

*A Lifetime of
Caring*

February 2020

Staff Directory



Main Number

651-363-3689

LaTrece Owens

Executive Director

Sando Burphy

Food Service Director

Cody McConnell

Maintenance Director

Jen Schroeder

Life Enrichment Director

Abby Humphrey

Nursing Director

Jalove Tillis

Marketing Director

Today I choose life. Every morning when I wake up I can choose joy, happiness, negativity, pain... To feel the freedom that comes from being able to continue to make mistakes and choices - today I choose to feel life, not to deny my humanity but embrace it.



MAPLE HILL
SENIOR LIVING

3030 Southlawn Drive, Maplewood, MN 55109

maplehillseniorliving.com



LaTrece Owens

LaTrece continues to work hard to give everyone a better life at Maple Hill. Let's take the time to thank all of the staff here who do their part to contribute to a safe, happy, and healthy community.





Wellness Corner

February is American Heart Month. Consider these tips to give your heart some love:

1. **Stop Smoking:** This is the best thing that can be done for the heart and overall health. Smoking is the most preventable cause of premature death in the US, and smokers have a higher risk of developing many chronic disorders.
2. **Know your Numbers:** Maintaining a healthy weight, blood pressure, and total cholesterol play a significant role in maintaining a healthy heart. Ideal weight goals are individual to each person. A physic can help determine an appropriate goal weight based on additional factors such as age and height.
3. **Screen for Diabetes:** Untreated diabetes can lead to heart disease. Diabetes can be easily detected though a simple blood test and managed a variety of ways under the care of a physician.
4. **Get Active:** Heart pumping physical activity not only helps to prevent cardiovascular disease, but can also improve overall mental and physical health. They recommend 5-30 minutes of moderate exercise sessions each week. These segments can be broken up into two of three 10 or 15 minute segments throughout the day. Walking, jogging, biking, and swimming are all great forms of exercise.
5. **Build Some Muscle:** Strength training compliments cardiovascular exercise by toning muscles and burning fat. Proper strength training an improve daily functional movement, decreasing the chance of injury. They recommend getting in two days of moderate to high intensity strength training each week.
6. **Eat Smart:** A healthy diet full of heart smart foods is essential to a healthy heart and lifestyle. Salmon, nuts, berries, and oats are just a few of the heart “superfoods” that may help reduce the risk of atherosclerosis. Dark chocolate is also a great way to satisfy a sweet tooth.
7. **Limit Junk:** Limit your intake of nutrient poor junk foods. Added sugars, saturated fat, and excess sodium all negatively impact heart health, as well as physical health. These foods, in excess, can cause weight gain, raise blood pressure, and clog arteries.
8. **Stress Less:** Stress increase cortisol, which leads to weight gain, a key risk factor for heart disease. Stress also leads to other unhealthy habits, making it harder to stick to a heart healthy program. Stress can also decrease happiness and increase the risk for anxiety and depression. Try practicing positive self talk and incorporating mindfulness meditation breaks throughout the day.
9. **Sleep More:** Sleep restores the body, helps decrease stress, and increase overall happiness. Clocking seven hours each night is key. A calming bedtime routine and good to bed and waking up at the same time each day are all great ways to establish healthy sleep patterns. Get ample sun and physical activity throughout the day, as this also improves sleep quality.
10. **Smile:** A happy heart is a healthy heart. Making time for enjoyable activities and hobbies help relieve stress and improves the overall mood, providing a great foundation for a heart healthy lifestyle.

A Note from Marketing

Lets welcome Roger Mckee and Chou Chau in February. Offer to show them around!



Kitchen Kut Ups

Lets welcome Sando Burphy as our new Head Chef!

“Hey everyone! My name is Sando and I am the new Culinary Director at Maple Hill. I’ve been a chef for 9 years. I really enjoy cooking and serving others. I like to experiment with different dishes, such as African, Mexican, and Chinese. I hope to be adding a different twist to our Maple Hill menu that our residents will enjoy.”



Happy February everyone! We are one month closer to spring. The winter blues is a real ailment and quite prevalent this time of year, but we are almost through it! In activities, we continue to do new, interesting things that keep you engaged and for those who aren’t attending activities, peaks your interest enough that you take a chance and give it a try. Music continues to be a large part of our program, as I’m a big believer in the therapeutic benefits of it for everyone. We will be bringing in a motivational speaker who is meant to light a fire under Maple Hill! We should never stop wanting to learn, so take advantage of activities like this, as it will make you a well rounded and insightful person. As we move into spring, I hope we can breathe new life into our community. Spring is great time for re-generation and rejuvenation. If you’re skilled with the internet, please take the time to check out of Facebook page, where you can find highlights and updates on our community. As always, **stay active, alert, aware, curious, and silly.** These are the ingredients to a long life. All the best for February!



Jen’s Corner