

HEADLINES FOR THE HILLS

A Monthly Newsletter for Seven Hills Senior Living



Thank you to all of our Seven Hills Veterans!

Learning about Greeting Cards in the Craft Room

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Don't Forget! Seven Hills Employee Holiday Fund

I am frequently asked by residents and families if they can give a Christmas gift/general gift to a staff member who has been particularly helpful to them. Unfortunately, the answer is no as our staff are not permitted to accept individual tips, gifts or money from residents or their families. Because individual tips and gifts can be misinterpreted and create unintended consequences, we ask our residents and families to please refrain from such practices. Throughout the year, we have experienced so much kindness and encouraging words.

However, there is another way that you can show your appreciation. This year, we hope to host an Employee Holiday Party. If you'd like to express your appreciation to the employees, you can donate to Seven Hills Senior Living, this contribution would be designated to offset the cost of the Employee Holiday party and employee gift cards. If you choose, you can simply drop off your donation for this purpose to the Front Desk. We will have our Employee Party on Friday January 7th, 2022.

Thank you,
Alees
Executive Director

Book Club Pick: *A Man Called Ove*

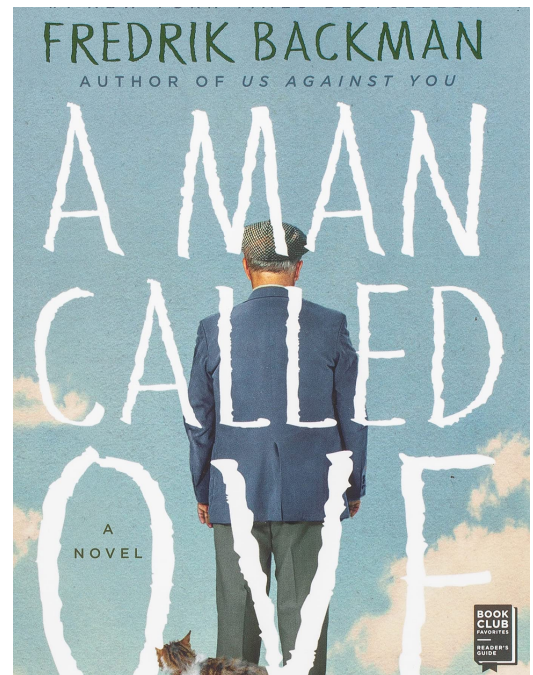
By Fredrik Backman

A New York Times Best Seller for 42 Weeks

Meet Ove. He's a curmudgeon, the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. People call him the bitter neighbor from hell, but must Ove be bitter just because he doesn't walk around with a smile plastered to his face all the time?

Behind the cranky exterior there is a story and a sadness. So when one November morning a chatty young couple with two chatty young daughters move in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heartwarming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul. All of which will change one cranky old man and a local residents' association to their very foundations.

Need a copy? Ask Sulia! Bookclub meets 12/28 at 10:30 in the library. A *Man Called Ove* movie will also play on 12/28 at 3 & 7pm.



Nurse's Nook

A Note from our Director of Nursing:

Maren Taylor, RN

Slippery Outside! As the weather keeps getting colder, be prepared for slippery sidewalks outside.

Here are some tips:

- Plan ahead! Make sure you have plenty of time.
- Wear shoes or boots that provide as much traction as possible!
- Use special care when entering and exiting vehicles, climbing or descending stairs, entering or leaving buildings.
- Take small, short steps and shuffle as much as possible.
- Be prepared to fall. If you fall, fall with sequential contacts at your thigh, hip and shoulder. Avoid using outstretched arms to brace yourself. You can even practice falling in advance!

Please let staff know if you see unsafe sidewalks around the building. We will try to keep all walkways salted and de-iced! Stay safe out there.

Happy
DECEMBER
Birthdays

Mary L.

Teresa R.

Tom S.

Mike N.

*Come celebrate together
on December 29th at
2:30pm in the
Community Room!*

WELCOME NEW RESIDENTS

BIG WELCOME TO ALL OUR NEW FOLKS AT SEVEN HILLS! THOSE WHO'VE JOINED US IN OCTOBER ARE:

- BELVA "SKIPPER" FLOYD
- DAVID KOSKINEN
- GEORGE MARTIN
- MARY HERR
- DAVID HERR

ACTIVITIES HIGHLIGHTS

Take out your December calendar and follow along for this month's highlights - bus outings are bolded in **green - make sure to sign up in advance!**

- **Previews of Upcoming Movies; Wednesday, Dec. 1 at 11:00am:** Unsure of what film's are playing this month? Come check out all their trailers and hear why Sulia picked each one!
- **Hygge Event; Thursday, Dec. 2nd at 2:00pm:** "Hygge," a Danish term defined as "a quality of coziness and comfortable conviviality that engenders a feeling of contentment or well-being." Pronounced "hoo-guh," come to the Community Room to try some Scandinavian coziness: fresh breads, mulled wine with cardamom and star anise and a bit of holiday happiness.
- **Humphrey School of Public Affairs Presents: Norm Ornstein and Keith Ellison on Mental Health and the Criminal Justice System; Dec. 6 at 11:15am:** An online event presented by the University of Minnesota. Judge Steve Leifman of Miami-Dade County, Florida, has transformed the way the criminal justice system and police. Judge Leifman will moderate a conversation with Minnesota Attorney General Keith Ellison and Norman Ornstein, whose family foundation spearheaded the documentary about criminal justice reform, police reform, and mental illness.
- **Seven Hills Bus to... The American Swedish Institute; Thursday, Dec 9 at 1:45pm:** A cultural center and museum in Minneapolis, ASI is home to the historic Turnblad Mansion, FIKA café and ASI's Museum Store. We will be led on a guided tour around the Turnblad mansion and experience the incredible Holiday exhibition that is especially curated every year.
- **Ramsey County Master Gardeners Present: Houseplant Success; Thursday, Dec. 9 at 7:00pm:** Poinsettias and more! Caring for indoor plants is a little different than caring for outdoor plants. With a little special care and consideration, you can keep your indoor plants healthy and avoid common problems.
- **Union Depot's European Christmas Market; Saturday, Dec. 11th at 11:00am:** The European Christmas Market in St. Paul is the most authentic traditional holiday market of its kind in Minnesota, offering a unique shopping experience, family-friendly entertainment & intercultural activities, based on the festive open-air Christkindl Markets that spring up in Germany, Austria, and other European countries during the Advent season. Shop for handmade European crafts or unique gifts from local vendors, drink Glühwein (spiced mulled wine), and taste European inspired delicacies.
- **Holiday Party Happy Hour with Musical Guest Joey Clark; Monday, Dec. 13 at 3:30pm:** Joey Clark is a musical theater and cabaret performer, director and teaching artist. His work has been seen on the stages all over the Twin Cities. Joey will wow with his incredible songbook of American classics and Holiday tunes. Join us for holiday cheer and the ultra rich Tom & Jerry cocktails and appetizers!
- **Volunteer in Memory Care: Create Shadow Boxes; Tuesday, Dec. 14 at 3:00pm:** If you're feeling crafty, join us in memory care as we honor each resident by creating a small design for outside their door!
- **Lunch on Selby: The French Hen; Thursday, Dec. 16th at 10:00am:** Come out for one of the best brunches in the Twin Cities. This cozy choice offers French & Creole-inspired dishes including crepes, sandwiches & soups.
- **Office Hours with Unidine's Dietician Arelis 10:30am-1:30pm & Eating Healthy for the Holidays at 2:30pm; Thursday, Dec. 16:** One of the fantastic things about our dining room, run by Unidine, is all the fabulous people they have on staff, including Arelis Torres, the resident dietician. Sign up for a more personalized conversation by joining Arelis for a 1:1 during her office hours that day or join us for her session of at 2:30pm all about eating healthy for the holidays!
- **SPCO Presents: Back's Brandenburg Concertos; Concertos 1-3 on Saturday, Dec 11 and Concertos 4-6 on Saturday, Dec. 18 at 8:00pm:** Returning to their annual holiday tradition, the SPCO presents Bach's most cherished set of orchestral works, the Brandenburg Concertos. Performed over two weeks, the profound inventiveness and instrumental virtuosity of the enduring baroque masterpieces are on full display as led by our own SPCO musicians and soloists.
- **Afternoon Holiday Tea; Wednesday, Dec. 22nd at 2:30pm:** All are welcome to join us for a special tea service in the dining room. Winter themed scones, small sandwiches and petit fours. Join us in your best hat!
- **Sitcoms with Sulia: Discuss the infamous I Love Lucy; Thursday, Dec. 23 at 10:30am:** With her degree in Cultural Studies and Comparative Literature Sulia opens up a conversations about how *I Love Lucy* and the film on Wednesday, December 22nd, *Being the Ricardos* says about the world we live in.
- **Wabasha Street Caves & Big Band; Thursday, Nov. 30 at 5:00pm:** Come hear and see the history of the St. Paul sandstone caves. You will explore the original mined caves and see the finished caves. Hear the legends of the mobster massacres and ghostly lore. 45-minute walking tour. Handicap accessible with ramps and bathrooms. We will be enjoying dinner in the caves as well as swing night with a live band at 7pm!



Behind the Mask:
Staff Member Highlight

Name: Allie L.

Position: Resident Assistant

Hometown: Aurora, MN

Best Way to Spend a Day Off:
Painting (acrylic) and go skiing in the winter

Best thing about your job:
Learning about resident's history and lives!

Favorite Holiday: Christmas

Favorite Food: Crab legs or prime rib.

We hope you enjoyed our newsletter!
Please let us know if there is anything we can do to help.

Staff Contact List

Alees Gleason - Executive Director 651-207-1881

Maren Taylor, RN - Director of Nursing 651-207-1883

Jennifer Miller - Sales & Marketing Director 651-207-1882

Dustin Beachem - Business Office Manager 651-207-1884

Sulia Altenberg - Activities Coordinator 651-207-1886

Brian Kathman - Maintenance Director 651-207-1891



SEVEN HILLS

SENIOR LIVING

St. Paul