



www.grandhavenretirement.com

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201 E. Franklin St. Eldridge, IA

September
2020

Hello Grand Haven Community,

Happy September! Grand Haven Retirement is excited to celebrate National Assisted Living Week this coming September 13-19. We have all sorts of fun activities planned for our Residents to enjoy. Some of these activities include a PJ party for the ladies, bringing back a modified style of Happy Hour, crafts, and outdoor music. Hopefully with fall near we have great weather for our outside music. We are also excited to announce that our Grand Haven Bus trips are back in a modified style!!

Stephanie



Welcome to Grand Haven



Lois Wulf



**Happy 102nd
Birthday
Melvia!!**



HEALTHY AGING MONTH

With the COVID-19 pandemic, our lives have changed forever. As we continue to be safe and limit our exposure, we want to remind and encourage you to do the things that make you happy and continue to age in a healthy way. We suggest the following:

Take cat naps, it's proven that naps are not just good for toddlers but for people of all ages. A study revealed people who take naps are 37% less likely to die from heart disease.

Mix & mingle with other residents, there is a clear link between having the right social ties and living a longer life. Surround yourself around positive people who help lift you up and encourage you to follow your dreams.

Stay active, exercise regularly. It is recommended to get at least 2.5 hours of exercise a week. Try attending exercise classes. Not everyone likes routine exercise so how about a nice walk inside or outside of the building, or ride the exercise bike?

Set realistic goals, make a plan to clearly define where you are going and how you will get there. Research has shown those who have a clear sense of purpose and drive have a less chance of getting Alzheimer's disease.

Budget and spend your money wisely, have a trusted individual who knows how to budget keep track of your finances.

Eat foods that give you natural energy.

Iron Rich: If you feel lethargic make sure you are eating iron rich foods. Increasing your iron intake will get more oxygen to your cells by eating more foods like spinach, beans, dried fruit and meats.

Right Formula for every meal: It's one thing to eat one or two healthy foods a day but if you add the right foods at the right times together it will give you more energy. One example is one fruit or veggie, a whole grain, a lean protein, a plant-based fat food (avocado, nuts, coconut oil) and top it off with a fresh herb or spice.

Healthy snacking: Everyone knows to stay away from processed sugar foods but there are many other snack options out there that are just as bad. Consider making your own fruit and energy nut bars. You will notice a difference in your energy levels as you continue to make healthier snack choices.



**Desserts,
Desserts,
Desserts,
Desserts!!**



Staff Anniversaries

Karen Herman

6 years

Connie Braet

3 years

Becca Littig

2 years

Paige Durant

Emily Justice Scott

Angela Smith

Donisha Foulks

1 year



SPOTLIGHT ON SENIOR

September Birthdays

Shirley Engler..... 9/5

Phyliss Goldensoph..... 9/7

Gary Eden..... 9/8

Dorothy Marten..... 9/11

Emerson Reid..... 9/14

Colton Carlton (staff)..... 9/19

Lisa Collins (staff)..... 9/21

Aurora Gentz (staff)..... 9/22

Bill Carlson..... 9/24

Don Frericks..... 9/25

Mel Reth..... 9/26

Josh Malone (staff)..... 9/26

Ed Meadows..... 9/27

Loraine Crooke..... 9/30

On a sunny day, you can usually find Edward Gerald Meadows outside in one of our courtyards soaking up the sun and enjoying the fresh air. Ed is also always one for a good conversation or laugh. Ed grew up in Northeast Arkansas, where his family farmed. He enjoyed the openness of the farm and growing up there. He says that they had a few animals but mostly farmed rice! He attended the Walnut Ridge schools with his four siblings.

Years down the road Ed met his wife, Geneva, in LeClaire, Iowa. She already had four children, and with Ed they had one child together. Ed remembers family vacations to the hot springs in Arkansas. "Those were always fun," Ed said with a chuckle. "You know, we'd just all go down to the springs for baths together. Just get away for a bit." Ed now has nine grandchildren, whom he loves very much.

Edward moved to Grand Haven July of 2019, and his kind and bright demeanor, and friendliness is felt by all. Unfortunately, shortly after joining our community, Geneva passed away. The first few months of his time here had not been easy, but Edward has really begun to enjoy the community of Grand Haven. "I like most everything about this place, honestly. I'd have to say my favorite thing is the space. Outside. Those courtyards are beautiful and it's nice to have that space."

When asked if he had any advice Ed simply says "Wear a mask!"





It was a fun month here at Grand Haven!! We had outside concerts w/ cotton candy, outside church, a special treat of Whitey's Ice-cream donated to us by someone special and furry friends came to visit.

