



Fun is a small three letter word that many people have totally lost touch with. Do you find it hard to smile, to chuckle, or to let go with a great big belly laugh. If you have answered yes to any of these then it's time to quit taking yourself so serious, lighten up and have some fun. One of the main functions of the activities department is to provide opportunities to have fun, and here are some examples. Bingo, Happy Hour, Wii Bowling, Movie & Popcorn Nights, Birthday Parties, Trivia Teams, Outings, Ice Cream Socials, Live Entertainment, Music Groups, Craft Groups and the list could go on and on. So when you see your new calendar for the month of May, I want to challenge each of you to go through it and circle all of the activities that might come under the heading of fun. Then after you have done that I invite you to come and check some of these events out. Don't let life pass you by. Please take the time to come to activities and interact with your neighbors and friends, and you just might have some fun!!!!

"Give a man a match, and he'll be warm for a minute, but set him on fire, and he'll be warm for the rest of his life."

Have a great month,

Malcolm Anderson



*A Lifetime of
Caring*

May 2019

Staff Directory



Main Number

651-363-3689

Kelly Ellis Link

Executive Director

Adriene Fisher

Director of Nursing

Angela Ogle

Marketing Director

Dawn Marth

Food Service Director

Collin McConnell

Maintenance Director

Malcolm Anderson

Life Enrichment Director



Kelly Ellis

Link

"Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect"~ Alan Cohen.

Maple Hill is beginning with some new changes. We are excited as a management team to be making some great new changes around the community. For starting, we have added some new positions to our team. We will be adding a Business office Coordinator as well as a Nurse to our team.

Now that the weather is beginning to be warm there will be some fun happenings in the courtyard. In May we will be starting cookouts with our residents. Malcolm is also adding some great entertainment groups that will be outside.

"Every story has an end but in life every ending is just a new beginning" -Uptown Girls



Check us out on Facebook for regular updates! maplehillseniorliving.com



Adriene Fisher



A Note from Nursing

Ten Tips For Staying Healthy

1. Kick Your Bad Habits
2. Get Regular Medical Check Ups
3. Get Plenty Of Rest & Sleep
4. Exercise Daily
5. Eat Healthy Foods/Avoid Sugar & Starch
6. Eat Breakfast Each Day
7. Drink 4-6 Glasses Of Water Every Day
- 8.Reduce Stress In Your Life
9. Express Yourself/Don't Bottle Up Emotions
10. Consistency & Moderation Are Important

Kitchen Kut Ups

Penne Pasta Salad

8 ounces mini penne pasta or regular pasta
4 cups grape or cherry tomatoes, halved
1/2 cup olive oil
1/4 cup red wine vinegar
3 cloves garlic, minced
1 teaspoon kosher salt
1 teaspoon fresh black pepper
2 cups cucumbers, chopped small
6 ounce can whole black olives
1/4 cup red onion, sliced very thin & chopped
10 large fresh basil leaves, sliced thin
2 tablespoons fresh Italian parsley, chopped small

Prep Time 5 minutes
Cook Time 10 minutes
Total Time 15 minutes



Dawn Marth

Words to Find

ASSISTED
BEGINNINGS
COOKOUT
ENTERTAINMENT
FLOWERS
LIVING
MAPLEHILL
MUSIC
NEW
POPCORN
SENIOR
SNOW
SOUTHLAWN
SPRING
SUNSHINE
UMBRELLA
VOLUNTEER
JOB

M I S Y F T K B X W W Q K L S T W M G Q M D N M Z
U F L G S V R Q Q R H O B L U D U B A I Q W Z U K
E O C K N D T K G N A P Y I N E I O T X A U C S S
T N E M N I A T R E T N E H S G Y H K L B G S I R
C Q C W H I N S P L X O Z E H J H K H O X J B C E
X B A Y D E S N S Z W N E L I H X T S F O Y E Q W
M Z K W Z D G U I I S C X P N C U Q T S U C R S O
D Z B D M G M G R G S P X A E O U X Q U I U P P L
G L Q F Z B N B Q E E T C M S V O L U N T E E R F
B O S Q R F Z C Q V K B E E S X O X Z X N Q O F Q
I M P E G J T X I J O G F D H C A E X C Q O J F E
Q D L B S M O D Z H N C V Y G F A Z P B W F R U F
A L X H E P V P D H X M G T J W D C J S H B U B S
A L U W A G R Q B S E N I O R V J E U Q Z N O L S
C R O A N T Q I J X E Z O R W C S R N R O C P O P
F E X I O A N T N P K D W S V N T T Z W E N L V A
F E V R H X T H Q G N C Y Z O X Y K V B V E J W D
F I T P N O N E O P K W P W G J K Y Q X Y H X K T
L G G B T G H Y O W P Z R X P W W I O K Z Z B Y T



Angela Dgle



In honor of this month's theme: "fun & new beginnings", I'd like to share a story of an amazing new group we have started this year. I am so excited to have such a great turn out of fabulous folks that have volunteered and joined our Resident Ambassador Program over the past few months.

The Ambassadors and I meet monthly to discuss how they can assist the marketing team in welcoming new residents and making them feel at home. Our group remembers that being the "new kid" can be a bit overwhelming and they are always willing to greet those moving in with a warm smile and a kind heart.

Our volunteers deliver a gift from Maple Hill to each new resident and also offer to help show them around and have them come with them to meals and events in our Life Enrichment Program. It is always easier to go to a new place with a friend at your side! I am so thankful that so many of the people that live here have joined this program and new residents continue to join every month. All are welcome!

Angela's Corner