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Living



AMERICARE LODGE RESIDENT AND FAMILY NEWSLETTER

May 2015



To Mama with Love

Some say it's just a buttercup
and hurry right on by,

But this quiet, fragile beauty caught a
very small child's eye.

A chubby hand then picked it for Mama,
her first bouquet.

Mama pressed it close against her heart
and wiped a tear away. *Clara Belle Ream*

“The world's favorite season is
spring. All things seem possible in
May.” *Edwin Uae Teal*



May

Flower of the month: - Lily of the Valley

Birthstone: -Emerald Colors: - Yellow & Red



Bette S. Seven year anniversary at the Lodge!
5/2008

National Nurses' Week May

6th12th:



National Nurses' Day begins on May 6th and ends on Florence Nightingale's Birthday Anniversary on May 12th.

Here at Americare Lodge, residents and staff will be thanking our nurse Jeanne with a special luncheon on May 5th dedicated to her for the quality of care that she provides. Jeanne, we count on you for your professionalism, compassion and friendship.

Mother's Day

Mother's Day Dinner Menu:

Strawberry/Spinach Salad

Baked Salmon with a Raspberry Ginger Glaze

Parmesan, garlic roasted Asparagus

Key Lime Pie

Weather permitting we will be grilling for the Memorial Day Picnic. At least we will be serving "summery" foods.



Ants not invited!

Exercise Class continues: Tuesdays & Thursday's at 10:00am

Foot Massages with Shirley: This month May 12-13th

Tuesday Afternoon at the Movies Continue: 1:00pm

Bible Study with Maureen: Thursday's at 1:00pm

A volunteer and friend of Americare Lodge Jeanne Pingel "Ping" will be joining us for lunch on Thursdays and staying to read books to residents. For those residents with vision problems, having someone read for them is very much appreciated.

Pastor Visit Dates In May:

May 6th:

Pastor Dale of the Bethany Evangelical Church

May 13th & 27th:

Pastor Jay of the Harvest Church of God

May 20th:

Pastor Bruce of the Congregational Church

May 27th:

Father Keith of St. Paul's Catholic Church



A letter received after the passing of resident Kenny, written by his sister who agreed to let this be shared with our newsletter readers;

It starts with;

Dear Maureen,

When Ken's son, Dan, first told me he was looking for a place for Ken, I dreaded Ken going to the typical care facility that I have seen before. I knew it would be hard for him.

Then Dan called to tell me that he had found the "perfect place" in Remer, because it was so "Homey". That was good news for me and when I visited Ken there for the first time, I was very pleased with the "family" type layout. Freshly baked cookies and a hot cup of coffee made it seem like home.

I'm grateful that Ken's dog, Abby, was allowed to stay. I love the way Ken got teased and he teased you back- his favorite!

Thank you for fried fish sandwiches at the Woodsman Cafe', for keeping me posted on his welfare, and for loving him. God bless all of you.

Ken was resistant to being there at first as I'm sure many are. The beautiful thing was after a while, when he had been out for a day with family, he would tell me on the phone that it had been nice to see them but it was good to get "home" again.

Thank you so very much for all you and the rest of your staff did for my brother!

Walking reduces risk for disability in elderly

A recent University of Georgia study found that adults age 60 and older who participated in a regular **walking program**



increased their **physical function** by 25% and decreased their **disability risk** by 41%, according to a University of Georgia press release.

Researchers monitored 26 adults who participated in a walking group that met three times a week over a four-month period, as well as a control group that did not walk, according to the press release.

Researchers assessed the participants' aerobic capacity, ability to balance and walk, and ability to perform daily tasks. Members of the walking group showed increased physical functioning, while members of the control group showed decreased physical functioning.

Excerpts from the Journal of Geriatric Physical Therapy.

Humorous Church Signs

- Under the same management for over 2000 years.
- Soul food served here.
- Beat the Christmas rush, come to church this Sunday.
- Don't wait for the hearse to take you to church.
- Seven days without prayer makes one weak.
- Worry is interest paid on trouble before it is due.
- Prevent tooth decay. Brush up on your bible.
- Forbidden fruit creates many jams.
- God answers knee-mail
- Staying in bed and shouting, Oh God! Does not constitute going to church!



Virgil P, 90 years young (and proud of it) is a very light hearted easy going gentleman, who had long lived in the area of Longville before becoming an Americare Lodge Resident in December 2014.

Virgil enjoys much support from his family and many friends and has adjusted well to his new living arrangements. Virgil often comments on how his very favorite part of living here is the home style meals and how they differ from more institutional style meals.

Being that Memorial Day is coming up it was a good time to talk to Virgil about his service to the country.

Virgil said he enlisted in the Marine Corps in 1943, had basic training at Camp Pendleton, San Diego, California as part of Company H 2nd Battalion 3rd Marines. He saw combat on an island in the south pacific called Bougainville Island. Virgil said regarding his combat duty- "When you are being shelled, you can hear the shells whistling by you". Virgil spent 2 months in hospitals in Guadalcanal and then San Diego for shell concussions.

His last stop before discharge in 1945 was marine guard duty at the San Diego Naval Repair Base in California.

Virgil returned home to Mankato where he married his longtime (since 10th grade) sweetheart Lois. They had 2 children.

When asked what he thought about his time in the service he said "It was war time." He did not want to elaborate.

As American's we thank Virgil, and all who serve this country in war and peacetime. We feel fortunate to have a veteran of WWII living here at Americare Lodge.

The **Bougainville campaign (Operation Cherry Blossom)** was fought by the Allies in the South Pacific during World War II to regain control of the island of Bougainville from the Japanese forces who had occupied it in 1942. The Allied campaign, which had two distinct phases, began on 1 November 1943 and ended on 21 August 1945, with the surrender of the Japanese. Wikipedia

Hallowed Ground Three Places to remember on Memorial Day



After almost 150 years and seven generations, there is no longer victor, or vanquished from, or War between the states, there is only memories and hallowed ground. From the ashes of that conflict there rose several American institutions and traditions. They are Friendship Cemetery which led to Memorial Day, Harrison's Landing which led to Taps, and the Arlington National Cemetery. They are also our common heritage in the background of every American. Here are a few good things that were born in the crucible of fire during our Civil War.

Friendship Cemetery, Columbus, Mississippi

The battle of Shiloh made it necessary for both armies to move thousands of wounded men to Columbus where many died. About 1500 of them were buried in the sacred ground known as Friendship Cemetery. On April 25th, 1866, "Decoration Day" was first observed.

Early in the spring of 1866, three young women, accompanied by a young confederate widow, filled their arms with flowers each day and tended the graves of the Southern dead. Forty Union soldiers had also been buried there, and soon, their graves began to look bare and forgotten. The young widow suggested that all the graves should be decorated.

A few days later, a strange procession wended its way to Friendship Cemetery. It was led by younger women in white, followed by older ladies who wore black, all carrying large bouquets of spring flowers, when they reached the cemetery; they decorated all the graves regardless of army differences. The locals of the county call the cemetery "the place where flowers healed a nation."

Today, Memorial Day, as it is known now, is observed throughout America as one of our most solemn occasions. Though originally planned to commemorate the Civil War dead, it now embraces all individuals who die while serving our country.

Harrison's Landing, James River, Virginia

The Army of the Potomac, under George B. McClellan, lay exhausted at Harrison's Landing on the James River. It was the night of July 1st, 1862. The inexperienced

young soldiers of the volunteer regiments were homesick and disillusioned by the defeats in the seven days of battle for Richmond which had almost annihilated many of their units. All hopes of quickly ending the war had faded in the face of the determination of the Southern armies. Sensing the mood of his discouraged troops, General Daniel Butterfield decided to use a new bugle call he had revised for the last call of the day. That night, his bugler, Corporal Oliver Norton, sounded Taps for the first time.

The name "Taps" was derived from an old army order of Colonial days when at a given time every night all tavern keepers were ordered to shut off all taps!" Now 145 years later, Taps is the most solemn call of the U.S. Army. The soft, clear note of the call know no bounds if area or time to reach beyond all barracks to wherever the honored of our country may lie. There are several variations now to the word, but these are perhaps the most fitting: "The day is done, gone the sun, from the lakes, from the hills, from the sky. All is well, safely rest, God is nigh."

Arlington National Cemetery, Arlington Virginia

No memorial to peace could be more fitting than the Arlington House "Custis-Lee Mansion" at Arlington. The fact that is known today as the Robert E. Lee Memorial can raise no spirit of partisanship in the American heart. Arlington was the place that Lee loved most. It was also the place where a most tragic decision was thrust upon him: to decide to fight for or against his beloved America. He left when the decision was made, never to return, and saw his home again but once, and then from the window of a train.

During the war, the government used the house as a hospital. During this time, a Confederate prisoner of war died there and was buried. This was the first soldier to rest in what is now, after close to 150 years, Arlington National Cemetery, the national resting place of our country's honored dead.

Visit www.arlingtoncemetery.org for more information

The three great traditions and institutions just described, Memorial Day, Taps, and the Arlington National Cemetery are a cherished part of our American heritage. They are indeed, hallowed ground.