Village Manor
of Heritage Village, CCRC

Village Vine

April 2019

Monthly Newsletter of Village Manor

Inside this Issue:

2 Aging Well--the Benefits of Fiber

3 Calendar

4 Easter Ceramics Decorating, Chili Feed Thanks and Photos, Birthdays/Welcomes, More

5 Acceptance of Gifts and Gratuities Policy, AM Cafe

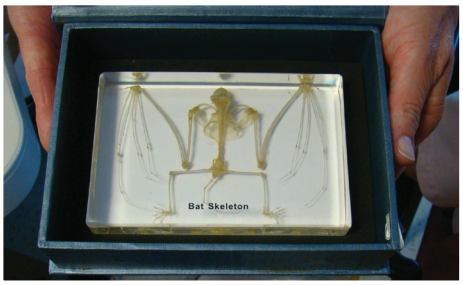
6 A Wee Bit O' Fun for St. Patrick's Day

An affiliate of Memorial Health System

Village Manor Goes "Batty" - for a Bit

Milford Nature Center Presents Bat Program

Vanessa Avara, from the Milford Nature Center at Milford Lake, recently gave a presentation on bats to the residents and staff at Village Manor.



When you might not be a fan of bats...her face says it all.

Aging Well -- the Benefits of Fiber

Contributed by Jennifer Kirkpatrick, Memorial Health System Dietitcian

Dietary fiber is a type of carbohydrate that does not raise blood sugar or provide energy for the body. It includes the parts of plant foods your body can't digest or absorb. Unlike fats, proteins, or carbohydrates — which your body breaks down and absorbs — fiber passes relatively intact through your stomach, small intestine and colon, and out of your body. Although the body can't use fiber efficiently for fuel, it's an important part of a healthy eating plan and helps with a variety of health conditions that can start to affect us as we age.

- Heart disease: Fiber may help prevent heart disease by helping reduce cholesterol.
- Weight management: Fiber slows the speed at which food passes from the stomach to the rest of the digestive system – this can make us feel full longer. Foods that are higher in dietary fiber often are lower in calories as well.
- Diabetes: Because fiber slows down how quickly food is broken down, it may help control blood sugar levels for people with diabetes by reducing blood sugar levels after meals.
- Digestive issues: Fiber increases bulk in the intestinal tract and may help improve the frequency of bowel movements.

Fiber is found only in plant foods. Eating the skin or peel of fruits and vegetables provides a greater dose of fiber, which is found naturally in these sources. Fiber is also found in beans and lentils, whole grains, nuts, and seeds. Typically, the more refined or processed a food, the lower its fiber content. For example, one medium apple with the peel contains 4.4 grams of fiber, while ½ cup of applesauce contains 1.4 grams, and 4 ounces of apple juice contains no fiber.

Whole grains and beans tend to be higher in fiber than fruits and vegetables, but all are sources of dietary fiber and contribute other important nutrients. Make sure to include a variety of these foods regularly to meet your dietary fiber needs. Here are a few foods that are naturally high in fiber:

- 1 large pear with skin (7 grams)
- 1 cup fresh raspberries (8 grams)
- ½ medium avocado (5 grams)
- 1 ounce almonds (3.5 grams)
- ½ cup cooked black beans (7.5 grams)
- 3 cups air-popped popcorn (3.6 grams)
- ¾ cup oatmeal (6 grams)
- 1 cup green peas (9 grams)

Other tips to help increase your fiber intake from foods:

- Mix in oats to meatloaf, bread, or other baked goods.
- Toss beans or extra veggies into your next salad or soup.
- Chop up veggies to add to sandwiches or noodle dishes such as pasta or stir-fry.
- Blend fruit into a smoothie or use it to top cereal, pancakes, or desserts.

For people 51 and older, the daily recommended amount of dietary fiber is about 22 grams for women and 28 grams for men. As you slowly increase your fiber intake, it is important to increase your fluids as well, because fiber pulls water into the intestines. Without adequate hydration, fiber can actually aggravate rather than alleviate constipation. So try to drink at least eight glasses of water a day. With a little creativity, some pre-planning, and a few new additions to your grocery list, you'll be well on your way to meeting your daily fiber requirements with wholesome, delicious foods.

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Board Game **April Fool's Day**	**2** 9:30 **Resident Council** 11:00 Noodle Ball 3:00 Singing w/ Joan 6:30 Coloring Fun	**3** 9:30 Jonathon 11:00 Noodle Ball 3:00 Bible Study 6:30 Puzzle Time	**4** 9:30 Exercise 11:00 Noodle Ball **1:30 Shopko Outing** 3:00 Piano Time 6:30 Board Games	**5** 9:30 Coffee for All 11:00 Noodle Ball **2:00 Jean & Arnie Boyd** 3:00 Gift Cart 6:30 Puzzle Time	**6** 11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
7 11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	**8** 9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Board Games	**9** 9:30 Memorial Service 11:00 Noodle Ball 3:00 Singing w/ Joan 6:30 Coloring Fun	**10** 9:30 Jonathan 11:00 Noodle Ball 3:00 Bible Study **3:30 Library** 6:30 Puzzle Time	**11** **10:00 Fingernails** 11:00 Noodle Ball 3:00 Piano Time 6:30 Board Games	**12** 9:30 Paint Easter Eggs 11:00 Noodle Ball 1:30 Exercise 3:00 Gift Cart 6:30 Puzzle Time	**13** 11:00 Noodle Ball 3:00 Puzzle Time 6:30 Hall's Choice
14 11:00 Noodle Ball 4:00 Church 6:30 Cinema Night	**15** 9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Board Games	**16** 9:30 Ceramics 11:00 Noodle Ball **2:00 Resident Meeting** 3:00 Singing w/ Joan 6:30 Coloring Fun	**17** 9:30 Jonathon 11:00 Noodle Ball 3:00 Bible Study 6:30 Puzzle Time	**18** **7:30-9:00 AM Cafe** 11:00 Noodle Ball **2:00 Dollar General Outing** 3:00 Piano Time 6:30 Board Games	**19** 9:30 Coffee for All 11:00 Noodle Ball 1:30 Exercise **2:00 Easter Party** 3:00 Gift Cart 6:30 Puzzle Time	**20** 11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
21 11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun ***HAPPY EASTER***	**22** 9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Board Games	**23** 9:30 Memorial Service 11:00 Noodle Ball 3:00 Singing 6:30 Coloring Fun	**24** **9:00-11:00 AHS SERVICE DAY** 11:00 Noodle Ball 3:00 Bible Study w/Beverly 6:30 Puzzle Time	**25** 9:30 Crafts w/Elaine 11:00 Noodle Ball 3:00 Piano Time 6:30 Board Games	**26** 9:30 Coffee for All w/Ken 11:00 Noodle Ball **3:00 Birthday Party** 3:00 Gift Cart 6:30 Puzzle Time	**27** 11:00 Noodle Ball 3:00 Puzzle Time 6:30 Cinema Night
28 11:00 Noodle Ball 4:00 Church 6:30 Coloring Fun	**29** 9:30 Reminisce 11:00 Noodle Ball 3:00 Bingo 6:30 Board Games	**30** 9:30 Memorial Service 11:00 Noodle Ball 3:00 Singing 6:30 Coloring Fun				

Available Daily: games, books, cards, puzzles, movies, pool table, manicures, and more.

One-to-Ones Daily
**Activities Subject to Change*

Resident Birthdays

Evan Engle	Apr. 2
Joe Clemence	Apr. 2
Nancy Rager	Apr. 4
Merna Hays	Apr. 12
Fraces Schumaker	Apr. 24
Eddie Morris	Apr. 28

Thank you to Auburn Pharmacy for providing the birthday cake

Welcomes

Carla Sprenkle
Clayton Olson
Esther Hottman

In Memory

Ed Hoffman
David Emig

Discharges

Sylvia Walker

Staff Birthdays

Kimberly Slaght	Apr. 4
Ryan Crist	Apr. 6
Jadon Troxell	Apr. 10
Tiffany Northam	Apr. 12
Nataya Leister	Apr. 15
Della Zook	Apr. 20
Caitlyn Clark	Apr. 20
Cassandra Dill	Apr. 22

Welcome to our Team!

Whittany Eisermann	R.N.
Kimberly Callahand	C.N.A.
Maribel Garcia-Cerna	C.N.A.
Tiffany Grover	C.N.A.
Melissa Rasch	C.N.A.
Maddison Robinson	C.N.A.
Gladys Sherwood	C.N.A.
Melissa Tolzien	C.N.A.
June Krueger	L.P.N.
Jade Crable	Homemaker
Cynthia Johnson	Dietary Aide
Isaiah Johnson	Dietary Aide
Harley Pelfrey	Dietary Aide

EASTER CERAMIC DECORATING

Thanks to all who came out to the Village Manor community chili feed in March. The Dietary staff of Village Manor prepared and served some delicious food, as usual. Village Manor staff were on hand to answer any questions about the facilty as well.

Acceptance of Gifts and Gratuities Policy

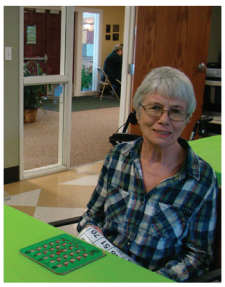
Contributed by Traci Jurgensen, Memorial Health System Corporate Compliance Officer

Hello there, Corporate Compliance Officer here! I just wanted to send out a friendly reminder on our policy regarding the acceptance of gifts and gratuities. Gifts and other business courtesies can easily create conflicts of interest. Your business dealings may not be influenced by gifts, rebates, kickbacks, or the like. While acting for MHS (Memorial Health System), you should base all of your decisions and dealings on what is best for the organization.

Per Memorial Health System's Compliance Policy and Code of Ethics, "personnel may not accept gifts of money under any circumstances, nor may they solicit non-monetary gifts, gratuities, or any other personal benefit or favor of any kind from suppliers or customers. Personnel and members of their immediate families may accept unsolicited, non-monetary gifts from a business or individual doing or seeking to do business with MHS only if the gift is of nominal value or the gift is primarily of an advertising or promotional nature and it is of nominal value."

MHS is blessed to have some amazing staff, so there is a good chance patients/residents/family may want to show their appreciation for the great care they have received. Please encourage them to donate directly to the Employee Fund. These funds are used to treat the entire staff. Any donations should be directed to Andy Sutter, RN/Executive Director of Village Manor.

As always, please contact me with any Compliance questions or concerns. Thank you for the great care you give and for keeping MHS compliant!

***A.M. Cafe** is held on the third Thursday of each month from 7:30 a.m. to 9:00 a.m. at Village Manor. <u>It is open to the public</u>. Come for made-to-order omelets, biscuits and gravy, and much more. We appreciate the support from everyone who comes in to eat the delicious food prepared, and served, by Village Manor staff, and to spend time with the residents who choose to eat at **A.M. Cafe**. The cost is just $4.00.*

A WEE BIT O' FUN FOR ST. PATRICK'S DAY