

GOOD Life News

at Summer Hill

FEBRUARY 2018

www.summerhill-assistedliving.com



Executive Director

Cardiovascular exercise, also called aerobic exercise or simply cardio, is crucial for heart health.

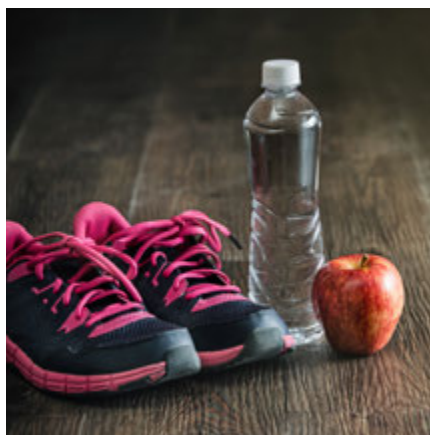
Any physical activity that increases your heart rate and breathing rate for an extended period of time is considered cardio exercise.

Walking, bicycling, swimming and many other sports are common examples. During these activities, the lungs take in more oxygen, which goes directly into the bloodstream and the heart. The oxygen makes the heart beat faster, allowing it to pump nutrients throughout the body.

Regular cardio exercise not only makes the heart stronger, but it also sends oxygen to the muscles, where it's used to burn carbohydrates and fat. This is why cardio is so effective at helping a person lose or maintain weight.

Cardiovascular activities are key to preventing heart disease, since they can lower blood pressure and improve circulation. This type of exercise is also helpful in preventing or managing diabetes, osteoporosis, depression and some forms of cancer.

Check with your doctor to see what types of cardio activities are right for you.



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

**Platinum
Service®
Standard #19**

"I am a leader and I lead by example. I am a good steward of the environment and a role model both at work and in the greater community."

Platinum Service® is the cornerstone of our operating philosophy. This hospitality approach drives our community. Our community is committed to demonstrating kindness, responsiveness, commitment, integrity, and other positive traits that improve the satisfaction of our residents, their family members, and team members. Every day we work hard to make a difference in the lives of those we serve!

Nursing/Health Care

February!

Spring is just around the corner! Love is in the air. Time to send valentines to loved ones. Remember your friends at Summer Hill and send a valentine to brighten their day and let them know how much you appreciate them in your life. Take a walk in the building or outside with someone! Watch some good old love stories! Eat some chocolate!



— Judy and the Nursing Team

Life Enrichment

Speedskating, ice hockey and luge are a few of the many events on tap for the 2018 Winter Olympics in Pyeongchang, South Korea. Prepare for the Feb. 9-25 games by learning a bit more about the competition.

- This will be the 23rd Winter Olympics. The first took place in Chamonix, France in 1924.
- South Korea hosted the 1988 Summer Olympics in Seoul, but this will be the Asian nation's first Winter Games.
- Figure skating competitions and the men's hockey gold medal game are considered the most popular events.
- The athletes in Pyeongchang will compete in 102 events in 15 sports.
- The 2018 Games will feature four new events: big air snowboarding, mixed doubles curling, mass start speedskating and mixed team Alpine skiing.
- For gold medal performances, keep your eyes on the Norwegian athletes. Although it is a country of just 5 million people, Norway dominates the Winter Games, holding the record for most gold medals and most medals overall.



Resident Birthdays

Brett P., 8th

Maxine G., 24th

Anniversaries

Maria D., 2/22/2016 (Service)

Alyssa H., 2/28/2017 (Service)

Patty's Post

February ... Valentine's Day ... a month of pink and red and hearts and cupids with bows and arrows. But love doesn't just have to be the romantic kind. There are many ways to love and many reasons to show love. Take some time each day to "love your neighbor" by giving a genuine compliment, lending a helping hand or taking the time to talk with someone who's lonely. Love others willingly and unconditionally. Share a smile, a joke, or show gratitude for a job well done. There are many ways to brighten someone's day. And who knows? You may just brighten your own day in the process.

Warmly,
Patty

Kathleen's Column

A beloved sweet, chocolate comes in enough varieties to please almost everyone's palate. In its purest form, chocolate is the result of processing cocoa beans to produce cocoa butter and chocolate liquor, which can be combined in varying ratios to create different types of chocolate.

Dark chocolate — This combination of chocolate liquor, cocoa butter and sugar provides a rich, intense flavor. Dark chocolate can contain between 30 and 80 percent chocolate liquor; higher percentages are more bitter. Chocolate labeled as bittersweet or semisweet is included in this category.

Milk chocolate — Lighter in color and milder in taste, milk chocolate contains at least 10 percent chocolate liquor and 12 percent milk, along with cocoa butter and sugar. This chocolate is the most popular choice for snacking.

White chocolate — There's no chocolate liquor in white chocolate, but it does contain cocoa butter, as well as milk and sugar. Typically, vanilla or a similar flavor is added to enhance its sweetness.



Good Luck Greenery

Join the Chinese New Year festivities this month by learning about a traditional plant in the country's culture.

Dracaena sanderiana is commonly called lucky bamboo, and also goes by the names curly bamboo, Chinese water bamboo, friendship bamboo and ribbon plant. Although it resembles bamboo, it isn't bamboo at all; it's a member of the lily family.

Lucky bamboo is popular in both homes and businesses, as it symbolizes good fortune and positive energy. Typically, several stalks of the plant are arranged in a vase or planter, with the number of stalks representing a different type of luck. For example, two stalks are equated with love and three stalks symbolize happiness, wealth and a long life. Five stalks are said to attract positive energy in five areas of a person's life (emotional, intuitive, mental, physical and spiritual), and seven stalks bring good health. Lucky bamboo is never arranged with four stalks, because four is considered an unlucky number in China.

Not only is lucky bamboo treasured for its symbolism, but also for its easy care as a houseplant. It can grow in either water or soil and does best in bright, indirect sunlight.



New Residents

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

Heidi's Outreach

With Valentine's Day and American Heart Month, February is focused on the heart. The universal symbol of love is also found in many common expressions.

Home is where the heart is — This means that your home is the place where you are the happiest, whether it's an actual location or simply being with people you love. The saying has been attributed to the ancient Roman author Pliny the Elder.

Young at heart — An older adult who has a youthful outlook and a zest for life is said to be young at heart, no matter his or her real age.

Follow your heart — Someone who makes a decision based on emotions or intuition follows his or her heart.

Absence makes the heart grow fonder — Being apart from someone special can strengthen your feelings for that person. The idiom is centuries old and was made popular by an 1800s ballad.

Wear your heart on your sleeve — People who express their emotions freely and openly are said to wear their heart on their sleeve. The first written use of the phrase was in William Shakespeare's "Othello."

Heart of gold — Just as gold is valuable, a person who is kind and generous is valued and is described as having a heart of gold.



Food and Beverage/ Dining Services

For many, the ultimate comfort food is a bowl of creamy macaroni and cheese. Now considered a classic, the dish was first cooked up in Europe but made popular in America by one of the Founding Fathers.

Casseroles of pasta, cheese and butter have been around since at least the 1300s, with recipes published by Italian, French and English authors. Colonists likely brought versions of macaroni and cheese to America by the late 1700s, which was the same time Thomas Jefferson discovered the cheesy dish while working in Europe. He enjoyed it so much he had a pasta machine and Parmesan cheese shipped to the United States and later served the recipe at a state dinner during his presidency.

Mac and cheese found more fans during the Great Depression, when Kraft Foods began selling its boxed version, which cost only 19 cents and could feed four people. When World War II rationing limited fresh meat and dairy, Kraft's product became more of a staple, since one ration stamp could be exchanged for two boxes of the dinner.

Today, macaroni and cheese remains a favorite, with recipes ranging from simple pasta, cheddar, milk and butter to gourmet options featuring specialty cheeses and ingredients such as lobster and mushrooms.





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Senior Living

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Maintenance Updates

The New Year of 2018 is off to a fast start already. It seems like it was just New Year's Eve and here we are already into February. I hope the New Year has brought you some happy changes as we all try to live up to our New Year's resolutions.

With the winter season in full swing, the cold and ice create challenges for all of us. When you are outside, please be careful where you step to avoid slipping. If you see ice outside in the parking lot, please let me or anyone on the staff know immediately to ensure everyone's safety. Please let me know as soon as possible if your heat is not working properly. Your comfort, well-being and safety are always my top concern.

Let's not forget that Feb. 14 is Valentines Day, so keep an eye out for that special someone. I wish all of you a good February and hope you have a very Happy Valentine's Day.

— Dan



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