

GOOD Life News

at Summer Hill

JUNE 2018

www.summerhill-assistedliving.com

Executive Director

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.

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.

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.

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.

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.



New Residents

We would like to give a warm welcome to all of the new residents!



**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.

Patty's Post

Summer is soon upon us, and as the weather warms, the nursing department would like to remind you to drink plenty of water and stay hydrated. Keeping adequately hydrated has many health benefits:



- Increased brain function including ability to concentrate and short-term memory retention.
- Proper digestion and absorption of nutrients. Facilitates proper kidney and bowel function.
- Improved blood pressure, cardiac health and circulation.
- Lubricates muscles and joints, essential for optimum function.
- Aids in moistening skin which constitutes a defense against infection and allergic processes.
- Regulates body temperature through sweat and evaporation, preventing overheating of the body.

As you can see, water is essential to all body systems. If you don't like the taste (or lack of taste) of plain water, try infused waters. This is easy to make by putting slices of orange, strawberries, kiwi and even cucumber into the water, refrigerate and allow to steep several hours. Be sure to strain any seeds before consuming. Not only are infused waters healthy, but they are a fun and refreshing summer beverage.

Enjoy and stay healthy!

— Patty

Life Enrichment

All Eyes on the World Cup

Soccer fans around the globe are gearing up to watch the sport's biggest event, the FIFA World Cup. The monthlong tournament kicks off in Russia on June 14, with the championship game on July 15.



The World Cup takes place every four years. Qualifying games are held in the three years prior to determine which teams play in the finals. Out of more than 200 FIFA teams, only 32 make it to the World Cup — 31 qualifiers plus the host country's team, which automatically earns a spot.

This year, 64 elimination matches will be played in 11 Russian cities, with Moscow hosting the tournament's first and final games.

Due to soccer's global popularity, the World Cup is one of the most widely viewed sporting events. More than 3 billion people tune in for the games.

Since the World Cup was first held in 1930, Brazil has the most championship wins, with five titles. Germany is the current defending champion, having won the 2014 tournament.

Maintenance Update

Hello, everyone. Well, June and the official start of summer has begun. The heat that we Whidbey Island folks are not used to has arrived. Beautiful weather brings a whole new set of fun things to do, along with some safety concerns.

This summer period is what we call "The 101 Critical Days of Summer!" Good weather takes us outside to BBQ, walks to enjoy the heat and trips to the beach. Safety awareness is essential to planning for any activity. Whether our families are going on a vacation or just having a simple barbecue in the backyard, awareness and planning are critical for all of us to stay safe throughout the year.

Proper hydration is critical to staying healthy and safe as the heat will take us all by surprise. Remember the basic signs of heat stroke. These symptoms may include:

- Throbbing headache
- Dizziness and light-headedness
- Lack of sweating despite the heat
- Red, hot and dry skin
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat, which may be either strong or weak
- Rapid, shallow breathing
- Behavioral changes such as confusion, disorientation or staggering
- Seizures
- Unconsciousness

If you feel any of these symptoms or see any of the staff or fellow residents feeling this way, please contact any one of us to help out immediately.

As a reminder, Sunday, June 18, is Father's Day. If you know any fathers or dads out there who are doing a great job, send them a Thank You for being good at what they do. Take care and have a great month.

— V/R Dan

Resident Birthdays

Ethel B., 13th Betty C., 23rd

Employee Birthdays

Tami H., 5th

Anniversaries

Laura B., 6/14/2005 (Service)

Kathleen's Column

Tale of the Typewriter

Today, most typing is done on a computer keyboard or a smartphone screen, but this modern method of communicating began 150 years ago with the invention of the typewriter.

Prototypes of printing machines were created as far back as the 16th century, with many versions as large as pianos. The first practical typewriter was patented by American inventor Christopher Latham Sholes on June 23, 1868.

Resembling a sewing machine, this early model included many features that became standard for typewriters. It had an inked ribbon to print type and it used the QWERTY keyboard, which arranged the letters of the alphabet in a way that prevented the keys from jamming. Later named the Remington for the company that manufactured it, the typewriter became popular after Mark Twain purchased one and became the first author to submit a typed manuscript.

The following decades brought many improvements, including the introduction of the shift key, which allowed both upper and lower case letters to be typed, and frontstriking models, designed to let users see what they were typing in real time instead of having to lift up the carriage to view their work. The 1920s introduced user-friendly electric typewriters.

By the end of the 1980s, the world transitioned from typewriters to computers and compact printers. However, retro typewriters are still enjoyed by collectors and writers.



Food and Beverage/ Dining Services

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:

Berliner — This round German doughnut is filled with jam or marmalade and topped with powdered sugar or icing.

Paczi — 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.

Loukoumades — A favorite in Greece and Turkey, these fried dough balls covered with honey and cinnamon were traditionally served to winners in the ancient Olympics.



Nursing/Health Care

If you have a Vitamin D deficiency, particularly in your older years, it can lead to Osteoporosis. Also information links low levels of Vitamin D to increased risks of type 1 diabetes, muscle and bone pain, and perhaps more serious, cancers. Also if you want to lower your blood pressure, it can help. Decreasing your risk of heart attacks, rheumatoid arthritis or multiple sclerosis, Vitamin D is huge! Foods that are important in your diet with lots of Vitamin D are salmon, sardines, milk, egg yolks and cheddar cheese. Regular sun exposure is also helpful. With Multiple Sclerosis, the further north you live in the U.S., the less the sunshine and more of the need for foods high in Vitamin D.



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Senior Living

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Heidi's Outreach

We believe good friends make great neighbors!

Do you have a friend or loved one considering a move to Summer Hill? Refer a friend to move into Summer Hill, and after they've been a resident for 30 days, you'll receive a \$200 referral bonus. Please contact Heidi Kuzina, 360.929.7359, with your referral today. We want others to know of our wonderful community; our best referrals come from you, our customers! Thank you for your support.



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