



# THE GRAND TIMES

## FROM THE MANAGER—

I remember when my children were newborns—dependent on me for every need. The trust and love in their faces as they looked up at me and reached to be picked up is a memory I cherish. Now, I get to watch my son and daughter-in-law, Matt and Jama, care for their newborn, Dominic. I feel such joy to see the love the three of them have in their little family. I learned how to love and care from my own mother, Carma. As she cared for me, I cared for my child, my son cares for his. Life comes full circle...

How do we ever repay what we have learned and received from our parents? It would never be enough. They have always been there for us, multiplying the joy and dividing the sorrow. Our parents are elated when we are happy and mournful when we are sad. Parents have that special kind of unconditional love that we receive from no one else. How do you show your love and appreciation for that? It's not about things or money, it's about time. I do things for my Mom because I want to—it makes me happy to see her happy. My children see that and hopefully they learn and so it goes through the generations.

I bring this up because we need your help. We are blessed to have 80+ residents who call Grand Haven home. Many of these residents have frequent appointments due to health concerns and other errands. We are becoming overwhelmed with the amount of transportation that is needed. Some residents are very frail and transferring in and out of our vehicles and in and out of an office can take a very long time. Our intent was always that families would be the first choice to take residents to doctor appointments.

This has a double benefit. You are able to get first hand information as to your parent's health and spend some one-on-one time with the same person who spent hours taking you to appointments or studying spelling words! Two heads are better than one for understanding and remembering doctor's orders. We are going to begin offering transportation on Mondays, Wednesdays and Fridays for Dr. appointments in May. Those appointments need to be finished by 2:00. That means nothing scheduled after 1:00. We are a last resort for transport. Our goal is for family to assist their loved one to those appointments.

Life comes full circle. The roles reverse. It's time for us to give back to our parents. They are so worth the effort. What is that commercial? Something like this—gas to Davenport...\$, time out of your schedule...\$\$, time spent with your parents...priceless!

*Joni—Grand Haven Manager*

## APRIL ADVENTURES

- April 6**  
3 P.M.  
Music by Matt Barber
- April 7**  
2 P.M.  
Necker's Jewelers
- April 8**  
4:30 P.M.  
Fairyland
- April 9**  
11:30 A.M.  
Cookout with Dan
- April 15**  
11 A.M.  
Iowa Machine Shed
- April 16**  
1:30 P.M.  
Silvertones & Pie
- April 20**  
3 P.M.  
Wine & Cheese  
Sponsored by Porter Ins.
- April 26**  
5 P.M.  
Puppet Show
- April 28**  
9:30 A.M.  
Travelogue & Treat
- April 29**  
5 P.M.  
Spring Potluck



## FROM THE DESK OF HAPPY DAN

Below are great questions and tips on things to consider when you are on visits to senior living communities.

### Facility Basics

- When you arrived were you greeted by someone?
- How does the facility smell?
- Do the grounds seem to be kept up with?
- Does the facility overall seem to be well maintained?
- Is the noise level comfortable for you?
- Is the facility easy to navigate through?

### Safety Features Basics

- Are there grab bars conveniently located throughout the facility?
- Are there elevators in convenient locations?
- Do they have a generator that will kick on if the lights go out?
- Are there safety features (handrails, shower seats) in the bathrooms?
- Do they have emergency call pendants?

### Room Basics

- Do they offer single and double rooms?
- What are the fees for each style?
- Do they have rooms available?
- Do you furnish the rooms or do they provide furniture?
- Do they have a shower and toilet in the room?

### Employee Basics

- What are the credentials of the staff?
- Does the staff seem to be happy?
- Does the staff interact with the residents?
- Did you meet with the Director? Was he or she professional, knowledgeable and friendly?

### Resident Basics

- Do the residents seem happy?
- Were the residents socializing with each other?
- Are you able to speak with any of the residents?

### Activity Basics

- Do they offer a wide range of activities?
- Do they have an Activities Director?

### Care Level Basics

- Do they offer help with daily living activities such as showering, transferring, toileting, grooming, dressing? If yes, to what degree?
- Do they offer Medication Management?
- Do they have an incontinence program? If yes, do they provide supplies?

### TIPS TO AVOIDING TELEMARKETING FRAUD

It's very difficult to get your money back if you've been cheated over the phone. Before you buy anything by telephone, remember...

- Don't buy from an unfamiliar company. Legitimate businesses understand that you want more information about their company and are happy to comply.
- Always ask for and wait until you receive written material about any offer or charity. Ask someone whose financial advice you trust to review them.
- Always check out unfamiliar companies with your local consumer protection agency or other watchdog groups.
- Obtain a salesperson's name, business identity, telephone number, street address, mailing address, and business license number before you transact business. Verify them for accuracy.
- Before you give money to a charity or make an investment, find out what percentage of the money is paid in commissions and what percentage actually goes to the charity or investment.
- Before you send money, ask yourself a simple question, "What guarantee do I really have that this solicitor will use my money in the manner we agreed upon?" You must not be asked to pay in advance for services. Pay services only after they are delivered.
- Some con artists will send a messenger to your home to pick up money, claiming it is part of their service to you. In reality, they are taking your money without leaving any trace of who they are or where they can be reached.
- Always take your time making a decision. Legitimate companies won't pressure you to make a snap decision. Don't pay for a "free prize." If a caller tells you the payment is for taxes, he or she is violating federal law.
- Before you receive your next sales pitch, decide what your limits are—the kinds of financial information you will and won't give out on the telephone.
- It's never rude to wait and think about an offer. Be sure to talk over big

*Dan—Director of Fun*



## SOS—SPOTLIGHT ON SENIORS

### Chuck Holden

Charles F. Holden, the second oldest of four brothers and three sisters, was born on June 13, 1915 to Glenn and Laura Holden on a farm in Tama, Iowa. All four Holden brothers served in the Army or Navy at the same time during WWII. Charles served in the Navy. Chuck's parents lived to be 100 and 89 years of age. Chuck's siblings are all in their 80s and 90s and living independently in their homes except for the oldest which passed away at the age of 87.

Chuck met his wife of 61 1/2 years, Mildred, on a blind date at the Davenport Col Ballroom. The man who had set them up never showed up to the dance. But Chuck says he and Millie were "just fine" without him! Chuck and Millie had six children—Robert (Jana) of Freeport, Illinois, Lee (Jackie) of Eldridge, Suzanne (George) Johnson of Liberty, Missouri, Daniel (Jollie) of Eldridge, Paul (Leanne) of Bettendorf and Nancy (Charles) Hathaway of Naperville, Illinois. There are 19 grandchildren and 18 great-grandchildren. Chuck is very proud of his family and is always interested in hearing about their jobs and activities.

Chuck, along with two of his brothers, Edgar and Birchard, owned and operated "Propane Gas Company" in Mt. Joy. Then later the three owned and operated the "Edgetowner Restaurant" in Eldridge. In 1965, Chuck was also a realtor for the "Norm Frederichs Company" specializing in selling farms.

In 1952, Chuck and Mil moved to her family's farm on Utica Ridge Road in Davenport which is now known as the Lake Hurst addition. They lived there until 1978 moving then to 1936 Virginia Avenue in Davenport. Chuck moved to Grand Haven in October of 2008.

Watching the Cubs and the Iowa Hawkeyes are among his hobbies. In his earlier years, Chuck and Millie enjoyed traveling the United States in their RV when he wasn't busy doing repairs on all types of gas burning equipment. Chuck is a member of Holy Cross Lutheran Church in Davenport.

investments offered by telephone salespeople with a trusted friend, family member, or financial advisor.

- Never respond to an offer you don't understand thoroughly.
- Never send money or give out personal information such as credit card numbers and expiration dates, bank account numbers, dates of birth, or social security numbers to unfamiliar companies or unknown persons.
- If you have been victimized once, be wary of persons who call offering to help you recover your losses for a fee paid in advance.
- If you have information about a fraud report it to state, local, or federal law enforcement agencies.



## NOTES FROM THE NURSE

Vertigo is the feeling that you or your environment is moving when no movement occurs. Imprecisely called dizziness, the term vertigo is the specific term used to describe an illusion of movement. Unlike nonspecific lightheadedness or dizziness, vertigo has relatively few causes. To determine if true vertigo exists, you must describe a sensation of disorientation or motion. You may also have any or all of these symptoms:

- Nausea or vomiting.
- Sweating.
- Abnormal eye movements.
- The duration can be from minutes to hours and can be constant or episodic. The onset may be due to movement or change in position. It is important to tell your doctor about any recent head trauma or whiplash injury as well as any new meds you may be taking.
- You may have hearing loss and a ringing sensation in your ears.
- You might have visual disturbances, weakness, difficulty speaking, decreased level of consciousness, and difficulty walking.

*Jennifer and Jane  
— Health Care*



## APRIL BIRTHDAYS & ANNIVERSARIES

*If you were born from Mar. 21-Apr. 19, you are an Aries. This person is adventurous and energetic. Their pioneering attitude leads them into places others would fear to tread. Others love to be around them because of their quick wit and dynamic personalities.*

*If you were born from Apr. 20 to May 20, you are a Taurus. Under their cool, calm and collected exterior, they will let others get close, but only so close as they want them. Taureans are often nature and pet lovers.*

Henry Pelham .....	April 3, 1916
Inez Mohr .....	April 4, 1927
Florence Benshoof .....	April 14, 1916
Norm Mohr .....	April 16, 1924
Arlo & Marilyn Stark .....	April 16, 1955
Claudyne Gies .....	April 20, 1931
LaVonne Fruechtenicht .....	April 21, 1933
Helen Knoche .....	April 22, 1919
Delmar Diedrick .....	April 22, 1919
Lowell Lahann .....	April 27, 1918



We will gladly take out your garbage every day if you set it outside your door.

*Thank You!*



PLEASE return to the office each month the plastic bags that hang on your door knobs with rent invoices and monthly newsletters in them. THANK YOU

THIS MONTH'S FIRE DRILL IS  
**THURSDAY, APRIL 29**  
AT 3:30 P.M.



201 East Franklin Street  
Eldridge, Iowa 52748