

June 2010

The hot weather is a sure indication that our summertime has begun. May had a couple cool streaks, but definitely turned up the heat the last week of the month. We are looking forward to more nice weather for June. Getting outside is a great way to spend an afternoon.

Early May, we had a day long celebration for Cinco de Mayo (Fifth of May). We made traditional paper decorations for the dining area, shared an authentic Mexican meal, made some salsa and watched one of the “Desperado Series” films called Once Upon a Time in Mexico.

For Mother’s Day, we had many families join us for the Ice Cream Social. It was held in honor of all Mothers. We enjoyed seeing happy families here at RCC.

At the monthly Senior Center picnic, the weather couldn’t have been more perfect. There were quite a few tenants from RCC and a bunch of other Seniors from the community who joined. We enjoyed burgers, brats, summer salads and good company. See the June calendar for the next picnic outing! Don’t forget to sign up!!!

Another fun BBQ was the Family Cookout Night here at RCC. We had TONS of family members who came to socialize and enjoy the meal. Our dining area was full of smiling faces! It was a great meal and everyone was happy!

On May 12th, one of the Red Cedar Canyon tenants hosted a Lia Sophia Jewelry party. They played

games and enjoyed snacks and homemade sangria! It was a great time and many tenants enjoyed the chance to shop for new jewelry. Thank you, Jenebelle!

In mid May, our flowers (which were planted as seeds in March) were transplanted to the outdoor planters. It will be exciting to watch them grow! You can head out in the back yard to see the garden and planters. We will be trimming and de-weeding them every Thursday afternoon throughout the summer!

The Seasoned Believers will be taking the summer off. They are usually here for bible study and song every Tuesday, but have decided to take a short break. They will return the first Tuesday in September at 9:00 to resume their weekly meetings. They have a great time playing the piano and singing. EVERYONE is welcome to join the worship group!

In May, we had Michele from the Hudson Hearing and Speech Clinic at our tenant meeting. She discussed information on types of hearing loss and the use of hearing aids. Thank you Michele for your interesting, informative presentation!

Join us June 1st for the monthly tenant meeting. We will have a guest speaker from the Alzheimer’s Association presenting “Maintaining your Brain”. Join us learn how a healthy lifestyle can affect brain health and the risk of dementia. This will begin at 2:30. Family and friends welcome!

Highlights for this Issue:

Page 2 – “Maintain your Brain” article and tips

Page 3 – Upcoming Events and Reminders

Page 4 – Summer Puzzle and Comic



Birthdays:

Orlow 27th



Maintain Your Brain!

-- *Diet and Vitamins* --

A proper Alzheimer's prevention diet should consist of 20% "good" fat (including extra virgin olive oil, avocado, and flaxseed oil), 40% lean protein (especially fish), and 40 % complex carbohydrates and vegetables. It is important to avoid a diet high in trans-fat, saturated fat, and cholesterol. Eating foods rich in anti-oxidants is very important. Many foods high in vitamins C and E are also rich in anti-oxidants. Blueberries, grapes, cranberries, papaya, apples, and green leafy vegetables are all a good source of anti-oxidants.

Omega-3 fatty acids, found in salmon, trout, albacore tuna, and spinach, help prevent the build-up of plaques in the brain. It's also important for you to take a high potency multi-vitamin that contains folic acid and vitamin C.

-- *Stress Management* --

High cholesterol, high blood pressure, and high cortisol levels can all lead to developing Alzheimer's. And stress is a major factor in all of these conditions.

Cortisol is a stress chemical released in your body. In excess, it damages the cells in your brain's memory center. And as stress and cortisol levels increase, your chances for memory loss increase dramatically. Regular stress relaxation practice has been shown to improve focus, attention, and mental performance. Some practical stress management techniques include meditation, yoga, hypnosis, relaxation exercises, prayer, and deep breathing.

-- *Mind and Body Exercise* --

It is important to engage in both physical and mental exercise on a regular basis. Research has shown a link between cardiovascular health and brain functioning. This makes perfect sense, since your heart is responsible for pumping blood to your brain. Physical exercise has been found to reduce your risk of developing Alzheimer's by as much as 50%. The following activities will provide you with a more than adequate regimen of physical activity to keep your brain healthy: 30 minutes of regular brisk walking, jogging, dance classes, swimming, hiking, and regular participation in sports.

Stimulating the brain can increase the number of brain cells you have as well as the connections between these cells. It can also strengthen your current brain cells. Some good activities for maintaining healthy brain functioning include learning something new (a musical instrument, a foreign language, a hobby, etc.), memory games, taking a class, reading (especially challenging material), crossword puzzles and Sudoku games, and writing (stories, articles, poetry, memoirs, etc.).

-- *Pharmaceuticals* --

Cholinesterase inhibitors are effective in slowing down the decline in cognitive abilities brought on by Alzheimer's. Other drugs that are commonly used to treat the disease include Aricept, Exelon, Namenda, and Razadyne. Always make sure to consult your doctor before using these medications, and go for regular check-ups to make sure that your body isn't experiencing any harmful side effects from these drugs.

It's never too early to start your program of prevention against Alzheimer's disease. By adopting healthier lifestyle practices when you are young, you can enjoy better mental functioning as you reach the later years of your life.

Weekly Reminders:

Mon, Wed, Fri 2:00 pm

Group Walk– Get outside and get some sun! Join us to go on a nice walk with neighbors. Check the daily White board Schedule, if it is really nice out, we may add a walk on other days as well!

Wednesdays 1:00

Movie – *Every- other* Wednesday we will be showing a movie in the movie theater! Open for film requests!! Come enjoy popcorn and a flick!

Thursdays 2:00 pm

Gardening – We will be planting all the flowers for the landscaping here at RCC. Join us to make our facility beautiful!!

Friday 4:00 pm

Happy Hour – Join us for beverages and snacks. An exciting Happy Hour if the 11th, for the monthly b-day party!

Saturdays 6:00 pm

Bingo! –We have changed the time!!!! Come down for a game and bring you dimes! One dime per game, per card.

Events

June 1st – Tenant Meeting Tuesday with Guest Speaker from the Alzheimer’s Association. There will be a presentation about keeping your mind healthy and active, warning signs of memory loss, etc... Join us for this speaker presentation and complimentary snacks. Meets in Dining area.

June 8th & 22nd – Sign up on the Bulletin Board for this shopping trip. *\$2.00 per person for van ride.*

June 11th –*SENIOR COMMUNITY ANNUAL PICNIC!* See invites for details, please RSVP!

***Monthly Birthday Party to follow with entertainment and cake!*

June 20th – Join us for a family Ice Cream Social, in Honor of Fathers’ Day! Enjoy an ice cream treat, while spending time with loved ones.

June 21st – FIRST DAY OF SUMMER! We are heading to the park for a picnic! Please RSVP on Bulletin Board before June 18th!!

June 29th – We are making handcrafted driveway décor! Help spruce up our driveway to the building!! Make one for a friend!

“Maintain Your Brain”

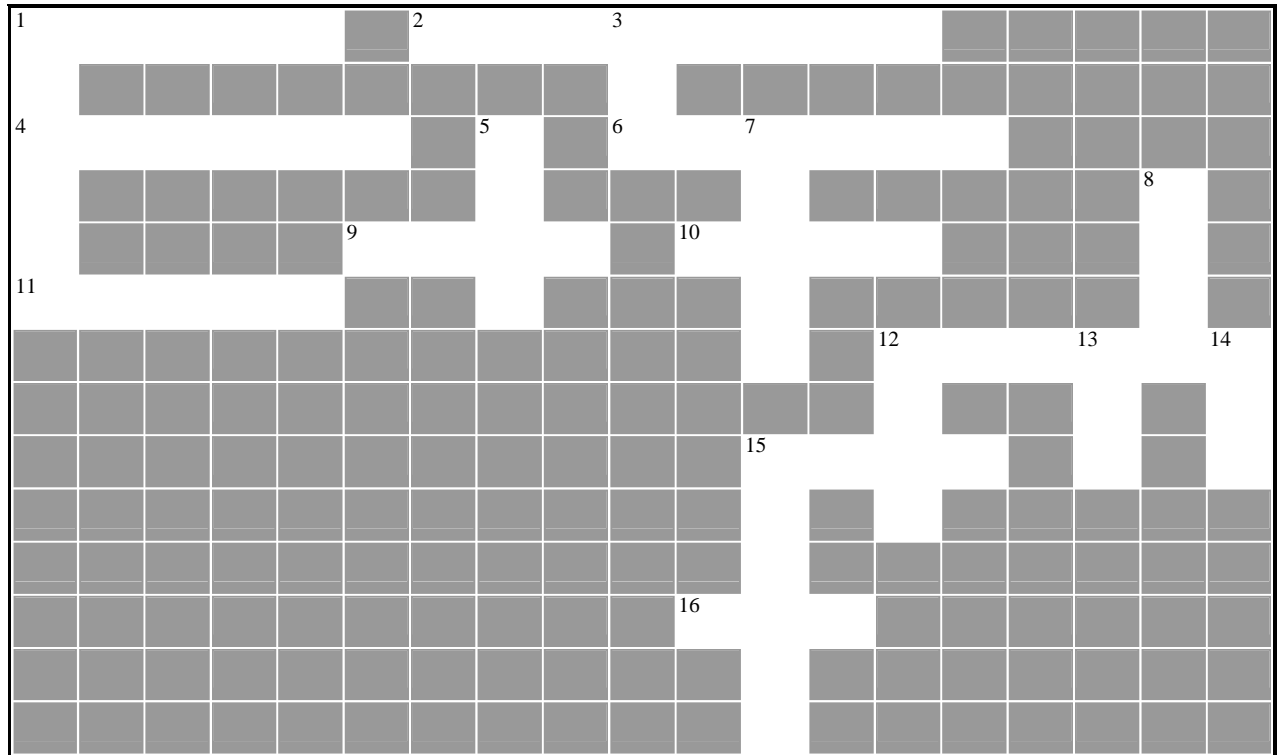
*Tuesday, June 1st
Beginning at 2:30pm*

*Lifestyle can affect brain health and risk of dementia. Learn how diet, exercise, mental and social activity can help to decrease your risk.
Presented by Julene Bowe, Alzheimer’s Association of Greater Wisconsin*

This event is free and open to the public



Beach & Summertime Puzzle



ACROSS

1. rhyming with peach
2. banished by mates
4. not hotter
6. tanning
9. sea
10. _____ and turf
11. lay on
12. exceeds others
15. three piece
16. headgear

DOWN

1. rhyming with Kirby _____
3. Transocean/BP spills
5. dance at the
7. back of an automobile
8. small town tavern
12. send
13. ___kin
14. sun protection factor
15. juice: V8



Welcome Our New Tenants
Say "hello" to the new neighbor(s)!

Ron Apt. 307

RED CEDAR CANYON
Assisted Living

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