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Comprehensive Home
Care Provider

AMERICARE LODGE RESIDENT AND FAMILY NEWSLETTER

April 2015



National Volunteer Week, April 12-18, 2015, is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities.

It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals.

www.pointsoflight.org

We want to thank all who volunteered to lend a helping hand at Americare Lodge this past year.

For helping with painting, sharing an afternoon playing bingo, pontoon rides, Sunday school kids, friends and family who stop by with fresh fish, pastors from local churches, to Jodi for coming out to give haircuts and styling so residents didn't have to brave the winter weather and to volunteers who helped with transporting residents to and from medical appointments. Thank you so much!

Minnesota Severe Weather Awareness Week

April 13 - 17, 2015

Don't forget! The state wide tornado drills are Thursday, April 16, 2015 at 1:45 P.M. and 6:55 P.M.

Local county sirens and all NOAA Weather Radios in Minnesota will sound with a simulated tornado warning for both afternoon and evening drills. This is a great opportunity to review emergency plans and procedures, and conduct emergency drills at work and at home. *Source:*

www.dps.mn.gov/.../weather-aw



"April Showers bring May flowers."

- April - Birthstone Diamond
- Flowers - Sweet Pea



- Colors - **Yellow** and **Red**

"A late Easter, a cold spring." (French proverb)

"Green Christmas, White Easter" (German Proverb)

"Easter spells out beauty, the rare beauty of new life."

S.D.Gordon

Good Friday April 3rd ...Color **E**aster **E**ggs with Barb 1:00 pm

Easter Sunday April 5th

Exercise Classes: Tuesday & Thursday mornings @ 10:00am

Soon we will be able to forgo inside walks for a walk outside in the fresh air.

Foot Massage with Shirl:

This month will be Saturday April 18th

Tuesday Afternoon at the Movies:

Includes popcorn & sugar free soda

The snow is gone- at least for now. Soon green will replace white. The raised gardens, which were built for Dave, (who passed away last fall) will be used by residents for growing fresh produce; radishes, green beans, and maybe a tomato or two. Yum Yum.



April 25th Spring Tea Party 1:00pm-3:00pm

An annual tradition has been started, welcoming spring with a Spring Tea Party.

Invitations will be sent, in case we missed you, residents and family are invited.



Our condolences to the family of Kenny Salvhus who passed away on March 20th 2015, (under Hospice Support Care) here at his Americare Lodge home. Kenny was surrounded by family. His pal Abby, his rescue dog, had always been at his side and was also at his time of passing. Kenny had been a resident at Americare Lodge since 2012. He will be missed and remembered. He was a very gentle soul.

Admit Anniversary- Barb H. April 2011

Birthdays in April- Maxine P. April 13th



In mid-March we sadly said farewell and best wishes to Pastor Bill and Laurie on their new adventures in Duluth. We will miss them. We so enjoyed their musical entertainment, the

spreading of the Word, and the countless volunteer hours so readily given by both. Laurie had been a caregiver at Americare Lodge and Bill was Pastor at The Alliance Church of Remer.

Pastor Visit Dates In April:

April 1st:

Pastor Bruce of the Congregational Church

April 8th & 22nd:

Pastor Jay of the Harvest Church of God

April 15th:

Pastor Dale of the Bethany Evangelical Church

April 29th:

Pastor Bruce of the Congregational Church

April 23rd:

Father Keith of St. Paul's Catholic Church

Ladies Bible Study: Thursdays at 1:00 pm with Maureen



Black Capped Chickadee



Little flocks of Black-capped Chickadees live up the winter woods with their active behavior and their cheery-sounding chick-a-dee call notes as they fly from tree to tree. Often they are accompanied by an assortment of nuthatches, and other birds. Forages mostly by hopping among twigs and branches and gleaning food from surface, often hanging upside down to reach underside of branches. Sometimes they will take food while hovering, and may fly out to catch insects in mid-air. Readily comes to bird feeders for seeds or suet. Often stores food, recovering it later.

Pairs typically form in fall and remain together as part of winter flock. The flocks break up in late winter, and both members of the pair help defend the nesting territory. The male often feeds the female, beginning very early in spring. The nest site is in hole in a tree, typically a small natural cavity in rotten wood, sometimes an old woodpecker hole or nesting box; usually 5-20' above the ground.

The Pair's eggs, usually 6-8, sometimes more or fewer, white, with fine dots of reddish brown often concentrated around the larger end. Incubation is by female only, 12-13 days. The female covers eggs with a nest material when leaving the nest. The male often brings food to female during incubation. The female remains with young most of time at first, while male brings food; later, both parents bring food. Young leave nest at about 16 days. Normally 1 brood per year.

Excerpts from www.audobonsociety.org Illustration from Wikipedia the free encyclopedia

Coffee

Coffee offers benefits beyond waking you up; the drink provides more healthy anti-oxidants than any other food in the American Diet, according to researchers at the University of Scranton, Pennsylvania, who studied more than 100 different food and beverage items. They found American adults consume 1,299 mg of antioxidants daily from coffee; the closest contributor was teas at 294 mg. Antioxidants are thought to help battle cancer and provide other health benefits.



Excerpts from the National Cancer Journal

HEALTH TIP OF THE Month

Fiber: How to get your fill

There are two types of fiber in food: soluble, which dissolves in water, and insoluble, which doesn't dissolve in water. Soluble fiber can help lower blood cholesterol and blood glucose levels. Good sources of soluble fiber include oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium. Insoluble fiber promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit if you struggle with constipation or irregularity. Good sources of insoluble fiber include whole-wheat flour, wheat bran, nuts and many vegetables. Source www.mayoclinic.org

"The road to success is always under construction."

Lily Tomlin via words to inspire

"You call it a rest home?"

HaHaHaHa!

You call it a rest home,



But where is the rest? We're wakened at dawn

And rushed to get dressed. For last call for breakfast

is at 7:30. You scrub your molars both man made and real.

Put goop on your dentures and hope that they seal. You clean your eye glasses, "Hey! It's sunny today!"

Run a comb through your hair and you're on your way.

But hold on a minute you mismatched a sock.

You're exhausted already and it's only 8 o'clock!



THE ESSENCE OF TIME



It is said that time and unforeseen occurrences befall us all.

"We seem to want time to stand still," the poet once said.

Yesterday is history, tomorrow is a mystery,

But today is a gift, because we call it the present.

Whatever the case we should enjoy the time we have,

Because soon it will be gone.

All this is the essence of time.

The year was ...1955:

Us President and Vice President

Dwight Eisenhower & Richard Nixon

Cost of Living:

- New House-\$10,950
- Average Income-\$4,137
- New Car-\$1,910
- Average Rent-\$87 per month
- Gasoline -23¢ per gallon
- Harvard Tuition-\$800 per year
- Movie Ticket-75¢
- Postage Stamp -3¢
- Year End Close Dow Jones Industrial Average-488.40
- One ounce gold-\$35.03



Cost of Food:

- Granulated Sugar-85¢ for 10lbs.
- Milk-92¢ per gallon
- Ground coffee-80¢ Bacon-58¢
- Eggs-28¢ per dozen
- Ground Beef-56¢ per pound
- Fresh Bread-18¢ per loaf



Popular TV Shows:

- I Love Lucy
- The \$64,000 Question