

THE HOMESTEADER

Golden Years Homestead AL/IL Newsletter Address: 8300 Maysville Rd. Phone: (260) 749.6725

News and Notes



Carter Hearing Clinic will be seeing clients in their office at GYH Nursing Care. If you need an appointment, call 436-6400.

Reminder – Available to you at GYH (on site) is outpatient therapy. You can contact the nursing department or the Therapy dept. if this service is needed. They can come to your apartment or you can come to the Therapy Center in the Core Building.

A Lighter Step foot clinic will be held on Tuesday, April 24th, 2018 at 8am. If you would like to schedule an appointment, please contact the office and we will be glad to assist you in scheduling an appointment.



We are looking for collections to feature each month in the Hutch. If you have any kind of collection that you would be willing to share, please call the front desk at 749-6725. There is help available for arranging your collection in the hutch.

Due to the decrease in items needing to be sewn, the sewing ladies will be here to do mending on an as needed basis **only**. They will not be here every first Wednesday of the month. The ladies will still mend seams, replace buttons, hem pants, and patch holes. Sorry, no detailed alterations. This mending is for Golden Years Homestead residents only.

Let's welcome our new residents to Golden Years Homestead:

- Bob Heinold, 2009
- John & Shirley Harris, 3012-D
- Neil & Pat Monroe, 15A
- Jack & Shirley Meyer, 22A
- Al & Pat LaRue, 23B



Golden Years residents and staff welcome you!

March Birthdays

(Happy B-day, Y'all!!)

4-04	Linda Thompson	3017
4-16	Flo Carlson	3036-D
4-18	Illene Thompson	2012
4-21	Margaret Clayton	11C
4-22	Margaret Pflueger	20A
4-28	Ken Swanson	3004-D

Please note: We do not like to miss anyone's birthday, so if you do not see your name on the birthday list in the newsletter during your birthday month, you can contact Kim, at the front desk, and she will be glad to add you to the resident birthday list. Our apologies to anyone's birthday that may have been missed.



From the Maintenance Desk of...

I would like for you to be aware that the maintenance department will be changing the filters starting mid to late April for the villas, cottages, duplexes, and AL apartments. We will need access to your apartment.

Thank you for your cooperation in this matter.

Brandon Wiseman
Maintenance Supervisor



Celebrating April

Jazz Appreciation Month

Physical Wellness Month

Humor Month

Occupational Therapy Month

Volunteer Month

Easter
April 1

Nat'l Siblings Day
April 10

Peach Cobbler Day
April 13

Earth Day
April 22

Give it to Jesus

Have you ever been in a situation where you thought that you were trusting God, but in all reality, you were just doing **"your thang?"** I have found myself in this very same predicament time and time again. I can be difficult. Hard-headed. Stubborn and... controlling. There! I said it! Confession is good for the soul and I just confessed. So, go easy! OK?

Trusting the Lord can be difficult at times when we want to take control. We want things done our way. We want things done when we want it done. **No waiting... Just NOW!** The scripture states in **Isaiah 55:8, "For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD."** God knows what the real need is in every situation and man does not. That would include me. He knows what is best for us so why do we feel the need to cling to the cares of this life and not put our trust in Him? Didn't he say that he would never leave us nor forsake us?

We all know the story of the Children of Israel and how they wandered through the Wilderness for 40 years. Did you know that technically the journey from Egypt to the Land of Promise was an 11-day journey on foot? God clothed them, kept them, sent Manna from Heaven and when they tired of that, quail. He fought their battles over and over and yet they still were untrusting, disobedient and unyielding to believe His Word. This is how we can be at times. We walk through our wilderness of unbelief because we don't think God can work it out like we want or we may not like his outcome. If we would just realize that what he wants for us is greater than what we want for ourselves. The things that we desire for our Journey through this land may not be what God has instore for us.

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Health News

Walk This Way!!

Physical activity is a vital component to maintaining our overall health. The benefits of exercise affect many different aspects of our bodies. Maintaining a daily activity regimen can help us to prevent disease, develop stronger heart and lungs, and promote overall good health. Also, exercise can improve our body's stamina by training our body to become more efficient and use less energy, and enhance our flexibility allowing us to be limber enough to easily move around, bend and reach.

A daily walking program is an activity that most everyone can take part in. Below are recommendations and instructions that can assist you in developing your own walking program. Always make sure to consult your physician before beginning any new exercise routine.

Your personal Walking Program

Guidelines:

- Never hold your breath when exercising.
- Avoid walking outside during extreme weather.
- Make sure to wear proper fitted shoes.
- Stay hydrated by drinking plenty of water.
- Steer clear of rocks or rough terrain that could potentially cause a fall.

Developing Your Personal Walking Program

Step 1. Your walking program should follow your individual tolerance. If you are tired or ill, wait until you feel better to continue.

Step 2. Warm up your muscles to reduce risk of injury.

Step 3. Walk at a speed with which you feel comfortable. Walking should be continuous and rhythmic. Maintain posture by keeping you head up, eyes forward, shoulders back and straight.

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Step 4. Start slow and gradually increase as tolerated.

Step 5. Cool down after walking to return your body to its "resting state" and reduce the risk of muscle soreness.

Purchase a pedometer and track your daily progress. If possible, follow the step guidelines:

- For long term health** 10,000 steps dly.
- Weight loss** 12,000-15,000 steps dly.
- Aerobic fitness** Do 3, 000 or more dly.



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Psalms 62:8 says, "People in every situation put your trust in God, pour out your heart before him, for God is a refuge for us." We need to learn to put every situation and all of our cares of life into the hands of the Almighty. **He has everything under control!** Don't give him a few battles (cares) to fight and keep some for yourself. **Give them all to Him** for he is working for our good! If we try to do things on are own without the Lord's help, we will mess it up and cause more trouble and heartache. Have faith that God knows what is best... for he does. Sometimes in life, we walk by sight instead of by faith. We want to see it **"for ourselves."** Just like the Children of Israel's skepticism and unbelief kept them from entering into The Promise Land, don't let your failure to believe in God's word keep you from entering your Promise. **"Trust in the Lord with all thine heart and lean not on thy own understanding. In all your ways acknowledge him and he shall direct your paths."** Proverbs 3:5-6. Increase your faith by allowing him to take control and then you will see, at the end of your trial, the blessing that you will receive will be **better** than **You** imagined.

Kim Poling

What Happened at the first Artist's Workshop?



Janet shared copies of her **"Ultra Realistic Portraits in Prisma"** and later did a demonstration. Ten people were seated at a big U-shaped table. They were asked to share their names & tell about any creative things they have done (not just artwork).

They told about:

- Unique homemaking skills – flower beds, arranging, baking, sewing, knitting
- Stained glass
- Folk painting
- Landscaping, painting, watercolor
- Nursing, taking teens on missions
- Drawing, Adult Color Books
- Delicate seamstress work
- Cake decorating, singing, playing
- A farm turned into a well-known Fall Pumpkin Farm & School

Janet can lead small groups with certain interests such as: roses, faces, cartoons, colored pencil.

Come to watch or bring/tell about something you have made. Meet others with similar interests. Next workshop is **Wednesday, March 28th @ 3pm.**

Janet Musselman
Villa Resident

Activity Connection

Upcoming activities:

- Wed. April 11 @ 10am** – Chapel Service
- Thursday, April 12 @ 6:30pm** – Bible Study w/Jon & Kim Poling
- Thursday, April 17 @ 10am** – Music w/Kirk Hughes
- Thursday, April 19, 2pm** – Celebrating our Volunteers Reception
- Sat., April 21, 3pm** – Music w/ "Unclouded Day"
- Thursday, April 25 @ 2:30pm** – Visit from Tin Caps Mascot

NoW That's FuNny!!

New Medical Dictionary Terms

- Artery**..... The study of paintings
- Bacteria**..... Back door to cafeteria
- Barium**..... What doctors do when patients die
- Benign**..... What you be, after you be eight
- Catscan**..... Searching for Kitty
- Cauterize**..... Made eye contact with her
- Colic**..... A sheep dog
- Coma** A punctuation mark
- Dilate** To live long
- Enema** Not a friend
- Fester** Quicker than someone else
- Fibula** A small lie
- Impotent** Distinguished, well known
- Labor Pain** Getting hurt at work
- Medical Staff**..... A Doctor's cane
- Morbid** A higher offer
- Nitrates** Cheaper than day rates
- Node** I knew it
- Outpatient** A person who has fainted
- Pelvis** Second cousin to Elvis
- Post-Operative** A letter carrier
- Recovery Room** Place to do upholstery
- Rectum** Nearly killed him
- Terminal Illness** Getting sick at the airport
- Tumor** One plus one more
- Urine** Opposite of you're out