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Meridian Gardens

Assisted Living Community

Rejuvenating Lives

Volume 10

Winter 2009

A Joyful Place

by: Cindy Gasper Life Enrichment Coordinator

As I look back on this past year the words joy and joyful come to mind. According the Webster dictionary, joy is defined as: a feeling of happiness that comes from success, good fortune, or a sense of well being - a source of happiness. The word joyful is defined as: experiencing, causing or showing joy.

As I begin to write this article I'm stuck on that word, joyful, and its meaning: experiencing, causing or showing joy. I ask myself is this a joyful place? Then the answer easily comes with the memories of this past year and what I've seen and experienced at our Meridian Gardens Community, a place many call their home now. I've witnessed or been a part of a hug, hand shake, a pat on the back. I recall a smile, laughter, teasing, a wink of the eye and a nod of the head. There have been tears shed in very sad and difficult times with more hugs, hands held tightly, and outstretched arms to lift each other up.

Each of us has challenges we are facing in today's changing, busy and at times, very stressful world. Each has a bad day now and then. Somehow, through all the challenges, stress and bad days I've seen our wonderful residents, staff, families, friends, and volunteers living and working together experiencing, causing and showing joy. How easily my question is answered. Yes, this is a joyful place!

A dear friend reminded me of another meaning for JOY which is: focusing our lives in this order Jesus, Others and You.

Wishing each of you an abundance of joy in the New Year!



Santa and Mrs. Claus join Pat Boilsen in bringing Christmas cheer



Decorative sweatshirts are a big hit at the holiday boutique



Edna Mohlmann and Mavis Munson get their nails done by volunteer Donna Fleming



Seven Day Adventist students entertain residents

In Mark's Words

by Mark Zebr, Executive Director

As we begin 2009, we enter with many questions. **What** will this New Year bring? **What** blessings will I be granted? **What** challenges will I face? **What** lessons will I be taught? No matter **what** happens, we have a choice to make. This choice involves our perspective, our attitude, and our reaction to **whatever** it may be.

In 2008, most of my management staff had the opportunity to take a Leadership Class. One of the topics we discussed was Key Leadership Principles. As I returned from this class, my perspective on these principles seemed more focused. I found myself focusing on the facts of the situation at hand. I found myself building my people up out of respect even though I didn't necessarily agree with their perspective. I found myself taking an attitude of how I could serve more so than how others could serve me. I found myself taking the initiative to make improvements of not only the things I saw, but what others saw as well. As I discovered these principles and began putting them into practice, I discovered I was more courageous in doing so.

I leave you with a poem I ran across called, "One Day at a Time" by an unknown author:

Whatever the goal we're pursuing,
No matter how rugged the climb
We're certain to get there
By trying our best,
And taking one day at a time.
"Forever" is hard to imagine,
"The future" may seem far away-
But every new dawn
Brings a wonderful chance
To do what we can on that day.

We at Meridian Gardens are dedicated to help our residents, their families, and each staff member to make each and everyday a special place in time. As we journey together may we all grow closer together to make our garden a special place to live, play, and work! If you are not apart of our garden, come see us and see why Meridian Gardens is the place to be!



New Meridian Garden's Manager:

Dean Woita is the new Maintenance Supervisor at Meridian Gardens. He brings various experiences in maintenance through owning rental properties for 13 years and advanced training in the electrical field. Dean worked for Enterprise Products in Greenwood, NE for 20 years. Most recently he worked at Vishay Dale Electronics for over a year. At Meridian Gardens he will maintain the property, facility and equipment, coordinate fire and safety procedures, and serve as a backup facility van driver. Dean and his family are originally from Waverly, NE. He currently resides in Columbus.

Anyone care for a swim?

Believe it or not, January is a big month for outdoor swimming - at least the chilly kind that benefits charity. "Polar Bear Swims" and "Penguin Plunges" are the names of some of the events that take place around the world, where daring swimmers strip down to their skivvies to brave the cold water and raise money for a good cause. That sounds downright uncomfortable!

Wrap yourself in a blanket and see if you can Unscramble the following synonyms for the Words "VERY COLD"

1. CIY _____
2. BURSEZO _____
3. GFEZERNI _____
4. GIIRFD _____
5. CCTARI _____
6. SOTFYR _____
7. LLACIAG _____
8. TRYWIN _____
9. TIBIGN _____

In Loving Memory

Jesus said, I am the resurrection and the life; he who believes in me, though he die, yet shall he live, and whoever lives and believes in me shall never die."

We wish to express our sympathy to the families and friends of, Mildred Augustin, Melvin Wetgen and Lillian Hillen. We were blessed to have the opportunity to care for these special people. They will hold a special place in our hearts.

Assisted Living 101

By Gwen Sander, Marketing Director

An estimated one million Americans currently live in Assisted Living Communities across the country in approximately 36,000 facilities. Yet to so many, it is not clear what Assisted Living is all about. So much of what we do as employees of the industry and more specifically of Meridian Gardens, is education. For many "you don't know what you don't know" applies.

So where and when should someone start looking for information? If you or a loved one is starting to show concerns in managing daily living tasks, make it your 2009 resolution to learn about Assisted Living. Taking a proactive approach to knowing what is out there and how it works can allow you to make the best decisions. Even if assisted living is a ways out, make a plan and communicate with your family your wishes before faced with a crisis.

Assisted Living evolved over the past two decades as an attractive alternative to unsafe home conditions and nursing home settings. For so many years, there weren't many options. Today there are numerous types of assisted living facilities offering various services. The key is finding the right fit for you or your loved one.

Assisted Living residents can be middle aged or old, various incomes, and in different states of health. The typical national profile is a woman mid-80's needing help in at least two activities of daily living. An estimated 50% of all assisted living residents have some form of memory impairment. Assisted Living facilities can also handle those with special needs such as significant

cognitive impairment due to Alzheimer's or Parkinson's, short term (Respite) care to cover caregiver absence or following a hospitalization, and needs due to a terminal illness (requiring hospice care). As you can see, Assisted Living is very flexible to meet the individual's situation.

Typically the loss of a spouse, caretaker or recent health crisis initiates the exploration of Assisted Living. For some, it is the need of immediate placement due to a fall, need for enhanced rehab following hospitalization, or family status change. Assisted Living is appropriate for anyone who can no longer manage living on their own. The customized plan of 24-hour care provides safety, medical assistance and a range of special services. The balance of proper nutrition, medication, and socialization can significantly raise the individual's quality of life.

Meridian Gardens is ideal for someone who can do some tasks on their own, but needs the benefits of assistance in a home-like atmosphere. Our goal is to work with the individual's independence and supplement in areas causing burden to the individual. Assisted Living adds to physician and family care.

Come and learn the benefits of Assisted Living at Meridian Gardens. Don't be afraid to find out what you don't know. You might find out it is better than anticipated! The golden years don't have to be feared.

Call today to have a personal consultation and tour. Come be our guests for lunch. Allow us to sit down with you and explore options to find the right fit for you or your loved one.

EMPLOYEE

OF THE MONTH

Congratulations Employee of the Month for the following months!

OCTOBER

Susan Pospisil, Medication Aide

NOVEMBER

Robyn Determann, Cook

DECEMBER

Irvin Mueller, Van Driver



Carol Lampshire and June Lowry admire the joy Pat Wiseman gets from handling a baby



Geri Iverson and Margie Coffin enjoy holiday baking.



Mickie Friesen and daughter Marlene prove you're never too old for Santa

Happy Hugging Day

January 21 marks the 23rd annual Hugging Day, a holiday "embrace" by huggers in the U.S., Canada, Guam, England, Australia, Germany, and Russia. The purpose of the day is to promote the benefits of hugs year round. Sometimes a hug can make all the difference in someone's day. So make sure you ask first, then give someone you know a great big hug today!

JUST REMEMBER THAT I NEED YOU

Blessed are they who understand my faltering step and arthritic hands.

Blessed are they who know my ears today must strain to catch the things they say.

Blessed are they who seem to know that my eyes are dim and my memory slow.

Blessed are they that looked away when the coffee spilled at my table today.

Blessed are they with their cheery smile who stopped to chat for a little while.

Blessed are they who know the ways to bring back memories of yesterdays.

Blessed are they who make it known that I'm loved, respected and not alone.

Blessed are they who ease the days on my journey home in so many loving ways.

Please remember that the best of me may be gone but I need you to stand by me until my life is done.

- author unknown

Test your nutrition knowledge

By Jenny Sloup, Executive Chef

Below are 10 statements about food and nutrition. Are they true or false?

- T F A single orange has a full day's supply of vitamin C.
- T F Our skin can make vitamin D in the presence of sunlight.
- T F A cup of yogurt has more calcium than a cup of milk.
- T F Ten minutes of bicycling burns about 100 calories.
- T F A tablespoon of vegetable oil has 120 calories.
- T F A tablespoon of sugar has 45 calories.
- T F Sugar calories from drinks tend to be more fattening than sugar calories from foods.
- T F Another name for sugar is sucrose.
- T F Another name for the artificial sweetener NutraSweet is aspartame.
- T F Iron deficiency is a common nutritional problem in young children.

ALL ANSWERS TRUE



Wanda Zuroski and Francis Brandl work hard at crafts



A trip to the pumpkin patch proves plentiful



Pam Scoville and Agnes Prucha hand out candy



Angela Sand works on Christmas mice



Rose Stachura and Lucille Hollman admire the handwork of the quilting club

Nursing News

By Jose Kodad RN, Director of Healthcare

Happy New Year!

This is often a time to make new plans for the coming year. Many people will set resolutions and start off strong and then begin to dwindle as the year progresses. I think it is important to do more than just make a resolution-one should plan it out. Maybe the very beginning of the year was a poor time to make a change. But now, after the holidays are over and you have gotten back in your normal routine, it may be a good time to make a plan.

Here are some key ideas to make a lasting resolution (according to Dr. M. Galloway and Dr. G. Grainor)

1. Make it visible. Write out your resolution and place it where it can be seen each day.
2. Write a full plan of what you wish to change or accomplish.
3. Set reasonable goals and time frames. Within that goal, create stages to work toward the end goal. Write out start and end points for each stage required to meet it.
4. If your goal is to make a lifestyle change, be sure to create a plan that incorporates these changes into your daily life. Adding to an already busy schedule can make for a short lived resolution.

The last idea to help you stick to your resolution is to tell others about what you plan to do. It is harder to go back on something when others are aware of what you are trying to do. With these ideas in mind, I hope you have a healthy and Happy New Year.

*Jose Kodad R.N. Director of Health Care
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Speaker Paul Miller educates the community on the Veterans Aid and Attendance Pension



Harry Weber helps Jenny cook the cream can meal



Ruby Wilken referred sister-in-law Lois Beblen and takes advantage of referral program



Moving day for Meridian's new baby grand piano



Gerri Iverson is the first of many residents to play the piano



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- Director of Health Care.....Betty Jo “Jose” Kodad*
- Office Manager.....Royce Lewis*
- Life Enrichment CoordinatorCindy Gasper*
- Marketing DirectorGwen Sander*
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