

Neighborhood News



JANUARY 2018



As we develop our new neighborhoods, I thought it would be a good time to let you know about some updates.

Our resident garden area will be completed this summer and be a wonderful spot to enjoy flowers, fountains and birdfeeders. So we look forward to this once our frozen ground disappears.

Our neighborhood kitchens are available for coffee, snacks and beverages to all of our residents. So if you are visiting please help yourself to some coffee.

Happy New Year everyone! As we look upon the past year with all of its changes and opportunities, we can also take a step back and look at the coming year with anticipation and excitement with new challenges that come our way. We learn and grow while following our facilities values.

I.C.A.R.E VALUES

I – Integrity:

We are honest, ethical and do the right thing.

C – Compassion:

We provide the highest quality care, treating patients, residents and family members with sensitivity and compassion.

A – Accountability:

We value accountability and expect each employee to conduct themselves with a sense of integrity, responsibility and ownership.

R – Respect:

We treat all of our patients, residents, visitors and fellow caregivers with dignity and respect.

E – Excellence:

We deliver the best outcomes and the highest quality service through the dedicated effort of every team member.

WARNING SIGNS OF ELDERLY DEPRESSION

Does it seem like just yesterday that your mom or dad lit up when you brought the grandchildren to visit? Many elderly individuals downplay their depression and this can have frightening consequences if not addressed quickly.

- **Irritability** Sudden mood changes can suggest the onset of depression.
- **Loss of Self-Regard** A lack of pride in their personal care and appearance
- **Social Withdrawal** "Hermit Mentality" Shutting out others and avoiding social situations.
- **Increased Pain** Fact: Depression amplifies physical pain. It is not a myth.
- **Recent Illness or Surgery** Elders recovering from major illness or surgery may develop a depressive episode.
- **Recent Loss** Elderly persons have a high risk of plummeting into depression after the loss of a loved one.

So what's the bottom line about elderly depression?

Be aware. Don't let it go untreated. If you suspect your loved one is suffering from depressive symptoms, make sure you alert caregivers. By making yourself a part of the solution, you're "opening a door" that the senior may be too embarrassed to open themselves.

PLEASE NOTE:

Our neighborhood kitchens require a waiver from the state to even have them in existence. Our waiver states that we can cook breakfast meal in the kitchen area. With the assistance of the Activities Department we can bake cookies, make a pan of bars or a cake.

THE KITCHEN CANNOT BE USED INDEPENDENTLY BY FAMILIES per the waiver from the state Department of Health. Our Activities department has started the baking of cookies with the residents to use as a later snack. So if you'd like to have a birthday cake, bars or cookies for a visit please contact one of our activity staff.



Cost of Living 1926

Baby's Crib	\$9.75
2 Dozen Cookies	9¢
Home Rental	\$50/month
100 Amp Radio	\$16
Maple Syrup	29¢/pint
New Auto	\$795
Piano	\$30



Residents' New Year Traditions

Eva H. Stayed up until New Year's celebrating by the tv and then to bed.

Janet B. Went out to party with my husband stayed up way past my bed time, often as late as 2:00am. I always felt great getting up the next day.

Inez B. Go out dancing with husband until the sun started coming up.

Doris R. Playing cards, waiting for the New Year to come in.

Alice A. Never did much, always stayed home.

Kay D. We always had parties at my grandparent's place.

Carol A. Stayed home with the kids.

Alvin N. Always stayed home as it was always too cold to venture out.

Harry H. I watched the New Year come in and go out. Went dancing often at Lindon Grove where I was the #1 dancer.

Margaret P. Went gambling and dancing for New Year's.

Harry E. Went to Ash Lake and danced with my wife.

Ray J. Nothing special.

Lorraine V. Went to Jerry's Place to play pool and listen to the music.

Caroline B. Went to Fortune Bay Resort Casino to see all the people and win our million. Also listen to music and see the grandchildren. We would go about 9pm and stay until 1am.

Wayne C. Went to the community center to be with the family. Often there was 50 family members in one place at one time.

Bud H. Stayed home watching tv.

Now that the residents are all moved into the new care center they are looking forward to the new year 2018. They all made New Year Resolutions like we all do, we'll see if we can keep to it!

Some of the resolutions are:

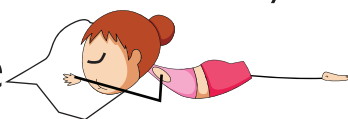
to exercise more



eat healthy



sleep more



play cards more

and as Inez says "to be good".



Donna Rautiola

1/8

Theano Sigford

1/8

CELEBRATE 2018 with this New Year's Party Dip!

Gorgonzola Spinach Artichoke Dip

2 (10-ounce) boxes chopped frozen spinach
 1 box frozen artichoke hearts
 3 tablespoons butter
 4 cloves garlic, chopped
 3 tablespoons all-purpose flour
 1 cup chicken stock
 1 cup milk
 Salt and freshly ground black pepper
 Pinch ground nutmeg, or to taste
 1 cup Gorgonzola crumbles
 1 1/2 cups shredded (a little larger than grated, available in tubs) Asiago or Parmigiano-Reggiano
 Thick sesame bread sticks, for dipping
 Celery hearts, trimmed for dipping
 Pita crisps with Parmesan and herbs

Directions

Preheat oven to 400 degrees F.

Defrost spinach 10 minutes on defrost setting in microwave then drain well by wringing out in dish towel. Defrost artichokes as well, 6 minutes on defrost in microwave then wring out and finely chop.

Heat a sauce pot with butter over medium to medium-high heat. Add garlic to melted butter and stir 1 to 2 minutes, then sprinkle in flour and combine 1 minute more. Whisk in stock and milk and season with salt, pepper and nutmeg. Thicken 2 minutes then remove from heat and melt in Gorgonzola. Stir in spinach and artichokes and half the shredded cheese then transfer to a small casserole and top with remaining cheese. Brown and bubble in the oven for 10 to 12 minutes. Serve with bread sticks, celery hearts and pita crisps for dipping. Makes 3.5 cups.



Christmas Party!



♥ In the NEWS ♥

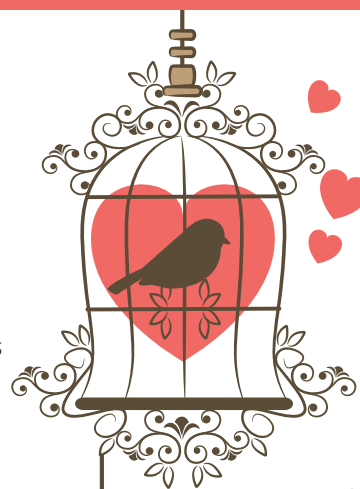
The plan for the care center after phase 2 is completed is to get the bird aviary back in operation. The resident will need to find a cozy spot for the birds.

There is talk about getting neighborhood pets. At a care center I visited in Silverbay, MN, due to over "love" feeding, one dog was sent to boot camp to lose weight. We will have to teach the residents how not to feed the pets. The resident will need to come up with names for them also.

On cold outing days, Inez and staff wear their Burris Elbow Lake sweat shirts to keep warm. My shirt is used as my good luck deer hunting shirt.

Residents continue to gather together and are getting into shape walking between north and south side. They continue with weekly outings, Saturday bingo, church services, crafts, exercises, active games, Baptist school visitors, and weekly music programs. The residents like having their own rooms and often can be found in them doing crafts, reading, relaxing, visiting, and watching tv.

The residents all wish you a very HAPPY NEW YEAR!
They would love for you to come visit so they can show you their new home!





TRIVIA CORNER! 1926

1. Who was president in 1926?
A. Harding B. Coolidge C. Arthur

2. Average Weekly Wage in 1926
A. \$23 B. \$10 C. \$50

3. Which country sent the US a birthday card with over 5 million signatures.
A. Japan B. Germany C. Poland

4. The population of the world in 1926 was...
A. 13,000,298,292 B. 2,043,000,000
C. 5,653,450

5. Who were the 1926 World Series Champions?
A. NY Yankees B. St. Louis Cardinals
C. Chicago Cubs

6. Which of these famous ladies were NOT YET famous in 1926?
A. Great Garbo B. Shirley Temple C. Mary Pickford

7. What was the subject of the most unusual telegraph in railway history?
A. Escaped circus elephant B. Santa riot on board
C. Child labor protest

8. What famous daredevil died because he slipped on an orange peel and gangrene set in?
A. Harvey Mighty B. Bobby Leach C. Eddie Kidd

9. The daredevil above was famous because of what feat?
A. Niagra Falls plummet B. Underwater escape
C. 300 yard jump on a bicycle

10. What did the epidemic of 1926, "encephalitis lethargica" do to its victims?
A. Brain hemorrhage B. Horrible seizures
C. Left in statue-like paralysis

11. What silent film star's death caused many United States women to commit suicide and others to riot in the streets of NYC?
A. Groucho Marx B. Rudolph Valentino
C. Charlie Chaplin

12. What famous dog made 26 films and up to \$6,000/week?
A. Rin Tin Tin B. Lassie C. Fido Friday

13. What product was originally sold as cold cream remover but users changed its purpose?
A. Vaseline B. Facial Tissue C. Windex

Good Luck!

13. B. Facial Tissue
12. A. Rin Tin Tin
11. B. Rudolph Valentino
10. C. Left them in statue-like paralysis
9. C. Niagra Falls
8. B. Bobby Leach
7. A. Escaped Circus Elephant
6. B. Shirley Temple
5. B. St. Louis Cardinals
4. B. 2,043,000,000
3. C. Spoland
2. A. \$23
1. B. Coolidge

ANSWERS

SERiously?!

HIPPOPOTOMONSTROSESQUIPPEDALIOPHOBIA

→ is the fear of long words.

Baby robins eat 14 feet of earthworms every day!

DO GOOD EVERY DAY

Volunteering has been shown to have far reaching benefits, ranging from improving health and well being to even increasing the prospect of getting a better job!

Finding the right volunteer opportunity is easy, and giving back to others will automatically make you feel better about yourself. Exercise your good doing muscles by joining hundreds of thousands of people around the world to perform a good deed and pump up the volume of good!

March 15th may be the big day, but EVERY day should be a Good Deeds Day, agreed?

THANK YOU FOR VOLUNTEERING!

