

A Lifetime of Caring

November 2019

Staff Directory

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LaTrece Owens

Executive Director

Dawn Marth

Food Service Director

Collin McConnell

Maintenance Director

Jen Schroeder

Life Enrichment Director

Abby Humphrey

Nursing Director

Jalove Tillis

Marketing Director

"As we express our gratitude, we must never forget that the highest appreciation is not to utter the words, but to live by them."



MAPLE HILL
SENIOR LIVING

3030 Southlawn Drive, Maplewood, MN 55109

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Latrice Owens

As we are approaching the holiday season, I want to ensure we here at Maple Hill continue to move forward as a unified community. I would like to spend a special thanks to all of you who make up this wonderful, amazing melting pot of our tenants, families, vendors, staff, and leaders. Let's continue to be the example of what a great community should be and look like. Let the holiday festivities begin!



Wellness Corner

6 Healthy Thanksgiving Tips

As soon as you grab a slice of turkey, trim off the skin. Though delicious, the skin is very high in fat – and not the good kind. Toss the skin before you even start eating. If you leave it on your plate, you may eventually be tempted to nibble.

Don't deprive yourself before your Thanksgiving dinner. Eat a hearty breakfast and lunch complete with in-between snacks throughout the day. If you show up at dinner starving, you'll be more likely to overeat and your body will have a harder time digesting the heavy meal.

Before reaching for turkey and potatoes, fill two-thirds of your plate with a rainbow of veggies. Healthy holiday veggies will fill you up and keep you from indulging in unhealthy food.

Drink plenty of water before and during your meal! Not only does your mind often interpret thirst as hunger, but water will help your stomach stay full and keep you from overeating. Plus, you won't pack on any of the additional calories soft drinks and other beverages can add to your meal.

Limit the sweets! Aim for a teaspoon or two of **cranberry** sauce instead of drowning your turkey in it. This yummy treat is high in sugar so you should eat it in moderation. When it comes to dessert, you don't have to avoid it altogether. If you've eaten a healthy meal, you can indulge yourself in a sliver of pie or small portion of ice cream. If you're still craving more, continue eating fruit to satisfy your sweet tooth in a healthier way.

The simplest pieces of healthy **Thanksgiving** advice? Once you're done eating, leave the table. The entire dinner party should move to another room to chat and spend time together. Hanging out around the table may tempt you to snack on some leftovers.

A Note from Marketing



Thanks to Jalove, we have a handful of new residents! Jalove will be working with the Greeting Committee to offer gift baskets to our new residents, welcoming them to the community. If you'd like to be a part of it, please reach out!

Kitchen Kut Ups

Chicken Chow Mein Serves 4

Ingredients: 2 tablespoons and 3/4 teaspoon butter, 1/4 cup and 2 teaspoons chopped mushrooms, 1 cup and 2 tablespoons chopped celery, 1 1/4 onions chopped, 1/8 teaspoon garlic powder, 1 cup and 3 tablespoons chicken broth, 15 ounce can of baby corn, 1/4 cup and 2 teaspoons green beans, 1 1/4 teaspoons soy sauce, 1 tablespoon and 1/2 teaspoon cornstarch, 3 tablespoons and 1/4 teaspoon cold water, 1 2/3 cups and 1 tablespoon cooked, cubed chicken meat.

Directions:

- In a wok or skillet, melt butter or margarine over medium heat. Add mushrooms, celery, onions, and garlic powder; cook until the onions have wilted. Add chicken broth and baby corn. Continue cooking until celery is cooked but still crisp. Stir in the green beans or bean sprouts and soy sauce.
- Mix cornstarch and water together in a small bowl. Slowly stir into veggies. Sauce should start to thicken a little. Mix in chicken and heat through..



Dawn Marth



It's that time of year again...holiday season! We have our Holiday Boutique coming up on the 1st and 2nd, as well as our Holiday Dinner Party on the 19th. With holidays on the horizon, what a great opportunity for us to take the time to be kind, compassionate, grateful, and humble. The holidays have been a lonely time for me for many years, as I am not close with my family and don't spend much time with them. It has resulted in me not caring for holidays and a failure to get in the spirit. This is the first year I have felt a newfound desire to change that, because of all of you! Find meaning in what you do and purpose in who you do it with. All of you have given me that and I look forward to really being present during the holidays and not simply watching from the sidelines. This quote comes to mind..."Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow". -Melody Beattie. Have a wonderful Thanksgiving!



Jen's Corner