

LEBENSRAUM

ASSISTED LIVING

JULY, AUGUST, SEPTEMBER QUARTERLY NEWSLETTER

Fall Edition 2019

Hello July half way through the year already so hard to believe. We are opened back up and visitors are welcome anytime! It's crazy how fast time has gone considering the circumstances! All residents and staff have been fully vaccinated! When checking into the building the only thing we need to do is take a temperature. We have got a lot of fun activities planned for the rest of the summer so keep an eye on our facebook page. We would like to again Thank you all for your support and patience throughout the past year! We always have to remember to be thankful for everything we have.



You know that thing inside your head that keeps you from saying stuff you probably shouldn't?

Yeah, mine's broken.



Crabby Road

5-4-10

BREAKING NEWS!

Betty White proves that a gal's sense of humor doesn't have to go south just 'cause everything else does.



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HELEN, WANDA, AND VIVIAN ENJOYING
CRAFT CLUB!



Healthy Aging Tips for Seniors

Staying Active in a Community for Older Adults

Many older adults choose to move into senior living communities when they

realize keeping up with housekeeping and the activities of daily living has

become more difficult and less rewarding.

In an assisted living environment, focusing on fitness is a lot more fun!

We do chair exercises daily getting outside for walks when we are able to along with Zumba which puts a fun little twist on things!

As we age, regular physical activity becomes even more important to our cardiovascular health—and our cardiovascular health directly impacts our cognitive functioning. To keep your body and mind at their best, you need to add regular physical activity to your schedule.”

Older adults who use walkers or wheelchairs for mobility might think they can't exercise, “Lifting arm weights or trying chair aerobics will raise your heart rate and increase your muscle mass.

Regular exercise strengthens muscles , builds bone mass, improves cognition and immunity, and releases endorphins that boost your mood. Many activities for seniors in assisted living feature some form of physical

exercise for all levels of physical fitness and mobility, Sticking with it is key.

Activities for seniors in an assisted living range from arts & crafts to cultural events to community service

religious observances, outdoor adventures, health and fitness classes, book and game clubs, cooking classes, Bingo, playing cards to name just a few. Being involved in daily activities helps with mental and

physical over all health.



July

Helen Hunt Jackson

Some flowers are withered and some joys have died; the garden reeks with an East Indian scent from the beds where gillyflowers stand weak and spent; the white heat pales the skies from side to side; but in still lakes and rivers, cool, content, like starry blooms on a new firmament, white lilies float and regally abide.

In vain the cruel skies their hot rays shed; the lily does not feel their brazen glare.

In vain the pallid clouds refuse to share their dews; the lily feels no thirst, no dread.

Unharm'd she lifts her queenly face and head; she drinks of living waters and keeps fair



Helen with her craft project!

**Lasha's Kitchen
Favorite Recipes**

**STRAWBERRY
YOGURT PARFAITS**

Ingredients

- 3/4 CUP GREEK YOGURT
- 2 TBSP GRANOLA
- 2 TSP STRAWBERRIES
- 2 TSP BLUEBERRIES
- 1 TBSP MAPLE SYRUP

Layer in glass bowl starting with the yogurt!

**Things Going on this Quarter
-Happy 4th of July-**

- WE ARE GOING TO START BUNCO CLUB AGAIN ON THE 4TH FRIDAY OF EACH MONTH!
- BIBLE STUDY WILL ALSO START BACK UP THE 1ST & 3RD TUESDAY EVERY MONTH!

July 2 - 4th of July party

Our Zumba instructor will be coming back in July for a little Movin n Groovin!

Tim Javorsky on the 13th

We have some fun outings planned in July we are going to be taking residents out for lunch, shopping, to feed the ducks and out for ice cream!

Get to Know our Staff

Deb Halm-Owner

Megan Corona- Owner

Lasha Hudson- Manager

Giann Willey- Activity Director

There's no "i" in "team"
but there's definitely one
in "wine."



• JULY, AUGUST, SEPTEMBER

• Birthdays

JULY

TWILA—11TH

AUGUST

DARYL-3

JOAN H-24

SEPTEMBER

MARY B-7

DIANE-13



Remember When?

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

Fad's in 1969

**Silly String
Toss Across
Big Wheels
Nerf Ball**

New House-\$15,525
Average Income-\$5,894
New Car- \$3,278
Average rent- \$135 per month
Gasoline-35 cents per gallon
Harvard Tution-\$2,000
Movie ticket-\$1.50
Postage Stamp- 6 cents
One Ounce Gold- \$41.28



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Lebensraum Assisted Living

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Like us on Facebook and follow
daily updates of our residents,
staff, and facility!

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