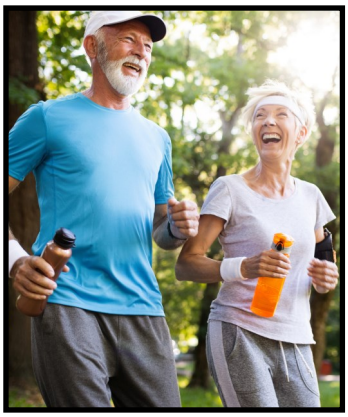
SPRING STREET TIMES

SEPTEMBER 2022

At A Glance



Healthy Aging at it's Finest!

What is the Best Temperature?

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From the Desk of the CEO

Rod Burkett

I'm old enough now to have my oldest grandson starting college in mid-August. This brings to mind the old adage of wishing to be as knowledgeable as you are now, but desiring to transport yourself back to those college age years. No matter how appealing that sounds, I don't think any of us would really want to have such an experience.

Whether you are 8 years old, or 18, or 80, we always want to hang with our friends and interact with our peers. While there's benefits for all in mixing in intergenerational gatherings, we seem to have a natural desire to engage with our own age cohort, and to learn and grow with people that are representative of our specific age group. People of similar ages seem to have a wealth of like experiences that serves as a foundation for further discussion and deeper connections.

I'll let his parents give him the traditional "be smart-careful-safe" lecture that we all seem to receive when we leave the nest, while I'll take a shot at sharing some sage grandfatherly advice (assuming I have some). Such as, "Yes, follow your parent's advice and study hard, but there's just as much to learn outside the classroom as in. Be wide-open to learning and appreciating both the similarities and differences that you witness in people and their different backgrounds and personalities. As long as you are in a learning and growing mindset, your mistakes will be smaller and easier to recover from….and be ready next weekend, your old "Pa" will swing by to take you to a baseball game, and you can share what you're experiencing…..and maybe I'll learn something from you!"

IN THE NEWS

What Life Was Like 100 Years Ago
Rick Banas

Healthy Aging and Fall Prevention
September is Healthy Aging Month. The week of Sept. 22 through 28 is Fall Prevention Awareness Week.

Healthy Aging
The purpose of Health Aging Month is to raise awareness of the positive aspects of growing older.

Tips for healthy aging include staying physically and mentally active and socially engaged. Maintaining a healthy diet. Getting a good night's sleep. Not smoking. Engaging in activities you enjoy. Seeing your doctor regularly. And surrounding yourself with people who make you laugh.

Fall Prevention
Falls are not a normal part of growing older. The national Fall Prevention Awareness campaign is designed to increase awareness about the impact of falling and to let you know about precautions you can take to reduce your risk. Tips for fall prevention include . . .

Staying physically active. Regular exercise improves muscles, makes you stronger, helps keep you flexible, and may slow bone loss.

Have your balance, eyes and ears checked. Even small changes to your vision and hearing may increase the likelihood that you will fall.

Wear non-skid, rubber-soled, low-heeled shoes.

Fall-proof your home. Keep the areas where you walk free from clutter. Don't use small area rugs or throw rugs.

Get up slowly out of a chair or a bed.

Be sure you are getting enough calcium and Vitamin D.

Limit the amount of alcohol you drink.

Learn about the potential side effects of any medications you are taking. Tell your doctor or the staff at the community where you live if a drug makes you feel sleepy or dizzy.

Use an assistive device if you need help feeling steady when you walk. Make sure the device is properly adjusted for your height.

WELLNESS

Safe Room Temperatures for Seniors

Deborah Denham RN, MSN, CPPS, CPHRM

Visiting my grandparents in the summer was a lot of fun. But, if you were to ask me or my sisters what they remember about Grandma and Grandpa's house is that it was so hot. It never felt like the air conditioner was running and in the winter, you felt like you would melt.

This rule was more than likely present in your home growing up or when raising your family, no one touches the thermostat. It was the rule in my grandparent's house, my parent's house and now, much to the frustration of my son, it is the rule in my house.

But what is too warm in a home?

For the elderly, maintaining the right indoor temperatures isn't only a matter of comfort, but also a matter of health. During the summer months, seniors can be at an increased risk for heatstroke. During the winter, the risks are just as severe.

According to research in the journal Age and Aging, it only takes 45 minutes for a chilly room temperature to have a significant impact on the elderly. It's enough time for strength to decrease in most major muscle groups. That includes the quadriceps, which are necessary for standing and walking.

With reduced strength, there is an increased risk of suffering a fall.

When it comes to ambient room temperature, different people have different comfort zones. That's because a variety of factors can impact how warm a person feels. People who do not maintain their weight have a tougher time staying warm.

Apart from the room temperature, there are a variety of things which can affect a person's sense of warmth. Poor hydration, anemia, insufficient sleep, and vitamin deficiencies in B-12 or iron can all contribute to feeling cold. Feeling chilly can also be a side effect of several medications.

The ideal room temperature for seniors varies slightly because it can be impacted by a person's health. However, the average room temperature for elderly people is about 78°F.

This may be uncomfortable for some and adjusting the thermostat to keep the home at a comfortable and safe temperature is important. Just be careful to not go above 78°F or below 65°F.

Recipe Corner

Peach Strawberry Popsicle

- 3 c. or 1.5 c. pureed strawberries
- 3 c. or 1.5 c. pureed peaches
- 2 Tbs. Honey
- 2/3 c. yogurt

Directions

1. Wash all the fresh produce
2. Slice the strawberries and skim and slice the peaches
3. Puree the fruit together in a food processor or blender. Add in the honey and yogurt and mix until smooth.
4. Pour mix into molds. You can use an ice cube tray or a popsicle tray. Put your sticks in and freeze overnight.
5. Pop out the popsicles when needed, and enjoy!

LIFESTYLE

Resident Birthdays:

- 9/1 Ruby
- 9/14 Frank
- 9/27 Christine
- 9/30 Pat

Special events

- 9/6 Splash of color @9:30am
- 9/7 Happy Hour @2:30pm
- 9/10 Hairy & Dolan @9:00am
- 9/13 Nick's Pizza Lunch Outing @11am
- 9/13 Family tree @2pm
- 9/14 Planting fall mum's @1:30pm
- 9/15 Piano Concert with Cameron @2:00pm
- 9/16 Walk End Alzheimer's 12-2pm
- 9/20 Hickory Knolls @1:30pm
- Kit's visit @10am
- 9/23 Ice cream Social @1:30pm
- 9/26 Bartlett Nature @10am
- 9/27 Movie Theater Outing
- 9/30 Birthday Social @1:30pm

Happy Labor Day to all our friends and family at White Oaks at Spring Street. I hope you get to enjoy some time with your loved ones.

I want to take a moment to introduce our new Memory Care Director, Claudia Rodriguez. She is a registered nurse and comes to White Oaks with experience in an Assisted Living facility with memory care. We are very excited to have her as part of our team. Please feel free to stop by and introduce yourself to Claudia.

In September, we will be celebrating National Assisted Living Week with special activities planned daily during that week. White Oaks at Spring Street will also be celebrating the Alzheimer's Walk.

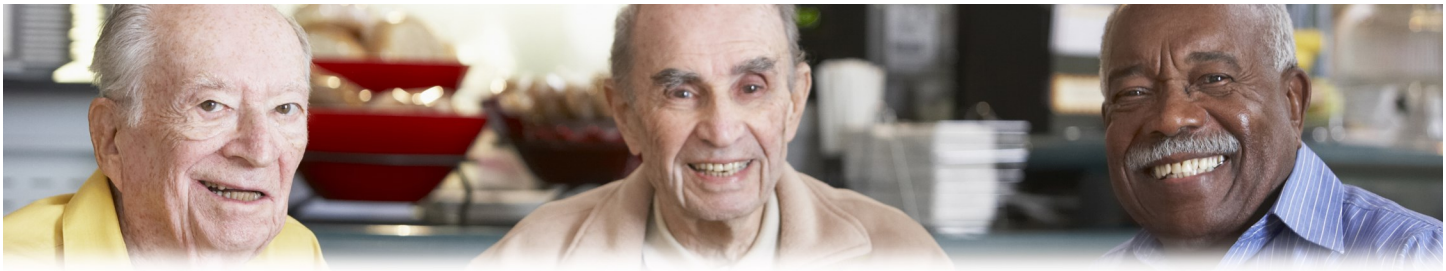
We encourage family members to sign up for Caremerge access. This is a great opportunity to send messages to staff, see pictures of their loved one enjoying an activity and for staff to send any important updates to families. Please see Carmen Cruz, Resident Service Coordinator to sign up.

We ask that visitors please continue to wear your mask and practice good hand hygiene at all times. For your convenience, we have placed hand sanitizer throughout our community.

Best Regards,

Lindsey Signorella

Administrator



LIFESTYLE

Horoscope

Aquarius (1/20-2/18)
Business prospects are profitable this month. And good health.
Pisces (2/19-3/20)
Your love life will thrive this month, and blissful health.
Aries (3/21-4/19)
This month will be full of blessings all around!
Taurus (4/20-5/20)
Surround yourself with people that influence your life positively.
Gemini (5/21-6/20)
Ensure you are on the right page with your loved ones.
Cancer (6/21-7/22)
You will travel a lot with loved ones.
Leo (7/23-8/22)
Focus on restoring your health with a good diet and exercise.
Virgo (8/23-9/22)
This is the month to reflect on your past actions.
Libra (9/23-10/21)
Always accept support from your loved ones.
Scorpio (10/22-11/21)
Loyalty and passion will make up your love life this month.
Sagittarius (11/22-12/21)
Be strong and work hard to achieve the success you desire.
Capricorn (12/22-1/19)
Your married life will do so well because of the great understanding you have with your spouse.

SUDOKU PUZZLE

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ANSWERS

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