

EXECUTIVE DIRECTOR

Lynn Ivey

SALES DIRECTOR

Sis Vicklun

NURSING DIRECTOR

Kim Jensen

LIFE ENRICHMENT COORDINATOR

Amy Hall

DINING SERVICES

Wendy Scofield

MAINTENANCE TECH

Jim Goeman

rapidcity@primrosetirement.com

WELCOME!

NEW RESIDENTS

NEW STAFF

JORDAN M.

JESSICA W.

SHAI B.

CATHY S.

DEENA R.

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 pro-

duce, 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 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

BIRTHDAYS

BETTY N. - 5th

KEN J. - 20th

DARLENE B.- 21st

DORIS K.- 26th

GORDON W. - 27th

JERRY C. - 28th

ANNIVERSARIES

TED AND JUDY 4TH



NOTE FROM THE EXECUTIVE DIRECTOR

This will be my final note from the Executive Director. As most of you know I'm going to retire after 20+ years at Primrose. As the new year is upon us lets ring out the old and welcome the new. It has been an interesting 20 years and I have made many memories. We have had great residents over the years and now I'm looking forward to doing some things that I want to do and maybe some travel. Thank you all for a great 20 years.

Sincerely, Lynn Ivey

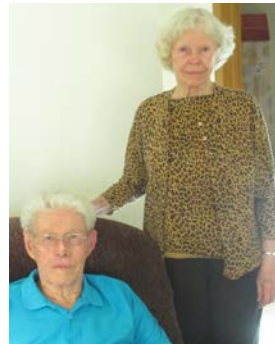
THANK YOU!!

~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.

RESIDENT SPOTLIGHT

Our resident spotlight this month goes to Jerry C. This month he turns 89. He and his wife, Geri, have been residents at Primrose for about 2 years. In July, they will have been married 63 year. Jerry 's career after serving in the Korean war, was working in sheet metal. They lived in Loveland, CO. He worked on the Budweiser plant and also on the Chrysler Building in Belvidere, IL that covered 44 acres! After visiting his sister, who had a house in the Elks Estates, they decided to build there too. They lived there for 17 years before moving to Primrose. Many times you can catch Jerry in the exercise room staying in shape.



EMPLOYEE SPOTLIGHT

For the employee spotlight we would like to welcome the new employees. We have several that have come on board; and we will also welcome a new Executive Director and Director of Nursing. The new year is starting with lots of new changes and faces. Please be patient as they learn the residents and daily routines. This will be a change for everyone and we hope it is a smooth transition.

HAPPENINGS AT PRIMROSE

January 31st we said goodbye to a few of our employees with a little shindig. Lynn Ivey, our Executive Director, with 20 plus years, Joyce Flynn, LPN, 4 plus years, and Barbra Martino, (BJ) cook, with a little over 1 year. Thanks to all of you. You will be missed.



EVENT HIGHLIGHTS

Want some fresh fruit? Join us for fruit bingo every Wednesday at 9:30 AM.

Watch your calendar for great live entertainment, and come join in the fun and tap you toes and clap you hands.

For those of you that like to play pool, Amy has scheduled a new activity every other Wednesday

afternoon at 1:30 PM. The new activity is listed as "Pool Sharks".

If you have a suggestion for an activity you would like to see on the activity calendar, please visit with Amy.

ACTIVITIES

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.



<https://www.realsimple.com/food-recipes/browse-all-recipes/hibiscus-mocktini>

♥

S	K	D	N	J	E	T
D	I	J	N	P	O	Y
N	S	H	O	I	L	Y
E	S	H	T	I	K	L
I	E	G	M	U	O	N
R	S	A	U	V	R	T
F	F	T	E	H	N	T

LOVE	TRUTH	FAMILY
JOY	FRIENDS	KIND
HOPE	KISSES	HUGS