



■ THE GRAND TIMES ■

FROM THE MANAGER—

Life is all about new experiences and opportunities. I've known since I first became employed by Joel Callahan and Grand Haven, that one of Joel's favorite hobbies is racing. I have always said I'd like to go and see what it was like. Well that opportunity came up in April when Joel quietly told me they would be racing at the Mississippi Valley Fairgrounds on that Friday night. Happy Dan and family (Lisa, Hunter & Riley) and I decided we couldn't miss the chance to see Callahan Racing in our backyard.

OK, remember, I haven't done this before and I didn't realize how big racing is to a lot of folks. Blocks before I arrived at the fairgrounds, I could hear the roar of the cars. The fairground parking lot was completely full and there was a waiting line to get in the grandstand. It was a beautiful night and throngs of people in Nascar attire poured into the stands.

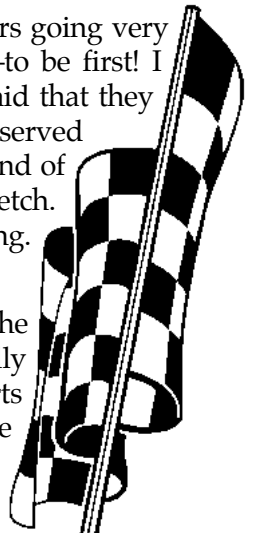
WOW—it's definitely a sensory experience. You can feel the ground tremble as the cars speed around the track. The smell of fuel fills the air and you are immediately covered by a film of dirt from the track—my teeth even felt gritty! It's loud and colorful and fast moving and exciting!

The crowd was upbeat as people forget about their everyday stresses and join to cheer on their favorite cars. Happy Dan, his family and I were no exception—waving our arms and cheering. We kept our eyes peeled for #29 and #40 of the Callahan Racing team. It wasn't long before we joined other jubilant fans cheering on their personal favorite! Only thing missing was the t-shirt with our team on it, we'll fix that for next time.

I discovered also that I was nervous. There are a lot of cars going very fast around a small track with the same goal in mind—to be first! I remember teaching my boys how to drive and being afraid that they would drive like this on the open road! Here's what I observed Joel doing...keeping tight in the turns, sending the back end of the car out to prevent passing and gunning it in the stretch. Well, I guess that is pretty much what everyone was doing. We just thought the Callahan team did it better.

It was a good time. They did well that Friday night in the races that were actually in a bigger circuit than they usually race in. I'm thinking we need some Callahan Racing t-shirts for sale in our Mini Mart, we can all be fans! Maybe it's time for a road trip to the races, what do you think?

Joni—Grand Haven Manager



MAY IS... National Older American Month

- May 5**
3 P.M.
Happy Hour
Sponsored by
Eldridge Spine & Wellness
- May 6**
9 A.M.
Senior Expo & Lunch
- May 7**
3 P.M.
May New Resident
& Birthday Party
- May 13**
1 P.M.
Prom Parade
- May 14**
11 A.M.
Casino Trip
- May 21**
12 Noon
Cupcake Crawl
1:30 P.M.
Silvertones
- May 25**
4 P.M.
Applebee's
- May 31**
1 P.M.
Memorial Day
Veterans Salute
By Carl Jacobson Post

FROM THE DESK OF HAPPY DAN

Grand Haven offers a wide variety of social, cultural and recreational programs. Bible groups, flower classes, meal outings, casino trips, and shopping excursions—these are just a few of the many activities our residents enjoy. We listen to residents' feedback to develop programs that will complement our seniors' current interests as well as help them discover new ones. Please take advantage of coming for a tour of Grand Haven today and lunch is on us! We provide...

- Gracious accommodations with a variety of floor plans
- Daily social, cultural and recreational activities
- Exercise and wellness programs
- Fine, restaurant-style dining with a variety of menu options
- Private dining accommodations
- Housekeeping, linen and transportation services
- Beautifully decorated common areas and landscaped outdoor areas
- A 24-hour medical alert system and on-site security
- Emergency response programs
- Professional staff available 24 hours a day
- Daily status checks
- On-site conveniences like beauty/barber shops
- Exercise and game rooms
- Garden
- Activity center
- 21 passenger bus
- Staff that is hand picked to provide the best care
- Two Activity Coordinators
- Small enough that we all know your names
- One level

*Dan—
Director of Fun*



NOTES FROM THE NURSE

High blood pressure (HBP) is common among seniors in the U.S. and is a serious condition that can significantly increase the probability of having coronary heart disease, a heart attack, stroke, kidney failure, and other health problems and risks. In literal terms, "blood pressure" is the force of blood pushing against arterial walls while the heart pumps out blood. A large force over a long period of time is called high blood pressure and it can cause extensive damage to the body. It is very important that seniors understand what their blood pressure means and how they can effectively prevent and, if necessary, treat HBP. People who care for seniors should also be familiar with HBP and how they can encourage behaviors that facilitate healthy blood pressure.

If your blood pressure is normal, you should work to keep it in that range. If your blood pressure is high, you should seek treatment to minimize and prevent damage to your body. High blood pressure is common in seniors because blood pressure tends to rise with age unless you take steps to prevent or control it. Certain lifestyle habits can be risk factors for HBP. Senior citizens and their caregivers should minimize and discourage the following unhealthy behaviors such as consuming too much sodium in salty foods or drinks, drinking an excess of alcohol, insufficient potassium intake, insufficient exercise or physical activity and smoking.

It is possible to have HBP for years without realizing it. This does not mean that it is not doing harm to your body at this time; on the con-

trary, HBP can damage the heart, kidneys, blood vessels, and other parts of your body without your knowledge. Often, people learn that they have HBP only after they experience a heart attack or stroke or develop coronary heart disease. Having your blood pressure checked regularly and knowing your numbers is very important in preventing damage as well as more serious health problems. Maintaining a normal blood pressure or working to lower a high blood pressure can significantly lower your risk of developing more serious health problems.

Treatments for HBP include lifestyle changes and medication. The goal for treatment is to attain and maintain a blood pressure below 140/90 mmHg. One way senior citizens can control blood pressure levels is to develop healthy habits, including:

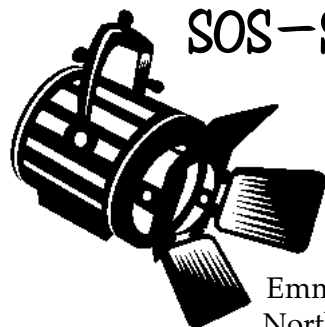
- Eating a healthy diet
- Getting enough exercise
- Maintaining a healthy weight
- Quitting smoking
- Managing stress

A combination of these measures works better than any one habit alone. It can be hard to change your lifestyle, but if you take it slowly and change one thing at a time, changing your habits can be more manageable.

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

A vital check is scheduled each month (see the calendar) however, we will gladly check your blood pressure whenever you would like.

*Jennifer and Jane—
Health Care*



SOS—SPOTLIGHT ON SENIORS

Geneva Linington

Geneva Linington is our featured senior for May. Geneva was born October 8, 1917 in Mayville, North Dakota to Alexander and Emma Parke. Her father worked as the Great Northern Railroad section foreman. Geneva remembers her parents working very hard to provide even the basics for her and her three younger sisters.

After high school, Geneva was a nanny for a couple in Montana. She also worked as a dish washer and waitress for several years in Billings, Montana. During the war, Geneva worked in the shipyards in Portland, Oregon. After the war, she returned to North Dakota to continue her education. Following graduation, she worked as a secretary in the police department in Minot, North Dakota.

Geneva met and married her husband, Victor, in Minot. Geneva loves to be on the go..."my husband always said I was happiest with wheels under me." They were very interested and involved in North Dakota politics including attending the 1976 Republican National Convention in Kansas City. Through their involvement, they got to meet the Reagans, Fords and Nixons.

Geneva and Victor had two children, Victoria and Patrick. While raising her children, Geneva worked several part-time jobs including retail and school "lunch lady." After her husband retired, Geneva started her own business which became what she is most proud of in her life. Vikian Specialties (pronounced Vicki-Ann and named after her daughter) was a business in which she sold North Dakota collector plates and souvenir items for centennial celebrations and other special events in towns in North Dakota. She had this business for 40 years and up until a year ago was still traveling and selling the North Dakota annual collector plate.

Geneva's other hobbies include her two grandchildren, Jenna and Leslie, by her daughter Vicki and her husband, Jeff. She also enjoys collecting antique rug beaters. She loves reading newspapers (she receives two a day) and "Chicken Soup for the Soul" books. She is also a fan of Bill Wundram's books and looks forward to reading his daily column in the Q.C. Times. Geneva moved to Grand Haven in November of 2009 and loves to visit with the other residents. She believes, "You find out the most interesting things when you can talk to others about their lives."





MAY BIRTHDAYS & ANNIVERSARIES

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 nature lovers.

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!

Tim McGraw	May 1, 1967
Audrey Hepburn	May 4, 1929
Gerald & Inez Rushton	May 4, 1968
Bernice Claeys	May 10, 1917
Candice Bergen	May 9, 1946
Katharine Hepburn	May 12, 1907
Maxine Runge	May 16, 1919
Don Paasch	May 19, 1928
Whitey & Barb Mohr	May 21, 1944
Evelyn Moeller	May 24, 1916
John Wayne	May 26, 1907
Barb Mohr	May 27, 1922

Our sympathies to the families of those who recently passed away

*Phyllis Dumar
Saletta Caira*

WHO'S NEW?

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

Faye Eldridge

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

THIS MONTH'S FIRE DRILL IS
THURSDAY, MAY 27
AT 6:00 P.M.



201 East Franklin Street
Eldridge, Iowa 52748