

*A Lifetime of  
Caring*

**January 2020**

## Staff Directory



### **Main Number**

651-363-3689

### **LaTrece Owens**

*Executive Director*

### **Dawn Marth**

*Food Service Director*

### **Cody McConnell**

*Maintenance Director*

### **Jen Schroeder**

*Life Enrichment Director*

### **Abby Humphrey**

*Nursing Director*

### **Jalove Tillis**

*Marketing Director*



**MAPLE HILL**  
SENIOR LIVING

3030 Southlawn Drive, Maplewood, MN 55109

[maplehillseniorliving.com](http://maplehillseniorliving.com)



**Latrece Owens**

Looking towards the New Year, Maple Hill strives to be the best assisted living community we can be. Our focus is to continue to provide a healthy, safe, and loving environment for all remains true—Let our love for Maple Hill shine brighter than ever.

*“One thing with gazing too  
frequently into the past is  
we may find the future has  
run out on us.”*



## Wellness Corner

### 10 New Years Resolutions and How to Keep Them in 2020

1. Upgrade your morning routine— Have you fallen into a routine of sleeping thru your mornings? Make your morning routine less rushed and more helpful for the rest of your day. Set yourself up for success by setting your clothes out the night before or set your alarm for 15 mins earlier. Prepare something small and quick for breakfast the night before so you have something to get you started in the morning. Find out what works and start your day on a happier note.
2. Clean up your sleep hygiene— Start the night before by giving yourself an earlier bedtime. Set a reminder and make sure you stick to it. Limit your screen usage to at least 30 mins before bed. Try using meditation or white noise to help you sleep if you're having a hard time.
3. Say no more often—It can be hard to set limits and boundaries when it comes to pleasing those who care about you, but you don't have to say yes everytime someone asks for a favor or invites you out. It sets unrealistic expectations for your loved ones and burns you out! If saying no is hard, practice small acts of rejection with a loved one to build up your strength. Your true loved ones will understand and thank you later.
4. Volunteer More—Start by finding a cause you care about and an organization that does that work in your area. Volunteering not only helps your 2020, but it also helps others as well!
5. Replace Bad Habits with Good Ones—It is helpful to replace your old, bad, habits with healthy, new ones. So whenever you feel the urge to break you resolutions, you have something to fall back on. No matter what bad habit you want to kick, it's helpful to have something to replace it with instead of going cold turkey all together and hoping for the best.
6. Pick Up A New Hobby
7. 10-15 Minutes of Daily Movement—Adding a little intentional movement can help your mood, especially during the winter months. 10-15 minutes makes a big difference in how you think and feel!
8. Write Morning Pages—These are a stream of consciousness writing sessions you do at the beginning of the day. The idea is to get all our thoughts out on paper first thing in the morning to help you be more mindful during the day and prioritize what you really want.
9. Meditate—Meditation is not only good for mindfulness and relaxation, but it can also help with memory, build a stronger immune system, and lower your blood pressure.
10. Try something new for 30 Days and see if you like it! This is long enough for you to really know if it's a lifestyle you want to adopt or it's something you support.



### A Note from Marketing

Lets wel- come our new residents: Stanley Hunkins, Joan Kucera, Kathleen Wilton, Kathleen Dougherty, Richard Ottinger, Anna Marie Piet, and and Dennis Carrigan.

## Kitchen Kut Ups

### Tuna Anitpasto Salad Bowl

Serves 8 2 Hour 15 Mins

Ingredients: -8 Cups Salad Greens, washed and torn into bite sized pieces -1 15 oz can of Garbanzo Beans, drained and rinsed -1 can whole pitted black olives, rinsed and drained -1 jar marinated artichoke hearts, drained and quartered -2 can tuna drained -8 ounces cooked and chilled pasta - 1cucumber thinly sliced -1 cup chopped tomato -1 1/2 cups Italian style dressing

Directions: Toss salad green, garbanzo beans, black olives, artichoke hearts, tuna, shell pasta, cucumber, and tomato in large bowl. Cover and refrigerate until lettuce is crisp and mixture is chilled, at least two hours. Toss salad with dressing immediately before serving.



*Dawn Marth*



Finally! A New Year! I don't know about you, but I'm ready for 2020. As everyone knows, this is the time for New Years Resolutions. I have such mixed feelings about these, as too often, New Years Resolutions turn into a "novelty" activity, gimmick and trendy. But just as it is with Christmas, it is what YOU make of it. It does not have to be about miracles, rebirth, metamorphosis....it is as simple as saying, I'm going to smile at least once a day, even if I don't feel happy. By evoking happiness and sharing it with others, in turn, it will work thru me. I will share my resolution with all of you: It is simply to be more present and engaged with my life. Not just doing, but being. Not just acting, but living. This means putting the phone down, putting everyone else out of my mind, and just embracing and absorbing what the moment is offering me. I believe that is the first step, before anything else can be achieved. I encourage you to think about what your goals for the new year are. But don't try too hard. "Life is a dance between making it happen and letting it happen." Happy 2020!



## Jen's Corner