

Program Ponderings

By: Director of Programs

February is Heart Health month. One way to make our heart feel good is by making someone else's day. We know just the way you can do that...sign-up to participate in our **Secret Valentine event that will take place February 10th-14th**. Please sign up in the program binder before Thursday, February 6th. The more the merrier in the "Secret Valentine" event –it's 1 week of sending sweet affirmation notes, delivering treats of candy, a flower, or a small "dollar store" type gift to your "secret person's" apartment door or front desk (if too far to walk for you to deliver). Then on Friday, February 14th at 10:00 am you'll join the fellow participants in the Performance Room for the SECRET REVEAL of "who-had-who". This is an exciting way to meet new neighbors and spread joy.

Also, another way to make someone's heart happy is to send them a cookie gram on Valentine's Day. Let a friend or neighbor know how much you care. **Buy a cookie and a personalized "heart shaped" memo for a \$1.00.** (Proceeds will go to the PROP Food Shelf.) We'll be taking orders on Friday, Feb. 7th from 1:00-2:00 pm outside of the Performance Room. If you can't make it at this time, call the programming staff at 952-995-1711. You must pay for your cookie gram(s) at the time of sign up. Cash only, and exact change is appreciated.



Did you know we have a weekly group who meets every Thursday at 3:30 PM



in the card room for a BYOB social hour? This group is welcoming and looking for some new faces to join them. All you have to do is, bring your own beverage of choice and a snack if you wish.



Do you enjoy the concept of bowling but don't want the hassle of driving to a bowling alley or lifting a heavy bowling ball? Then this is the program for you! Wii Bowling mimics your actions like real bowling and delivers a lot of fun too! Come and check it out on Mondays at 3:00 pm and Thursdays at 10:00 am in the performance room. If we get enough interest, we'd love to start a Wii bowling league.

We'd like to invite you to a special happy hour with an elegant touch. On Wednesday, February 12th, join us for tasty appetizers and beverages from 3:30 pm-4:30 pm in the performance room. There will be live piano music played in the background during happy hour too. We hope to see you there!





Please welcome your new neighbors!

Town Home

Richard & Ione M.

Independent Living

Richard .

Wayne W.

Reflections

George H.

I. Barbara S.

6th—Gordon G.

9th—Diane S.

10th—Jane D.

11th—Joyce S.

12th—Marty B.

12th—Bob G.

14th—Paula S.

16th—Jim J.

18th—Dale S.

19th—Carol H.

20th—Darrel R.

21st—Barb O.

25th—Virgil S.

25th—Bev B.

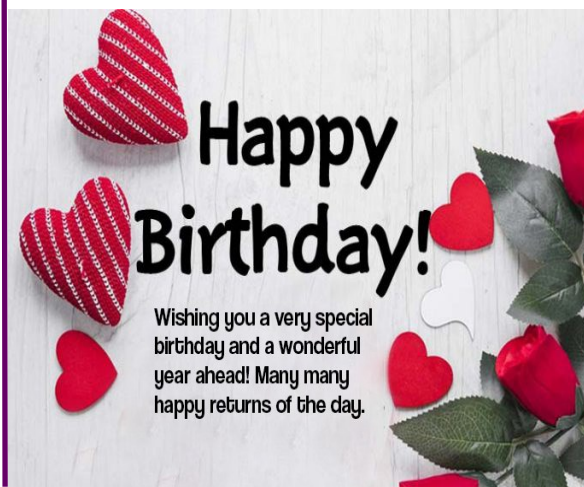
25th—Liz L.

26th—Barbara T.



**12 SMALL CHANGES
FOR HEART HEALTH**

- Eat fruit for a snack
- Eat fish 1-2x per week
- Substitute olive oil for butter
- Put away the salt shaker
- Eat oatmeal for breakfast
- Skip dessert
- Add 60 minutes of exercise/week
- Sit quietly for 15 minutes/day
- Skip the elevator and walk up the stairs
- Park at the end of the parking lot and walk



Campus Director's Notes

By: Kris D.

Executive Director

Silver Advantage: "S"—Safety & Security

By: Ashley C.

Administrative Services Director

A representative from Southwest Transit will be at our February resident meeting to discuss current services and provide updates on service changes coming in the new year. The meeting is on Monday, February 3rd at 2:00 pm in the performance room.



A Friendly Reminder: Laundry Hours

Out of respect for our neighbors, please remember to do your laundry between 8:00 AM and 8:00 PM. This helps ensure a peaceful environment for everyone. Thank you for your cooperation.

We deeply appreciate your generous contributions to the employee holiday party. Due to an illness in the building, we have rescheduled the party to **February 5th** to ensure everyone's safety. Our staff is excited to celebrate their hard work from 2024 and welcome in 2025. Thanks to your generosity, each staff member will receive a Target gift card, and we have some fantastic door prizes lined up.

Thank you once again for your support!



Tax Season is upon us and with that comes an abundance of scam and phishing attempts. Here's what you need to know about common scams and how to protect yourself during this time.

Common Scams or Ruses that target Seniors:

1. **IRS Impersonation Scams:** Scammers pose as IRS agents, calling or emailing seniors to claim they owe taxes and must pay immediately. The IRS will never initiate contact via phone or email to demand immediate payment.
2. **Phishing Emails and Texts:** Fraudsters send fake emails or text messages that appear to be from the IRS, USPS, UPS, FedEx, or other trusted institutions. These messages often contain links or attachments that request personal information.
3. **Fake Tax Preparers:** Dishonest tax preparers promise inflated refunds and may alter returns without the taxpayer's knowledge. Always verify the credentials of your tax preparer.
4. **Social Security Scams:** Scammers may call or email claiming there's an issue with your Social Security account and request personal information. The Social Security Administration will never ask for personal information over the phone or via email.

Safe Practices for Seniors During Tax Season

1. **File Early:** Filing your taxes early can reduce the risk of identity theft, as scammers have less time to file fraudulent returns in your name.
2. **Set Up a Verified Account:** Create an IRS account before someone else does and use an Identity Protection PIN (IP PIN), a six-digit number known only to you and the IRS.
3. **Verify Contacts:** If you receive a call or email from someone claiming to be from the IRS, verify the contact by calling the official IRS number. Do not use the number provided in the suspicious communication.
4. **Protect Personal Information:** Store your Social Security and Medicare cards in a safe place and do not carry them with you daily.
5. **Use Trusted Resources:** For tax-related questions, use official IRS resources or consult with a reputable tax professional.
6. **Monitor Financial Accounts:** Regularly check your bank and credit card statements for any unauthorized transactions. Report any suspicious activity to your financial institution immediately.

Signs and Symptoms of Heart Attack

If you have any of these signs, call 9-1-1 and get to a hospital right away.

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Signs and Symptoms of Stroke

If you have any of these signs, call 9-1-1 and get to a hospital right away.

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
2. Sudden confusion, trouble speaking or understanding
3. Sudden trouble seeing or blurred vision in one or both eyes
4. Sudden trouble walking, dizziness, loss of balance or coordination
5. Sudden severe headache with no known cause

*Credit: American Heart Association

Heart Health and Ways to Keep Your Heart Healthy

February is Heart Health Month, a great time to focus on keeping your heart strong as you age. Heart disease is a leading health concern, but simple lifestyle changes can help protect your heart.

Tips for a Healthy Heart:

Eat Heart-Healthy Foods: Include fruits, vegetables, whole grains, and lean proteins. Limit salt, processed foods, and unhealthy fats.

Stay Active: Try to walk, swim, or do light exercises for 30 minutes most days of the week.

Monitor Your Blood Pressure: Keep it under control to reduce your risk of heart disease.

Quit Smoking: Smoking harms your heart and blood vessels. If you smoke, seek support to quit.

Manage Stress: Take time to relax and try deep breathing or gentle exercises like yoga.

Limit Alcohol: Drink in moderation—no more than one drink per day for women and two for men.

Get Enough Sleep: Aim for 7-9 hours of rest each night to keep your heart healthy.

By making these simple changes, you can support your heart and enjoy a healthier, active lifestyle.





Movies for February

Saturday, February 1st: *Clue The Movie*—Here is the murderously funny movie based on the world-famous Clue board game. And now, with this special videocassette version, you can see all three surprise endings! 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. PG 1 hr. 34 mins. 1985

Sunday, February 2nd: *Andre Rieu: And The Waltz Goes On*—The Dutch violinist and conductor is one of the world's most successful touring artists and each year he performs a series of concerts in his hometown of Maastricht in the Netherlands. As always, André will be joined by his famous Johann Strauss Orchestra. Sir Anthony Hopkins has composed a Waltz titled, 'And the Waltz Will Go On' which will also be performed. 2011 2hrs. 15 mins.

Saturday, February 8th: *Amelie*—Despite being caught in her imaginative world, young waitress Amelie decides to help people find happiness. Her quest to spread joy leads her on a journey during which she finds true love. 2001 R 2 hrs. 2 mins.

Sunday, February 9th: *Chef*—A head chef quits his restaurant job and buys a food truck in an effort to reclaim his creative promise, while piecing back together his estranged family. 2014 R 1hr. 54 mins.

Saturday, February 15th: *An Original Duckumentary*—Ducks are true originals. They waddle, glide, dive, and dabble, and their feathers shimmer with dazzling hues, brilliant iridescence, and come in every color of the rainbow. Take to the skies with a flock of green-winged Teal. Watch Wood ducks raise a family. Learn why Goldeneyes head north in the winter. Meet some Redhead ducklings and their foster mother. Each bird is more fun than the last and will leave you wanting more. 1 hour.

Sunday, February 16th: *Queen Bees*—Helen is an independent widow who moves into the Pine Grove Senior Community and discovers that, just like high school, it is full of cliques and flirtatious suitors. What she initially avoids leads her to exactly what she has been missing: new friendships and a new chance for love with newcomer Dan. 2021 PG-13 1 hr. 40 mins.

Saturday, February 22nd: *The Notebook*—An elderly man reads to a woman with dementia the story of two young lovers whose romance is threatened by the difference in their respective social classes. 2004 PG-13 2 hrs. 3 mins.

Sunday, February 23rd: *National Geographic: Climbing Redwood Giants*—They are giants—stretching more than 300 feet above the ground, with hidden gardens and mysterious predators thriving within their canopy. National Geographic reveals the unexplored environment of the California redwoods in an epic, year-long exploration. Obsessive redwood climber Steve Sillett of Humboldt State University investigates their monster crowns, tallying biological material and discovering new record-breaking trees, while escaping falling branches and crashing trees in the process. Down below, National Geographic Explorer-in-Residence Mike Fay charts the redwood range to size up the past and future of these primeval trees threatened in 21st century California. 2010 50 minutes

Alzheimer's Disease: Big name, Big impact

What is Alzheimer's Disease?

Alois Alzheimer was a German psychiatrist who discovered the pathological condition of dementia and diagnosed the disease that bears his name.

After obtaining his medical degree, he worked in hospitals in Frankfurt, where he met Auguste Deter, a 51-year-old woman suffering from progressive short-term memory loss. She would become the first official diagnosis of Alzheimer's disease.

Today, it is believed that "Alzheimer's disease (AD) is the most common form of dementia among older people. Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities. This is due to small abnormalities, so-called amyloid plaques, and tau tangles formed in the brain and found in specific locations throughout are two distinguishing hallmarks of Alzheimer's Disease Dementia. Advanced testing, such as PET scans, MRI, DNA, and spinal fluid analysis, can shed invaluable light on the probability of Alzheimer's.

AD begins slowly. It first involves the parts of the brain that control thought, memory, and language. People with AD may have trouble remembering things that happened recently or the names of people they know. A related problem, mild cognitive impairment (MCI), causes more memory problems than usual for people of the same age. Many, but not all, people with MCI will develop Alzheimer's dementia.

In AD, over time, symptoms get worse. People may not recognize family members or have trouble speaking, reading, or writing. They may forget how to brush their teeth or comb their hair. Later, they may become anxious or aggressive or wander away from home. Eventually, they need total care. This can cause great stress for family members who care for them.

AD usually begins after age 60. The risk goes up as you get older. Risk is also higher if a family member has had the disease. No treatment can stop the disease. However, some drugs may help keep symptoms from worsening for a limited time." If you, or a loved one has any of these signs, it is always best to have them evaluated early as the medications and therapies work best if they are started promptly.

Winter presents unique challenges for individuals living with dementia and their caregivers. Cold weather, shorter days, and icy conditions can increase risks for accidents and confusion. Ensuring safety during this season requires a proactive approach and a keen awareness of potential hazards. With the right precautions, families and caregivers can help their loved ones stay safe, warm, and comfortable throughout the winter months.

Dressing appropriately is essential for outdoor safety during colder weather. Layers, warm hats, gloves, and non-slip footwear can help prevent hypothermia and falls. For those with dementia, who may have difficulty judging weather conditions, caregivers should ensure clothing is suited to the temperature and that outings are brief and supervised. At home, maintaining a consistent indoor temperature and using extra blankets can keep loved ones warm while conserving energy.

Winter safety also includes preventing wandering and ensuring clear communication. The shorter daylight hours can make individuals with dementia feel disoriented. Installing motion-sensor lighting, using identification bracelets, and keeping recent photos on hand can provide peace of mind in case of wandering. Additionally, make sure sidewalks and driveways are cleared of snow and ice to reduce the risk of falls. By staying vigilant and planning ahead, caregivers can help their loved ones enjoy a safe and secure winter season.

Need-To-Know

By: Elizabeth S.

Director of Resident Services



Help! I've lost my gloves/scarf/water bottle/jacket, and I don't know where I should go to find it! Lost items turned into the independent living desk are stored in the workroom behind it. If you are seeking to be reunited with a lost item, you can ask the receptionist for help. Your stuff misses you, too! Understand that collected items will be discarded or donated on a quarterly basis with the next clean out scheduled for the end of March, 2025.

Prices for additional services at Summit Place have changed for 2025. Those new prices can be found in the addendums you received prior to the end of 2024.

Please remember to use your fob at either of the main entrances on a regular basis (every other week or so). Doing so will keep it updated and in proper working order for entrance to the building, your apartment and storage unit (if applicable).

If you are using your cell phone to call EMS/911 and are in *independent living*, your address is **8505** Flying Cloud Drive. If you are in *assisted living*, your address is **8501** Flying Cloud Drive. There are several same-numbered apartments in both addresses. If the dispatcher has the incorrect building number, there exists the possibility the first responders may inadvertently go to the incorrect apartment.



Dining News

By: Laurie S.

Assistant Executive Director

Upcoming Bistro Specials

Please note, the Bistro will be open 9:00 am-12:00 pm on Wednesday, February 5th for a staff holiday party. Join us for a breakfast of homemade corn beef hash, french toast bake, and eggs to order.

Before we know it, the Superbowl will be here! Join us in the Bistro on Saturday, February 8th for a Superbowl special basket complete with your favorite Superbowl snacks.

Saturday, February 22nd is National Margarita Day! Help us celebrate in the Bistro with a taco buffet! Each purchase of the buffet comes with a **FREE** margarita.



We are always looking for ways to improve your dining experience. Feel free to share your comments with your server or leave a comment in the comment box that's located in the Bistro. Please be considerate and courteous with your comments.

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

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