

The OakView Forum April 2019



Activity Changes

Hello everyone!

For those of you that do not know me, or do not remember me being here as a CNA. My name is Alex Krieger. I am honored to announce that I am your new Recreation Program Director. I am looking forward to all the amazing times we are going to have. As far as April goes there are many different activities that we will be implementing. We will be taking bingo and playing it in a few different ways to keep our minds sharp, and the games interesting! Also as the weather starts to warm up we will be doing some gardening and cleaning up around the building. I love the outdoors, so as many days as we can get outside the better!

It is also a goal of mine to get more entertainment in the building. As we work toward this goal we will be seeing lots of new faces. Let's be sure to greet them all and thank them for donating their time to come and see us here at OakView. My mission here is to give you all the best experience I can all the while making sure you have the comfort of your own home. If you need anything to pass the time or would like to attend our activities. Do not hesitate to ask me I have many things that I can accommodate you with. Activities are an open invitation and in fact I highly encourage you come. We are always grateful and accepting of new faces. The more the merrier! Thank you all for having so much patience with me as I transition into this new role. Can't wait to see what this next month brings us!

—Alex Krieger, Recreation Program Director



Fun for Seniors



Administrator Notes



The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that aging adults, can use to make sure they have a fun, safe summer.

1. **Stay Hydrated** Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They can also become less aware of their thirst and have difficulty adjusting to temperature changes.
2. **Talk to Your Doctor** Check with your medical team to make sure any medications you are on won't be affected by higher temperatures — especially if you don't have air conditioning in your home.
3. **Keep Your Cool** Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions.
4. **Stay in Touch** Seniors should let friends and family know if they'll be spending an extended period of time outdoors, even if they're only gardening.
5. **Meet Your Neighbors** Get in touch with those who live in your neighborhood and learn a bit about them and their schedules, even one of their children can stop by occasionally to check on you.
6. **Know Who to Call** Prepare a list of emergency phone numbers and place them in an easy-to-access area. This way, the right people can be called to help quickly.
7. **Wear the Right Stuff** When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes.
8. **Protect Your Eyes** Vision loss can be common among seniors, and too much exposure to the sun can irritate eyes and cause further damage.
9. **Know the Risks of Hyperthermia** During the summer, be particularly cautious about abnormally high body temperatures. Heat stroke can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:

- Body temperature greater than 104 degrees
- A change in behavior, such as acting confused, agitated or grouchy
- Dry, flushed skin
- Nausea and vomiting
- Headache
- Heavy breathing or a rapid pulse
- Not sweating, even if it's hot out
- Fainting

• **Put on Sunscreen and Wear Hats** to prevent Sun Burn
• **Apply Bug Spray** If you spend a lot of time outdoors be sure to use bug spray to keep from contracting West Nile Virus

—*Our Administrator, Talisa Jacobs*



Cooking With Our Chef

Along with some other changes, we are excited to see what our new cooking class can bring us. Our Dietary Supervisor has graciously stepped up to the plate to lead the class for our residents which we are so thankful for! On March 29th, she made us potato candy, also known as “depression candy.” Just to give a glimpse back of how creative people had to be. When searching for a little bit of sweetness in such bitter times. People turned to this cheap but equally delicious candy for a little bit of a pick me up. It was a big hit with all of the residents and even some of the staff enjoyed this throwback. Be sure when you see Chef Megan to tell her what a great job she does and show her our appreciation for working with us!

Potato Candy

- small potato (should fit in a 1 cup measuring cup, you can also use half of a medium potato) peeled and cut into 1-2 inch pieces (alternate option: 1/2 cup plain mashed potatoes)
- 6-8 cups powdered sugar
- 2/3 cup peanut butter (or cookie butter)
- 1/2 teaspoon vanilla (optional)
- Peanut Butter

Mix ingredients in a large bowl to a dough consistency. Roll out on wax Paper. Spread Peanut Butter over Rolled out Mixture. Start rolling from one side to the other. Cut into bite sized pieces. Refrigerate until firm. Serve these tasty treats with Love

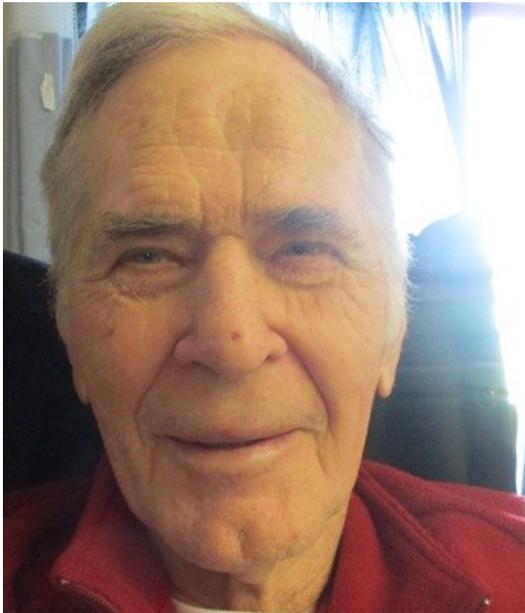


Our Dietary Supervisor, Megan Cooper

Nursing News



In Loving Memory



Richard
Bangert

8/18/1938 -
3/24/2019

Michael
Westlake

9/10/1943 -
3/1/2019





Birthdays of the Month

Staff Birthdays

Emily Hanger—April 7th

Rachael Clark— April 8th

Gerald Kite—April 11th

Ashley Witte April 12th

Alexis Parker—April 14th

Scott McGuire—April 17th

Shannon O'Donnell—April 17th

Clarise Fenner—April 23rd

Sharice Clough—April 27th

Mandy Mitchell— April 29th

Resident Birthdays

Joanne Oetkin— April 2nd

*87

Mary Huddleston— April 4th

*99

Marie Rhodes— April 15th

*93

Iva Todd— April 23rd

*102

Staff Anniversary

Megan Cooper—1 year

Danna Motto—2 years

Kimberly Bohannon—2 years

Heidi Collins— 5 years

Hayley Darnell—5 years

Ashley Witte—5 years

Congratulations!! Thank you for
your dedication!!



OakView Nursing and Rehabilitation

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Occupational Therapy Month

Right: Diana Vorwaldt

Below: Christina Scott



A Special Thank you to our
Occupational Therapist!
Making a difference Everyday!

