



Volume 2019 Issue 05



“View from the Garden”

“Embracing every moment..”



From the desk of:
Michele Berger,
Executive Director &
Dept of Nursing

26th Annual National Senior Health & Fitness Day® Event Set for Wednesday, May 29, 2019

On Wednesday, May 29, 2019 *National Senior Health & Fitness Day®* will celebrate its 26th anniversary as the nation’s annual largest older adult health and wellness event. More than 100,000 older adults will participate in local health and fitness events at over 1,000 locations across the country on the same day.

Organized as a public/private good health partnership by the Mature Market Resource Center (MMRC), *National Senior Health & Fitness Day* will offer fitness activities for older adults at more than 1,000 locations including hospitals, park and recreation departments, senior centers, health clubs, retirement communities, houses of worship, health departments and other community locations. The event is always held on the last Wednesday in May as part of *Older Americans Month* activities.



Programs will range from small group exercise demonstrations in community senior centers to walking tours and health fairs. Most programs include an exercise or physical activity component, as well as information about senior subjects.





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Benefits of regular physical activity

A few of the many benefits of regular physical activity:

The result is increased strength and endurance (as evidenced by our physical tests) as well as increased emotional resilience and sociability.

A few of the many benefits of regular physical activity include:

- **Enhanced flexibility and balance**
- **Better circulation**
- **Lower heart disease and blood pressure, resulting in lower stroke risk**
- **Improved sleep**
- **Improved cognitive skills**
- **Reduced medications**
- **Renewed energy and endurance**
- **Decreased joint and back pain**
- **More regular bowel functions**
- **Declining depression and anxiety, improved day-to-day well-being**

"Exercise training cannot restore tissue that has already been destroyed, but it can protect the individual against a number of the chronic diseases of old age. More important, it maximizes residual function. In some instances, biological age is reduced by as much as 20 years. Life expectancy is increased, partial and total disability are delayed, and there are major gains in quality adjusted life expectancy. Exercise is thus a very important component of healthy living for the senior citizen."

— **Dr. Roy J. Shephard, M.D., Ph.D.**



Thank you Live 2 B Healthy® . May we all enjoy this very wonderful exercise program." — Evelyn

Open to the public! You can invite family or friends.



Dementia vs. Alzheimer's

	Dementia	Alzheimer's Disease
General Definition	A brain related disorder caused by diseases and other conditions.	A type of dementia. But the most common type.
Cause	Many, including Alzheimer's disease, stroke, thyroid issues, vitamin deficiencies, reactions to medicines, and brain tumors.	Unknown, but the “amyloid cascade hypothesis” is the most widely discussed and researched hypothesis today.
Duration	Permanent damage that comes in stages.	Average of 8 to 20 years.
Typical Age of Onset	65 years and older.	65 years but can occur as early as 30.
Symptoms	Issues with memory, focus and attention, visual perception, reasoning, judgment, and comprehension.	Difficulty remembering newly learned information. With advancement, disorientation, mood and behavior changes may occur.

Get in Their World

I've tried to put some information together to further explain how to attempt to understand those with dementia. It is not an easy thing to do sometimes—but the most important thing to remember, is not to engage “your plan,” because you are setting the individual and yourself up for failure. **Get. In. Their. World.**

Stages of Dementia: What You See

Mild: *Short term memory loss disrupts some aspects of daily life

Moderate: *Disorientation to time and space
*Requires assistance with hygiene *Difficult to remember anything new

Severe: *Cannot function without help
*No understanding of orientation in time or space

Behaviors Reformulated

“What is a behavior?” Behaviors, or actions, demeanor, conduct, are what a person with dementia have when they are unable to communicate a specific message of a need or want.

- ◆ All behaviors are a form of communication
- ◆ It is up to caregivers to determine the

message the individual is trying to communicate.

- ◆ To determine what is being communicated, caregivers need to *meet the individual in their world.*

You may find a woman in a closet thinking it's a bathroom; or a gentleman near a window or plant, looking outside, going to the bathroom because as a youngster and beyond he could outside. All they know is they have to go to the bathroom—and each of those ways are what they knew when younger— a small room with a door, or outside behind a tree. The links are not connecting the difference between a closet, plant, or window and a bathroom. REMEMBER, it's not their fault—it's the disease.

Starting Point....

- ◆ Respond to the emotion and not the behavior
- ◆ Acknowledge the request and respond
- ◆ Search for the reason behind the behavior
- ◆ Don't take the behavior personally
- ◆ Always remember to honor the basic humanity—The person in distress has a reason to feel that way.

As a caregiver, you must find out what the behavior may be related to:

Physical discomfort

Illness, conditions, medications or needing to use the restroom

Overstimulation

Environment, loud noises

Unfamiliar surroundings

Inability to recognize surroundings

Complicated Tasks

Difficulty following steps to complete tasks

Frustrating interactions

The inability to communicate effectively or sensing your facial expression should you find yourself becoming frustrated.

Be assured, at Garden View Place, we are continually being trained to be the best when it comes to caring for the residents, and there is much love and compassion for each and every one here.

If you ever have any questions regarding your loved one, please call Michele Berger, RN/ Executive Director at;

Garden View Place
563-539-4528



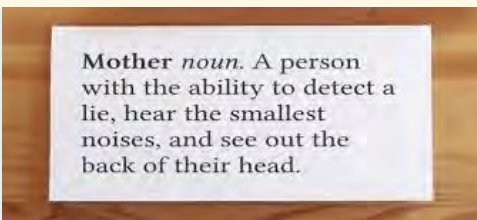


History of Mother's Day. Celebrations of **mothers** and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the **mother** goddesses Rhea and Cybele, but the clearest modern precedent for **Mother's Day** is the early Christian festival known as “Mothering Sunday.”

Taking place on the fourth Sunday of every Lent, the European tradition of Mother's Day – officially known among religious groups as Mothering Sunday – is the official time of year to give mums a day off from doing the multitude of daily jobs they're usually tasked with.

Kids, partners and even friends celebrate the day by buying gifts for mums, or simply

picking up the slack a bit more around the house. Don't forget to buy a card, alongside a few other titbits; while chocolates and flowers are the standard go-to, handmade presents always go down a treat, and show even more thoughtfulness.



A mother mouse and a baby mouse are walking along when suddenly a cat attacks them. The mother mouse shouts “BARK!” and the cat runs away. “See?” the mother mouse says to her baby. “Now do you see why it's important to learn a foreign language?”

Jack: What did the mother broom say to the baby broom?

Bill: What?

Jack: It's time to go to sweep!

Erin: What did the mother bullet say to the daddy bullet?

Fran: What?

Erin: “We're gonna have a BB!”

Elephant: Why do mother kangaroos hate rainy days?

Hippo: I give up.

Elephant: Because their kids

have to play inside!

Daughter: Mum, what's it like to have the greatest daughter in the world?

Mum: I don't know dear, you'd have to ask Grandma.

A kid asks his dad, “What's a man?” The dad says, “A man is someone who is responsible and cares for their family.” The kid says, “I hope one day I can be a man just like mom!”

Two children ordered their mother to stay in bed one Mother's Day morning. As she lay there looking forward to breakfast in bed, the smell of bacon floated up from the kitchen. But after a good long wait she finally went downstairs to investigate. She found them both sitting at the table eating bacon and eggs. “As a surprise for Mother's Day,” one explained, “We decided to cook our own breakfast.”

Fred is 32 years old and he is still single.

One day a friend asked, “Why aren't you married? Can't you find a woman who will be a good wife?”

Fred replied, “Actually, I've found many women I wanted to marry, but when I bring them home to meet my parents, my mother doesn't like them.”

His friend thinks for a moment and says, “I've got the perfect solution, just find a girl who's just like your mother.”

A few months later they meet again and his friend says, “Did you find the perfect girl? Did your mother like her?”

With a frown on his face, Fred answers, “Yes, I found the perfect girl. She was just like my mother. You were right, my mother liked her very much.”

The friend said, “Then what's the problem?”

Fred replied, “My father doesn't like her.” LOL

Son: “Mum, stop making jokes you're not funny.”

Mum: “I made you, didn't I?”

Sudoku Time! (for Joe!)

1	8				4			
		3		7		4		
	9			8		7		
6	7	2			8			
			6			3	2	9
		4		3		6		5
		1		5		2	4	7
			9					8

Below is a more difficult one?

			7					
1								
			4	3		2		
								6
			5		9			
						4	1	8
				8	1			
		2					5	
	4					3		

Above is a Sudoku puzzle - a fairly easy one...



This is something that happened at an assisted living center. The people who live there have small apartments, but they all eat at the central cafeteria.

One morning one of the residents didn't show up for breakfast, so my wife went upstairs and knocked on his door to see if everything was all right. She could hear him through the door, and he said that he was running late and would be down shortly, so she went back to the dining area.

An hour later he still hadn't arrived, so she headed up towards his room, but found him on the staircase. He was coming down the stairs but was having a hard time. He had a death grip on the hand rail and seemed to have trouble getting his legs to work right.

She told him she was going to call an ambulance, but

he told her "no," he wasn't in any pain and just wanted to have his breakfast. So, she helped him the rest of the way down the stairs, and he had his breakfast.

When he tried to return to his room, he was completely unable to get up even the first stair step, so they called an ambulance for him.

A couple of hours later, my wife called the hospital to see how he was doing. The nurse there said he was fine and that his problem was that he had both of his legs in one side of his boxer shorts.

I'm sending this to my children so that they don't sell the house before they know all the facts!



“View from the Garden”



2019 THEME:
“Live and Thrive with Exercise!”



National Senior Health & Fitness Day®

26th Annual Event • Wednesday, May 29, 2019

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National Sr. Health & Fitness Day cont..

Here at Garden View Place, we are planning a “whirl” of FUN! We are encouraging the public to join us—so be sure to invite your family and friends! A walk on the Butterfly Trail, Live 2 B Healthy demonstrations, a guest speaker, socializing and MUSIC!

This ALL takes place on Wednesday May 29th! We will be walking the butterfly trail according to our ability. Some will walk on Darby Drive for a smoother service, something for Everyone!



Plan to Attend!

