

# The Gardens Gazette

FEBRUARY 2013

*A monthly newsletter of The Gardens of Hartford*

*We implore you on Christ's behalf: Be reconciled to God. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. —2 Corinthians 5:20-21*

## *From Our Administrator*



Happy February! It's a short month this month, but one packed full of activities to beat those winter doldrums. Make sure to join your neighbors for plenty of fun throughout the building this month!

In mid-January all residents and their first emergency contact received a letter letting you know that the main phone number for The Gardens has changed. **Please use 262-345-5590 to contact the staff, and encourage your loved ones to do the same.** The change comes due to a switch to the same phone provider as our corporate office. It also allows us to seamlessly contact our co-workers at the corporate office in Germantown and transfer callers who may want to speak to another department.

Please remember that **if you would like to have a family party in our Blooming Meadows room, please call to reserve it.** We just need to know the day, time, and number of people you are expecting. We will work to have it set up as you need it. If Blooming Meadows is already reserved for the day you request, the Chapel/Family Dining Room can be used as an alternate gathering space.

In February we will be having another **all-building fire drill** and will communicate to everyone when it will be. Because of the fire doors and the zoned sprinkler system that is in place at The Gardens, we are able to evacuate in place according to the Hartford Fire Department. Fire Chief Paul Stephans and I have spoken on several occasions about our fire plan. When an alarm sounds, staff will determine the place of the fire and evacuate residents to the opposite end of the building. The Fire Department would be here in minutes and assist in evacuating anyone down to the first floor or outside if needed. According to Fire Chief Stephans, it would be very rare for us to have to evacuate outside. We are also working on having fire plan maps and instructions in every apartment. If you have any questions, please see me.

Finally, please **join us for the upcoming Residents' Association meeting on Monday, February 1, at 10:00 am.** It is important to have YOUR input.

Whether you have cheers or jeers regarding the activities, food, building or life in general, I love to hear your thoughts. If you can't make it, please consider just stopping to talk in my office. I am ready and willing to hear it all!

Have a great month!

Abby

**Please don't forget to send in the WCCEAL surveys that were sent out in January! They can be placed into the postage-paid envelope and dropped into the mail.**



## *Resident of the Month: Donna Morris*

Donna was born and raised in the small rural northwestern Wisconsin town of New Auburn. She still considers New Auburn her hometown yet today, with family members still living in the area. Donna's career began as a primary education school teacher in a one-room school after graduating from the University of Wisconsin-Eau Claire. While attending the state teachers' convention in Milwaukee, Donna met her future husband, Stanley, at the ballroom dance evening celebration.

After their marriage, Donna and Stanley were blessed with three children: Sally, John, and Lisa. Unfortunately, Stanley passed away at the young age of 58 and left Donna to raise three teenagers. Not being able to

find employment in teaching, Donna attended Gateway Technical College in Kenosha and graduated with a degree in nursing and began a new career. When Donna's eyesight prevented her from driving to the grocery store and pharmacy, she decided to move to The Gardens since her daughter Sally lives in Hartford.

Donna enjoys many activities at The Gardens, including fitness class, trivia, music, reading, baking, crossword puzzles, and her favorite game—Scrabble. In fact, she is always looking for residents who would like to play a game of Scrabble with her. **Welcome, Donna, to The Gardens of Hartford!**

### *Activities Corner: February Fun*

January was a busy month, including decorating The Gardens with snowflakes that the residents colorfully designed. We also enjoyed local entertainment by Kenny Brandt, whom we hope to have back soon.

We are looking forward to February and moving toward the end of winter. The residents requested a baby picture display to celebrate Valentine's Day. We will post baby pictures of residents and staff in the second floor East Lounge for all to enjoy on February 14th. A Valentine's party will be held in the afternoon for all residents to share their memories. We are also thrilled to have our caregiver Dorothy playing dinner piano music for us again this month on Wednesday, February 20th.

A reminder to all residents that we have an exercise class every morning except Sunday. Everyone is welcome to attend in the Fitness Room, and we have lots of fun together. I have had lots of comments that they aren't able to participate due to physical limitations, but I can't stress enough how important it is to join us and participate on your individual level. It is a great way to start your day!

The Gardens would like to offer a special thank you to Divine Savior Lutheran Church for providing DVDs of their weekly church services for our residents. We are so grateful!

Deby, Activity Specialist



### *Donations Requested*

The residents enjoy many activities offered at The Gardens. Many of these activities require supplies, and we are requesting donations. Prizes for bingo, nail supplies for manicures, and beads for making necklaces and bracelets would be greatly appreciated. Monetary donations will also be greatly appreciated, and we will be glad to purchase the needed supplies. Thank you for your kindness!



## *Nursing Corner—February Is Heart Health Month*

We all know that February is considered the “heart” month because of Valentine’s Day, and the American Heart Association has capitalized on that to promote heart health all month long!

Heart disease (which includes stroke) is a major cause of disability and the leading cause of death in the United States. It is responsible for 1/3 of all American deaths, and takes the lives of more individuals than all cancers combined! Because 25% of heart attacks are considered “silent,” please take note of subtle changes that could occur in your health:

1. Any new pain, especially one that increases with activity
2. Any new or unusual sensation
3. Nausea
4. Sweating
5. Changes in your breathing or digestion

Don’t hesitate to report any new symptom. While it may not be anything as serious as a heart attack, it could very well be the beginning of one as well. And the sooner you receive medical attention, the better. Remember: TIME = TISSUE. Timely intervention can save precious heart tissue and your life!



Both heart attacks and strokes are caused by the same thing: a clot that can either occur in a heart vessel (causing a heart attack), or a clot in the carotid artery or a brain vessel (causing a stroke). Both occurrences can be reduced, if not eliminated, by taking steps to reduce risk factors, which include:

1. Smoking and/or breathing in secondhand smoke
2. High blood pressure
3. High cholesterol (specifically high LDL levels)
4. Diabetes
5. Being overweight
6. Inactivity

Eating a healthy diet, taking prescribed medications, and staying involved with activities here at The Gardens are great steps toward a healthier heart. We look forward to helping you achieve all of your heart-healthy goals throughout 2013!

Susie, RN Manager

**Please join us in  
promoting heart health  
by wearing **RED** on  
Friday, February 1:  
National “GO RED!” Day.**



### *Upcoming Events*

**Residents’ Association Meeting:**

Mon., Feb. 1—10:00 am

**Musical Performance by Terry:**

Mon., Feb. 11—1:30 pm

**Baby Picture Day & Valentine’s Party:**

Thurs., Feb. 14—1:30 pm

**Music Performance by Beverly:**

Tues., Feb. 26—1:00 pm

# 8 Steps to Prevent Heart Disease

Changing your eating habits can be tough. Start with these eight strategies to kick-start your way toward a heart-healthy diet.

**1. Control your portion size.** Keep track of the number of servings you eat and use proper serving sizes. Eating more of low-calorie, nutrient-rich foods, such as fruits and vegetables, and less of high-calorie, high-sodium foods, such as refined, processed or fast foods, can shape up your diet as well as your heart and waistline.

**2. Eat more vegetables and fruits.** Vegetables are also low in calories and rich in dietary fiber. They contain substances found in plants that may help prevent cardiovascular disease.

**3. Select whole grains.** Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. Ground flaxseed is a fast and easy way to add whole grains to your diet.

**4. Limit unhealthy fats and cholesterol.** Limiting saturated and trans fats is an important step in reducing your blood cholesterol and lowering your risk of coronary artery disease.

**Fats to choose:** olive oil, canola oil, margarine that's free of trans fats, cholesterol-lowering margarine

**Fats to limit:** butter; lard; bacon fat; gravy; cream sauce; nondairy creamers; hydrogenated margarine or shortening; cocoa butter; coconut, palm, cottonseed, & palm kernel oils



**5. Choose low-fat protein sources.** Lean meat, poultry and fish, low-fat dairy products, and egg whites or egg substitutes are some of your best sources of protein. Choose lower fat options, such as skim milk rather than whole milk and skinless chicken breasts rather than fried chicken patties. Fish is a good alternative to high-fat meats.

**6. Reduce the sodium in your food.** Healthy adults should have no more than 2,300 milligrams (mg) of sodium a day (about a teaspoon). People age 51 or older, African-Americans, and people who have been diagnosed with high blood pressure, diabetes or chronic kidney disease should have no more than 1,500 mg of sodium a day. Use various spices and other foods for added flavor in homemade dishes.

**7. Plan ahead: Create daily menus.** Now you know what foods to feature in your heart-healthy diet and which ones to limit. Create daily menus using the six strategies listed above. When selecting foods for each meal and snack, emphasize vegetables, fruits, whole grains, and lean protein sources, and limit high-fat and salty foods. Watch portion sizes and add variety to your menu choices.

**8. Allow yourself an occasional treat.** Allow yourself an indulgence every now and then. A candy bar or handful of potato chips won't derail your heart-healthy diet. But don't let it turn into an excuse for giving up on your healthy-eating plan.

Incorporate these eight tips into your life, and you'll continue to find that heart-healthy eating is both doable and enjoyable. With planning and a few simple substitutions, you can eat with your heart in mind.

Marlene, Dining Services Director

## February Birthdays

Feb. 1	Mary Jane J.
Feb. 2	Fred D.
Feb. 5	Raya (nursing)
Feb. 8	Susie (nursing)
Feb. 10	Chris (dietary)
Feb. 19	Lisa (nursing)

### Hartford taxi rates for 2013 are the same as 2012

**Seniors:** \$3.25/person/one-way trip

**Seniors with discount card\*:** \$3.00/person/one-way trip

**Aurora facilities:** \$1.25/person/one-way trip. With discount card: \$1.00/person/one-way trip.

\*Discount cards are free. Resident must fill out a form from the taxi driver, and an ID card will be issued. ID card must be shown to the driver on every trip.

There are no punch cards; however, they do offer taxi tickets. One ticket costs \$22.00/sheet, which would allow 8 rides.