

GOOD Life News

at Old Main Village

JUNE 2018

www.oldmainvillage.com



News from the Executive Director

Greetings to everyone on this beautiful spring day. Mother Nature sure took her time this year in making up her mind that winter was officially over, didn't she? At least this year we only had to make the conversion from heat to air conditioning once, as opposed to back and forth as we have done in the past. Having said this, there are a lot of people who probably don't know exactly how the heating and air conditioning works at OMV. Here's a little overview for you. We are on a boiler/chiller system. What that means is we either have heat or we have air, there is no in-between. Once the decision is made to switch from one system to the next, there is a very involved process that follows. First, the boilers or the chillers need to be shut down. Then Jim, our Director of Maintenance, goes to every apartment in the building and makes the switch at the thermostat. Once this happens, there is no longer the ability in the apartments to switch back and forth. We try to wait until Mother Nature makes up her mind to make the switch from one system to the next, but spring and fall can be very challenging as the temperatures can go from 80 and sunny to 45 and rainy in a matter of a few days. Please remember you can keep your window sliders in for as long as you'd like if your apartment is too warm. If you have specific questions about this, please do not hesitate to speak to Jim, as he knows the system like the back of his hand.

Have a wonderful June!

— Holly

June Poem

"What is one to say about June, the time of perfect young summer, the fulfillment of the promise of the earlier months, and with as yet no sign to remind one that its fresh young beauty will ever fade."

— Gertrude Jekyll

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

National Safety Month

Summer is a great time to start thinking 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 to help raise safety awareness. 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 exercise classes that can help increase muscle and bone strength! The program's goal is to increase overall health and wellbeing, reduce potential for falls, and encourage residents to remain active.

Resident Spotlight: Dale G.

Dale declared Old Main Village his home in early 2018. Hailing from Springfield, Minn., he lived in New Ulm prior to moving here. He worked for Kraft Foods for 33.3 years before deciding retirement would be his next job. Keeping up with the news on TV, watching sports, especially football, and James Bond movies fills his time with enjoyment. While in high school, he participated in football, basketball, baseball and some track. He held the title for the most free-throws in one game by completing 14 of them. Watching his kids play sports made him a proud father, especially when his daughter made All American in Division II. He has enjoyed hunting and fishing a lot. His travels involved going to California, especially San Francisco to see his daughter many times, Minnesota, Wisconsin and while in the service, to Mexico and Massachusetts. He served in the United States Air Force from 1961-1965 and achieved top secret crypto clearance, which is not very common. It was used to spy on the Russians. He found great satisfaction when he could re-build and repair things around his home.



Doris and Pat participated in an activity for a seventh grade Communications class at Prairie Winds Middle School.

Activity Highlights of the Month

Happy June to everyone! As the weather continues to get warmer, we're spending more time outdoors and venturing on numerous outings. Here are some events you can look forward to this month.

Over 90's Party with Jonny Bird: Each resident who is 90 years or better this year will be an honored guest at our annual party to celebrate their longevity. This year, we have 23 people to celebrate! This will be Jonny's last time performing at OMV before he relocates to Las Vegas. Everyone is invited to attend!

KFC Picnic at Minneopa State Park: Bill will take us and our KFC lunches to Minneopa Falls so we can enjoy the spring day and walk around the falls area. Sign up on the white board to attend. You are welcome to bring your own lunch, if you prefer.

OMV's Annual Summer Picnic: The picnic will be held on Tuesday, June 19, in the Courtyard. All residents are invited, and each resident is welcomed to invite two guests to the picnic. Guests will eat for free. Please write your number of guests in the menu book on first floor. You will need to RSVP your guests by Monday, June 11.

This month we're going to EJ's in Gaylord for lunch with a pit stop at Schmidt's Meat Market in Nicollet on the way home. The Rapidan Dam Cafe is open and is on our list of places to go, along with Drummer's Garden Center and Buster's Bar and Grill for breakfast.

Robert Bozaich will be making his OMV debut in June. He plays the piano and sings a mix of the Great American Standards to patriotic songs to Elvis and other early rock and roll classics. Additionally, Beth Wilson will be here for a birthday party singalong, and Oliver Krause will be back to share an afternoon of piano music with us.

Happy first month of summer! Stay safe, be healthy and enjoy one another's company.

— Jenny

Resident Birthdays

June N., 9th	Ruth W., 29th
Aileen E., 13th	Bob G., 30th
Dewey B., 29th	

Employee Birthdays

Bill B. (Bus Driver), 4th
Jim P. (Maintenance Director), 12th
Taylor B. (Wait Staff), 15th
Faith K. (CNA), 15th

Essential Exercise Types

Exercising regularly provides an abundance of health benefits, and varying activities is the key when it comes to physical fitness. Here are four types of exercise that experts say should be part of a well-rounded routine. Be sure to consult a doctor before starting a new exercise program.

Take advantage of the FIT classes offered at OMV! We have a class for each of these types of exercises! Doctor's orders are no longer needed to attend the classes, so all you have to do is come on down to the Craft Room. Check your pink sheet for days and times.

Endurance — Also called cardiovascular or aerobic exercise, these activities target the heart, lungs and circulatory system by increasing your heart rate and breathing. Walking, dancing and swimming are examples of endurance exercises.

- FIT to Pedal™ focuses on this area.

Strength — Muscle mass often declines with age, and strength training builds it back. This type of exercise makes you stronger, relieves joint pain and improves balance. Common forms of strength training include lifting weights, using resistance bands and doing arm curls and leg lifts.

- FIT to Be Strong™ focuses on building and maintaining muscle strength.

Balance — Maintaining good balance is essential to preventing falls. Balance exercises often focus on the lower body. Tai chi, standing on one foot, and walking heel to toe in a straight line can improve balance.

- FIT to Balance™ will help you improve and maintain good balance.

Flexibility — Movements that stretch your muscles help you stay flexible and limber, making it easier to perform everyday activities, such as bending to tie your shoes. Stretching exercises and yoga improve flexibility.

- FIT to Stretch™ is the perfect class to stretch your muscles.

Info and Tips to Avoid Sunburn

Seniors are at a higher risk for sunburn for several different reasons. Many of them are on medications that increase sensitivity to UV rays and therefore they sunburn much more quickly than average. As the skin ages, it becomes thinner and dryer, which makes it more susceptible to sunburn. Plus, a lifetime of exposure to the sun breaks down the skin tissues, making it a higher risk for skin cancer.

When seniors experience sunburn, their skin doesn't have the ability to heal itself as rapidly as when they were younger. Sunburn in an elderly person means more than discomfort and peeling. It can mean that their immune system weakens and they are more susceptible to infections, as well as skin cancer. That's why it's so important that seniors limit their sun exposure, because they are the most likely to sustain poor health and long-term skin damage if they are sunburned.

Sunburn Prevention Tips

The first thing to do is purchase a good broad spectrum sunscreen with a high SPF. The higher the number on the bottle, the better it will protect the elderly loved one from UVB and UVA rays. Sunscreen should be applied before going outdoors and reapplied every two hours regardless of the activity. If the senior is swimming or exercising, the sunscreen should be applied every hour.

Choosing the right time of day to be outside is important. The sun's rays are the strongest between 10 a.m. and 4 p.m. Even cloudy days require precautions, because most people can still get sunburns through cloud cover. Seniors should always wear a hat with a brim that shades the face. Ball caps, straw hats, canvas bucket hats and floppy garden hats are ideal. If the elderly loved one will be sitting outside for a while, it should be in a shady spot instead of in direct sun.

<http://www.skincancer.org/healthy-lifestyle/anti-aging/seniors>

Doughnut Diversity

The first Friday in June is National Doughnut Day in the U.S., but the love of fried dough is a global phenomenon. Treat yourself to this menu of doughnuts from around the world:

Paczki — Similar to Berliners, these Polish pastries are richer and typically filled with jam or cream. In Israel, the sufganiyah is a nearly identical treat.

Churro — A cinnamon and sugar mixture nestles into the ridged sides of this skinny, tube-shaped doughnut, a favorite in Mexico, where it is often dipped in chocolate sauce.

Youtiao — This lightly salted, chewy stick is also known as the Chinese cruller, and is typically dunked in rice porridge or soy milk at breakfast time.

Jalebi — Similar to funnel cakes, these treats made with fermented batter and soaked in saffron syrup are found throughout the Middle East and South Asia.

Koeksister — South Africa is home to this sticky braided doughnut, which is coated in a syrup flavored with cinnamon, ginger and lemon.



**OLD MAIN
VILLAGE**

Senior Living

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Marketing Minute

Hello to the month of June!

May brought Old Main Village quite a few exciting events. Old Main Village took part in the 50+ Lifestyle Expo. We were thrilled to bring our popcorn machine and joy back to the Verizon Center.

Old Main Village had the privilege welcoming the Minnesota State University-Mankato Emeriti and Honored Staff for a luncheon. We had over 100 retired MSU-Mankato staff attend this wonderful event. Keep your eyes open in September when MSU-Mankato celebrates their 150th year!

Old Main Village has some wonderful events to look forward to the rest of the year. We will be celebrating our 30th year of senior living!

I would like to take a moment and thank you all for your kindness over the last two years. I have loved getting to know each and every one of you. I cherish the time we have spent together. I look forward to stopping back in to visit from time to time. Thank you all for the best time.

Blessings,

Nicole Kleinow, Sales and Marketing Director



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