



**December 2017**

# Holiday Health for Seniors

*from care.com*

To help you stay healthy during the holidays, reduce stress and avoid the holiday blues, keep the following tips in mind:

## 1 Make healthy choices

From rich meals to tempting and tasty homemade snacks, the holidays are a time for many to indulge in food - or overindulge. Try to plan meals with other events in mind.

For example, if a big dinner is planned for New Year's Eve, consider serving a lighter lunch of salad or soup. "You don't want to deny anyone of the food they like to eat at this time of year, but you don't want anyone to gorge themselves, either," Fuchs says.

## 2 Stay hydrated

Drinking water is one way you can stay healthy during the holidays. "Senior citizens, especially, need to drink plenty of fluids, as not drinking enough water could cause hospitalization," Fuchs says. To make it easier to stay hydrated, have water easily accessible at home and keep bottled water in a purse or bag when running errands.

## 3 Follow dietary restrictions

Some seniors must follow special diets, such as one that is low in sodium. It can be difficult to adhere to a diet during busy, stressful times, especially if there aren't any healthy options available. "When people get stressed, they tend to overeat and don't stick to their diets," Golden says. To make it easier to follow dietary guidelines, keep healthy options like fresh-cut vegetables and fruit on hand.

## 4 Drink in moderation

"Drinking too much can impair functions, and for some senior citizens, drinking alcohol with certain medications can have adverse side effects," Golden says. Consider offering fun, alcohol-free drinks so everyone can celebrate the holidays.

## 5 Keep exercising

In many parts of the country, the holidays are synonymous with cold weather and snow. To stick to an exercise schedule, bundle up and invite your parents for a walk around the block if the sidewalks are dry. If it's snowing or icy outside, drive to an indoor shopping mall and walk a few laps while window-shopping.

*(article continues on third page)*

## Save the Date!

### December

**Thursday, December 7**  
2:00- MDR  
Accordion Music  
with Tami Birggs

**Monday, December 11**  
2:30- MDR  
Music with Vinnie Rose

**Tuesday, December 12**  
10:00 MDR  
WBHS Senior Choir

**Wednesday, December 13**  
10:00- MDR  
Piano with Cheri Sykes

**Thursday, December 14**  
2:30-MDR  
Music with Darlin' Jesse

**Friday, December 15**  
1:00-MDR  
Holiday Cookie Decorating  
& Happy Hour

**Thursday, December 21**  
3:00-MDR  
Holiday Celebration &  
music by The Floras

**Thursday, December 28**  
4:00-MDR  
Black Tie Affair Happy  
Hour with Gary Larue

**Thursday, December 28**  
5:00-MDR  
Prime Rib Dinner

## Resident Spotlight



Bob was born and raised in South Dakota on a farm south of Sioux Falls. He went to a small country school that spoke Swedish so he had to learn English after starting the first grade. He moved to MN in the 1950's to pursue his BA from the University of MN. His first job was a principle at an elementary school in West St. Paul.

Bob is a WWII veteran and a Master Sargent in the Army.

In 1963, Bob started developing the Dodge Nature Center and started a 3rd -6th grade children's gardening program. He also built a greenhouse which allowed him to host winter programs.

He recently received an award for his expansion of the Dodge Nature Center and the start of his school age program!

## Employee Spotlight



Keith is from Deadhorse, AK but now resides in MN. Keith has a large family that includes 6 siblings! Keith loves working on vehicles, riding horses, and spending time with his "matching" cats named Loki and

Thor! Keith's favorite quote is "For every reaction there is an equal or opposite reaction". Please help us welcome Keith to Gable Pines!

## Guess that State Park

Use the facts below and the photos to the right to guess which state park these are from:

- When the European settlers came to the area, much of the upland floodplain was plowed for crops. The soil type and the slope of the upland caused soil erosion. Check dams were installed, but even so, many fields had to be abandoned.
- In the early 1960s, the Department of Natural Resources (DNR), Division of Forestry purchased much of the land that now makes up the park. At the time, plantations of red and white pine, green ash, and walnut were started.
- The creation of this State Park in 1976 on a bluff overlooking the Mississippi River Valley grew from a public need for better access to the bluffland area of southeastern Minnesota.

Write down your answer and return it to Amber in Life Enrichment (2nd floor hobby room). If you would like to share a favorite memory from this park, we would love to hear it! You will be entered in a drawing to win a special treat!





# Natural Remedies for Cold & Flu Season

*from [naturalnews.com](http://naturalnews.com)*

Here are several herbs and natural remedies that will provide you with a modicum of comfort and help relieve some of your symptoms during cold and flu season:

## Gargle with salt water

Put a few teaspoons of salt in warm water, stir until mixed and gargle with it to disinfect your throat. Grimes recommends a teaspoon in 8 oz of warm water; you can double that if your throat becomes sore. Don't swallow the salt water, though.

## Mustard pack

These reduce fever, eliminate toxins and help your body heal its mucus membranes in the lungs.

## Castor oil pack

Place one on the chest to open your airways and provide more circulation to the lungs. Just massage some Castor oil onto your chest, cover with flannel or with muslin, and place a hot water bottle over the chest for several minutes.

Vitamins are also essential to both ward off colds and flu and to run them off more quickly should you catch a cold:

## Vitamin C

Multiple studies have shown that vitamin C found in citrus fruits and drinks taken every day can dramatically cut the duration of a cold or flu. In fact, a recent study even showed that 1,000 mg of vitamin C every six hours can relieve, or even prevent, flu symptoms.

## Zinc

This nutrient has been found to be really good when treating viral sore throats. Grimes says a recent study regarding Zinc's effectiveness shows that a zinc lozenge every two-to-three hours shortened the duration of cold and flu symptoms.

## Vitamin A

This vitamin bolsters your immunity through the increase of white blood cells that battle diseases and infections.

## NAC

An amino acid that has been used to also bolster your immunity, as well as a treatment for chronic respiratory problems.

There are also several teas and other drinks that are natural defenders against the flu:

## Ginger tea

Kills germs and serves as a great antiviral; just boil two tablespoons of grated fresh ginger in two cups of water for a 15 minutes.

## Garlic tea

Just using common household garlic can be effective at cold-and-flu prevention. Raw garlic has anti-fungal, antiviral and antibacterial properties.

Cumin and ginger tea, peppermint tea and even fresh lemonade also work as preventatives and treatments.



## Embrace the World Recipe: Chocolate- Cornflake Cookies

*From the Embrace the World Iceland recipe book*

### Ingredients

- 4 egg whites
- 1 C sugar
- 1 tsp vanilla extract
- 4 1/2 oz semisweet chocolate, roughly chopped
- 3 C cornflakes

### Directions

Heat oven to 300°F.

Using an electric hand mixer, beat egg whites while slowly adding sugar until stiff peaks form. Fold in chocolate, cornflakes, and vanilla.

Space tablespoon-size amounts of batter 1" apart on parchment paper-lined baking sheets; bake until crisp, about 20 minutes.



## 6 Shake up traditions

Between cleaning the house and cooking for a crowd, hosting a big holiday meal can be a source of stress. If an older relative traditionally hosts a big holiday meal, consider passing the tradition on to the younger generation of family members. If the relative insists on hosting, Fuchs recommends younger family members volunteer to clean or prepare part of the meal.

## 7 Decrease gifts

For many senior citizens, especially those on a fixed income, the holidays can be a financial challenge due to purchasing gifts for many family members. To reduce stress from paying for gifts, consider having a family grab bag, where everyone contributes one gift.

## 8 Rest after traveling

For some senior citizens, the holidays are a time to travel long distances to visit family and friends. Whether they travel by car, rail or plane, keep in mind that an older relative might want to rest upon arrival. Golden suggested offering the options of watching television or taking a nap instead of planning a day of shopping and visiting.

## 9 Make homes accessible

If older relatives are visiting your home for the holidays, ensure your home is safe and accessible. “Be mindful of hazards in your home. For instance, someone with a cane could trip over area rugs,” Fuchs advises. Consider having your relative sleep on the first floor of your home. If that’s not possible, let them stay in a room close to the bathroom. In addition, use nightlights in the hallway so they don’t stumble in the dark.

## 10 Take breaks

Between parties and shopping, the holidays often involve busy days and late nights. If you are planning an all-day outing, carve some time for a nap or a way to relax for a bit, even if it is just to sip tea in a cafe. Little kids, seniors and everyone in between will appreciate it.

## 11 Stay involved

Recognize that senior citizens still want to feel they are part of the holidays. For many, that may include helping out with holiday preparations. “It’s fine to reduce senior citizens’ stress by offering to hold the holiday event at your home instead of theirs, but still keep them involved by having them cook a favorite dish or maybe help decorate the home,” Golden says.

With a few preventative measures and a willingness to change some traditions, senior citizens can stay healthy and follow their diets, while also having fun with their family members this holiday season.

## Resident Meeting

Thursday, December 14

at 11 a.m.

Theater

# Eight Dimensions of Wellness

Health and wellness means having a balanced life rich in vitality and well-being. Research shows that how people age is not only a matter of genetics, but also how they live their life. To assist our residents in achieving a healthier and happier lifestyle, Gable Pines incorporates wellness programming that provides a focus on their lifestyle and health services.

The LCS Lifestyle and Health Services Wellness Program focuses on Eight Dimensions of Wellness. These include:

## Spiritual

Spiritual well-being gives meaning to life and helps inspire a sense of peace, confidence, and security.

## Vocational

Vocational pursuits such as sharing and volunteering help maintain a sense of identity and purpose.

## Health Services

Health Services offers a means to proactive preventative care, independence, and peace of mind.

## Intellectual

Intellectual idea sharing and general education activities lead to proven health benefits.

## Emotional

Emotional wellness is all about maintaining a positive relationship with one's self and others.

## Environmental

Environmental consciousness comes with appreciating and caring for our physical surroundings.

## Physical

Physical lifestyle choices like eating smart and remaining active can improve health as we age.

## Social

Social wellness includes positive interaction with people and other living things.

You can expect to find activities that encompass all Eight Dimensions of Wellness throughout the month at Gable Pines. Please check out our monthly calendar for a detailed list of what is happening this month.



## Did You Know?

Gable Pines has a warm, welcoming, and comfortable living environment. There are so many great things going on at Gable Pines daily through our interactive daily schedule, wonderful dining experiences, friendly staff, and spacious apartments! Why not share this experience with your own friends and families?

When you refer a friend to move to Gable Pines you will receive **\$1000** off your rent!\*

**Let your friends know and save BIG!**

\*Credit will apply to the next month's rent after they have lived at Gable Pines for 30 days.

Please talk with Sam or Stacy if you have any questions or for more details.

## Management Directory

### Joy Nance

*Interim Executive Director*

### Karen Rauschnot

*Business Office Manager*

### Amber West

*Director of Life Enrichment*

### Brian Pearson

*Director of Culinary Services*

### Sam Rinke

*Director of Marketing & Sales*

### Janna Politte

*Director of Resident Relations*

### Stacy Atkins

*Residency Counselor*

### Gayle Cassman

*Interim Director of Health Services*

### Jack Larson

*Director of Plant Operations*