

The Homesteader

Golden Years AI / IL Newsletter 8300 Maysville Rd. Phone (260) 749-6725

Wednesday's at Georgetown Square
TCBY Yogurt .99 Waffle Cones
Renew Senior Day 15% off
Peerless Cleaners Wacky Wed. Specials

Tuesday's at Georgetown Square
Ziffels- Rib Tip Basket 6.00 all day

Senior menu-Everyday at Angel's Café

Senior Discounts around the Fort
Walgreen's 1st Tues. of each month 20% off
Applebees 10% off everyday
Pizza Hut 10% off everyday

GROCERIES DELIVERED TO YOUR DOOR
Insta-Cart 1-888-246-7822 Delivered to your door 2 Hour Notice --- 11.95 Fee

Curbside Pickup—Kroger.com

AVAILABLE SERVICES

Dr. Carter Hearing Clinic- 436-6400
Is available on Friday's at Nursing Care Facilities 3136 Goeglein Rd.

Foot Care with Ken Sorg 20.00 fee
Saturday, February 23rd @ 9:00am

Salon Services with Peg 748-6439
Tuesday – Friday 9:00am- 4pm

Physical Therapy call front desk
749-6725

Chapel Services 2nd Wednesday of the month and Bible study on Wednesday at 10:00am.

Catholic Mass is Thursdays at 3:00pm at the Nursing Care facility 3136 Goeglein Rd.

Sunday Service is at 11:00am

Happy Blessed Birthday

February 1 st	Betty Swafford	12A
February 5 th	Leslie Jahn	2016
February 5 th	Thelma Platner	2008
February 7 th	Don Prucha	3034-T
February 13 th	Darwin Markley	3018
February 14 th	Dorothy Maxey	2015
February 17 th	Paul Steiner	3056-T
February 22 nd	Janet Till	2015
February 27 th	Sylvia Hyman	3030-T



Residents Activites

CARD GAMES ON TUESDAY

Euchre 12:00 3rd floor
Greedy 2:00-Chapel
Friday is Bridge 3rd fl. At noon

ART WORKSHOP WITH Janet Musselman
4th Monday of each month at 3:00pm

KNITTING & CROCHETING -every other
Wednesday at 1:00pm in the living area

Watchman's Club- with Gene Taylor

Bingo on Saturday's 2:00pm

If you need any assistance call Vicky at the front desk M-F 8:30-5:00pm Mox, Sat.9-1:00
CLOSED SUNDAY

WELCOME PHYLLIS HANSEN-ACTIVITY ASSISTANT



Celebrating February

Mend a Broken Heart Month

Library Lovers Month

Groundhog Day
February 2

Celebration of Love Week
February 10-16

Valentine's Day
February 14th



Love Your Pet Day
February 20

Tooth Fairy Day
February 28



HEALTHY LIVING

Water Works...Are you drinking enough?

Since our bodies are mostly water, and water is essential for every bodily function, it is very crucial to replenish our systems often by drinking plenty of water. When we get enough water our bodies are much more likely to function at optimal levels.

Without enough water we began to feel the symptoms of dehydration very quickly.

Initially, these symptoms may appear as routine fatigue, dry skin, headaches and constipation. Over the longer term, every bodily function will degrade more quickly, leaving us prone to all sort of degenerative conditions.

AN ADEQUATE DAILY WATER INTAKE

*Is essential for digestion, nutrient absorption and elimination.

*Aids circulation

*Helps regulate body temperature

*Lubricates and cushions joints

*Keeps the skin healthy

*Helps remove toxins from the body

*Helps our muscles function and our heart is a big muscle!

This Old House

This old house is needing repair. Am I too old to really care?

My teeth are loose. My knees are fat. There is a roll around my waist. What happened to that? My skin is dry. My eyes need glasses. I'd go back to school. Am I too old to take classes? There are now dark spots on my skin everywhere. Oh great! I'm tired, there's my easy chair.

I look in my closet. Where is all my minnie skirts? Oh well, I have my loose pants and my very long skirts! My collection of high heels all stacked so neat. I'll just wear these same old flats today on my feet! My hair is getting thin. It use to be thick. I really need a transplant and need it quick! And there is my toliot. My buddy, my friend. So close to my bedroom. In him I depend. This old house is now, today, this moment, in need of repair. Yes, I am too old to even care!

Um, maybe tomorrow, I'll head for the "Y" and start an exercise program. Y, What for?

Christine Marsee,(AL- nurse)



RIP-Jack Luckert,Dorothy Luckert's husband 3042, Terraces

RIP-Art Pflueger 20A Villas

ACTIVITY CORNER---Gina Jehl

Monday, February 4, 2:00pm-Music With Glenn & Ed

Tuesday, February 5, 3:00pm-Speaker Series; Visiting Nurse

Wednesday, February 13, Music with Top Brass Trio-7:00pm

Thursday, February, 14, 5:00pm-Valentine's Dinner & Music with Ken & Carol



Thursday, February 21, 2:00pm- Chocolate Dipping Social Bar

Tuesday, February 25, 2:00pm Music with Alan Schaffer



HEART ATTACK WARNING SIGNS

Uncomfortable pressure squeezing, Fullness or pain in chest area, it lasts A few mins. Goes away and comes Back.

Pain or discomfort in one arm or both, the Back, neck, jaw, or stomach.

Shortness of breath with or without chest discomfort.

Breaking out in a cold sweat, nausea or lightheaded.

SIGNS OF A STROKE

Sudden numbness or weakness of the Face, arm or leg

Sudden confusion, trouble speaking, Seeing, walking, dizziness, loss of Balance or coordination.

Sudden severe headache with no cause.

Don't delay any Symptoms call 911 IMMEDIATELY



MAINTENANCE



January 9th our first snow of the new year.

Maintenance asks that we park away from the side walks do not let our bumpers front or back hang over sidewalk. Please and thank you😊



Also, for those residents who park in the handicap spots and who will not be driving this winter, would you please move your vehicles farther out so that residents and visitors who drive, who may need those designated spots, will have a place to park?

Maintenance is now centralized for us that means Andy, Jacob, Phil and Tom will be on a 2 week rotation between AL / IL and Nursing Care facility.

Thank You,
Chad Bell, Maintenance Supervisor

ASK THE LORD TO GIVE YOU EYES TO SEE HIM IN THE FACE OF EVERY PERSON YOU MEET.