

## Program Ponderings

*By: Director of Programs*

**Happy New Year!** We wish you a healthy and happy 2025! We appreciate all the positive and productive words of encouragement, suggestions and volunteer help in 2024. Now, as we jump into a whole new year of programs, we will continue to work as a team to provide the very best programs to keep you engaged in Spiritual, Social, Cognitive, Physical, Emotional, and Vocational activities. The more you participate the more you can connect with neighbors, make new friends and learn new things in the new year.

Speaking of trying new things, in 2024, two of our Independent Living residents started “resident-run” radio shows. Their latest show is coming up **Friday, February 14th** in the Performance Room. Come and support your neighbors and friends as they reenact the radio show, **“My Friend Irma, A Valentine’s Story”**. Also, if you are interested in participating in a future radio show, please contact Linda or Mike at ext. 1744. No experience necessary.

Step out of your comfort zone, and try your best at painting a beautiful cardinal picture on canvas. This instructor-led class is open to ALL skill levels. If you’ve never painted before, we’d love to have you try something new. Alyssa is a fantastic instructor. The class will be held on **Tuesday, January 21st** at 2:00pm in the Activity Room. Sign-up in the program binder.



A well-liked speaker, **Allison Young** returns to the performance room stage on **Friday, January 17th at 1:00 pm** to share her trek through the **Appalachian Trail “AT”**. The “AT” is located in the mountains of the eastern United States. It extends nearly 2,200 miles from Springer Mountain in Georgia to Mount Katahdin in Maine passing through 14 states. Alison “Blissful Hiker” Young walked it bit by bit while being treated for cancer. Alison is a former professional flutist and American Public Media radio host. She’s hiked on six continents and in one year, walked New Zealand’s “long pathway” Te Ara-roa and the Pacific Crest Trail. She shares stories about her life as a thru-hiker through image, found sound, poetic and metaphor-rich word as well as music, bringing alive lessons from the trail that inspire, energize and ultimately heal the body, mind and spirit.

January wouldn’t be complete without a week of Winter carnival activities. During the last week in January, watch for a winter medallion hunt, a winter pool party palooza, a jigsaw puzzle competition, and more. Flyers will be posted.



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

**Independent Living**

Virginia A.

Alan Linoff & Winnie K.

Barbara Z.

Mary D.

**Please welcome Marian Sue to Summit Place!**

Marian: I'm a retired school teacher and my comfort dog, Abbey, is a happy socialite that loves people. My sister and brother-in-law are retiring, so I moved from Texas to be with my family up North here. I'm still getting used to the cold. I am looking forward to meeting you all. Of course, everyone knows my little dog Abbey's name, as I'm often referred to as Abbey's mom (all kidding aside.)

- 1—Phylis E.
- 4—Paul M.
- 4—Meryl J.
- 6—Colleen J.
- 8—Anne A.
- 9—Joy R.
- 15—Doug S.
- 19—James T.
- 23—Ed O.
- 23—Julie R.
- 23—Vernon O.
- 26—Arthur P.
- 28—Bette L.
- 29—Lesley M.
- 31—Maxine M.



# Campus Director's Notes

By: Kris D.

Executive Director



I hope you all enjoyed the holidays with your family and friends. We are looking forward to another great year at Summit Place.

## January Celebrations

January is when Summit Place staff take time to celebrate the year and spend time together as a team. We have our staff holiday party on Wednesday, January 8th from 12:30 PM to 2:00 PM in the Independent Living dining room.

## Fun tidbits from 2024 (January 1st – December 18th):

- We had 66 move-ins, bringing new neighbors.
- We served 42,556 meals.
- We served 173 scoops of ice cream in the bistro.
- The most popular bistro item is the soup of the day, with 5,023 bowls served.
- Maintenance completed 3,586 work orders.

## Winter Safety Tips

Please be careful on the sidewalks and in the parking lot. This is the time of year for slips and falls on snow and ice. To help keep you safe, walk like a penguin or do the penguin shuffle. The waddle keeps your center of gravity over your front leg and will help keep you upright. Spread your feet slightly to increase your center of gravity, and take small steps. Remember to wear non-skid shoes or boots. We want you to be safe on the snow and ice.

# Silver Advantage

By: Laurie S.

Assistant Executive Director

SilverCrest's definition of Equity is: Team members work to provide opportunities that allow everyone to get to the finish line. They will ensure that needed resources are quickly identified and provided and will remain open to diverse experiences. Here are some examples of how Summit Place practices equality throughout the building

Activities does an excellent job offering well rounded programs for all to enjoy. If you like to read, there is a book club that meets once a month. If you like educational opportunities, lectures and presentations are given on various topics monthly. There is something for everyone!

The Summit Club offers classes and personal training to help everyone achieve their wellness goals. Even though everyone's fitness journey looks different, staff is there to help you achieve your goals.

Dietary needs and preferences vary from person to person. Someone could be a vegetarian or someone might only eat fish. A person may have special dietary needs due to medical concerns. The dining team works hard everyday to provide a variety of quality meals for all regardless of preferences or needs.

Maintenance and housekeeping ensures the safety of all within the building. From installing grab bars in a bathroom to salting the sidewalks, to cleaning a spill in the dining room, the maintenance and housekeeping department is here to help everyone live and function within Summit Place safely.

The examples above scratch the surface of what each department does. They each have a different areas of expertise however, each and every one work together with one common goal in mind: Residents First.

## Poetry Corner

By:  
Independent Living Resident

### *The Beauty Of This World*

The beauty of this world we don't know  
how it can be.

There is so much wonder for the eyes to  
see.

The color of a rainbow up in the sky.  
The grace of an eagle as he flies.

In the spring we watch as the flowers  
bloom, And at night we look up to see the  
moon.

In the winter when the mountains are  
covered in snow,  
Or when the sun shines on a river in a  
shimmering glow.

The beauty of this world is made by our  
Lord up above.

He made it for us as a sign of His love.

The mountains, the flowers, and the trees.  
The sun and the moon and the birds and the  
bees.

Just look for the  
beauty, it is there for  
all to see.



## Summit Club News

By: Greta D.  
Director of Wellness

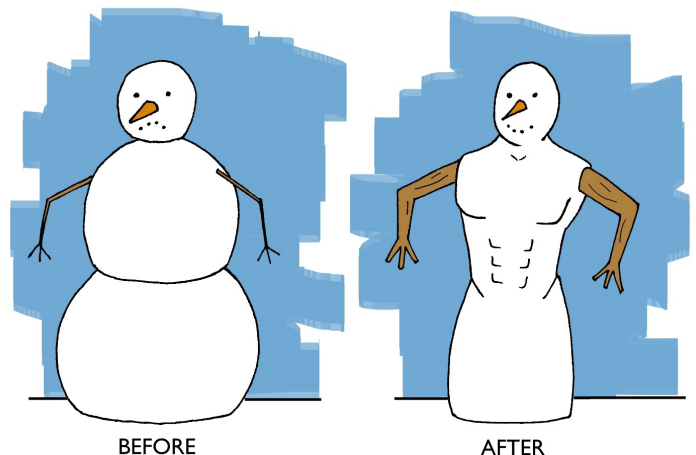
The holidays have passed, and if you're like many people, you may have enjoyed a few too many sweets while exercise took a backseat. Now is the perfect time to get back on track and start the new year with the Frosty Challenge!

The Frosty Challenge is a fun competition designed to promote exercise and healthy eating. The goal is to stay within two pounds of your current weight or lose weight over the three-week period through the end of January. We encourage participants to form teams of three, but if you can't find a team, the Summit Club staff is happy to help.

Getting started is simple! Just check "yes" or "no" for the following:

- Weigh yourself at least once
  - Exercise at least 90 minutes each week
- Make a healthy meal choice every day  
Throughout the challenge, there will be extra weekly challenges, and teams that meet the requirements will be entered into weekly prize drawings. Teams that complete all three weeks will be entered into the grand prize drawing at the end of the challenge.

An informational meeting and registration will take place on Tuesday, January 7th, at 10:00 AM in the Performance Room.



After a high-calorie holiday season, Frosty spent January and February in the gym.



## **Movies for January**

**Wednesday, January 1st—*Andre Rieu: New Years In Vienna***—Join *Andre* and his musicians and guests as they celebrate the *year's* most special evening with this collection of all time favorites captured *live in concert*. Classical and semi-classical music played with art and humour by the world's best musicians. 1 hr. 44 mins.

**Saturday, January 4th: *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.

**Sunday, January 5th: *Catch Me If You Can***—Barely 17 yet, Frank is a skilled forger who has passed as a doctor, lawyer and pilot. FBI agent Carl becomes obsessed with tracking down the con man, who only revels in the pursuit. 2002 PG-13 2 hrs. 21 mins.

**Saturday, January 11th: *My 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.

**Sunday, January 12th: *Hidden Figures***—Three female African-American mathematicians play a pivotal role in astronaut John Glenn's launch into orbit. Meanwhile, they also have to deal with racial and gender discrimination at work. 2016 PG 2 hrs. 7 mins.

**Saturday, January 18th: *Leave It to Beavers***—The fascinating story of beavers in North America - their history, near extinction, and current comeback, as a growing number of scientists, conservationists and grass-roots environmentalists have come to regard beavers as overlooked tools when it comes to reversing the disastrous effects of global warming and world-wide water shortages. 2014 53 mins.

**Sunday, January 19th: *Concussion***— In Pittsburgh, accomplished pathologist Dr. Bennet Omalu uncovers the truth about brain damage in football players who suffer repeated concussions in the course of normal play. 2015 PG-13 2 hrs. 3 mins

**Saturday, January 25th: *Mamma Mia***—Donna, an independent hotelier, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She invites three men from her mother's past in hope of meeting her real father. 2008 PG-13 1 hr. 48 mins.

**Sunday, January 26th: *The Boys In the Boat***—A 1930s-set story centered on the University of Washington's rowing team, from their Depression-era beginnings. 2023 PG-13 2 hrs. 3 mins.

## Staying Healthy & Happy In 2025

### 1. Stay Active

Even a short walk around the block or some light stretching can make a big difference in keeping your body moving. Consider joining a group walk or chair yoga session to stay engaged and active.

### 2. Eat Mindfully

Meals are full of delicious treats, but balance is key. Enjoy your favorite dishes, but try to include plenty of fruits, vegetables, and lean proteins. Don't forget to stay hydrated!

### 3. Prioritize Rest

The hustle and bustle of life can disrupt your routine. Make sure to set aside time for rest and relaxation. A good night's sleep will keep you feeling refreshed.

### 4. Stay Connected

Loneliness can be more noticeable during the Winter months. Reach out to family, friends, or neighbors. If in-person visits aren't possible, try phone calls or video chats.

### 5. Manage Stress

Take a few moments each day to breathe deeply, meditate, or enjoy a favorite hobby. Remember, it's okay to say no to activities that feel too demanding.

### 6. Stay Safe

Winter weather can pose risks. Wear appropriate footwear and dress warmly when heading outdoors. If you have travel plans, give yourself plenty of time to arrive safely.

### 7. Mind Your Medications

Set reminders or keep a schedule to stay on track. If you're traveling, pack your medications in a safe, easily accessible place.

By keeping these tips in mind, you can make this year safe and healthy. Wishing you and your loved ones a year filled with warmth, love, and laughter!

The start of a new year offers a chance to spotlight the growing impact of dementia, a condition affecting millions worldwide. Dementia is not a single disease but a collective term for various symptoms that impair memory, thinking, and social abilities. Among its types, Alzheimer's disease is the most prevalent, accounting for 60-80% of cases. As populations age, the need for greater awareness, research, and supportive resources becomes increasingly urgent. This is a time to learn, understand, and extend support to those impacted by dementia.

Early detection and lifestyle adjustments can play a significant role in managing dementia. Warning signs often include memory loss, difficulty concentrating, and changes in personality. While there is currently no cure, treatments can alleviate symptoms and improve quality of life. Regular physical activity, mental exercises, and a healthy diet have shown promise in delaying the onset or progression of cognitive decline. Encouraging these habits can empower individuals and families to maintain independence and improve well-being.

The new year also reminds us of the importance of community. Supporting someone with dementia requires patience, compassion, and resources. Local organizations and healthcare providers often offer educational workshops, respite care, and support groups for caregivers. By fostering a more inclusive society and advocating for increased research funding, we can create a future where dementia is better understood and managed. Let this year be a time to commit to making a difference in the lives of those living with dementia and their loved ones.

## Need-To-Know

By: Elizabeth S.

Director of Resident Services



Have you ever called the front desk from your land-line, but your call didn't go through? Did you think

there might be something wrong with the switchboard? Don't worry, there is a logical explanation to clear up any confusion about why that happened. Read on to learn the fascinating story of *The Tale of Two Telephone Vendors*. Summit Place has two vendors that provide telephone services to the building. VENDOR #1: Resident apartments are equipped with ELD|R (not a typo) vendor service. VENDOR #2: Summit Place business telephones at the reception desks, Summit Club and staff offices are serviced by Comcast. Because the vendors are two different operating systems, using the phone with one vendor's services to call a phone that is equipped with the *other* vendor, dialing the 10-digit number is required for the call to be successfully connected. Apartment-to-apartment calls can simply dial the four-digit extension. Similarly, Summit Place business phone-to-business phone need only do the same. True story! Compelling, wasn't it?

Help! My fob doesn't work! I hear that almost daily. Our reception team is always on top of things and will often open the entrance door before you even get your fob out of your pocket or purse. Be that as it may, regular use of your fob at either entrance ensures that it will be updated and will work for you. A hardly-ever-used-fob will expire, and you may need to enlist a staff member to assist with getting it to work properly. Please use your fob at least once per week *on either main entrance* to keep it freshly updated, even if the door is opened for you by the receptionist.

Let's avoid fob foibles!



## Dining News

By: Laurie S.

Assistant Executive Director

Meet our new Chef, Jai!



Hi! My name is Jai and I'm 29 years old. I am a new chef here at Summit Place, but have been in the hospitality industry for 12 years. I look forward to working with

everyone. So far, I am having a wonderful time! I am here to give my all and go above and beyond for everyone who calls Summit Place home.

# Breakfast



Did you know that breakfast is served 7 days a week in the Assisted Living dining room? We are offering **FREE** breakfast to 25 lucky Independent Living residents! Put your name in the drawing box at the Independent Living Reception desk by January 22nd for a chance to win breakfast on us on Wednesday, January 29th. Winners will be notified by Friday, January 24th. Assisted Living residents can enjoy a complementary breakfast on January 29th as well. If you are interested in learning more about meal services and or packages offered from Dining Services, please contact Elizabeth Stroner 952-995-1009. See you there!

## 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

---

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