

*A Lifetime of
Caring*

March 2020

Staff Directory



Main Number

651-363-3689

LaTrece Owens

Executive Director

Sando Burphy

Food Service Director

Cody McConnell

Maintenance Director

Abby Humphrey

Nursing Director

Jalove Tillis

Marketing Director

“The story of life is quicker than
the wink of an eye, the story of
love is hello and goodbye...until
we meet again”
— Jimi Hendrix



MAPLE HILL
SENIOR LIVING

3030 Southlawn Drive, Maplewood, MN 55109

maplehillseniorliving.com



LaTrece Owens

Maple Hill Senior Living....I must say that you are a wonderful community. I fell in love with the atmosphere, the clients, families, and this wonderful team. I know we go through challenges like there is not tomorrow, but, we make it work! We really pull together and support each other. Win, lose, or draw. I want you to know it is truly an honor to serve you.





Wellness Corner

Tips to “Spring” into Better Wellness!

Spring officially starts on March 20th. Here are some health and wellness tips to consider as we welcome the new season.

-Spring Clean your room: You know that dust contributes to allergies and asthma, but did you also know that clutter can affect your health too? Disorganization makes it difficult to find items you need. “Where did I put that medicine?” “Where are my sneakers for the gym?” The more time you spend looking for these, the more frustrated you may get and the more likely you may be to just decide not to proceed with it (like decide to skip your medicine or decide not to go to the gym). Clutter can also cause anxiety in many people (like myself).

-Start carrying a water bottle with you: It’s a lot easier to stay hydrated when you have the water right next to you. If you don’t like plain water, try infusing your water with fresh fruit or try some unsweetened teas.

-Try an exercise that invokes your inner child: Do something that makes you remember that exercise can be fun.

-Open your purse and put some healthy snacks inside: Mini bags of cereal, nuts, jerky, or some dried fruit. One of the reason we make unhealthy choices while out is because we simply didn’t plan ahead.

-Eat more Fish: Seafood has many heart healthy benefits. Aim for at least once a week.

-Try checking the nutrition facts before you eat: You may be surprised that even some seemingly healthy salads contain over 1000 calories! Plan ahead and make an informed choice.

-Challenge your brain once a week: Read a new book, do sudoku, complete a crossword puzzle, etc.

A Note from Marketing



No move ins scheduled for March. Be on the lookout!

Kitchen Kut Ups

Spinach Roll Ups

Ingredients: -Two packages of frozen thawed spinach –1 package ranch dressing mix –1 cup mayo –1 cup sour cream -1/2 cup bacon bits –3 tablespoons chopped onion –10 flour tortillas

In a mixing bowl, combine spinach, ranch mix, mayo, sour cream, bacon bits, and onion. Spread the mixture onto each tortilla and roll it up. Refrigerate until ready to serve. Slice into 1 inch servings.



I have mixed feelings about writing this, because I know it’s my last. Rather than sit here overthinking it and working myself into a frenzy, I will just keep it short and sweet. Because life is truly simple; it’s us who complicate it. It’s not about pretty words, whimsical sayings, sweet nothings...it’s about speaking from the heart. So I will just say how much I will miss all of you! All of you are truly special and the best part of this community is that everyone has their place in it. Everyone is intertwined and connected, though you may not even realize it. The messages that one sends has a ripple effect, leaving a trail of what can be love or pain, with each person picking up one or the other along the way. Be mindful of the things you say. Once they’re out in the universe, we can not get them back. They linger, they weigh, they soar, they uplift, etc. I hope to leave here with as many people as possible being able to declare.... I have a life that’s good., that can be good. As my favorite song says...”Sometimes I’m hard on me, when dreams don’t come easy. I want to look back and say I did all that I could. Yeah at the end of the day, Lord I pray, I have a life that’s good.” Until we meet again! Lots of love.



Jen’s Corner