



Harvest View

2019 Spring News

Mark your Calendars

Our Ten Year Anniversary Continues!

April – May - 10th graders compete in “Grandparents” themed contest!

May 10th, 2019 11 am -1pm – A celebration of the Mothers of Harvest View!

June 16, 2019 11am -1pm – A celebration of Fatherhood – Ted Peterson is our guest speaker!

July 13th, Family Picnic – A celebration of families!

August 20th, 2019 Anniversary Bingo! Celebrating our Community – and they are invited to play!

October 24th, 2019, Our year long ten year anniversary ends with the opening reception of

Our 1st Annual Juried Art Exhibition- “The Harvest View”



News from the front desk:

Spring has finally made an appearance and a very welcome one! We have the front office decorated to help brighten your visit. I want to thank everyone that filled in while I was on medical leave and helped out with the front office operations.

If you ever find you need something that I can help with, please don't hesitate to stop and ask!

Please remember to RSVP to all the functions we have planned. There are so many fun things planned for the residents and families this upcoming year!

Jane

News from Activities:



Spring is in the air!!! We have so many activities planned for all our residents to enjoy! We will be starting to plant flowers and vegetables in our new raised garden beds and look for a beautiful addition of a butterfly garden in hopes to sit on patio and watch God's creatures at its best!!!

We will be looking forward to both Mother's Day and Father's Day luncheons with special guest speakers, art classes to bring out your creative side, games and crafts, along with many planned outdoor activities and outings. If

Spring Has Finally Sprung!

After, what seemed like a VERY long winter, if you are like me, you are inspired to rejuvenate your routine this spring. Here are some spring health tips worth taking into account.

Make sure to Keep Yourself “Tuned Up”

To keep your body running at peak performance, it needs regular maintenance: a spring tune-up, so to speak. Make sure your weight, blood pressure, and glucose and cholesterol levels are checked out by your primary-care physician, who can also book you for other relevant tests if needed.

In addition, if it's been a year since your eyes were tested, schedule an appointment with your optometrist, and see your dentist if you haven't been examined for at least six to nine months.

Finally, if you are finding it difficult to catch what people are saying, especially in a crowd of people, it's probably time to get your hearing tested. Make sure to let nursing know if you need to make an appointment.

Put on Your Walking Shoes

If you're no fan of ice and snow, your whole world may expand once the spring sun settles in and thaws out the land. And there's no better way to explore the season than by walking. Health-wise, it's one of the best physical activities for seniors – its considerable benefits include controlling blood sugar, supporting bone and heart health and improving sleep.

Not only that, walking is a great way to connect with nature. Our volunteer program will be incorporating a walking group for our residents soon, it can be an easy way to meet new friends.

Remember to make sure that you choose terrain that is suitable for your current level of activity and balance, and that you wear supportive and comfortable shoes, as these can help reduce the risk of falls.

Take an Exercise Class

In addition to walking, get your endorphins flowing by participating in a low type of exercise. Our fitness center offers low impact exercise equipment that can help you. Our morning chair exercise class can improve balance and flexibility and decrease your chances of falling. This can also be a fun and social way to increase physical fitness, one that can be especially suitable if you have arthritis or chronic pain.

Get Outside and Garden

In springtime, a highlight of many seniors' lives is gardening, which brings a multitude of health benefits. For starters, tending to a garden can boost your level of Vitamin D, which can, in turn, help reduce the risk of bone problems and fractures.

On an emotional level, getting outside and breathing fresh air, listening to birds chirp, and watching worms crawl through the dirt can be as calming and relaxing as an hour of meditation. On a physical

level, digging, planting and weeding can improve strength, flexibility and agility. Our raised garden beds will be ready soon for planting!

Lighten Up Your Diet

Many healthy fruits and veggies, like asparagus, peas, lettuce, and strawberries come into season in the spring, making it the perfect time to replace heavier winter meals with salads, light soups or other lightly cooked fare. In fact, cut down your chances of developing conditions, such as heart disease, stroke, diabetes, and arthritis, by making a complete dietary overhaul.

Consider cutting down on red , increasing your intake of produce also helps

Remember that you should never undertake a new diet or exercise plan without consulting your doctor about what will be safe for your current level of health.

Drink Lots of Water

As you age, your ability to notice thirst may decrease, so it's important to keep an eye on water intake, especially when you've been exercising outdoors in the sun. Dehydration can adversely affect memory and concentration and increase fatigue; it can also lead to serious complications such as increased risk of falls.

As a rule of thumb, aim for at least eight cups of water per day, and be conscious about the type of fluid that you ingest, choosing water, herbal tea and fresh vegetable juices over coffee, fruit juices or sugary sweet soft drinks.

Dress for the Weather

Spring is one of those in-between seasons -- some days are weather-perfect, while others are a little too hot or a little too brisk. When the sun is shining brightly, always wear sunglasses or a wide-brimmed hat to protect yourself from ultraviolet rays that can adversely affect your skin and eyes, while on cooler or windier days, insulate yourself from the cold by topping off your outfit with a sweater or jacket and a scarf.

Watch for Allergies

Springtime can mean the beginning of allergies for people who react badly to grass and pollen. Keep an eye on the weather. Many weather reporters and websites now offer allergy predictions as well. Untreated allergies aren't just uncomfortable--they can lead to breathing problems, sinus infections, and colds. A doctor can recommend or prescribe a good allergy treatment. Taking it regularly can help prevent more serious respiratory problems.

Take advantage of the Spring and Summer Seasons, enjoy sunshine, being in nature and most important - health and happiness!

Jan Glazar

Executive Director





Healthy Eating Tips from Dietary:

Spring means planting our gardens! Our Food and Nutrition Department has been the process of getting our garden ready for the fresh veggies that we will include in our menu. Spring is a good time to “freshen” up your food choices as well -

Older adults, along with other Americans, are advised to "eat from the rainbow" of foods rich in nutrients, like these:

- fruits and vegetables (choose a range of types with vibrant colors)
- whole grains, like oatmeal, whole-wheat bread, and brown rice
- fat-free or low-fat milk and cheese, or soy or rice milk that is fortified with vitamin D and calcium
- seafood, lean meats, poultry, and eggs
- beans, nuts, and seeds

Eat less of these foods

Some foods have many calories but offer few nutrients. Older adults should eat less of these foods:

- sugar-sweetened drinks and desserts that have added sugars
- foods with butter, shortening, or other fats that are solid at room temperature
- white bread, rice, and pasta made from refined grains

Meet our new Harvest Team Members

You may have noticed we have a few new faces recently on staff. Please give them a warm Harvest View Welcome!

Kelly Kirk – C.N.A

Alyssa Schiel – C.N.A.

Jordan Peterson – C.N.A.

Katie Mayo – C.N.A.

Adriana Denault - Activities Assistant

Emerson Frerichs – Maintenance Assistant

Updates for Spring!

You may have noticed we have been doing a little “Spring Cleaning”.

The warmer weather has inspired us to spruce things up a bit. We have been busy, moving furniture, and painting areas to make all things look new! Some of these areas are:

Library/Computer Room Renovation

We have rearranged things in the front library area to accommodate a computer for public use. We also have incorporated the use of the ClearView optical reading machine generously donated to us by the Mombrun family. We hope the use of this equipment at no additional cost will enhance the lives of our residents. If you need assistance on learning more about this equipment please let us know.

Staff Break Room Renovation

Once more – we have rearranged things for staff, and added a fresh coat of paint –

And Voila! Our hardworking staff may now enjoy a new environment to relax unwind during their meals and breaks.

C.N.A. Office

Third times a charm as they say! – the C.N.A. office is our third area to receive our “tender loving care”. A little paint, and creative thinking to renovate this office for our Nursing Aide Angels in Scrubs – is going to make it a uplifting environment for these employees who are our **C**aring **N**urturing, **A**ttentive team!

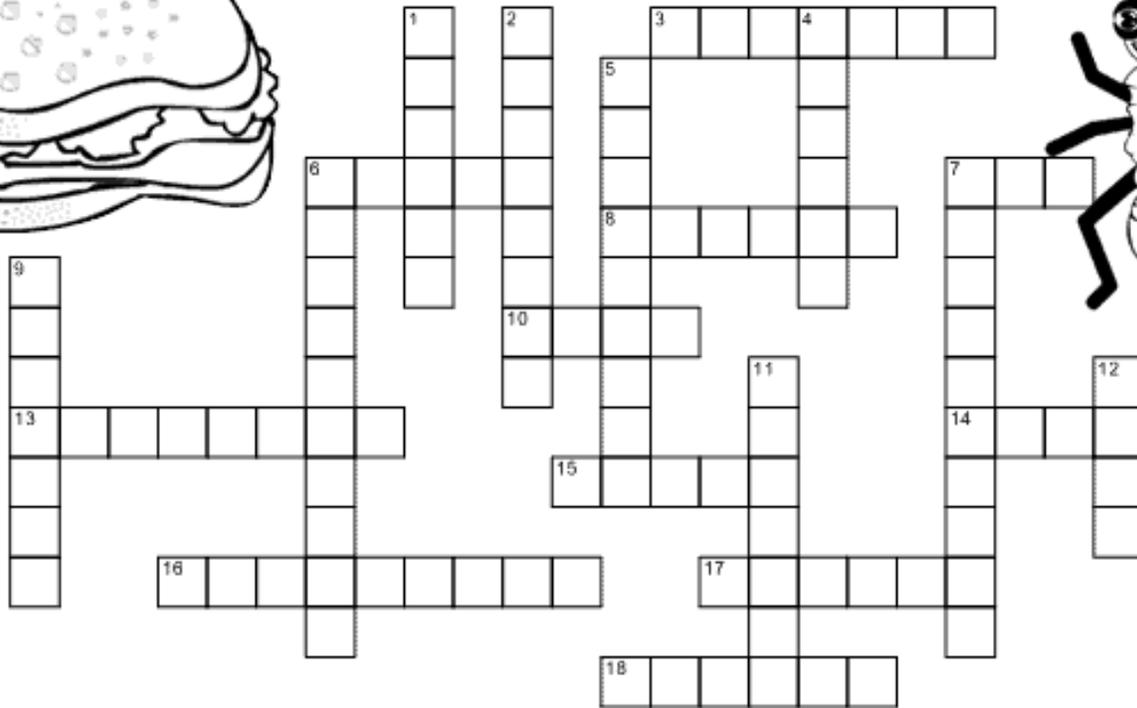
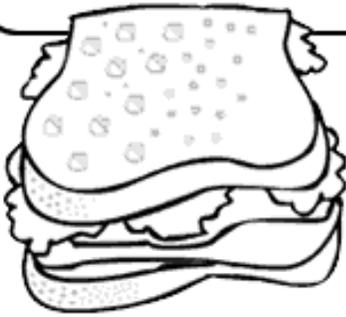
****Other projects –**

We are awaiting bids from various vendors on the fishing platform project –

And are open to receiving continued donations needed on our electric door project.

We will keep you updated as we progress -

Picnic Crossword Puzzle



ACROSS

3. A fun picnic game played with a disc shaped toy.
6. Coleslaw is a type of _____.
7. A popular round-shaped baked dessert that is cut into wedges to serve.
8. One type of container used to carry picnic goodies.
10. It's yummy on the cob.
13. This comes in black lumps and is sometimes used on a picnic grill.
14. This type of weather can often ruin a picnic.
15. Tall and leafy, these provide shady places for your picnic blanket.
16. A bright evening show that sometimes follows a picnic.
17. A square of cloth or paper used to keep things clean when eating your picnic meal.
18. Grilled wiener on a bun.

DOWN

1. A picnic container that keeps food cold.
2. Two pieces of bread stuffed with meat, cheese, or other good stuff.
4. Most popular season of the year for picnics in North America.
5. A ground beef patty on a bun.
6. Eye protection from the sun.
7. A fun area for kids inside some parks.
9. Red condiment made from tomatoes.
11. Yellow sauce sometimes used on hamburgers and hotdogs.
12. Tiny picnic invaders.