



A Note from Nursing

Lets welcome our New Director of Nursing, Abby Humphrey.
Pop into her office and introduce yourself. She is so excited to get to know everyone and make Maple Hill a healthier place to live!



A Note from Marketing

Lets welcome our New Marketing Director, Jalove Tillis! She is happy to be part of our community and has exciting things in store for Maple Hill. Swing on by her office and get to know her!



Kitchen Kut Ups

Italian Pasta Salad with Tomatoes, Cucumbers, and Olives

This salad is a light and tangy summer pasta salad that is potluck, party and summer BBQ friendly.

PREP TIME: 5 Minutes **Cook Time:** 10 Minutes

Bring a large pot of water to a boil along with 1 tablespoon kosher salt. Cook 8 ounces of mini penne pasta according to the package directions. Drain, but do not rinse. While the pasta is cooking, combine 4 cups grape tomatoes, 1/2 cup oil, 1/4 cup red wine vinegar, 3 cloves garlic, 1 teaspoon kosher salt, and 1 teaspoon pepper in a medium sized bowl. Stir and let sit while assembling the rest of the salad. In a large mixing bowl, combine 2 cups chopped cucumbers, 6 ounce can whole black olives, 1/4 cup sliced red onion, and cooked pasta. Add the tomatoes and all of the juices from the bowl. Stir to coat everything in the dressing. Sprinkle 10 large fresh sliced basil leaves and 2 tablespoons fresh Italian parsley and toss again.



Dawn Marth



What a great month of August we had here at Maple Hill! We continued to do the classic , tried and true activities, like Bingo and Birthday Parties! But we also did some new activities...baking hour, spa hour, and seated Tai Chi! Everyone says I have the "fun job." They would be correct! However, I also have the job of motivating and inspiring residents to attend activities that are healthy and nurturing for them. Even if they may not like it at first or don't want to. It is not just about the fun entertaining events, it's about the every day habits and

Rituals that take us from one day to another. Getting ourselves in- to a routine of doing activities that make us better in some facet, even if there is not entertainment or food involved. I encourage everyone to think about that this month. Challenging yourself to go to activities that may seem mundane and lackluster....but your body and mind really does yearn for and need. Our morning group is a fantastic place to start. We talk, we laugh, we socialize, we get to know one another, we get moving...simple things that tend to get forgotten or overshadowed by the parties. Come celebrate at the parties. But give meaning and life to the quiet, mellow activities too. Have a great month!



Jen's Corner