sunday, December 15th: *Grumpy Old Men***—John and Max are elderly men living next door to each other. They're continuously arguing and insulting each other, and have been this way for over 50 years. One day, Ariel, moves into the street. Both men are attracted to her, and their rivalry steps up a gear. 1993 PG-13 1 hr. 43 mins.

**Saturday, December 21st: *White Christmas***—A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general. 1954 NA 2 hrs.

**Sunday, December 22nd: *Andre Rieu—Christmas Around the World***—André himself says it’s the most beautiful Christmas concert he’s ever given. As well as the orchestra and choir, there are three superb sopranos, and maybe the most heart-warming performers in this concert are the Japanese children’s choir with voices like little angels! Of course all of this is placed in a sumptuous Christmas setting with the most atmospheric decor and lighting you can imagine . 1 hr. 30 mins.

**Saturday, December 28th: *The Thrill of It***—A homemaker's sudden rise to fame as a soap spokesperson leads to chaos in her home life. 1963 1hr. 48 mins.

**Sunday, December 29th: *The Kings Speech***—The story of King George VI, his unexpected ascension to the throne of the British Empire in 1936, and the speech therapist who helped the unsure monarch overcome his stammer. 2010 R 2 hrs.

## Health & Wellness

By: Cheri B.

Corporate Director of Clinical Services



Splash those blues away!

Swimming is a wonderful exercise for people of all ages, especially in the cold months. The low-impact nature of swimming makes it an ideal option for older adults, as it places minimal strain on the joints. This is particularly beneficial for those with arthritis or joint pain, as the buoyancy of the water supports the body, reducing pressure on the knees, hips, and spine.

In addition to being gentle on the body, swimming offers a full-body workout that can improve cardiovascular health, strength, and flexibility. Regular swimming helps maintain muscle tone, improve balance, and boost endurance—all of which can reduce the risk of falls and other injuries. Studies have shown that the rhythmic movement of swimming can also improve heart health, lowering blood pressure and reducing the risk of cardiovascular disease.

Swimming can also enhance mental well-being. The calming effect of being in the water helps reduce stress, while the release of endorphins can improve mood and increase energy levels. Many seniors find the social aspect of swimming classes to be rewarding as well, helping to foster a sense of community and combat feelings of isolation. Overall, swimming offers a holistic approach to physical and mental health making it a highly beneficial exercise choice.

## Reflections from Reflections

By: Chloe S.

Director of Reflections

### Navigating the Holidays with a Loved One Who Has Dementia

The holiday season is a time for family, joy, and togetherness, but for families with a loved one experiencing dementia, it can also bring unique challenges. Changes in routine, large gatherings, and heightened activity can be overwhelming for someone with dementia, leading to confusion and stress. Understanding their needs and planning ahead can help create a more enjoyable and comfortable experience for everyone.

One key step is to maintain as much routine as possible. Familiarity provides comfort. Try to incorporate your loved one's regular schedule into holiday plans. This might mean adjusting mealtimes, keeping celebrations shorter, or creating a quiet space where they can retreat if the festivities become too much. Engaging in simple traditions, such as helping with holiday decorations or singing familiar songs, can also foster connection and enjoyment while reducing stress.

Communication is another essential element. Share your plans with other family members to ensure everyone understands your loved one's needs and limitations. Be mindful of non-verbal cues, as someone with dementia may have difficulty expressing discomfort or fatigue. Above all, approach the holidays with patience and flexibility. While it may take some extra effort, prioritizing your loved one's comfort can lead to meaningful moments that enrich the season for your entire family.

## Need-To-Know

By: Elizabeth S.

Director of Resident Services

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The information below has been covered in past newsletters and highlighted in independent living monthly resident meeting notes. These concerns continue to be brought to my attention, **so this is a repeated effort to get the word out.**



Please be respectful of other residents regarding the time of day you do laundry. Very early or very late laundry room use can be disruptive to other residents who may not share a circadian rhythm similar to yours. Be attentive to the length of laundry machine and dryer cycles and remove items promptly. Laundry left in a machine after a completed cycle is subject to being removed/relocated if another resident needs the machines. If this concern continues, we may implement measures, such as laundry room use hours, to mitigate the problem.

Complaints regarding vehicles traveling too fast in the garage *persist*. Faster speeds contribute to increased risk of injury or damage. Please help minimize the potential risk by **slowing down**. Traffic calming measures may be considered for the garage if this issue remains. The following is from the resident handbook, which is part of your lease: “Our Community reserves the right to revoke the privilege of driving and/or parking on premises for violations of law and/or our safe driving policies. All driver(s) of any vehicle(s) driven on our community premises must maintain a valid driver’s license, appropriate insurance, and must operate the vehicle in compliance with any applicable restrictions.” We appreciate your cooperation!



“Minnesota Nice” is deeply ingrained in our culture, however, please refrain from opening the main entrance for people you don’t know or recognize. People who need access to the building should use the keypad inside the vestibule to contact the resident.

***Thank you!***

## 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.

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

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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     |