

GOOD Life News

at Old Main Village

JUNE 2017

www.oldmainvillage.com

News from the Executive Director

Greetings and happy June to all of you! They say April showers bring May flowers, but this year it seems that May was the month providing the moisture for us. Oh, Mother Nature, how you never cease to amaze us! We are looking forward to a fun June at Old Main Village. We will once again be hosting a resident/family picnic featuring the Vine Garage Band — watch for more details to come for that. We are also partnering with Vine to attend a Veterans' Picnic at the home of Mark Frost on Lake Jefferson. We will be hosting a painting fundraiser for the Alzheimer's Association called "Wine for a Cure." Finally, we will be hosting another "over 90's" party for all of our residents who hold that distinctive status (currently 25 people). There is always something happening at Old Main Village!

— Holly

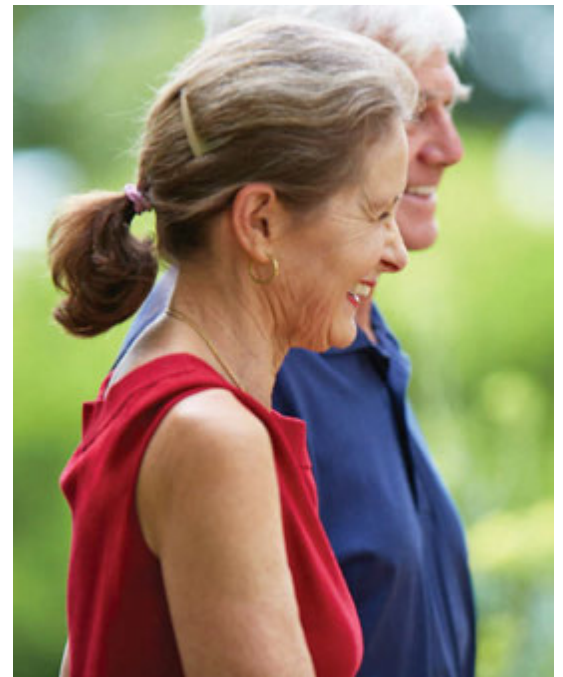
Nursing/Health Care

Summer is finally here, which means so is the sun. The sun has UV rays that can be damaging to our skin, hair, eyes and overall health. Here are a few tips to protect you and your loved ones from UV rays.

1. Cover up. Wear tightly-woven clothing that blocks out light.
2. Use sunscreen. SPF15 blocks up to 93 percent of UV rays. To stay safest, be sure to follow application directions on the bottle. Also, remember to reapply frequently.
3. Wear a hat. Not just any hat will do. A wide brim hat is ideal when being in the sun. A wide brim hat protects the neck, ears, eyes, forehead, nose and scalp.
4. Wear sunglasses. They don't have to be fancy. Wearing sunglasses protects your eyes and sight from the harmful effects of UV rays.
5. Limit exposure. UV rays are most intense between 10 a.m. and 4 p.m. Try to limit exposure during those time. The local weather channels always provide the UV Index. The UV Index tells you how intense the sun's UV rays are and how quickly it could become harmful.

Summer is so wonderful. Taking the correct protective measures while in the sun will protect you and your loved ones, too!

Krista Gowans, RN, Director of Nursing



**Our Talk.
Our Walk.
Every Day!**

National Safety Month

Summer's start is a great time to think about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month — a great time to reconsider how we can "Keep Each Other Safe," this year's theme. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various programs that can help increase muscle and bone strength!

Food and Beverage/ Dining Services

A Pink Drink

Sipping a refreshing glass of pink lemonade is the perfect way to cool off when the temperature climbs. But have you ever wondered who invented the drink, and why it's tinted pink?

Most historians have traced pink lemonade to 19th-century traveling circuses, where traditional lemonade was already a popular refreshment. Two stories of the origin of the pink version stand out. In one, Henry Allott, a teenager working at a circus concession stand, accidentally dropped red cinnamon-flavored candies into a batch of lemonade. He served the rosy-hued drink to his waiting customers, and it was a hit.

A second story claims circus worker Pete Conklin ran out of water while making lemonade. He grabbed a nearby tub of water that a performer had used to wash her pink tights, added it to his mixture, and sold it as "strawberry lemonade."

However the beverage came to be, it continues to be a popular thirst quencher. The pink lemonade sold today is usually tinted with fruit juices and extracts or red food dye.

Resident Spotlight: Jennifer W.

Jennifer W. joined our Old Main Village family in October 2016. She hails from Lake Crystal and has two brothers along with their families. Three nephews and one niece are part of her extended family. She has worked as an administrative assistant in the pharmaceutical and automotive industries. Some of her previous hobbies included watercolor painting, crossword puzzles and a bit of crewel. For reading enjoyment, her favorite authors are John Grisham, Agatha Christie and William Faulkner. Her top-of-the-list choice for food is Chicken Alfredo. If she were a flower, she'd be a rose.

Marketing Minute

Happy June! June is a wonderful month. The weather is getting warmer, which I think we all can enjoy.

June is National Alzheimer's and Brain Awareness Month. In September, Old Main Village will be participating in the Mankato Walk to End Alzheimer's. This walk is a wonderful event to help raise awareness of dementia of all kinds.

On June 15, Old Main Village will be hosting the "Paint for a Cure" fundraiser to contribute to the Walk to End Alzheimer's. Laura Doyen of Design and Wine will be leading this class. The event will take place beginning at 6:30 p.m. in Old Main Village's Club Room. Cost for the event will be \$35. To sign up, please contact Nicole at 507-388-4200.

June 15 is also the beginning of National Nursing Assistants Week. Our Nursing Assistants keep us safe and healthy while we live at Old Main Village. Take a moment out of your day to thank them!

— Nicole

Highlighted Activities of the Month

Hello to everyone! This month we are going to be plenty busy at OMV. Keep your fingers crossed for nice weather because we have a lot of outdoor outings and events happening. Here are some exciting things you can look forward to this month.

- Blue Earth County Historical Society presents "History of Minneopa State Park"
- Kristi the volunteer and her adorable son will return for a travelogue of Italy
- Spring into Summer Picnic: At 12 p.m. on June 13, the Vine Garage Band will play and everyone will picnic in the Courtyard on what will be the most beautiful day of the month! Please invite family and friends (number of guests is limited to five people). Look for more information soon!
- Over 90's Party: Bob Dickhudt will entertain us and Chef Keith will serve up some of those monstrously sized cinnamon rolls as we celebrate the residents who are 90+ years wonderful!

Outings This Month

- Bison at Minneopa State Park
- The Odd Couple at MSU Highland Summer Theater
- Dam Store in Rapidan for a slice of delicious pie
- KFC Picnic in the Park
- Drummer's Garden Center
- Songs on the Lawn in downtown Mankato
- Tour of the Mankato Children's Museum
- Lunch Bunch at Lake Front Bar & Grill in LeCenter (We were here last year on a Mystery Trip)
- Karen's Garden Party: Karen the beautician has graciously invited you back for an afternoon get-together at her beautiful place
- Farmer's Market

Besides the Vine Garage Band and Bob D. being here this month, Oliver Krause will be here for the June Birthday Party!

This month will certainly be full of fun adventure and good times. I wish you all a healthy and happy month. Enjoy the sunshine!

— Jenny

"Bridging Experiences with Clay" Pictures



Starry, Starry Night

One of the most magnificent sights in nature, the night sky has been inspiring stargazers for centuries. Adding to its beauty are 88 identifiable star patterns, called constellations. Have some fun finding a few of the most famous:

Orion — The distinct figure of Orion the Hunter is easy to find by his belt, represented by a row of three bright stars.

Ursa Major — The name of this constellation means "Great Bear," and it is notable for containing the Big Dipper, one of the most recognizable star patterns. The Big Dipper forms the bear's tail and part of its back.

Ursa Minor — In Greek mythology, the "Little Bear" is the child of the Great Bear, and is also called the Little Dipper. The dipper's handle is the bear's tail. Polaris, better known as the North Star, is the tip of the tail and has been used for navigation for thousands of years.

Canis Major — The brightest star in the night sky, Sirius, is located in this constellation, which means "Great Dog." Look for stars that form a stick figure, with Sirius as the head.

Cassiopeia — Named for a queen in Greek mythology, this constellation's five bright stars create an "M" or "W" shape.

Scorpius — Meaning "Scorpion," Scorpius is usually located near the horizon, where a line of stars curve into an upside-down question mark, forming the animal's tail.

Going for Gold at the Senior Games

Much like the Olympic Games, the National Senior Games is an impressive and inspiring display of hard work, dedication and athleticism. The competition is the largest multisport event in the world for seniors and takes place every two years in a different U.S. city.

The first Senior Games were held in 1987 in St. Louis and featured 2,500 participants in 15 sports. In recent years, the games have attracted more than 10,000 athletes, all over the age of 50, including some centenarians.

After competing at the state level, qualifying athletes attend the national games for a chance to win a gold, silver or bronze medal in their events. Currently, 19 sports are offered, including basketball, tennis, swimming, volleyball, golf, bowling, horseshoes and shuffleboard.

This year's competition is June 2-15 in Birmingham, Ala.

Resident Birthdays

June N., 9th

Marion D., 10th

Aileen E., 13th

Ruth W., 29th

Employee Birthdays

Bill B. (Bus Driver), 4th

Luca W. (Housekeeping Asst.), 5th

Jim P. (Maintenance Director), 12th

Taylor B. (Wait Staff), 15th

Faith K. (CNA), 15th



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New Resident Social

There was a New Resident Social scheduled in April which was postponed because none of the new residents could attend. At the time of the postponement, the May calendar had already been completed meaning that there were no available days for the social in May. Since it is now June, we'll get together to welcome the new residents on Thursday, June 8, at 2:30 p.m. I hope everyone can make it. June is Dairy Month, so we'll be serving milk and cookies from Friesen's Bakery!

June Musing

"It was June, and the world smelled of roses.
The sunshine was like powdered gold
over the grassy hillside."

— Maud Hart Lovelace, author

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Go to facebook.com/oldmainvillage to see pictures and catch up on all the fun here at Old Main Village. This is a great way for family members and friends to stay connected!