

"Some old-fashioned things like fresh air and sunshine are hard to beat." – Laura Ingalls Wilder

May 2019

What's Growing On...

in HHR's Magnolia & Azalea neighborhoods

Gardening As You Grow Older

Gardening can provide many benefits for aging adults such as engaging in physical activity, growing nutritious fruits and vegetables and simply connecting with the beauty of nature.

Gardening is a great way for aging adults to get moving and have some fun, too. Some helpful tips include using supportive tools and equipment, taking frequent breaks to pace yourself and stretching or changing positions to avoid any injuries.

While gardening is an enjoyable activity many adults perform throughout life, reduced mobility, flexibility and pain caused by arthritis may make this difficult as individuals age. A primary factor in managing arthritis is actually engaging in physical activity and exercise to help improve strength and stability. So if gardening is what you love, there are ways to help support the body while you garden.

Utilize supportive tools and equipment.

Gardeners with bad knees can use a gardening mat or pad. When rising from a kneeling position, it is helpful to use a nearby shovel or stool for support. If kneeling is painful, another modification is to use a small stool and garden while seated. Raised planters are also a good option for individuals who may need to garden while seated, including those in wheelchairs. Your recreation team can help if you're needing special tools or equipment for gardening.

Take frequent breaks, and pace yourself.

With the first rays of sun, it can be tempting to spend all day in the garden as the days get longer, but it's best to start slow. Perhaps potting flowers for the porch is a great first step. As the season progresses, the body builds tolerance to do more.

Stretch and change positions. Gardening often involves repetitive motions, requiring you to bend over with the body in a forward flexing position. To help back and knee strain, it's important to stretch before, during and after time in the garden.



MAY BIRTHDAYS

May 3: Ed M.
May 8: Corinne M.
May 18: Bertie T.
May 22: Jackie S.

WELCOME TO HHR!

Linda B. and Aileen S.

MEET THE LEADERSHIP TEAM

ADMINISTRATOR:

Tammy Weston, (402) 682-4229

DIRECTOR OF PATIENT TRANSITIONS:

Angie Wallace, (402) 682-4250

DIRECTOR OF RECREATION:

Mary Johnson, (402) 682-4223

DIRECTOR OF CLINICAL SERVICES:

Kim Nichols, (402) 682-4220

DIRECTOR OF INPATIENT REHAB:

Raegan Muller, (402) 682-4263

DIRECTOR OF CULINARY SERVICES:

Kyle Lancial, (402) 682-4236

DIRECTOR OF ENVIRONMENTAL SERVICES:

Ruben Gonzalez, (402) 682-4235

REGIONAL ADMINISTRATOR

Michelle Yosick, (402) 933-4690

ARE YOU ON THE LIST?

Each month, we distribute the newsletter via email. If you'd like to be included on the newsletter distribution list, get us your email address, and we'll keep you posted!



MAY HIGHLIGHTS

May 2: Fontenelle Forest: Fabulous Trees, 2 p.m.
May 3: Tres de Mayo, Bistro, 2 p.m.
May 10: Scatter Joy Acres, 11 a.m.
May 15: Alzheimer's Bake Sale, all day in the Bistro
May 16: Entertainment: Billy Troy, 2 p.m.
May 23: Merrymakers: Paul Sievert, 2 p.m.
May 30: Entertainment: Bill Niederheiser, 2 p.m.

WORSHIP SERVICES

Sun: Catholic Mass, 10 a.m. (Chapel)
Christian Service (3rd & 4th Sun), 1:30 p.m.
Mon: Worship with Chaplain Jerry, 1:30 p.m. (Magnolia)
Tues: Catholic Communion, provided by John DuBay, morning
Hymn Sing, 1:15 p.m. (Chapel)
Thurs: Chapel with Chaplain Jerry, 11 a.m. (Chapel)
Fri: Catholic Mass, provided by Father Otto Imholte, 11 a.m.
Sat: Hymns & Prayer, 10 a.m.

FEATURED EVENT

Mother's Day Tea

May 12, 2 p.m., Magnolia Gardens

Join our residents in the garden for tea and snacks to celebrate our mothers and all they have done for us over the years.

Tammy's Take



Happy May! It seems spring is upon us! Did you know that this month is National Older Americans Month? The 2019 theme for this month is Connect, Create and Contribute! In honor of National Older Americans Month, I thought it would be appropriate to share a poem on

aging. So I Googled and read and read — so many of the poems were sad so I decided to go a different route. I thought deeply about what we do here at HHR, our purpose and the trust that the families must place in us and how difficult it is to let someone else care for the ones you value most. So this is the poem that I want to share with you:

"A Gift to Bring to You" by Rumi — You have no idea how long I've looked for a gift to bring to you. Nothing seemed right. What's the point in bringing gold to a gold mine, or water to an ocean? Everything I came up with was like taking spices to the Orient. It's no good giving my heart and my soul because you already have these. So I brought you a mirror. Look at yourself and remember me.

This is the one that touched my heart. Thank you for sharing your gifts with us! Happy Older Americans Month and Happy May! One last thing — please stop in if you are available on Friday, May 17 around noon. We thought we would have another get together for the long-term care families — some lunch, good conversation and good company! We will have some reminder flyers out that week.

-Tammy Weston, Administrator

RESIDENTS IN ACTION



Audrey gets a visit from Axel the Goat.



Gene has a stare down with Faith.



Kids hunt Easter eggs.



Betty M. enjoys cuddles from Faith the Lamb.



Betty enjoys both Axel and Faith.

EASTER CELEBRATIONS

On April 14, the Easter Bunny visited HHR. While the bunny was visiting, she dropped off more than 700 eggs for our 24 little kiddos to find. The eggs contained candy, snacks and prizes for all of our little hunters. Families were encouraged to stay in the Bistro for cookies, punch and photo

ops with the Easter Bunny after the hunt. This intergenerational activity was a big success, and the Easter Bunny promised to come back again next year.

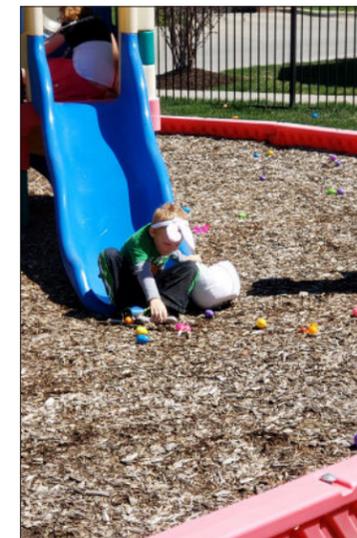
-Taylor Knopik, Recreation Leader



Kids open up the Easter eggs they found.



Kyle and Daley visit the Easter Bunny.



Connor reaches for eggs.



Lucas, Alex and Connor smile with the Easter Bunny.

SAVE THE DATES!

- May 12: Mother's Day Tea, 2 p.m.
- May 15: Alzheimer's Bake Sale, 10 a.m.-3 p.m.
- June 16: Father's Day Brats & Beer Lunch, 11:30 a.m.
- July 4: Fourth of July Fireworks, dusk