

Neighborhood News

February 2019



Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on 2/14. The day first became associated with romantic love within the circle of Geoffrey Chaucer in the 14th century, when the tradition of courtly love flourished. It evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines"). Valentine's Day symbols used today include the heart-shaped outline, doves, and the figure of the winged Cupid. Handwritten valentines of yore have given way to mass-produced greeting cards given to sweethearts, children, teachers and friends.

WAYS TO BEAT THE WINTER BLUES

When your mood is falling as fast as the thermometer, these small lifestyle changes may help boost your spirits. Winter is upon us and many people want to beat the winter blues. With it comes colder days and darker, longer nights. The occasional down mood can accompany the season for some people. Others struggle with full-blown Seasonal Affective Disorder (SAD). Whether you feel blue when a day feels hard or you are stuck in a SAD pattern you can use these tips to feel better each day and get yourself back on track.



1. Brighten Up

Lights can really help your mood. When the sun comes up your brain starts to make Serotonin, the "feel-good" hormone that your system needs to feel well. If you need more Serotonin you can trick your brain into thinking it is getting it by using lights. By turning the lights back down in the evening you can replicate the Circadian rhythm to help you feel best the next day. What happens is Serotonin slows down and your brain begins to make Melatonin to help you get a great night sleep to be at your best the next day.

2. Listen to Music

At certain times of the day, I have music playing throughout my home. It is very deliberate. Music has been proven to improve your mood and to help people feel better about others, improving relationships. With 6 kids in the house, keeping my mood and that of the kids is essential. I usually play Michael Buble radio

for a relaxing, jazzy mix of old and new songs that help to chill out the nervous system. Pick music that feels good to you, put it on, and reap the benefits.

3. Random Acts of Kindness

Helping others has been proven to boost your mood more than anything else. A little game that I play with myself is saying yes as much as possible. It goes something like this. "Mom, can I wear your new cool red converse sneakers?" Thinking to myself, those are my new sneakers, No. My reply, "Sure". No attitude, no harboring of bad feelings. This goes beyond my children too. I can now find actual delight in being able to help others because I have been practicing so long. Start today to build the habit for daily feel-good boosts.

4. Be Kind to Yourself

When you are down or depressed it is easy to beat yourself up. Don't sweat the small stuff. Celebrate the seasons and all they have to offer! Always take time for yourself!

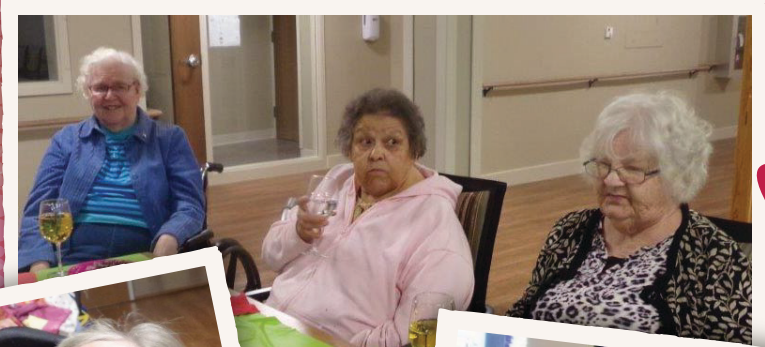
If you stay in don't worry, it's OK. Don't tell yourself negative thoughts. If you go for a walk. Celebrate it. Tell yourself that you rock. The more you celebrate your wins and the less you beat yourself up, you are re-wiring your brain to feel and perform better. And guess what? You will begin to feel and perform even better. It is a positive feedback loop and it is proven to help you sustain a better mood. This is especially important when you are fighting the winter blues.

Benefits Of Drinking Water

Staying hydrated is just as important during winter as it is during summer. Cold, dry air can lead to dehydration, which contributes to fatigue and mood swings. Drinking water can improve energy and digestion, fight weight gain and keep you healthy.

Be sure to drink at least 8 glasses of water every day!

Be Mine, Valentine!



Highlights from the Resident Council Meeting December 27, 2018

There were 15 residents participating in the monthly Resident Council Meeting plus 2 staff members.

The Pledge of Allegiance was recited by all and the meeting called to order at 10:08 by the presiding President, Inez Burris.

Each department was gone over individually, Dietary, Nursing, Activities, Housekeeping, Rehab, Maintenance, Administration, Social Services, and Unresolved Pain. Some outcomes are as follows.

New Business:

Dietary: One resident wanted to see more pickled beets. Several residents said they see the same vegetables offered way too often. Two residents asked to speak to Holly when she returns from vacation. Several residents said the desserts are wonderful. Everyone liked the Prime Rib Christmas Dinner.

Nursing: Everyone present thought nursing was doing a good job. There were no concerns or complaints.

Activities: The residents present for the most part thought their activities were good. They would like to see more participation and especially during music times as music is good for them, they said. Residents would like to see a bigger bus as they are taking turns going on the outings. Residents present would like to see participants in Bingo continue to have a limit of 4 Bingo cards, it was 8-10. Residents would like more prizes and quarters as there are not enough and no one wants to play for fun with no winnings and there are less and less participants because of this.

Rehab: Most residents are doing good in this area. One resident asked for a specific time and date for her rehab so she could make sure she is able to make it and not doing something else.

Maintenance: There were no complaints of anything needing repair except for a couple of resident wheel chairs. Slips were given to Maintenance right away so this could be looked at.

Pain: Each resident in attendance was asked about their pain and general comfort here at the Care Center. Most residents in attendance said they ask nursing staff to help them when they need something extra for pain and they get the help.

Resident Right: Transfer and Discharge page 46-48

This was a long policy and encompasses many components of the Admission, Transfer and Discharge of a resident. I explained several parts of it to the residents present and asked if any of them had any questions. We went over #1 A-G.

Motion to adjourn at 10:50 by LV/RH (MCU)
Marge Rinne, Recorder/Resident Advocate



IMPORTANT REMINDER

Cook Care Center does not solicit money, gifts or other types of donations from our staff or community. If you have received any requests to donate food or items, please disregard the request. Please report any future solicitations to the Care Center. Thank you.

And Now This!

Technology Improving Quality of Life

Joy For All Companion Pets

Ageless Innovation is a company that manufactures robotic animals that serve as pets and therapy aids to families and elder care centers across the U.S. The robotic pets were developed specifically for seniors with Alzheimer's and other types of dementia.

According to a 2016 study, researchers saw a decrease in stress, anxiety, and depression among seniors who regularly interacted with a robot pet 3X per week for 20 minutes. In care centers the stimulation keeps residents animated and socially engaged with their peers.

www.joyforall.com



Liftware by Verily

Eat with confidence!

Liftware's selection of stabilizing and leveling handles and attachments are designed to help people with hand tremors or limited hand and arm mobility retain dignity, confidence, and independence.

- Easy to use
- Adapts to your hand tremor
- Adapts to your range of motion
- Stabilizing Technology
- Multiple attachments
- Rechargeable battery



It's smart

The stabilizing handle contains sensors that detect hand motion and a computer that distinguishes unwanted tremor from the intended movement of the hand.

<https://www.liftware.com/>

<https://www.youtube.com/watch?v=CTG5WCHz-zw>



HAPPY BIRTHDAY!

February 2019

Janet Suihkonen	2/1/19
Helen Museta	2/7/19
Linda Marie Aune	2/27/19

Easy Valentines Day Bark

Ingredients

- 1 package of Oreos
- 2 cups pretzel sticks
- 1 package Valentine M&Ms or other candy
- 1 package almond bark or candy melts
- Sprinkles

Instructions

1. Line a baking sheet with parchment or wax paper.
2. Crumble Oreo cookies and spread out on baking sheet.
3. Break pretzel sticks in half and sprinkle over Oreo cookies.
4. Sprinkle M&Ms over cookies and pretzels.
5. Over low heat, melt almond bark until smooth (or microwave according to directions on the packaging).
6. Pour over cookies, pretzels, and candy.
7. Use a fork to move the almond bark around and let it soak down into between the cookie and candy mix.
8. Decorate with sprinkles before the bark cools completely, if desired.
9. Place in refrigerator for an hour to cool.
10. Break into pieces.
11. Enjoy!





TRIVIA CORNER!

VALENTINE'S DAY



Good Luck!

1. Valentine's Day evolved from what ancient Roman festival?
A. Valentia B. Floralia
C. Bacchanalia D. Lupercalia
2. St. Valentine was put to death at the order of what Roman Emperor?
A. Claudius II B. Augustus II
C. Tiberius II D. Postumus II
3. In which of Shakespeare's plays does he refer to Valentine's Day?
A. Romeo & Juliet B. Hamlet
C. Twelfth Night D. Antony & Cleopatra
4. In old Ireland a heart was carved into what as a Valentine's gift?
A. Palm B. Turnip
C. Spoon D. Tree
5. Candy conversation hearts were invented in:
A. 1866 B. 1934 C. 1902 D. 1947
6. What is the most popular Valentine's day gift?
A. Jewelry B. Chocolate C. Flowers
7. How many U.S. towns are named Valentine?
A. 12 B. 4 C. 0 D. 8
8. Who created the first Valentine's Day box of chocolates?
A. Louis IV B. Richard Cadbury
C. Milton Hershey D. Russell Stover
9. Who receives the most Valentine's Day cards each year?
A. Wives B. Mothers
C. Children D. Teachers
10. What percentage of Valentine's Day cards are purchased by women?
A. 85% B. 70% C. 92% D. 49%
11. Which goddess was Cupid's mother?
A. Psyche B. Penelope
C. Venus D. Minerva
12. Who wrote the oldest Valentine believed to be in existence?
A. Geoffrey Chaucer
B. Charles D'Orléans
C. Mark Antony D. Robert Dudley
13. Which of the following are famous Sweethearts?
A. Antony & Cleopatra
B. Popeye & Olive Oil
C. Lucy & Ricky
D. Micky & Minnie
E. All of the above

13. All of the above
12. B. Charles D'Orléans
11. C. Venus
10. A. 85%
9. D. Teachers
8. B. Richard Cadbury
7. B. 4
6. C. Flowers
5. A. 1866
4. C. Spoon
3. B. Hamlet
2. A. Claudius
(a fertility celebration)
1. D. Lupercalia



ANSWERS

did you know?

George Washington owned a profitable whiskey distillery. Theodore Roosevelt wore a lock of Lincoln's hair during his inauguration. FDR was the first president to name a woman to his cabinet. Four presidents have received the Nobel Peace Prize: Theodore Roosevelt, Woodrow Wilson, Jimmy Carter, Barack Obama. President's Day is February 18th.

SENIOR HUMOR



My Funny Valentine

Q: What do squirrels give for Valentine's Day?

A: Forget-me-nuts.

Q: What did the valentine card say to the stamp?

A: Stick with me and we'll go places!

Q: Why shouldn't you fall in love with a pastry chef?

A: Because he'll dessert you.

Q: Did Adam and Eve ever have a date?

A: No, but they had an Apple.

Q: What do you call a very small valentine?

A: A valen-tiny

Q: What did the girl cat say to the boy cat on Valentine's Day?

A: You're purrr-fect!

Q: Where do hamburgers take their girlfriends on Valentine's Day?

A: To a Meatball.

knock!
knock!

who's
there?

Olive

Olive
who?

Olive
you!