



■ THE GRAND TIMES ■

FROM THE MANAGER—

On **Saturday, June 12 at 9:30 A.M.**, we will be welcoming Sally Hogue, Account Liaison from Heartland Hospice Services to Grand Haven Retirement Community. Heartland is a national leader in the provision of home care, hospice and I.V. services in the United States. They are a division of HCR ManorCare, a leading provider of short-term medical care and rehabilitation for patients who have been in the hospital, as well as for those in need of long-term skilled nursing care. She will be presenting “Making Choices” to the residents and any family who wishes to attend.

“Making Choices” is a program which has been created to help you think about your life and death. It guides you and helps you solidify your thoughts and feelings about the end-of-life. At some point, you or a family member may be confronting a serious illness. You may be experiencing many different feelings that are uncomfortable and scary. These feelings may be difficult to talk about and even think about. When a serious illness or injury catches you off guard, you want to make sure you have thought of everything. We know it is important for you to continue making decisions for yourself. Making these decisions ahead of time will help your care providers know how to take care of you. You have many choices in life, including those choices about how you want the end of your life to be. It is important to think about your options in advance and share your views with your loved ones. Then, when the time comes to make decisions, if you can’t decide for yourself or you can’t communicate, your loved ones will know that they are doing what you would have wanted.

Examples of thought-provoking “Making Choices” questions...

- What is your idea of being treated with compassion?
- How would you want to be cared for during your final days?
- Do you have any special requests (i.e., specific music, candles, blankets, animals)?

Sally’s warm, caring personality is the perfect compliment to these discussions. This is an opportunity to explore options and continue being in charge of your destiny. Bring a loved one and sit in a friendly, informal setting and be in control of the choices you make. Please consider joining us for a donut and a cup of coffee on **Saturday, June 12 at 9:30 A.M.**

Joni—Grand Haven Manager

JUNE JUNCTURES

- ☐ **June 2**
4 P.M.
Tappa’s Steak House
- ☐ **June 4**
2:30 P.M.
Birthday Cake Party
- ☐ **June 7**
1 P.M.
Spring Training Begins
- ☐ **June 16**
11 A.M.
Mystery Bus Trip
- ☐ **June 18**
1:30 P.M.
Silvertones & Pie
- ☐ **June 22**
2:30 P.M.
Farmer’s Market
- ☐ **June 24**
3:30 P.M.
Wine & Cheese
Sponsored by Humana Insurance
- ☐ **June 29**
2:30 P.M.
Residents Meeting
- ☐ **June 30**
5 P.M.
Friends & Family Lawn Social



FROM THE DESK OF HAPPY DAN

Since one of the many hats I wear at Grand Haven is “the techy guy,” I like to read up on subjects that may help me assist families and residents. I came across this website and I hope you might visit it in the near future. ThisCaringHome.org is a unique new website designed specifically for Alzheimer’s caregivers, a group that comprises millions of Americans. Developed over the past four years, the interactive site gives visitors home adaptation strategies, product tips, and a forum for sharing ideas and support with the online community.

ThisCaringHome.org won the 2009 e-Healthcare Leadership Award and is full of videos, photographs, expert reviews and much more. The most distinctive feature (and my favorite) is the virtual house tour. Site visitors can “walk” through every room in the house and get step-by-step instructions on adapting that specific space to meet the demands of Alzheimer’s (i.e., safe bathing practices, lighting that soothes rather than agitates, etc.).

In my opinion, there cannot be too many resources for those on the rocky Alzheimer’s road. With 5.3 million Americans currently affected and the number expected to double by mid-century, you’re bound to know someone who could benefit from this tool. The disease is truly overwhelming, and although having numerous options for support and guidance could be equally overwhelming, it’s certainly better to have too much than too little.

Dan—Director of Fun

NOTES FROM THE NURSE

Malnutrition is a serious senior health issue. Know the warning signs and how to avoid poor nutrition.

Good nutrition is critical to senior health—yet many older adults are at risk of inadequate nutrition. Know the causes and signs of nutrition problems, as well as steps you can take to ensure a nutrient-rich diet for yourself.

Malnutrition in older adults can lead to various health problems, including:

- Fatigue
- Depression
- Weak immune system, which increases the risk of infections
- Low red blood cell count (anemia)
- Muscle weakness, which can lead to falls and fractures
- Digestive, lung and heart problems
- Poor skin integrity

Good nutrition is especially important for older adults who are seriously ill and those who have dementia or have lost weight. These older adults are more likely to be admitted to a hospital or long term care facility and are vulnerable to post-surgical complications and other problems linked to poor nutrition.

The causes of malnutrition may seem straightforward: too little food, a diet lacking in nutrients, digestion problems related to getting older. But malnutrition is often caused by a combination of physical, social and psychological issues. For example:

Health Problems Older adults often have health problems that can lead to decreased appetite or trouble eating, such as chronic illness, use of certain medications, trouble chewing due to dental issues, problems swallowing or difficulty absorbing nutrients. A recent hospitalization may be accompanied by loss of appetite or other nutrition problems. In other cases, a diminished sense of taste and smell decreases appetite.

Limited Income & Reduced Social Contact Some older adults may have trouble affording groceries, especially if they’re taking expensive medications. Those who eat alone may not enjoy meals, causing them to lose interest in cooking and eating.

Depression Grief, loneliness, failing health, lack of mobility and other factors may contribute to depression—causing loss of appetite among older adults.

Alcoholism Alcoholism is a leading contributor to malnutrition — decreasing appetite and vital nutrients and frequently serving as a sub for meals.

Restricted Diets Older adults often have dietary restrictions, including limits on salt, fat, protein and sugar. Although such diets can help manage many medical conditions, they can also be bland and unappealing.

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

Jennifer and Jane— Health Care

*No ordinary cupcake
would do!*

Grand Haven Cupcake Crawl



As the phone kept ringing with orders, Hen (Grand Haven's Activities Director) kept baking, filling and decorating. No ordinary cupcake would do! Grand Haven's Cupcake Crawl on May 21 featured these and many more...

- **Pink Champagne Cupcakes**—laced with champagne in the moist cake and in the frosting.
- **Black Forest Cupcakes**—filled with cherries, topped with chocolate frosting.
- **Cookies 'n Cream Cupcakes**—devil's food cake, fluffy white filling and frosting, topped with Oreo crumbles.
- **Boston Crème Cupcakes**—With custard filling and ganache frosting.

Over 600 cupcakes were sold with proceeds going to the **2010 Share Our Strength's Great American Bake Sale** to help end childhood hunger in the U.S.



SOS—SPOTLIGHT ON SENIORS

Bernice Claeys

Bernice Claeys is our featured senior for June. Bernice was born May 10, 1917 on the Madden Homestead west of Long Grove to Emery and Amanda (Elmegreen) Madden. Bernice had one brother (James) and one sister (Dorothy). They all walked 1 1/2 miles to a one room country school and had the same teacher for eight years. Bernice enjoyed school and reading was, and still is, her favorite subject. She also learned to play the piano. As a child, one of her greatest adventures was attending the Chicago World's Fair.

She continued her education at Davenport High School taking Teacher's Normal Course classes. She received a teaching certificate and started teaching at the age of 18. She taught in rural Scott County schools for seven years and enjoyed it very much.

Bernice met her husband, Robert (Triphon) Claeys at a Valentine's dance in Long Grove in 1938. For their wedding, they were married at Saint Ann's Catholic Church, had dinner at the Blackhawk Hotel and a dance at Fairyland. They had three children. As a family, they all worked together on their dairy farm near Fairyland as well as on 4-H projects and took time off now and then to go on picnics.

Bernice and Robert had the opportunity to travel to Hawaii, Alaska, Canada, Texas, Mexico, Florida, New Jersey and Washington, D.C. during their nearly 60 years of marriage. They raised three healthy, successful, and caring children—James (Dolores), Joe (Jean) and Judy Hovey. Judy's husband is deceased. Bernice has many grandchildren, great grandchildren and great-great grandchildren.

Bernice is very quiet and reserved. She says she is a better writer than a talker. Besides reading, she enjoys playing Euchre, Bingo and Dominoes. She is very proud that she found a good home for herself at Grand Haven. She moved here in January of 2008.





JUNE BIRTHDAYS

If you were born from May 21 to June 20, you are a Gemini.

Thirsty for knowledge and new experiences, terminally curious and sometimes even mischievous, Geminis are multi-faceted souls who enjoy knowing a little bit of everything. It's just that variety is the spice of their lives!

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

- June Schuster June 1, 1922
- Viola Engler June 5, 1922
- Chuck Holden June 13, 1915
- Viola Rock June 14, 1918
- Nadine Pewe June 23, 1920
- Pearl Wilcox June 26, 1926

*Our sympathies to the families of those who recently passed away
Alice Grell Flossie Koberg*

May we have your **ATTENTION?**

THIS MONTH'S FIRE DRILL IS
TUESDAY, JUNE 29
AT 2:00 P.M.

DID YOU TAKE THE GARBAGE OUT?

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.

Thank You!



201 East Franklin Street
Eldridge, Iowa 52748