

# LEBENSRAUM

ASSISTED LIVING

OCTOBER, NOVEMBER, DECEMBER  
QUARTERLY NEWSLETTER

Fall Quarterly Newsletter

**COVID-19 & Visitors** The Nebraska Department of Health and Human Services (DHHS), Gov. Pete Ricketts, local health department leaders, and medical experts across the state continue to stress the importance of masks and ask Nebraskans to wear them along with taking the preventive actions listed below:

Wear a mask – The Centers for Disease Control and Prevention (CDC) offers tips on how to select, wear and clean a reusable mask -

- Choose masks that have two or more layers of washable, breathable fabric completely cover your nose and mouth fit snugly against the side of your face and don't have gaps.
  - Avoid masks that are made of fabric that make it hard to breathe, such as vinyl have exhalation valves or vents, which allow virus particles to escape.
- Keep your distance, Wash your hands & Know your risk .

We understand this decision may prevent you from seeing your family member or friend. However, we will focus on ensuring our residents are still socially, cognitively, and emotionally engaged through safe activities and interventions. If you have a loved one in our facility here at Lebensraum, we encourage you to contact us with any specific questions or concerns. We are still doing porch visits but are keeping limitations to visitors in our building!



## Joke Corner

**What's a pirate's favorite letter???**  
**ARRRRRR**

**What is a pirate's favorite subject?**  
**ARRRRRT**

**What is a pirate's favorite kind of fish?**  
**SWORDFISH**

**Where did the one legged pirate go for breakfast?**  
**IHOP**





Resident of the month

Daryl White

# Winter Health Tips for Seniors

Winter is just around the corner and as the temperatures drop, it can become more challenging to stay healthy and active. Seniors can be especially prone to the “winter blues,” so it’s more important than ever to be mindful of your habits and mood during the colder months. Exercise is a proven mood-booster, and eating healthy can help you feel strong enough to fight off those winter colds

## 1. Keep Eating Healthy

During the winter months, it can be more challenging to maintain a healthy diet. Since many produce items are “out of season” during the winter, their prices can increase substantially. Take this opportunity to check out your store’s selection of frozen veggies, which often contain less sodium than their canned counterparts. Be sure to stock up on winter fruits and vegetables, like pomegranates, cranberries, citrus fruits, grapes, and root vegetables. It’s also important to eat to support your immune system; this includes taking your vitamins (especially Vitamin C) and eating foods rich in zinc, such as fish, oysters, poultry, and eggs.

## 2. Exercise Outdoors, Smartly

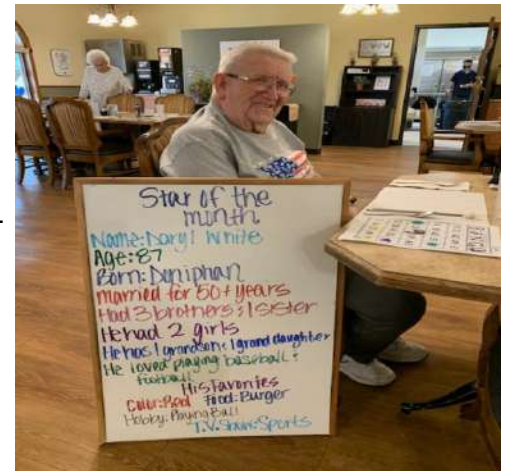
If you’re able-bodied and have your doctor’s okay to exercise, don’t let colder weather keep you from enjoying your favorite outdoor activities. Make sure you layer up so that you can remove articles of clothing as needed, and be sure to wear a hat since the majority of your body heat escapes through your head. Don’t forget your sunscreen and sunglasses with UV protection, and protect yourself from wind-burn as well. Be smart about checking the weather forecast and wear the proper footwear for the season.

## 3. Let the Sunshine In

Sunshine, and the Vitamin D it imparts to your body, is key in battling the winter blues. Try your best to get fresh air and some natural light every day, even if it’s just to check the mail. If it’s particularly cold, open your blinds and spend some time sitting by the window. Don’t underestimate the value of light and sunshine in helping your energy level and your overall winter attitude.

## 4. Keep in Touch

Seniors and caregivers often face an increasing sense of isolation; proactively fight the winter blues by keeping in touch with friends and family members during the colder months. Make appointments to meet for coffee, take a bundled-up walk, or set aside time for a longer phone call with friends on a regular basis. Take special care of others you know who are primarily homebound, and may be feeling lonely or in need of help running errands. Helping others is an excellent way to feel connected.



# Win

# Big

Win \$1.00 in Lebensraum Bucks for each question below that you get right!

Let Giann know your answers!

Q— What do you call a guy that isn’t crazy?

Q - What do you call a guy that breaks dishes?

**Lasha's Kitchen  
Favorite Recipes  
Fiesta Corn Dip**

**1- 8 oz of sour  
cream  
1- Cup of mayo  
4 Green onions  
Chopped  
2- Cans of Corn  
drained  
2- Cups Shred-  
ded Cheddar  
Cheese  
1- 16oz Cream  
Cheese  
Mix all ingredi-  
ents together  
and enjoy with  
chips or crack-  
ers!**

**In Her Words**

**When I was a child I remember my parents and I would go to the Union Pacific Station in G.I. We would get up very early! Mom made a big thermos of coffee and a small thermos of hot chocolate. Dad parked the car and we waited. WOW! It was something. Elephants were first so they could help unload the other cages. You could hear the cats snuffing and sometimes roar. Everyone had a job. Then they lined up and went to 2nd street and went to the area east of the tracks to set up. WOW, watching the elephants set up the Big Top was something. Everyone had a job. I loved sharing this memory with my classes. I wish they could have shared that memory-" a time long gone!**

**Ellen Schritt**

**Get to know our staff  
Deb Halm-Owner  
Megan Corona- Owner  
Lasha Hudson- Kitchen  
Manager  
Giann Willey- Activity  
Director**



**• October November, December  
Birthdays**

**Oct 1st Jerre Forman  
15th Connie Osler  
22nd Catherine Bray  
30-Sharon R  
31- Carroll R  
November  
26th Pete Escobar  
29th Sharlene Riese  
December  
26th Kathryn Clark**



# Remember When?

What happened in history at this time of year...

1960- Cost of Living

New House- \$12,675

Average Income \$4,007

New Car- \$2,610

Average Rent \$98 per month

Gasoline 25 Cents

Movie Ticket \$1.00

Stamps 4 Cents

## Fad's in 1960

Etch A Sketch

Chatty Cathy

Game of Life

The Twist

Oversized Glasses



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**Lebensraum Assisted Living**

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