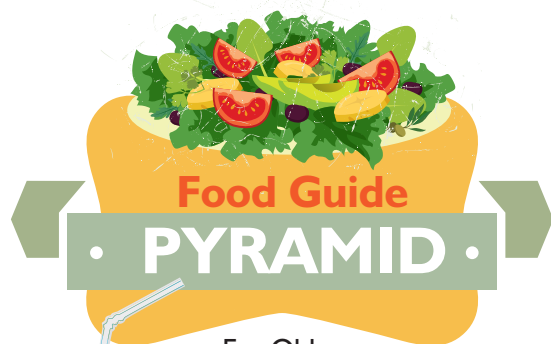


Neighborhood News



APRIL 2018



8/day

For Older Adults

the importance for the 70-plus age group to obtain essential nutrients from food rather than supplements. It encourages more whole grains and less fat, and to consume a few key nutrients that are often missing from their daily diet.

Those in the 70-plus age group typically require fewer calories because they tend to be less active and their body composition changes. Yet nutrient needs stay the same or even increase, so we need to select foods that provide the most nutrients per serving.

The base of the pyramid is eight glasses of fluid a day to help prevent dehydration and constipation. Keep in mind fluid intake can also come from consuming items such as juice and soup.

The pyramid is narrower than the traditional pyramid because older individuals are less active and require less

It comes as no surprise that our nutritional needs change as we age. In 1999 the first modified food pyramid was developed based on older adult needs. This pyramid stresses

food to maintain the same weight. At the same time they do require higher levels of specific nutrients like antioxidants to defend against free radical damage associated with aging, Vitamin D and calcium to keep bones strong, and folic acid to retain mental acuity and reduce the incidences of stroke and heart disease. Vitamins E, K and potassium are equally important. The food guide pyramid for older adults highlights the need for vitamin D supplements, one of the few areas where supplements are preferable to food sources for nutrients. To get these vital nutrients, the pyramid emphasizes nutrient-dense foods like darker-colored vegetables and fruits that have higher levels of vitamins. We chug-gets eating dark, leafy greens like spinach, orange and yellow vegetables like sweet potatoes and squash, and colorful fruits like strawberries and mangos that are richer in vitamins A and C and folic acid.

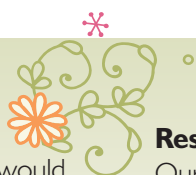
To ensure adequate fiber intake, the pyramid recommends whole grain products and a fiber icon has been added to nearly every section of the guide. Many elderly have problems with bowel function. To increase fiber intake it is recommended to eat oranges and carrots rather than just drinking the juice, to eat legumes like beans and lentils instead of meat at least twice a week, to select brown rice rather the white. Try including fiber rich items at each meal of the day. Following the food pyramid does not guarantee long life, but it does contain the best-tested advice on how to remain healthy and active which may improve quality of life as we age. 🍊



* NEWS

Family Dining Room

Our family dining room is now available to reserve. If you would like to have a private area for up to 8 family members', please let any of our staff know! It's a great location for family meetings, birthdays or a simple get-together with your loved ones. You can call Dawn Frazee 666-5945 or let one of the staff know and we'll have Dawn add it to the reservations calendar. Reservations for holding the private area will be on a first come, first served basis.



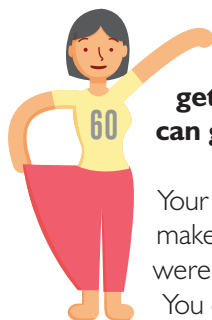
Resident Laundry

Our resident laundry area is ready for use if you would like to wash a resident's personal laundry. The laundry area is in the hallway just off our new lobby area by the beauty shop. Please keep in mind any resident that has an active infection must have their laundry cleaned in our facility laundry department. You are welcome to bring in laundry soap and use the washer and dryers at no charge. 🌀



Dieting After Sixty

4 THINGS
TO KNOW



People want to look good and feel good at every age. As you get older keeping the weight off can get a little bit trickier.

Your metabolism slows as you age which makes burning calories harder than when you were younger. Harder but not impossible. You can still take off those extra pounds.

The golden rules of weight loss still apply:


- 1) Burn more calories than you eat or drink
- 2) Eat more veggies, fruits, whole grains, fish, beans/lentils, and low-fat or fat-free dairy; and keep your proteins lean
- 3) Limit empty calories, like sugars and foods with little nutritional value

Can you believe that we have no residents born in April?!

There are some other things you need to do if you're over 60 and want to lose weight.

1. **Stay Strong** You lose muscle mass as you age.

Offset that by doing some strength training. You can use weight machines, hand weights or even your own body weight for resistance like in yoga. Keeping your muscle mass is key to burning more calories

2. **Eat More Protein** You're at risk for losing muscle mass, make sure your diet includes protein. Protein helps keeps you full for longer which can help prevent unnecessary snacking.
3. **Hydrate, Hydrate, Hydrate!** Drink plenty of water. Sometimes thirst masks itself as hunger. As you get older you may not recognize thirst as quickly as you had. Aim for 64oz of water each day.
4. **Outsmart Your Metabolism** Eat more small meals and snacks, and don't go much longer than 3 hours without eating. When your metabolism is already slow, starving yourself will only make it slower. If you have the same eating habits as you did 10-15 years ago you will more than likely keep gaining. 

As always, before you start any type of weight loss program, speak with your physician.

Cost of Living 1972

Superbowl Ad	\$86,000
PeterMax Sneakers	\$4.41
New House	\$27,550
Avg. Income	\$11,800
Gas/gal	55¢
Postage Stamp	10¢
Frisbee	94¢



EMBRACE YOUR JOURNEY

Some people try to turn back their odometers. Not me! I want people to know why I look this way. I've traveled a long time, a long way, and many of the roads weren't paved,

BUT I STILL MADE IT.

Bunny Bread

Ingredients

- 2 loaves (1 pound each) frozen bread dough, thawed
- 2 raisins
- 2 sliced almonds
- 1 large egg, lightly beaten
- Dip of your choice

Dipping Items

Carrots, asparagus, celery, tomatoes, green, red and yellow bell peppers, cucumber, bacon strips and more

Build your BUNNY

Have fun!

• Happy Spring! •



Family Members & Friends, YOU ARE INVITED!

Family Council Meeting
Monday, April 16th @ 1:00 pm

Guest Speaker:
Maisie Blaine, Ombudsman
Meet in the Care Center Main Lobby

The purpose of a Family Council is to give families a voice in decisions that affect them and their loved ones and to work to maintain or improve the quality of life for the residents.

The Family Council is organized and run by families. Let your voice be heard...this is an exciting opportunity to make a difference! Coffee and light snacks provided.

For further information, please contact Becky Barnes, Family Council Representative at 218-410-6606. ☘



Resident
Highlight



Marianne Kay Marie (Buvarp) Dean

Born in Virginia, Minnesota, to Asbjorn Joseph & Kathryn Eva (Bodnovich) Buvarp. Asbjorn was a carpenter/painter by trade and Kathryn was a full-time housewife of 3 cherished daughters. Marlene, Marianne, and Marcia

Kay, as she likes to be called, grew up in Virginia, attending the Marquette Catholic School until the 8th grade, and then went on to graduate in 1956 from the Virginia High School. Kay also attended the Virginia Junior College where she studied her passion...music.

One of Kay's first job was as a waitress at Bridgeman's in Virginia. She also worked as a sales clerk for 2 department stores, Ketola's in Virginia and Glassblock in Duluth. Kay loved to volunteer at the Our Lady of Lourdes Church in Virginia where she directed the choir.

Kay married Donald Dee Dean and together they raised 4 children. The oldest son Douglas is a skilled welder and truck driver living in Virginia. The second son David is a highly skilled carpenter living in Fayal Township. David has a daughter named Zoe Marie and 2 step daughters named Aubie Shaw (Jason Paulson) and Mandy Shaw. The youngest son Daniel is retired from the Airforce and lives in Omaha with his daughter Ariana Marie. Kay's only daughter Dawn Marie (Scott) Frazee is a secretary living on Lake Vermilion-Tower. Dawn and Scott have 2 children, Abigail (Ripley Siemsen) and Avery.

In 1975, Kay worked for an electronic assembly line factory called Ramsgate. The last 10 years of her employment were spent at the Virginia Regional Medical Center working in the dietary and laundry departments before retiring in 1988 from the materials management department. Kay stayed involved with her children's activities volunteering several years as a Boy Scout Den Mother as well as a Girl Scout Leader. Kay was also known as the neighborhood barber providing free buzz haircuts to the local boys each summer.

Kay's first 4-legged family member was a poodle named Shawn. Later in life, Kay raised a Shitzu named Ozzie who was her faithful companion and a cat named Spud. Kay enjoys gardening, camping & fishing, cooking & baking, making wicker baskets, and working crossword puzzles. Kay's biggest joys are her children, grandchildren and music.

In September of 2017, Kay moved to the Cook Care Center where she enjoys helping the other residents. You can often find Kay working on a puzzle, baking treats, or playing the piano. Stop by and visit Kay, but make sure you can carry a tune as you join her in song on the piano. 🎵



CELEBRATING LIFE'S STORIES

National Skilled Nursing Care Week

May 13-19, 2018

ahcancal.org/NSNCW | #NSNCW

Cook Care Center is excited to participate in the upcoming observance for National Skilled Nursing Care Week (NSNCW), formerly known as National Nursing Home Week, which will be held May 13-19, 2018.

The NSNCW 2018 theme, "Celebrating Life's Stories", serves as a tribute to life's most significant events, relationships and experiences that shape the unique perspectives of residents, families, staff, and those in the surrounding communities.

Established as an annual, week-long observance by the American Health Care Association (AHCA) in 1967, NSNCW provides an opportunity to recognize the role of skilled nursing care centers in caring for America's seniors and individuals with disabilities.

It will be a week full of fun and memories. Ideas that have come so far are: Guessing baby pictures- Who is Who? and Competing for: Cutest, Most Hair, Biggest Smile, and Most Mischievous Looking!

Other ideas included: Lions club BBQ, Fortune Bay Day, Harley Davidson Day, Disney Day, and a Family Night. The residents and staff will be getting a nursing care week t-shirt to help celebrate. **Watch for notices in your mail or email!**

Please stop by and let the residents show you their new home. The residents always enjoy visitors from the community. Especially dogs and children!



TRIVIA CORNER! 1972

Good Luck!

1. Which company invented the 1st single microchip processor in 1972?

A. Microsoft B. Apple C. Intel

2. US life expectancy in 1972 for males was...

A. 68 B. 75 C. 89

3. Who was the famed "funny girl" of the year?

A. Bette Midler B. Marilyn Monroe C. Lily Tomlin

4. Who was the top male comedian of '72?

A. Don Rickles B. George Carlin C. Red Skelton

5. What popular product did "Hey Mikey! He likes it!" promote?

A. Band-aids B. Dominoes Pizza C. Life Cereal

6. Nothing runs like a (slogan)

A. Chrysler B. Ford C. Deere

7. Who said, "I'm going to make him an offer he can't refuse."

A. Marlon Brando B. John Wayne
C. Arnold Schwarzenegger

8. What laundry helper debuted in 1972?

A. Clorox Bleach B. Downy
C. Bounce Dryer Sheets

9. What popular Broadway show opened in '72?

A. Grease B. Pippin C. Jesus Christ Superstar

10. What was the #1 TV show?

A. Carol Burnette B. HeeHaw
C. All in the Family

11. Who won Superbowl VI?

A. Dallas Cowboys B. Philadelphia Eagles
C. Denver Broncos

12. Who was president in 1972?

A. Johnson B. Ford C. Nixon

ANSWERS

12. C. Nixon

11. A. Dallas Cowboys

10. C. All in the Family

9. A. B. & C. All three!

8. C. Bounce Dryer Sheets

7. A. Marlon Brando/The Godfather"

6. C. Deere

5. C. Life Cereal

4. B. George Carlin

3. C. Lily Tomlin

2. A. 68

1. C. Intel

Huh uh?!

The inventor of the Pringles can, Fredric Baur, was buried in one.
That thing you use to dot your lowercase "i" is called a tittle.

Volunteer Trivia The next 4 facts!

You may have already taken an interest in volunteering, but how many fun facts do you know about? Here is a fun list of 4 new facts to ponder... 25 more to come!

1. One survey, conducted by Tourism and Research Marketing found that 1.6 million people take part in volunteering projects where they have to travel internationally to take part. How amazing!
2. The most likely candidate for volunteering will be an employed college student aged between 18-24 years old. This could be anywhere from one week to 12 months. Volunteering projects go on for varying lengths of time, making it easy for all people of all ages to find something perfect for them.
3. Many volunteers express a passion for ending poverty. They make it clear that it's important for everyone to do something to help put it to an end. This is the most common cause for which people want to volunteer.
4. The main things people wish to experience when they volunteer are: cultural immersion, a feeling that they're giving back to a community, the feeling of being part of a team, and finally for educational reasons. These are some of the reasons that people choose to come back time and time again to do more volunteering!