



Our Community Newsletter

Discover what is going on in our community.

June's 2024 HEALTH POST:

WHAT IS CONGESTIVE HEART FAILURE (CHF)?

Congestive Heart Failure (CHF) is a long-term condition that exists when there is a weakening of the heart muscle making it difficult to pump blood throughout your body. Blood and fluids collect in your lungs and legs over time. And, according to the Cleveland Clinic, more than 6 million people in the United States have congestive heart failure and it is the leading cause of hospitalization in people older than 65. Medications are often prescribed, especially diuretics to manage fluid retention. However, it is just as important to keep a careful eye on your sodium intake. Too much sodium can result in increased fluid retention and more work by your heart. You should limit your sodium intake to 2000mg unless directed otherwise by your doctor. That's less than one teaspoon per day.

GET FRESH WITH YOUR DIET!

Here are some other tips to keep your diet flavorful but less salty:

- Eat fresh food – fresh fruits and vegetables naturally have less sodium. So do frozen fruits and vegetables.
- Be creative with non-salt seasonings to add flavor without adding sodium. Buy a salt-free mix at the store or make your own and bring it to meals.
- Limit your fluid intake, including caffeinated drinks. Caffeine is a stimulant and can put more stress on your heart.
- Avoid fast food and buffets – they are often loaded with salt.

THE COMMON CHF SYMPTOMS:

- Shortness of breath
- Weight gain
- Increased coughing at night
- Swelling in your legs, feet, or abdomen
- Feeling tired

While there are several causes of CHF, including diabetes, coronary heart disease, and abnormal heart rhythms, there are a few key steps for keeping symptoms under control.

REMEMBER TO WEIGH IN

Another key factor is knowing your weight. Weigh yourself before getting dressed or having breakfast but after urinating. Typically, an increase of 2 pounds in one day or 5 pounds in a week is a concern that needs fast attention. Weighing yourself daily and learning what to do if your weight increases are important questions to discuss with health care team.

Questions or concerns about CHF? Check with your primary care provider, and always immediately report any increase of 2 or more pounds in a day or 5 pounds in a week.

From the Nursing Department:

Sam Horn, Director of Nursing & Stephanie Wardarski, Assistant Director of Nursing

- 🌡️ **Our nursing department cares about your well-being. If you're feeling unwell, please stay in your room and practice good hand hygiene to prevent illness spread. Your health is our priority!**
- **Don't forget to communicate with the nursing staff about any upcoming appointments. Your timely notification is crucial for proper care coordination and scheduling.**

Chaplain's Corner:

Jeremiah Lideen, Chaplain

Managing Grief

Chaplain Carolyn Browender

Grief tends to be understood in a narrow set of circumstances: most often a death of a human loved one. To an extent, we have structures in place to address this, such as bereavement leave, memorial services, and grief groups.

However, grief is broader than this. We may experience it when we go through any significant change, even when that change is positive. A graduate celebrates their accomplishments while feeling the bittersweet pang that comes with transitioning to a new school or career. A parent welcomes a new child while grappling with what this means for their identity within their family and outside of it.

We do ourselves no favors when we suppress these feelings. If you're a writer, try journaling to work through this. If you prefer to talk things out, seek out a trusted therapist, friend, or community chaplain, to name and grieve these losses. Your losses are real, valid, and you are deserving of support.

Executive Director:

Hannah Hollenkamp, Executive Director

Happy June!

Highland is getting full swing into the Summer. I am excited for positive opportunities within our community!

Highland will be doing a facility window washing inside and out on June 17th, so we will be escorting window cleaners in your apartments to be able to complete the work.

Also, we are having an Open House on June 18th there will be more information to come on that. I am excited to have your family and friends join us for an ice cream social.

Carrie Statema a long-time employee of Highland is retiring, and we will be hosting her Retirement Part on June 7th, so please help us join her in her celebration into the next phase of her life!

I also want to encourage anyone that has feedback and or a complaint in process that they should complete a Grievance form. These forms are located by the mailboxes by the front lobby if something is on your mind we want to know to continue to make Highland and Amazing place to live.

Highland will also know by May 31st if we are being awarded the Bronze Quality award or not there has been a lot of work that goes into the recognition of a National Quality Award, so please wish us the best of luck.



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Age Magnificently

Team page of Highland Senior Living Life Spark **DONATE TO THE TEAM JOIN OUR TEAM**

Welcome to our team page for the Alzheimer's Association Walk to End Alzheimer's®! Walk is the largest event to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association®. It's held annually in more than 600 communities nationwide, and our team is excited to participate this year.

Currently, more than 6 million Americans are living with Alzheimer's and over 11 million family and friends provide their unpaid care. We need your help to end this devastating disease. You can make an impact with a donation or even joining our team. Your kindness and generosity truly make a difference in the fight against Alzheimer's and all other dementia.

Thank you for your support!

\$2,000
OUR GOAL

2024 Walk to End Alzheimer's - St. Cloud, MN
Saturday, September 21, 2024

How to Donate & How to Become Apart of the Team:

- 1. Go to this link: https://act.alz.org/site/SPageServer?pagename=walk_champions_club or search alz walk champion**
- 2. Click on Donate**
- 3. Then type in the captain's name which is Julia Austin and the team's name is Highland Senior Living Life Spark**

Employee of the Month:



Join us in celebrating Shannyn for her outstanding dedication and commitment to making a positive impact on our community every day. You truly deserve the Employee of the Month title!

Community Member of the Month:



Let's give a round of applause to Margaret F. for being recognized as Highlands Community member of the month for June! Your dedication is truly inspiring.

Dietary Department:

Dolores Berglund, Dietary Director



Ingredients:

- 1 pound round or flank steak**
- Salt and pepper to taste**
- 2 Tbsp oil**
- 1 medium onion chopped**
- 1 clove garlic, minced**
- 2 green peppers diced**
- 1 cup bouillon**
- 1 cup drained canned tomatoes**
- 1 1/2 tbsp cornstarch**
- 2 tsp soy sauce**
- 1/4 cup water**

Directions:

- 1. Cut the steak into slices one eighth inch thick. Sprinkle with salt and pepper.**
- 2. In a large skillet heat the oil, add the steak, onion, garlic, and cook until the meat is browned on all sides**
- 3. Add the green peppers and bouillon, cover and simmer ten minutes. Add tomatoes and simmer five minutes.**
- 4. Mix the cornstarch, soy sauce and water and stir into meat mixture. Cook, stirring, until mixture thickens. Serve with rice.**

Life Spark Challenge Update:

Julia Austin, Community Life Director



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Forklift Spark Challenges:



- Every Tuesday Game at 1pm in Great Room.
- Every Thursday Practice at 3pm in Great Room.
- Every Friday Recap Show of the weeks progress in Great Room at 1pm.

Join the Flyers each week to sing the Team Song!

Highland Flyers Song

Purple and white, we're feeling so fly
Highland's our team, we'll reach for the sky
With Flyers on our side, we'll surely win



Our purpose and belonging,
aging magnificently within



So let's cheer and shout, let's show our might
Highland Flyers, we'll shine so bright!

June Movie Showings at Highland!

Julia Austin, Community Life Director

Dirty Dancing: Dirty Dancing is a 1987 American romantic drama dance film written by Eleanor Bergstein, produced by Linda Gottlieb, and directed by Emile Ardolino. Starring Patrick Swayze and Jennifer Grey, it tells the story of Frances "Baby" Houseman (Grey), a young woman who falls in love with dance instructor Johnny Castle (Swayze) at a vacation resort.

Ordinary Angels: "Ordinary Angels" is a movie based on a true story that takes place in a small town in Kentucky during a catastrophic snow storm. The storm took the lives of two people, but the movie is about how one child was saved¹. The movie centers around Sharon Steves, a hairdresser who discovers a renewed sense of purpose when she meets Ed Schmitt, a widower working hard to make ends meet for his two daughters.

I Can only Imagine: The inspiring and unknown true story behind MercyMe's beloved, chart topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness. 10-year-old Bart Millard lives with his mother and abusive father Arthur in Texas. One day his mother drops him off at a Christian camp where he meets Shannon.

McHale's Navy: These are the adventures of the misfit crew of PT-73 during World War II. They're one of the best fighting crews in the Navy, but break regulations when it suits them. Their commander, Lieutenant Commander Quinton McHale (Ernest Borgnine), is at times as roguish as his crew, but he puts his foot down when things go too far.

The Notebook: The Notebook is a novel by Nicholas Sparks that tells the story of the relationship between Noah Calhoun and Allie Nelson over five decades. The story is set in the pre- and post-World War II era and centers on their enduring love despite challenges such as uncertain beginnings, war, the death of a child, and Allie's eventual diagnosis of Alzheimer's disease¹. The novel is about the power of love and the tender moments that affect us all⁴. The story is told through Noah's perspective as he reads to Allie from a notebook in a nursing home.

42 Jackie Robinson: "42" is a film that tells the inspirational true story of Jackie Robinson, the first African American baseball player allowed to play in the Major League. His courage helped ignite the civil rights movement, and the movie illustrates the brutality of racism and the heroism of those who sought to overcome it. The film focuses on Robinson's history-making signing with the Brooklyn Dodgers under the guidance of team executive Branch Rickey.



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ALEXANDRITE

GARDEN

LEMONADE

SOLSTICE

BARBECUE

GEMINI

LONGEST DAY

STRAWBERRY

D-DAY

GRADUATION

OUTDOORS

SUMMER

DIPLOMA

HONEYSUCKLE

PEARL

THIRTY DAYS

FATHER'S DAY

JUNE

PICNIC

VACATION

FLAG DAY

JUNETEENTH

ROSE

WEDDING



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Retirement Party for Carrie Statema!

**Come for Pop, Cake,
& Visiting!**

**June 7th at 2pm
in Great Room!**

“Second, get the television out of the bedroom,” he said. “So many clients tell me that having the TV on helps them sleep, but in fact, the blue light emitted from TVs, smartphones, computers, and tablets disrupts our natural sleep cycles.” His advice is to limit exposure to screens at least an hour before bedtime.

“Third, recognize that alcohol before bedtime interferes with healthy, restful sleep,” he said. “A drink or two might make it easier to fall asleep, but alcohol disturbs REM sleep, which is the deep, restorative phase of sleep.” A general rule of thumb is to avoid alcohol a few hours before bedtime.

As for caffeine, it varies from person to person, he said, adding, “If caffeine interferes with sleep, that’s a problem; but if it doesn’t, no reason not to enjoy it.”

NAPPING DONE RIGHT

A big fan of naps himself, Dr. Bill differentiates between two types of naps. “The first is the healthful 20-minute midday nap, terrific for individuals who get plenty of restful sleep at night,” he said. “It’s great for extending alertness, elevating mood, and boosting memory without disrupting the sleep cycle.”

The second is common among people with disturbed sleep patterns and significant daytime drowsiness. “These individuals often take long naps, up to two or three a day, to try to make up for their lack of sleep at night,” he said. Long nappers may also experience something called sleep inertia, described as a feeling of grogginess, disorientation, and cognitive impairment after awakening, which can last anywhere from 15 minutes to a few hours before fading. Longer naps and sleep inertia may be signs of poor sleep hygiene or an underlying health condition.

EFFECTS OF SLEEP MEDICATIONS

In select cases and for some individuals, using a sleep aid can be a short-term strategy, Dr. Bill said, but the risks for older people often outweigh the benefits. “There’s an increasing amount of evidence that sleep meds cause transient amnesia, that instead of helping people sleep better, the drugs just make them forget they were awake.”

The two classes of medications most often associated with iatrogenic amnesia are benzodiazepines and anticholinergic drugs. The negative effects of these drugs on memory are particularly pronounced in frail and older people for whom polypharmacy is a common problem. “Unlike sleep meds, good sleep hygiene has no known negative side effects and it doesn’t cost anything,” Dr. Bill said.

UNIQUELY PERSONAL

Ultimately, sleep is very personal. “People need to figure what works for them and do that consistently,” he said. “But if your older clients are having difficulties with sleep, you might consider asking them about their sleep habits and their use of sleep medications.”

For healthy, restful sleep, Dr. Bill offers the following prescription: “Wake up in the morning, refreshed and ready to enjoy the day. Get some physical activity, which is associated with better sleep at night. Take a 20-minute nap in the middle of the day. Stay up and out of the bedroom until it’s time to retire. No TV, no light, no distractions.”

For a deeper dive into Dr. Thomas’ insights and research on sleep and aging magnificently, download his free eBooks: Age Magnificently; The Good Life; MESH: Move, Eat, Sleep, Heal; and Better Together. To learn more about Lifespark’s approach to complete senior health, visit Lifespark.com.

Sleep Hygiene: Tips and Insights from a Geriatrician and Fan of the 20-Minute Nap

Dr. Bill Thomas (a.k.a., “Dr. Bill”), nationally renowned geriatrician, author, and Lifespark Independence Officer, has a lot to say on the subject of sleep, starting with the sober observation that Americans, independent of age or region, have poor sleep hygiene. “As a nation, we’re not getting enough healthy, restful sleep, and the problem gets worse with age,” he said. “After years of sub-par sleep habits and poor-quality sleep, older people are suffering the consequences.”

Sleep deficiency at any age can lead to chronic health conditions, including diabetes, heart disease, kidney disease, hypertension, stroke, obesity, and depression, but in older adults, poor quality sleep adds to their risk of cognitive decline, disorientation, delirium, and falls. While good sleep hygiene by itself won’t resolve chronic disease, studies have shown that healthy, restful sleep fights damaging inflammation, strengthens immunity, and improves mental health, resulting in better health outcomes.

REFRAMING “NORMAL”

One of the challenges for older people is a misperception of what “normal” sleep should look like in later life. “We have no problem accepting that between the ages of 17 and 87, our bodies keep changing, but for some reason, we believe that how we slept as adolescents is how we should sleep in our 80s, and anything short of that is seen as abnormal,” Dr. Bill said.

To help older clients understand what normal sleep looks like in later life, and to get a clearer picture of their current sleep patterns, Dr. Bill suggest framing the conversation around sleep efficiency, sleep fragmentation, and phase advance, three key elements of sleep.

- Sleep efficiency is the ratio of hours spent sleeping to hours spent in bed. “Sleep efficiency is usually quite high in younger people and decreases naturally with age,” he said. “Unfortunately, this change causes some people to reach for a sleeping pill when, in fact, lower sleep efficiency is normal in older individuals.”
- Sleep fragmentation is defined as repeated, short sleep interruptions during the night. “Barring an underlying sleep disorder, like sleep apnea or restless legs syndrome, older people tend to experience several sleep episodes during the night, with periods of wakefulness in between,” he said.
- Phase advance is a shift in the sleep cycle that causes older people to wake up earlier and go to bed earlier. “Older clients will tell me that something must be wrong, because they get sleepy, when everybody else is just getting started, and wake up when the world is still fast asleep, but again, this is normal in later life,” he said.

BASICS OF GOOD SLEEP HYGIENE

According to Dr. Bill, getting better sleep boils down to a few simple things, done well. “First of all, the bed ought to be used only for sleep and intimacy and nothing else,” he said. “Not for eating, not for watching TV, not for scrolling through Facebook, not for reading—except maybe a few pages before drifting off to sleep.” If an individual is already struggling with decreased sleep efficiency, and they’re using their bed for other activities, it will only increase the problem.