

**EXECUTIVE DIRECTOR**

Tonya Van Pelt

**SALES DIRECTOR**

Lisa Simonds

**NURSING DIRECTOR**

Shelley Naden

**LIFE ENRICHMENT COORDINATOR**

Carrie Barber

**DINING SERVICES**

Gwen Smith

**MAINTENANCE TECH**

Gary Hickman

PLACE  
STAMP  
HERE

*this is living!*

3990 W. Capital Ave. | Grand Island, NE | 308-381-4100 | February 2018

**WELCOME!**

**NEW RESIDENTS**

Elsie R.

Chuck & Kay Mc.

**STAFF ANNIVERSARIES**

Lorrie/MA- 3 yrs

Marcia/cook- 11 yrs

Barbara/cook- 1 yr.

Kaylee/dietary asst.- 1 yr.

**BIRTHDAYS**

Ruth S.- Feb. 5th

Martha S.-Feb. 5th

Lorrie M (MA)- Feb. 6

Donna G- Feb. 10

Gwen S (Dietary)- Feb. 14

Shelley (DON)- Feb. 19

Betty S- Feb .22nd

Sophia (LPN)- Feb. 23rd

**ANNIVERSARIES**

Walter & Anna- Feb 14

**Tips for Making Healthy Food Choices As You Age**

As you grow older you may find that, even though your diet has not changed, you are gaining weight or feeling sluggish. Part of this has to do with the fact that your metabolism slows as you age. This means that, while your body may require an increase in specific nutrients to keep things running smoothly, it may need less food overall. Here are some things you can do to ease the process of making healthy food choices as you age.

**Remember to think "rainbow"**

The best way to get the nutrients you need is to think about making your plate look like a rainbow. You need a balance of foods that are high in fiber and low in salt. Low fat dairy like skim milk or almond milk is great. Whole grains like brown rice and wheat pasta, lean protein like seafood, lean meat and eggs, and fruits and vegetables will give your plate the color it needs to be healthy for you.

**Don't forget to hydrate**

It is important to stay hydrated by drinking regularly throughout the day. Liquids like tea, coffee and water are best. Stay away from sugary juices and soda pop, and go easy on the alcohol consumption as well – too much of these liquids can actually result in dehydration. Proper hydration aids in proper digestion of foods and also helps regulate body weight.

**Always read the label**

It is easy to buy something that you think is good for you but, in reality, is filled with ingredients that are bad for you. If you aren't already in the habit, make a point of looking at the labels on the food you buy. Look for things that are low in fat, added sugars, and salt. Look for organic produce, which is grown with

natural fertilizers, as opposed to conventionally-grown produce which uses synthetic or chemical fertilizers. Shop for organic meat that is fed with hormone-free and GMO-free food as opposed to meat that comes from conventionally raised livestock that are

given hormones for faster growth.

**Let someone else cook for you**

Another option involves [making a move to a senior living community](#) where some or all of your meals are prepared for you by a dietary manager who is committed to providing healthy, fresh dining options. Communities like Primrose will even offer meals customized to specific health needs. Utilizing an option like this takes all the hassle out of trying to figure out what you should be eating, and they even clean up your dishes for you when you are done!

If you have questions or concerns about your dietary health or that of a loved-one, Primrose would be honored to help. Just visit [www.primrosetirement.com](http://www.primrosetirement.com) for more information or to contact the Primrose closest to you.



**OUR MISSION**

Our focus is to develop and maintain happy and healthy living environments and provide a "person-centered" care approach for a growing senior populace.

**CORE VALUES**

**Accountability**

**Relentless Improvement**

**Passion**

**Respect**

**Embrace Change**

**PRIMROSE COMPANY**

Primrose Retirement Communities, LLC, provides high-quality independent and assisted living communities in over 36 locations across the country. Home Office in Aberdeen, South Dakota since our founding in 1989, our mission is to create a happy and healthy living environment for seniors.

Our motto "*this is living!*" guides us in every aspect of our work from providing personalized attention and a

full and exciting activities calendar to our friendly and welcoming atmosphere.



For more information about Primrose Retirement Communities, visit [www.primrosetirement.com](http://www.primrosetirement.com)



## NOTE FROM THE EXECUTIVE DIRECTOR

Well, I didn't win the billion dollar lottery... Not even close. How many people do you hear proclaiming how, if they won the lottery they would march into work and tell their boss "I quit," then march right back out? I actually pondered that in my mind, "What would I do if I won that much money? Would I continue working?" It didn't take me long to come to the conclusion that I wouldn't go anywhere. Serving as the Executive Director at Primrose is not a job to me, it's my passion. I like to believe the same would hold true for everyone on my team. We have assembled a wonderful team of care givers, whose passion it is to serve the seniors who put their trust in us every day. We love what we do, we love our residents, and we don't need money to make us happy. We have our jobs to do that!

## ~On This Day~

February 24, 1867 - The House of Representatives voted to impeach President Andrew Johnson. The vote followed bitter opposition by the Radical Republicans in Congress toward Johnson's reconstruction policies in the South. However, the effort to remove him failed in the Senate by just one vote.

### Special Invitation

Join your loved one for a very special dinner!  
When: Valentine's Day, Feb. 14th at 11:30 a.m.

#### Menu

Prime Rib, Baked Potato, Green Beans w/ Bacon & Almonds; Oreo Cherry Cheesecake

COST: \$12.00/per person

RSVP by Tuesday, Feb. 13th.

## RESIDENT SPOTLIGHT



Walter and Anna joined us on September 3rd, 2015. Walter and Anna were married on Valentines Day, 2005. Although they have no children together, between the two of them, they have 8 children. Walter and Anna were big into motorcycles, in fact, Walter joined the Harley Davidson riding group at the age of 54. Together he and Anna accumulated over 100,000 miles on the "hog." Walter and Anna enjoyed wintering in Texas before Walter suffered a stroke. We are fortunate that they have now chosen Primrose as their home. They are a delightful couple and we are so honored to have them as part of our Primrose family.

## EMPLOYEE SPOTLIGHT

Cindi has been an integral part of our Primrose team since December 10th, 2013. Cindi is a Medication Aide and currently serves as our Bath aide. She has three sons and four grand children. Cindi spends as much time as possible with them. Cindi loves creating a warm, relaxing environment in our spa for each resident! They enjoy her as much as she enjoys them. They ask for her by name. We are honored, and very fortunate to have Cindi on our team. Keep up the great work Cindi, we appreciate you very much!



## HAPPENINGS AT PRIMROSE



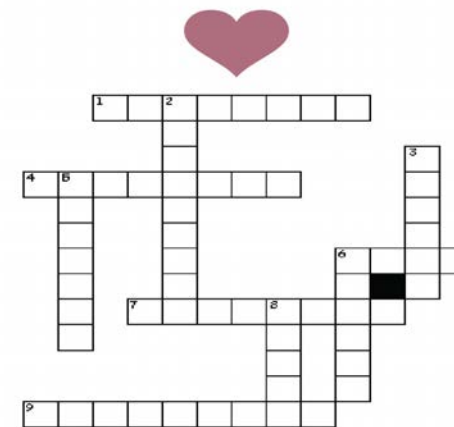
## EVENT HIGHLIGHTS

Upper Right– Our very own talented artist, Beth, holds a picture she hand painted, at our Show and Share event. Beth has many pictures in her apartment that she has painted over the years. She says her children and grandchildren each have some too. All her pictures are painted by free hand. Beth said she would see something that would inspire her and she'd paint it!

Middle– Thelma recently joined our Primrose family! She is pictured here, at our Newcomers Welcome, with a special cake. The residents gather at this event to welcome all new individuals who have chosen to make Primrose their home. A mini autobiography is

shared and music entertainment followed. We're happy to have you join our big Primrose family!

Upper right– Inez and Bill pose for a quick picture during an outing at the Stuhr Museum. Staying active with lots to do, is something we pride ourselves on here at Primrose. Check out our activity calendar for a full listing of activities each day.



#### ACROSS

1. Washington caught this illness while in Barbados
4. Month George Washington was born in
6. The first name of George Washington's mother
7. There is a famous painting of George Washington and his men crossing this river
9. Washington served in the Virginia House of \_\_\_\_\_ for 15 years before the American Revolution

#### DOWN

2. The first name of George Washington's father
3. Washington supposedly chopped down this type of tree as a young man
5. George Washington's Great-Grandfather came to America from this country
6. George Washington's wife's first name
8. A Presidential House that Washington never lived in

## RECIPE OF THE MONTH

### HIBISCUS MOCKTINI

A non-alcoholic delight!

#### INGREDIENTS:

- ~ 3 cups hibiscus tea (Celestial Seasonings Red Zinger)
- ~ 3 cups ginger ale
- ~ 6 fresh pineapple spears

#### DIRECTIONS:

1. In a pitcher, mix together the hibiscus tea and ginger ale. Serve over ice in a tall glass with a fresh pineapple spear.



this is living!



## FEBRUARY 2018 ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please Sign Up in the Book by the Downstairs Library for Anything in <b>BOLD</b> Print.  <b>Key:</b> CH-Chapel                      UP-Upstairs on Assisted Side                      DR-Main Dining Rm.                      PL-Plum (Overflow Dining )                      MT-Movie Theater                      SR-Sunroom (Across from the Beauty Shop)</p>	<p><b>February Birthdays:</b>                      2/5-Ruth S.                      2/5-Martha S.                      2/6-Lorrie (Nursing)                      2/10-Donna G.                      2/13-Wendy (Nursing)</p>	<p><b>February Birthdays:</b>                      2/14-Gwen (Dietary)                      2/18-Megan C. (Nursing)                      2/19-Shelley N. (Nursing)                      2/22-Betty S.                      2/23-Sophia (Nursing)</p>	<p><b>February Anniversaries:</b>                      2/14-Walt &amp; Anna R.</p>	<p><b>1</b> 9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:30 Devotions w/ Tonya (CH)  <b>1-3 Foot Care w/ Susie (UP)</b>                       2:30 Craft Project (AR)                      4:00 Book Reading (SR)                      6:30 Bridge (PUB) or Cards (PL)</p>	<p><b>2</b> 9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      1:00 Vi-Mart Open                      2:30 Wine &amp; Cheese (pub)                      6:30 Domm. (AR)                      Cards (PL)</p>	<p><b>3</b> 10:00 Rosary (CH)                      2:00 Bingo (DR)                      3:30 Pool Practice                      6:30 Movie &amp; Popcorn (MT)</p>
<p><b>4</b> 1:30 Lutheran Church Service Video (MT)                      2:30 Ice Cream Social                      3:30 Wii Bowling (MT)                      6:30 Cards (PL)</p>	<p><b>5</b> 9:00 Bible Study w/Wendy (AR)                      9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:00 Acts Video (MT)                      Dinner Music w/Glenn                      1:00 Vi-Mart Open                      1:30 Pool Practice  <b>1:45 Lv. for Free Pie/Coffee @ Tommy's</b>                      3:30 Sing Along w/Harold/Marj.Rudolf                      4:00 Book Reading                      6:30 Domm. (AR) or Cards (PL)</p>	<p><b>6</b> 9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:30 Worship w/Pastor Holzinger (CH)                      2:00 Pitch Tournament (DR)                      6:30 Rummikub (AR)                      Cards (PL)</p>	<p><b>7</b> 9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:00 Men's Coffe (PUB)  <b>1:15 Shopping @ Wal-mart</b>                      1:30 Pool Tournament                      3:00 Game Day/Scattergories (PL)                      7:00 Bingo (DR)</p>	<p><b>8</b> 9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:30 Devotions w/ Tonya (CH)                      2:30 Music w/Patrick and Diana Cook                      4:00 Book Reading (SR)                      6:30 Bridge (PUB) or Cards (PL)</p>	<p><b>9</b> Winter Olympics Begin-Ck. Your TV Schedule                      9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:30 Catholic Mass (CH)                      1:00 Vi-Mart Open                      2:30 Raptor Recovery Presentation (CH)                      6:30 Domm. (AR) Cards (PL)</p>	<p><b>10</b> 10:00 Rosary (CH)                      2:00 Bingo (DR)                      3:30 Pool Practice                      6:30 Movie &amp; Popcorn (MT)</p>
<p><b>11</b> <b>1:30 Lv. for Wood River Music Program/Offutt Brass (Free)</b>                      1:30 Lutheran Church Video (MT)                      2:30 Ice Cream Social                      3:30 Wii Bowling (MT)                      6:30 Cards (PL)</p>	<p><b>12</b> 9:00 Bible Study w/Wendy (AR)                      9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:00 Acts Video                      10-11 Mid NE Walker Clinic (PL)                      1:00 Vi-Mart Open                      1:30 Pool Practice                      2:30 Music w/ Modern Kowboy (CH)                      4:00 Book Reading (SR)                      6:30 Domm. (AR) Cards (PL)</p>	<p><b>13</b> 9:15 Exercise (SR)                      9:45 Newspaper Read (SR)  <b>1:15 Trip to Library</b>                      2:30 Banana Splits (PL)                      3-4 Five Points Banking (Tonya's Office)                      6:30 Rummikub (AR) or Cards (PL)</p>	<p><b>14</b> 9:15 Exercise (SR)                      9:45 Newspaper Read (SR)  <b>10:00 Banking Trip</b>                      10:30 Wii Bowling (MT)  <b>1:15 Shop at Super Saver</b>                      1:30 Pool Tournament                      3:00 Valentines' Party (DR)                      7:00 Bingo (DR)</p>	<p><b>15</b> 9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:30 Devotions w/Tonya (CH)  <b>11:00 Random Act of Kindness Outing</b>                      1:00 Kitchen Comm.(PL)                      2:30 Music w/ Paul Ramp (CH)                      4:00 Book Reading (SR)  <b>4:45 Supper Social to Lee's</b>                      6:30 Bridge (PUB) or Cards (PL)</p>	<p><b>16</b> 9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:30 Worship w/St. Paul's Lutheran Church (CH)                      1:00 Vi-Mart Open                      2:00 Music w/ Helen's Musical Hats (CH)                      6:30 Domm. (AR) cards (PL)</p>	<p><b>17</b> 10:00 Rosary (CH)                      2:00 Bingo (DR)                      3:30 Pool Practice                      6:30 Movie &amp; Popcorn (MT)</p>
<p><b>18</b> 1:30 Lutheran Church Service Video (MT)                      2:30 Ice Cream Social                      3:30 Wii Bowling (MT)                      6:30 Cards (PL)</p>	<p><b>19</b> 9:00 Bible Study w/Wendy (AR)                      9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:00 Acts Video (MT)                      1:00 Vi-Mart Open                      1:30 Pool Practice                      2:30 Newcomer's Welcome (DR)                      4:00 Book Reading                      6:30 Domm. (AR) Cards (PL)</p>	<p><b>20</b> 9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:30 Methodist Church Service (CH)  <b>1:15 Shop at Store of Choice</b>                      2:30 Rootbeer Floats (PL)                      6:30 Cards (PL) or Rumm (AR)</p>	<p><b>21</b> 9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:00 Women's Coffee (Pub)  <b>1:15 Shopping @ HyVee</b>                      1:30 Pool Tournament                      3:00 Game Day/ Kings in the Corner (PL)                      4:00 Bell Choir (CH)                      7:00 Bingo (DR)</p>	<p><b>22</b> 9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:30 Trinity Lutheran Worship Serv. (CH)                      1:00 Vocal Choir (CH)                      2:30 Res. Council &amp; Birthday Recog. (DR)                      4:00 Book Reading (SR)                      6:30 Bridge (PUB) or Cards (PL)</p>	<p><b>23</b> 9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:30 Catholic Mass (CH)                      1:00 Vi-Mart Open                      2:30 Music w/ Larry Rice (CH)                      6:30 Domm. (AR) or Cards (PL)</p>	<p><b>24</b> 10:00 Rosary (CH)                      2:00 Bingo (DR)                      3:30 Pool Practice                      6:30 Movie &amp; Popcorn (MT)</p>
<p><b>25</b> 1:30 Lutheran Church Service Video (MT)                      2:30 Ice Cream Social                      3:30 Wii Bowling (MT)                      6:30 Cards (PL)</p>	<p><b>26</b> 9:00 Bible Study w/Wendy (AR)                      9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:00 Acts Video (MT)                      1:00 Vi-Mart Open                      1:30 Pool Practic                      2-4 Manicures (PL)                      3:00 Veteran's Gathering (MT) (Aurora Heroes/Huskies)                      4:00 Book Reading                      6:30 Domm. (AR) or Cards (PL)</p>	<p><b>27</b> 9:15 Exercise (SR)                      9:45 Newspaper Read (SR)  <b>10:15 Touring</b>  <b>1:15 Touring</b>                      2:30 Ice Cream Sundaes (PL)                      6:30 Cards (PL) or Rumm. (AR)</p>	<p><b>28</b> 9:15 Exercise (SR)                      9:45 Newspaper Read (SR)                      10:30 Wii Bowling (MT)  <b>1:15 Shopping @Walmart</b>                      1:30 Pool Tournament                      3:00 Game Day/ Left-Right-Center (PL)                      4:00 Bell Choir (CH)                      7:00 Bingo (DR)</p>	<p><b>1</b></p>	<p><b>2 Beauty Shop Hours:</b>                      Wed.-Tonya (308) 379-7525                      Thurs. Aft.-Fri.- Flo (308) 380-4134</p>	<p><b>3</b></p>