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Healthy Eating Tips for Seniors

Contributed by Andy Sutter, Village Manor RN/Executive Director

The definition of healthy eating does change a little as you age. For example, as you grow older, your metabolism slows down, so you need fewer calories than before. Your body also needs more of certain nutrients. That means it's more important than ever to choose foods that give you the best nutritional value.

Explore the materials below to get tips on how to find the best foods for your body and your budget.

Tips for Picking Healthy Food as You Get Older

Here are 6 tips to help you find the best foods for your body and your budget.

1. Know what a healthy plate looks like

You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It's called MyPlate. The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.



2. Look for important nutrients

Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green, and purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)

Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

3. Read the Nutrition Facts label

The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium.

CONT. ON PAGE 2 -- See "Eating"

“Eating”- continued from Page 1**4. Use recommended servings**

To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+.

5. Stay hydrated

Water is an important nutrient too! Don't let yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

6. Stretch your food budget

Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. Over 4 million older Americans use SNAP to buy food, and the average senior receives \$113 each month. Visit [BenefitsCheckUp.org/getSNAP](https://www.benefitscheckup.org/getSNAP) to see if the program can help you.

Source: ncoa.org



Andy Sutter, Village Manor RN/Executive Director, recently announced that Village Manor has hired a new DON (Director of Nursing). Linda Ramsey has roughly 30 plus years of experience in long term care doing various positions/jobs. She has been working at a long term care facility in another state for the last 20 years but was looking to move back to this area to be closer to family. At this time, she is expected to start around the first of April. Linda is replacing Amy Boyer who held the same position.

Thank you to our Village Manor volunteers for the new clothing protectors...giving our residents their dignity, a sense of style, and the protection they need.





APRIL



Sun

Mon

Tue

Wed

Thu

Fri

Sat



					1	2	3
					9:00 News, Prayer, & Bingo 10:00 Drums 12:00 BBQ 6:30 Cards APRIL FOOLS' DAY	9:00 News & Prayer 9:30 Bingo 2:00 Easter Party 3:00 Gift Cart 6:30 Cards	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
4	9:00 News & Prayer 9:30 Bingo 9:45 Trivia 11:00 Ball 12:00 Lunch & Chat 2:00 Social 6:30 Puzzles	5	6	7	8	9	10
9-11 Morning Church 11:00 Noodle Ball 6:30 Cards EASTER SUNDAY	9:00 News & Prayer 9:30 Bingo 9:45 Trivia 11:00 Ball 12:00 Lunch & Chat 2:00 Social 6:30 Puzzles	9:00 News & Prayer 10:00 Resident Council 10:00 Resident Meeting 11:00 Drums 6:30 Cards	9:00 News & Prayer 9:30 Bingo 10:00 Minister Visit 2:00 Treats 6:30 Movie	9:00 News & Prayer 9:30 Bingo 10:00 Minister Visit 2:00 Treats 6:30 Movie	9:00 News & Prayer 9:30 Bingo 10:00 Drum Exercise 11:00 Noodle Ball 6:30 Games	9:00 News & Prayer 9:30 Bingo 10:00 Nails 2:00 Snack 3:00 Gift Cart 6:30 Games	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cards
11	12	13	14	15	16	17	
9-11 Morning Church 11:00 Noodle Ball 6:30 Cards	9:00 News & Prayer 9:30 Bingo 9:45 Trivia 11:00 Ball 2:00 Social 6:30 Cards	9:00 News & Prayer 9:30 Bingo 10:00 Drums 11:00 Balloons 3:00 Casino 6:30 Color	9:00 News & Prayer 9:30 Bingo 10:00 Minister Visit 11:00 Library 2:00 Treats 6:30 Movie	7:30-9:00 AM Cafe 11:00 Noodle Ball 3:00 Piano Time 6:30 Board Games	9:00 News & Prayer 9:30 Bingo 2:00 Snack 3:00 Gift Cart 6:30 Puzzle Time	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Halls Choice	
18	19	20	21	22	23	24	
9-11 Morning Church 11:00 Noodle Ball 6:30 Coloring Fun	9:00 News & Prayer 9:30 Bingo 11:00 Ball 12:00 Lunch & Chat 2:00 Social 6:30 Games	9:00 News & Prayer 9:30 Bingo 9:45 Trivia 10:00 Drums 3:00 Casino 6:30 Cards	9:00 News & Prayer 9:30 Bingo 10:00 Memorial Service 2:00 Treats 6:30 Movie	9:00 News & Prayer 9:30 Bingo 10:00 Drum Exercise 3:00 Piano Time 6:30 Movies	9:00 News & Prayer 9:30 Bingo 2:00 Snack 3:00 Gift Cart 6:30 Movie Time	11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema	
25	26	27	28	29	30		
9-11 Morning Church 11:00 Noodle Ball 6:30 Cards	9:00 News & Prayer 9:30 Bingo 11:00 Ball 2:00 Social and Piano 6:30 Cards	9:00 News 9:30 Memorial Service 11:00 Noodle Ball 3:00 Singing 6:30 Color	9:00 News & Prayer 9:30 Bingo 10:00 Minister Visit 2:00 Treats 6:30 Movie	9:00 News & Prayer 9:30 Bingo 11:00 Noodle Ball 6:30 Board Games	9:00 News & Prayer 9:30 Bingo 2:00 Piano 3:00 Birthday Party 3:00 Gift Cart 6:30 Puzzle		

Available Daily:
games, books,
puzzles,
movies,
manicures,
horseshoes,
music, and more.

Available Daily:
Face-time and
Skype and 1x1s,
computer time,
free WiFi.

One-to-Ones Daily
*Activities Subject to
Change

Resident Birthdays

Steve Helms	Apr. 1
Lorree Stitt	Apr. 17
Nancy Alt	Apr. 19
Violet Weixeldorfer	Apr. 20



Thank you to Auburn Pharmacy for providing the birthday cake

Welcomes

Irene Sterner

In Memory

Carlene Taylor
Gerald Taylor
Frances Wright

Discharges

Willard Davis

Staff Birthdays

Laura Price	Apr. 2
Calea Miller	Apr. 4
Breanna Reynolds	Apr. 4
Nora Bivens	Apr. 5
Nataya Leister	Apr. 15
Ben Short	Apr. 19
Michaela Swarts	Apr. 19
Della Zook	Apr. 20
Andy Sutter	Apr. 25



Welcome to our Team!

Nancy Meehan
Mary "Kate" Urban

CNA
Room Attendant

Summer of 1956 contributed by Dennis Roberts, Village Manor Resident

IT WAS THE SUMMER OF 1956. MY MOTHER, DAD, AND FAMILY TOOK OUR YEARLY TRIP TO MISSISSIPPI, TO VISIT MY DAD'S PARENTS ON THEIR FARM. ~~AFTER~~ AFTER THREE DAYS AND TWO NIGHTS IN THE CAR WE ARRIVED. AFTER SEVERAL DAYS OF ENJOYING THE FARM LIFE, MY GRANDFATHER CONVINCED MY PARENTS TO GO VISIT HIS AUNT NETTY AND UNCLE HUBBARD. THEY WERE ABOUT SEVENTY YEARS OLD AND LIVED ON A SMALL FARM ABOUT ~~TWO THOUSAND~~ TWO MILES AWAY. UNCLE HUBBARD HAD BEEN SICK LATELY. THE NEXT DAY, GRAND PA AND GRAND MA IN THEIR TRUCK AND US IN OUR CAR TOOK THE THREE HOUR TRIP TO UNCLE HUBBARD. WHEN WE GOT THERE, AUNT NETTY WAS FINE. UNCLE HUBBARD WAS NOT. HE WAS QUITE SICK AND HAD A HIGH FEVER. HE HAD A DIRTY BANDAGE WRAPPED AROUND HIS LEFT HAND. MY MOTHER UNWRAPPED THE HAND. SHE FOUND WHILE CHOPPING FIRE WOOD HE HAD CHOPPED HIS LEFT THUMB NEARLY OFF. THEY HAD PLEDGED TO BACK IN PLACE AND WRAPPED IT UP. A WEEK LATER, MY MOTHER FOUND THE THUMB HAD DIED AND TURNED BLACK. IT WAS BADLY INFECTED. THEY RUSHED HIM TO THE ~~LOCAL~~ HOSPITAL TO GET HIM TREATMENT. ~~HE GOT WELL.~~ UNCLE HUBBARD LOST HIS THUMB, BUT GOT WELL. I LEARNED SOMETHING THAT YEAR. TAKE CARE OF YOUR SELF, AND ALWAYS BE READY TO ADVISE OTHERS AND GIVE HELP WHEN IT'S NEEDED. AFTER ALL WE ARE ALL IN THIS TOGETHER.

DENNIS ROBERTS

Is Loss of Appetite in the Elderly a Sign of Something Else?

Contributed by Marcy Newcomer, Memorial Health System Registered Dietitian

Most often, a gradual decrease in appetite is considered a normal part of the aging process. Seniors have lower energy levels and often partake in less physical activity, which means they generally need less calories than a younger person. However, if your elderly loved one is refusing to eat and you're noticing extreme weight loss, this can certainly be cause for concern. In fact, studies have shown that a 10% loss of overall body weight is linked to a higher mortality rate just six months after the initial weight loss.

Loss of Appetite – Causes and Symptoms

It also takes an emotional toll on a caregiver when a loved one won't eat. And, there are a variety of reasons for appetite loss in the elderly that, as mentioned before, are perfectly normal. For instance, resting metabolic rate decreases because of reduced levels of hormones, and the elderly are often less active in their later years. Plus, changes in the senses causes food to taste differently, medication side effects, problems with dentures, or even loneliness can all be loss of appetite causes.



However, there are some instances when appetite loss is a sign of a more serious illness or condition. When seniors show no desire to eat, say they never feel hungry, or are experiencing unintentional weight loss, there may be an underlying medical reason. This is especially true if your loved one is often fatigued along with having no appetite.

The medical reasons that could be causing appetite loss in the elderly include:

Thyroid disorders. Medications to treat thyroid issues and thyroid disorders are often associated with loss of appetite in the elderly.

Dementia or Alzheimer's disease. Throughout the progression of dementia, it's common for both weight loss and appetite loss to occur.

Hepatitis or chronic liver disease. One of the first symptoms associated with hepatitis inflammation of the liver and chronic liver disease is loss of appetite.

Kidney failure. It's common for up to 25% of chronic kidney disease patients to have reduced appetites as a main symptom.

Some cancers. In particular, ovarian, pancreatic, lung and stomach cancers are known to result in appetite loss. Plus, the pain, fatigue and other symptoms from the cancer also lead to a decreased appetite.

Chronic obstructive pulmonary disease (COPD) is an irreversible and progressive decline in the ability to breathe. COPD also causes changes in hormones that are associated with a loss of appetite. Contact a doctor if you notice your loved one has a decreased appetite that seems more severe than in the past, or if he or she is losing weight without trying.

Ways to Increase Appetite in the Elderly

Stimulating appetite in your loved one can be accomplished by utilizing a few different methods. First, enjoy a meal together or encourage your loved one to join others for a weekly lunch or dinner. Studies show that seniors who eat with others tend to eat more and make healthier food choices.

Secondly, remember that your loved one's tastes may be changing. Try making nutritious meals that are bright, colorful and packed with vitamins and minerals. However, don't overwhelm your loved ones with large portions, as a plate heaped with food may overwhelm them and deter them from eating altogether.

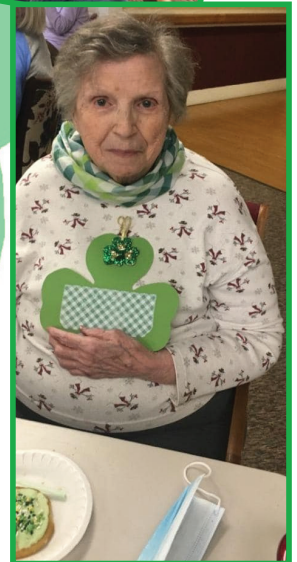
Continued on Page 6-see "Appetite"

“Appetite”- continued from Page 5

Finally, setting a schedule for eating meals makes it a routine part of your loved one’s day. Breakfast, lunch, dinner and snacks should be served at the same time throughout the day, every day of the week.

Source: asccare.com

We hope everybody had a great St. Patrick’s Day! We celebrated with music, green cookies, and shamrock shakes!



WE ARE READY TO ‘HOP’ INTO EASTER

