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Lincoln Court

MAY 2012 • ENJOY THE JOURNEY

Diabetes Information for All

This is an article about diabetes for everyone, including those not diagnosed with diabetes.

Diabetes is a growing health concern among the aging population. Why? According to the American Diabetes Association, 10.9 million or 26.9 percent of all people in this age group have diabetes. That's over one in four people over the age of 65 with a diagnosis of diabetes. Even with these staggering statistics, it is estimated that seven million people of all ages are still undiagnosed.

With seven million estimated to be undiagnosed, those in the older population are the most at risk. This can happen because the signs and symptoms of diabetes can be overlooked as "natural aging." These signs and symptoms include lack of recognition of thirst, blurred vision, extreme fatigue, nausea, vomiting, impaired physical function, a greater number of falls, cuts and bruises that are slow to heal, and tingling or numbness in hands and/or feet. Other signs/symptoms that are not so common in natural aging but still may be overlooked as other conditions are frequent urination, increased and unusual thirst, increased depression, changes in weight (loss or gain) and increased bladder or skin infections.

Diabetes happens when the body doesn't produce enough insulin or when the cells don't respond to the insulin produced. Insulin is the hormone produced by our bodies to control our blood glucose (sugar) levels. When the body's blood sugar is not regulated, the body becomes unregulated. This can lead to serious effects.

These serious side effects or complications can happen fast or over a period of time. The complications of diabetes include vision loss that can lead to blindness, heart disease, stroke, kidney failure, nerve damage, infections, pressure sores, restless leg syndrome and dementia, all which take away from an independent lifestyle.

Minimizing the risk of diabetes is important for those with or without risk factors. Not smoking, maintaining a healthy weight, being physically active and eating a regular, well-balanced meal are just a few ways to help keep your risk down. If you smoke, stop. If you don't, don't start. Joining exercises in the dining room might be a good habit to start. If you have limitations, come see us in the Health and Wellness Department. We can coordinate with your doctor and help you form a plan of well-balanced meals, keeping your cholesterol low and maintaining a normal blood pressure. None of these things should be new to you, but with the rising epidemic of diabetes being diagnosed in the older population, you might want to think twice about giving up a few bad habits.

If you are living with diabetes, yearly eye exams, cholesterol checks and ensuring proper foot care are essential parts of maintaining health with this disease.

With or without the disease, everyone should be limiting sugar, salt, caffeine, alcohol and soft drinks.

Diagnosing diabetes is a simple process, and anyone over the age of 40 is recommended to be screened every three years.



Enjoy the Journey!

Life is a highway, and we're gonna ride it! Wanna take a Sentimental Journey? Come fly with us! During the month of May, we plan to visit new places, travel back in time and have the world come to us. For those interested in history, how about going pre-historic? A trip to the Idaho Falls Museum to see the Dinosaur Exhibit ought to be just the ticket. Or, if you're feeling bold and adventurous, a bus trip is being planned to see Yellowstone, with an overnight stay in a furnished condo. See Mynde for itinerary details and to sign up for that exciting excursion. Last of all, for an international flair, the dining room staff and the Activities Department are pairing up to bring the world to you! Each week will feature cuisine, music and decor from different countries, including Germany, Mexico and Holland. Perhaps, after all the sightseeing and travel, we'll be ready to exclaim, "There's No Place Like Home." Isn't living at Lincoln Court the way retirement should be?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations Activities Room, AR Library, LI Lobby, LB Restaurant, RE The Bistro, B The Constitution Room, CR The Lounge, LO</p>	<p>Birthdays Janet Duke, 1st Steve Terrell, 4th Erma Allison, 5th Ann McAtee, 10th Lucille Rosenkrance, 14th Rhea Christensen, 15th Lela Stewart, 20th Bea Papke, 21st • Bob Pack, 31st</p>	<p>9:00 Yoga/Chair Exercises With Kara, AR 10:00 Arts & Crafts Workshop, AR 1:00 Wii Bowling Practice, AR 3:00 Bingo, AR</p>	<p>9:15 Chair Exercises With Mynde & Brad, RE 10:00 Mexican Train Dominoes, AR 1:30 Enjoy the Journey Social, AR 3:00 Bingo, AR 6:00 Hand and Foot Card Game, LO</p>	<p>8:30 Men's Breakfast, LB 9:00 Yoga/Chair Exercises With Kara, AR 10:00 Help Your Neighbor, AR 1:30 Sing-Along With Jerri, AR 3:00 Bingo, AR 6:00 Movie Night, Popcorn & Drinks, AR</p>	<p>9:15 Chair Exercises With Mynde, RE 10:00 Bingo, AR 12:00 Fort Hall Trip, LB 1:30 Nondenominational Bible Study, LO 2:30 Enjoy the Journey Happy Hour, AR 6:00 Game Hour, AR</p>	<p>CINCO DE MAYO 9:00 Chair Exercises With Betty, RE 10:00 Bingo, AR 1:00 Game Hour, AR 2:30 Movie Matinee, Popcorn & Drinks, AR</p>
<p>6 9:15 LDS Church Service, AR 3:15 Nondenominational Church Service, AR 6:00 Hand and Foot Card Game, LO</p>	<p>7 9:15 Chair Exercises With Mynde, RE 10:00 Wii Bowling Team Practice, AR 10:00 Arts & Crafts Workshop, AR 11:30 Blood Pressure Clinic & Foot Clinic, AR 1:00 Arts & Crafts Workshop, AR 3:00 Bingo, AR 7:00 Old-Time Fiddlers, RE</p>	<p>8 9:00 Yoga/Chair Exercises With Kara, AR 10:00 Arts & Crafts Workshop, AR 1:00 Wii Bowling Practice, AR 3:00 Bingo, AR</p>	<p>9 9:15 Chair Exercises With Mynde & Brad, RE 10:00 Mexican Train Dominoes, AR 1:30 Enjoy the Journey Social, AR 2:00 Food Council Meeting, RE 3:00 Bingo, AR 6:00 Priesthood Meeting, LO 6:00 Hand and Foot Card Game, LO</p>	<p>10 9:00 Yoga/Chair Exercises With Kara, AR 10:00 Help Your Neighbor, AR 1:30 Sing-Along With Jerri, AR 3:00 Bingo, AR 6:00 Movie Night, Popcorn & Drinks, AR</p>	<p>11 9:15 Chair Exercises With Mynde, RE 10:00 Bingo, AR 10:00 Catholic Communion, LO 1:30 Nondenominational Bible Study, LO 2:00 Wii Bowling Competition Resident & Employee, AR 6:00 Game Hour, AR</p>	<p>12 9:00 Chair Exercises With Betty, RE 10:00 Bingo, AR 1:00 Game Hour, AR 2:30 Movie Matinee, Popcorn & Drinks, AR</p>
<p>MOTHER'S DAY 9:15 LDS Church Service, AR 3:15 Nondenominational Church Service, AR 6:00 Hand and Foot Card Game, LO</p>	<p>13 9:15 Chair Exercises With Mynde, RE 10:00 Wii Bowling Team Practice, AR 10:00 Arts & Crafts Workshop, AR 1:00 Arts & Crafts Workshop, AR 3:00 Bingo, AR</p>	<p>14 9:00 Yoga/Chair Exercises With Kara, AR 10:00 Arts & Crafts Workshop, AR 1:00 Wii Bowling Practice, AR 3:00 Bingo, AR 6:00 Silver Zephyr, RE</p>	<p>15 9:15 Chair Exercises With Mynde & Brad, RE 10:00 Mexican Train Dominoes, AR 1:30 Enjoy the Journey Social, AR 3:00 Bingo, AR 6:00 Hand and Foot Card Game, LO</p>	<p>16 8:30 Dr. Black Foot Clinic, AR 9:00 Yoga/Chair Exercises With Kara, AR 10:00 Help Your Neighbor, AR 1:30 Sing-Along With Jerri, AR 3:00 Bingo, AR 6:00 Movie Night, Popcorn & Drinks, AR</p>	<p>17 9:15 Chair Exercises With Mynde, RE 10:00 Bingo, AR 1:30 Nondenominational Bible Study, LO 2:00 Wii Bowling Competition With Fairwinds, AR 6:00 Game Hour, AR</p>	<p>ARMED FORCES DAY 9:00 Chair Exercises With Betty, RE 10:00 Bingo, AR 1:00 Game Hour, AR 2:30 Movie Matinee, Popcorn & Drinks, AR</p>
<p>20 9:15 LDS Church Service, AR 3:15 Nondenominational Church Service, AR 6:00 Hand and Foot Card Game, LO</p>	<p>21 9:15 Chair Exercises With Mynde, RE 10:00 Wii Bowling Team Practice, AR 10:00 Arts & Crafts Workshop, AR 1:00 Arts & Crafts Workshop, AR 3:00 Bingo, AR</p>	<p>22 9:00 Yoga/Chair Exercises With Kara, AR 10:00 Arts & Crafts Workshop, AR 1:00 Wii Bowling Practice, AR 3:00 Bingo, AR</p>	<p>23 9:15 Chair Exercises With Mynde & Brad, RE 10:00 Mexican Train Dominoes, AR 1:30 Enjoy the Journey Social, AR 3:00 Bingo, AR 6:00 Hand and Foot Card Game, LO</p>	<p>24 9:00 Yoga/Chair Exercises With Kara, AR 10:00 Help Your Neighbor, AR 1:30 Sing-Along With Jerri, AR 3:00 Bingo, AR 6:00 Movie Night, Popcorn & Drinks, AR</p>	<p>25 9:15 Chair Exercises With Mynde, RE 10:00 Bingo, AR 1:30 Nondenominational Bible Study, LO 2:30 Resident Birthday Party, AR 6:00 Game Hour, AR</p>	<p>26 9:00 Chair Exercises With Betty, RE 10:00 Bingo, AR 1:00 Game Hour, AR 2:30 Movie Matinee, Popcorn & Drinks, AR</p>
<p>27 9:15 LDS Church Service, AR 3:15 Nondenominational Church Service, AR 6:00 Hand and Foot Card Game, LO</p>	<p>MEMORIAL DAY 28 9:15 Chair Exercises With Mynde, RE 10:00 Wii Bowling Team Practice, AR 10:00 Arts & Crafts Workshop, AR 1:00 Arts & Crafts Workshop, AR 1:15 Relief Society, AR 1:15 Relief Society, AR 3:00 Bingo, AR</p>	<p>29 9:00 Yoga/Chair Exercises With Kara, AR 10:00 Arts & Crafts Workshop, AR 1:00 Wii Bowling Practice, AR 3:00 Bingo, AR</p>	<p>30 9:15 Chair Exercises With Mynde & Brad, RE 10:00 Mexican Train Dominoes, AR 1:30 Enjoy the Journey Social, AR 3:00 Bingo, AR 6:00 Hand and Foot Card Game, LO</p>	<p>31 9:00 Yoga/Chair Exercises With Kara, AR 10:00 Help Your Neighbor, AR 1:30 Sing-Along With Jerri, AR 2:00 Resident Meeting, RE 3:00 Bingo, AR 6:00 Movie Night, Popcorn & Drinks, AR</p>	<p>Transportation Monday, Wednesday 8 a.m.-2 p.m. Dr. Appointments Tuesday 9:15 a.m. Banking Tuesday 10:30 a.m. Walmart Tuesday 1:00 p.m. Scenic Drive Wednesday 10 a.m. LDS Temple Visit Thursday 9 a.m. Personal Errands Service Thursday 1 p.m. Shopping Various Stores Friday 8:45 a.m. Scenic Drive</p>	

LINCOLN COURT

LIVING BETTER THAN EVER

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Staff

General Manager

TBD

Sales Advisors

Melissa Kemmerer

Allison Dunlap

Chef

Christy Jensen

Dining Room Supervisor

Chad Phelps

Health and Wellness Director

Javier Rodriguez

Health and Wellness Assistant Director

Teri Bumgarner

Bookkeeper

Linda Hooker

Program Supervisor

Mynde Rice

Driver

Monica Tobias

Housekeeping Supervisor

JoAnn Staley

Plant Operations Supervisor

Brady Seward

Weather or Not

In conjunction with our March social, "Seeing Stars," Idaho Falls meteorologist Ido Walker from Channel 8 News visited us here at Lincoln Court. Because many of us see her nightly on the TV, she is somewhat of a celebrity around eastern Idaho! Her delightful and outgoing personality made her presentation very interesting. She gave us an inside look at the daily life of a weather prognosticator as well as the ongoing educational path of her career that got her where she is today. There was a lot of schooling and study involved, and she explained to us many of the tools used these days to predict the weather patterns of our region. Even with all the advanced technology, she admits that the weather of eastern Idaho can still flummox the professionals and often be unpredictable! Regardless, we came away with a lot more knowledge and realized that being a TV personality takes more than just being a pretty face. She invited us to come see the Channel 8 studios for ourselves, and so we're taking her up on the invitation and plan to tour the local news station during the month of May. We just hope the weather will cooperate on the day we do!



Residents with Ido Walker

Can Drive Was a Great Success!

Thanks to everyone who attended the Bingo Bonanza and/or donated cans for the Idaho Falls Food Bank. Two hundred and fifty-eight cans were collected. Together we made a difference!



Food drive cans

Resident of the Month



Pauline Seek
for April

Mother's Day Dinner

Hello from the food service team! The entire staff is so excited for this month's theme – Enjoy the Journey. There are a lot of fun activities planned for the residents and staff this month, one of which the Food Service team is especially proud of. Each year for Mother's Day we prepare a special dinner for all the wonderful mothers and their families here at Lincoln Court. This year that special day will be Friday, May 11, from 4-7 p.m. We hope to see you all there, surrounded by your friends and family! From all the staff, we hope you have a wonderful month of May.

– Chad Phelps, Dining Room Supervisor and Restaurant Crew