

THE GRAND TIMES

JULY JUNCTURES

- July 7**
 12:30 P.M.
 Mystery Bus Trip
 Some Walking Required
- July 9**
 11:30 A.M.
 C.A.S.I. Bingo
- July 10**
 10 A.M.
 Senior Bingo
 1 P.M.
 Apple Pie Contest
- July 16**
 1:30 P.M.
 Silvertones & Pie
- July 20**
 5:00 P.M.
 Buzzy's Restaurant
- July 23**
 6:30 P.M.
 Elvis
- July 27**
 11 A.M.
 Jumer's Casino
- July 29**
 6:30 P.M.
 "Annie" at N.S.H.S.
- July 30**
 12:30 P.M.
 ASHHS German
 Heritage Singers

FROM THE MANAGER—

Last month, we started **Spring Training** as part of this year's "Field of Dreams" marketing campaign with a visit from the River Bandits' mascot, Rascal. If you haven't seen the bulletin board in the lobby with the pictures of Rascal and the residents, please take a look. The residents of Grand Haven have been drafted to seven different teams—Braves, Brewers, Cardinals, Cubs, Pirates, White Sox and Yankees. Every Monday afternoon, baseball themed events have been scheduled for June (Spring Training), July (Regular Season) and August (World Series). Shown here are some pictures of the first day of Spring Training when the weather was still nice enough for all of us to enjoy time in the courtyard. We finished Spring Training last week and luckily no one is on the injured list and only once did we nearly have a bench clearing brawl. The race to the pennant is tightening up.

*Joni—
 Grand Haven
 Manager*

P.S. Go Cardinals!





FROM THE DESK OF HAPPY DAN

The official hook-up of the generator was completed on Monday, June 28. I am sure you've heard the saying, "no pain, no gain." Well, in order to install this massive piece of equipment, power needed to be shut off for 6-8 hours beginning around 8:30 a.m.

We had an action plan in place to accommodate needs during this time. All pendants remained working due to a few portable generators on loan to us thanks to Maass Masonry and Terry Knutsen Builders. Extra staff was added and coordinators assisted.

Jennifer and Jane, Grand Haven nurses, stopped by each resident who uses oxygen prior to the outage. Provisions were made (extra portable tanks ordered, etc.) to ensure their health and safety. Frequent checks were made inside rooms of residents on oxygen.

A finger lickin' good lunch of Kentucky Fried Chicken was enjoyed by all. It was even suggested by some that we have picnic lunches more often.

Everyone was delighted when after only five hours, the lights came back on. The stormy weather we've had this season just proves how much we are in need of this generator. Kudos to Callahan Construction for making this a priority for Grand Haven. We are one of the only Assisted Living Communities that we know of in the state of Iowa to have this for their residents.

Dan—Director of Fun

NOTES FROM THE NURSE

Summer is an excellent time for seniors to get outdoors and enjoy some activity after a sedentary winter, but this time of year also carries certain health risks that are known to affect senior citizens much more adversely than they do the general public. Heat is an important concern that needs to be considered and addressed by anyone with an elderly family member or friend.

As We Age The body's natural defenses to heat (the sweat glands and blood flow through the skin) may not function as well for many seniors as they did in younger years, making their bodies less able to regulate heat. Medications may add to the concern as well, since many medications taken by the elderly to control blood pressure and heart disease actually remove fluid and salt from the body. Combine this with the sweating caused by 90° temperatures and the result is severe dehydration which in turn leads to discomfort, confusion, damage to major organs, and even death.

Avoiding Dehydration We all know that we should drink at least eight 8-ounce glasses of water or approximately half our individual bodyweight in fluid ounces to maintain proper hydration. What many people are unaware of is that as we age the thirst mechanism that directs us to consume enough fluid grows weaker. Conditions such as Alzheimer's and other brain disease may also weaken this thirst mechanism even more, as will a previous stroke.

Seniors Living Alone One of the things that makes heat so dangerous for the elderly is social isolation so it is extraordinarily vital to check in on senior family members during the summertime, make sure their homes are properly ventilated and check that their air conditioners are functioning properly. While you're at it, help them check their medications for heat-related warnings. Most importantly—if your friend or loved one appears confused and disoriented, take them to the doctor or an emergency medical center promptly to have them examined for dehydration and/or heat stroke.

Light Exercise Additionally, help them take advantage of the summer weather by encouraging light walks and various other forms of easy exercise. Regular exercise helps to lower the blood pressure, improves heart health, builds lean muscle mass and gradually builds endurance, insuring many more happy healthy summers with family and friends.

This article was brought to you by www.iltsource.com.

Jennifer and Jane— Health Care



ELDRIDGE SUMMER FEST

10 A.M. - 12 Noon

Senior Bingo at Grand Haven



1:00 P.M.

Apple Pie Baking Contest
at Grand Haven



Saturday, July 10

3:00 P.M.

Parade Begins
in Front of Grand Haven





*For one night,
and one night only...*

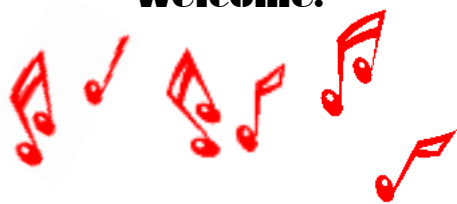
ELVIS

**Friday, July 23
6:30 P.M.**

Junior Talley began his career as an "Elvis Impersonator" in 1989 when he entertained a hand full of business owners for a Chamber of Commerce.

Through the applause and reception of the audience, Junior's simple love of singing Elvis' music turned into a life-time career and passion for entertaining.

**Friends & Family
Welcome!**



SOS—SPOTLIGHT ON SENIORS

Mary Gray

Mary L. Gray is our featured senior for July. She was born September 19, 1916 in Amber, Iowa. Amber is located in Jones County east of Anamosa and west of Center Junction. Mary later moved to Center Junction where she lived for 72 years. Her parents were Adolf and Lena (Schoon) Eggers. Adolf was a carpenter. Lena worked in the home however she was ill most of the time.

Mary loved school! As a student, she "spelled down" the whole school while in fourth grade including the 7th and 8th graders. She maintained a 97 or 98 grade average for each six weeks of school. Mary finished 8th grade but had no more schooling. Mary's mother passed away when Mary was only 16 years old leaving a three week old brother for her to care for. Mary was the oldest of two brothers (Louis and Harold) and twin sisters (Lorene and Irene). As children, Mary and her siblings "created their own entertainment" because she remembers only having money for food and there was none for that at times. Mary is the only one of her brothers and sisters still living.



Mary married John K. Gray on June 22, 1937. Together they bought their first home for \$400 at \$10/month. It had no water and no bath. Later, they added two bathrooms, a very large kitchen as well as another bedroom. They had four children...John (Linda) Gray of Olin, Iowa, Barbara (Stan) Reid of Ft. Collins, Colorado, Linda (Ron) Sonner of Batavia, Illinois and Donna (Tom) Leiting of Eldridge, Iowa. She has 8 grandchildren and 5 great-grandchildren.

Mary is a very good cook. She made delicious bread, pies and wholesome home cooked meals for her family. Mary and John would put in a hundred tomato plants and have bushels and bushels of tomatoes to can. They also donated tomatoes to Camp Courageous..."There were always plenty to go around." They would sometimes can 40 quarts in one day. She also enjoyed growing flowers—gladiolas are her favorite. Later, they spent quite a few winters in Donna, Texas.

Mary was also very involved in her church as a Sunday School teacher as well as in women's church organizations. She was the treasurer of her women's church group for 40 years.

Mary moved into Grand Haven on February 2, 2008. Her favorite things about Grand Haven include visiting with the other residents. She also loves looking at the beautiful artwork hanging in the hallways.



JULY BIRTHDAYS

If you were born from June 21 to July 22, you are a Cancer. Compassionate and carrying with friends and family, Cancer's softness and sensitivity makes you so very special.

If you were born from July 23 to August 22, you are a Leo. Charismatic and positive-thinking, you attract not only an abundance of friends and opportunities, but manage to survive life's stormy times with style and good humor.

- Tike Clark July 13, 1925
- Charlotte Gruwell July 19, 1930
- Vi Paulsen July 19, 1917
- Francis Rathbun July 19, 1928
- Betty Ashcraft July 26, 1924
- Janice Kroeger July 30, 1931



Lets all work together to keep Grand Haven smelling like Grand Haven. We will gladly take out your garbage every day if you set it outside your door. **All garbage (including newspapers, bottles, etc.) must be bagged and set outside your door by 10 P.M. please.**

Thank You!

May we have your
ATTENTION?

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

WHO'S NEW?

We would like to welcome the new residents joining our Grand Haven family.

- Flora Creedon
- Helen Nelson
- Harry Bauer
- Jeanette Keppy

We are delighted to have you with us and hope you feel right at home.



201 East Franklin Street
Eldridge, Iowa 52748