

## Our Facilities:

Pulaski Health Care Center  
624 East 13th Street  
Winamac, Indiana 46996  
574-946-3394  
www.pulaskihealthcarecenter.com  
Administrator: Sharon McKinley

Parkview Haven and Village  
101 Constitution Drive  
Francesville, Indiana 47946  
219-567-9149  
www.parkviewhaven.com  
Acministrator: Mary Oliver

Riverwood Commons  
342 Galbreath Drive  
Winamac, Indiana 46996  
574-946-7773  
Manager: Pam Campbell



***Pulaski Health  
Foundation Mission:***

***“TO IMPROVE OUR  
COMMUNITY  
THROUGH HEALTH  
AND WELLNESS.”***



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### HOW CAN SOCIAL ISSUES AFFECT THE LIFE AND HEALTH OF SENIORS?

Social issues can have a significant impact on life and both physical and mental health of seniors. Some of the major contributors to social and psychological problems for seniors are as follows:

- Loneliness from losing a spouse and friends
- Inability to independently manage regular activities of living
- Difficulty coping and accepting physical changes of aging
- Frustration with ongoing medical problems and increasing number of medications
- Social isolation as adult children are engaged in their own lives
- Feeling inadequate from inability to continue to work
- Boredom from retirement and lack of routine activities
- Financial stresses from the loss of regular income

These factors can have a negative impact on overall health of an older individual. Addressing these psychosocial problems is an integral component of seniors' complex medical care.

### WHAT ARE LIFESTYLE CHANGES SENIORS CAN MAKE TO LEAD A HEALTHY LIFE AS THEY AGE?

A balanced diet and participation in regular exercise are paramount in maintaining a healthy life for people of all ages. Routine exercise and healthy diet in seniors can have an even more noticeable impact in their general well-being. Many diseases in seniors may be prevented or at least slowed down as a result of a healthy lifestyle. Osteoporosis, arthritis, heart disease, high blood pressures, diabetes, high cholesterol, dementia, depression, and certain cancers are some of the common conditions that can be positively modified in seniors through diet, exercise, and other simple lifestyle changes.

In addition to diet and exercise, other important life style modifications to lead a healthier life in seniors include:

- Limiting alcohol intake to one drink daily
- Using skin moisturizers and sun protection
- Staying proactive in own healthcare and participating in decision making
- Going to the primary care doctor routinely
- Reviewing list of medications with their doctor(s) often
- Following recommended instructions for health screening, preventive tests, and vaccinations
- Following up with eye doctor and foot doctor, especially for people with diabetes
- Being aware of potential medication side effects and drug interactions including over-the-counter drugs, herbals, and alternative medicine
- Adhering to routine sleep schedule and using good sleep hygiene
- Engaging in routine and scheduled social activities
- Joining a club or get involved in a social/religious group
- Working on hobbies
- Taking vacations

*Medical Author: Siamak T. Nabili, MD, MPH*

## SPECIAL BIRTHDAY'S

Pulaski Health Care Center  
RESIDENT'S:  
Carol Chapman Aug 4th  
Marjorie Hanus Aug 19th

Valerie Grenda Sept 6th  
Ruth Bennett Sept 9th  
George Basler Sept 15th  
Irene Watkins Sept 18th  
Liz Button Sept 24th  
Leona Sommers Sept 25th  
Clem Good Sept 29th

Pulaski Health Care Center  
EMPLOYEE'S:  
Connie Smith Aug 2nd  
Sharon Nielsen Aug 6th  
Patricia Disinger Aug 7th  
Donna Wireman Aug 8th  
Aurea Fleener Aug 8th  
Michelle Fox Aug 9th  
Tina Katschke Aug 11th  
Tina Fields Aug 20th  
Tara Ford Aug 26th  
Karen Russell Aug 31st

Jessica Hill Sept 4th  
Jennifer Crase Sept 6th  
Linda Stigen Sept 7th  
Rachel Drach Sept 7th  
Kay McIlvain Sept 10th  
Jessica Brown Sept 21st  
Rachel Ritter Sept 23rd  
Monica Spry Sept 24th  
Chrissy Jenkins Sept 27th

Parkview Haven and Village  
RESIDENT'S:



Corky Harrington Aug 3rd  
Wayne Gifford Aug 25th

Edith Streitmatter Sept 9th  
Anna B. Burbage Sept 15th  
Arlene Schwab Sept 16th

Parkview Haven and Village  
EMPLOYEE'S:  
Kelly Murray Aug 8th  
Sara Evans Aug 13th  
Rod Oliver Aug 13th  
Jessica Hopper Aug 15th  
Sandy Crist Aug 16th  
Chasity Button Aug 19th  
Sharon Dowty Aug 20th  
Megan Gutwein Aug 20th  
Brenda Burge Aug 22nd  
Jeanette Doyle Aug 22nd  
Annie Bennett Aug 24th

Marlowe Allis Sept 1st  
Sherry Nielson Sept 3rd  
Jodi Feuquay Sept 13th  
Cody Hendershott Sept 16th  
Heather Czahor Sept 20th  
Kristie Beckner Sept 30th

## Pulaski Health Care Center's Employee of the Month



### STELLA RESS

Stella has been employed as a Certified Nursing Assistant at Pulaski Health Care Center since June 2008. She was chosen by our resident council & we are proud to have her as a member of our team!

## Parkview Haven Employee of the Month



### JENNIE MARLATT

Jennie has been with Parkview since March 2012. She is a valued employee in the environmental services department. Jennie is a hard worker who is willing to do any job asked of her. She will bounce from job to job or come in on her days off if needed to make sure everything gets done. She loves to interact with all of the residents, and the residents love her!

## From the Administrator

I accepted the position of Health Facility Administrator here at Parkview Haven on May 13, 2014. Prior to this I have been the Director of Nursing for Parkview Haven for 7 years. I am looking forward to all that is to come for the residents and staff here. I believe we have what it takes to continue the excellent care we have given our residents over the years that Parkview Haven has been here. I want to give a special thank you to all of our excellent staff for keeping this facility not only a great workplace, but also a loving and caring home. For that I am forever thankful.

Mary Oliver RN HFA-Parkview Haven

# Pulaski Health Care Center Resident Spotlight: Madonna Jack



Madonna Jack is currently Pulaski Health Care Center's eldest resident. Friends and family gathered at Pulaski Health Care Center on Saturday, July 26, 2014 to celebrate Madonna Jack's 100th Birthday. Madonna was born Mary Madonna Riegel to Ed and Rose Riegel on July 22, 1914. Madonna has lived a long happy life being a farmer's wife. She is loved dearly by so many including her 2 children, 3 step-children and many grandchildren and great grandchildren. Madonna served on the Ladies Aid of Curtisville Christian Church the majority of her adult life. Her family contributes her good health to her daily walks and doing her own yard work for over 75 years!

# Parkview Haven Resident Spotlight: Edra Hauptli



Edra Hauptli was born on March 8<sup>th</sup> 1916. She is our 2<sup>nd</sup> eldest resident at Parkview Haven. She tells me she was born and raised on a farm in Winamac. Edra says she was the oldest in the family and she had two younger brothers. She spent her time helping her mother with gardening and canning in her youth. Edra went on a blind date with a boy from Francesville named Willis and fell in love. Edra married Willis on August 24<sup>th</sup> 1938. Edra and Willis had one daughter named Leslie. Edra says she loves piano music. She was a singer in the church choir and those that heard her would say she was quite a good singer. Edra used to embroider, particularly towels and pillow cases, as a hobby. She also enjoyed latch hook rug making. I asked Edra to tell me one thing she has done that she felt was different or special. After much thought, she said the one thing she did that was special was having Leslie, her daughter. Edra stated that she was kind of a "Plain Jane". Edra also shared that chicken and noodles is her favorite meal.



## Good Therapy News

### HEART HEALTH & REHABILITATION

Heart disease is the number one killer on the planet. At some point you, or someone you know, will have a heart disease diagnosis and might even possibly suffer a heart attack. When this happens it is one of the most frightening things to happen in a person's life.

When a person does suffer from a heart attack the last thing they want to hear, and many times expect to hear, is that they need to go to therapy and exercise. But, what needs to be remembered is that the heart is a muscle, a muscle that can grow stronger through the proper therapy and exercise program.

Most people think that once they have a heart attack they will be prescribed medication to alleviate their pains and other problems. They can take a pill for pain, and a pill for cholesterol, and a pill to reduce blood clots and on-and-on.

However, there is one prescription that will address all of these and most other issues of heart attacks. A proper therapy and exercise plan has the benefit of addressing cardiac problems and other related issues including anxiety, sleeplessness, depression, and more.

Research has backed this up, as heart attack survivors who participate in therapy and exercise don't have to take as much medication, require fewer major surgeries, and are less likely to die from a second heart attack than those who stay on the couch.

### Laugh it Up!

**Fun Fact:** A good belly laugh can send 20% more blood flowing through your entire body. That's why laughter might just be the perfect antidote to stress. When you laugh, the lining of your blood vessel walls relaxes and expands. So have a good giggle. Your heart will thank you!

# Pulaski Health Care Center Upcoming Events

## August

- 4 Entertainer JJ Brooks
- 7 Red Hat Society Pizza Party
- 7 Bingo@ Riverwood Common
- 11 Edna B. plays keyboard
- 12 Entertainers Dukes of Denham
- 14 Picnic outing at Town Park
- 14 Entertainer Man in Black
- 15 Entertainer Norb W. sings
- 18 Helping Hands Service Project
- 19 Entertainer Donna Shaw
- 21 Zoo & Picnic Outing
- 25 Men's Lunch outing
- 25 Entertainers Sally & Marilyn
- 26 Sue N. Nutrition Program
- 26 AC Church Evening Service
- 28 Movie & Lunch Outing
- 27 Watermelon in the Sunshine

## September

- 4 Bingo Riverwood Common
- 5 Outing Tall Tree Arboretum
- 8 Edna B. plays keyboard
- 9 Entertainers Dukes of Denham
- 11 Men's Lunch Outing
- 11 Entertainer Man in Black
- 12 Chocolate Milk Shake Social
- 17 (Staff/Res)Breakfast Cook Off
- 19 Entertainer Ray of Light
- 19 Red Hat Society Lunch Out
- 22 Shopping/Lunch @ Richards
- 22 Entertainers Sally & Marilyn
- 23 Sue N. Nutrition Program
- 23 AC Church Evening Service
- 25 Entertainer Stephanie Johns
- 26 Kewanna Circus Outing
- 29 Entertainers Rex & Ruthie

## Pulaski Health Care Center Needs:

- Kleenex
- Lotions, Shampoo, Soap
- Bingo Shop Prizes: knick knacks, puzzle books, jewelry, scarves etc.
- Felt craft material
- Birthday Cards

If you have any questions about upcoming events or the needs of Pulaski Health Care Center, please contact the Activity Director at 574-946-3394 Ext #29.

# Pulaski Health Care Center "Fun With Activities"

## Fun Times Fishing at Twelve Mile



## Residents, Family & Friends Gathered to Celebrate Madonna Jack's 100th Birthday!



## Red Hat Ladies Out to Lunch



# Pulaski Health Care Center "Fun With Activities"

## Residents & Staff Participating in our "Cupcake Decorating Contest"



### Village News:

At this time, all of our senior living condo's are occupied. However, we do have availability in our assisted living apartments and our skilled nursing rooms within Parkview Haven. To inquire, please contact Parkview Haven at 219-567-9149.



### Riverwood Commons News:

Residents of Riverwood Commons and Pulaski Health Care Center continue to enjoy a monthly bingo activity at Riverwood Commons with donated prizes and snacks from Pulaski Health Care Center.

Pulaski Health Care Center has availability for long-term care and short-term rehabilitation services. To inquire, please call 574-946-3394 Ext #26.



**1st Place**

# Food for Thought

Parkview Haven

By: Marlowe Allis CDM, CFPP

Well summer is in full swing. We have been very busy planning cook outs and outdoor activities for our residents. We have had several rainy and cool days which is very good for our crops but not for outdoor cook outs. So we have had in door cook outs. We have cooked hamburgers and hot dogs of course on the grill this summer, other items have been pork burgers, turkey burgers and brats. We have had family members bring us fresh vegetables from their gardens and we would like to take this opportunity to thank them. Our resident's really enjoy the fresh vegetables. For our Fair Week we had several food items on our menu that you would purchase at the Fair. Some items we had were, corn dogs, curly fries w/cheese sauce, fried green beans, onion rings, frozen chocolate banana on a stick and of course, we cannot forget elephant ears!! We all had a wonderful time. We would like to welcome Chasity Shidler to our food service team. Chasity will be working part time as she is going to school to become a Registered Nurse. We hope everyone has a safe and wonderful summer.

## Favorite Recipe:

Pulaski Health Care Center

By: Amy Stanley, Dietary Manager

### Chicken with Quinoa & Tomatoes

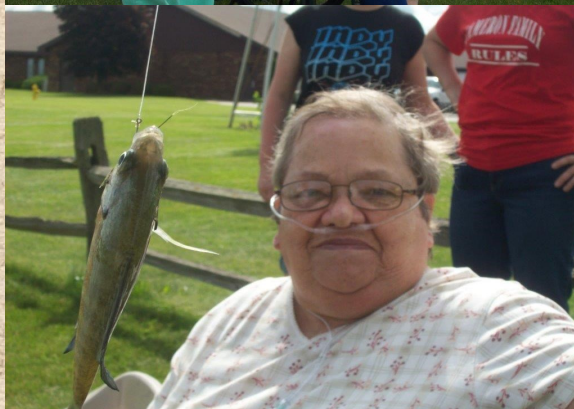
#### Ingredients:

- 1 cup quinoa
- 2 cups fat free, chicken broth
- 2 T. extra-virgin olive oil
- 2 cloves garlic, chopped
- 1 small onion
- 2 boneless, skinless chicken breasts (cut into strips)
- 2 tomatoes, diced
- 4 oz. fat free feta cheese
- 8 fresh basil leaves
- 1 T. balsamic vinegar

#### Procedure:

Bring quinoa and chicken broth to a boil in a saucepan. Reduce heat, cover and let simmer until broth is absorbed and quinoa is fluffy (approx. 12 min.). Set aside. Heat olive oil in a skillet. Cook and stir garlic and onion until onion is translucent. Stir in chicken strips and cook until chicken is slightly pink in middle (approx. 5 min.). Add tomatoes, feta cheese, basil, and balsamic vinegar. Cook until chicken is fully cooked and hot (approx. 10 min.) Serve over quinoa.

# Parkview Haven



## From Fishing to Fair Week...



# SUMMER FUN



There is plenty to do at Parkview!



## Parkview Haven Upcoming Events

### August

- 4 Men Singers
- 6 Organist/Pianist Miriam Metz
- 7 Accordionist Barb Huber
- 10 United Baptist Youth Group
- 11 Men's Luncheon
- 11 Celebrity Chef
- 12 Nutrition Education with Sue
- 13 Entertainer Kenny Holcomb
- 14 Entertainer Kent Lane
- 20 Organist Bob Erickson
- 21 Omelets in a bag
- 21 Baking with Becky
- 21 Piano with Mary Beth
- 21 T.H.E. Singers
- 22 Entertainer J. Jay Brook
- 22 Family Potluck Dinner
- 23 Humanitarian Concert
- 25 Entertainer Jim Chessor
- 26 Exercise Luncheon
- 27 Conservation Officer Jeff
- 28 Omelets in a bag
- 28 Pianist Deb Nedza

### September

- 3 Organist/Pianist Miriam Metz
- 9 Nutrition Education with Sue
- 10 Entertainer Trilly on Banjo
- 14 United Baptist Youth Group
- 15 Bingo with Alliance Bank
- 17 Organist Bob Erickson
- 18 Piano with Mary Beth
- 18 T.H.E. Singers
- 19 Remington/Wolcott Youth Gr.
- 20 Francesville Parade
- 21 Francesville Car Show
- 24 Conservation Officer Jeff
- 25 Pianist Deb Nedza
- 29 Entertainer Jim Chessor

Other special events such as fishing, making soups, picnics, walks in the park and trips are listed on calendars.

### Parkview Haven Needs:

- Wild bird seed
- Lotions (scented & unscented)
- Sugar Free Chocolates
- Soft Chocolate
- Stick deodorant (men & women)
- Body spray mist
- Puff corn
- Costume jewelry
- Body wash
- Window clings
- Light fabric scarves
- Sun catchers with suction cup

If you have any questions about upcoming events or the needs of Parkview Haven, please contact the Activity Director at 219-567-2992.

## ***Funny Senior Citizen Story :Write It Down"***

A couple in their nineties are both having some short term memory loss.

While in for a checkup, the physician says that physically they're okay, but since they're having trouble remembering things, they might want to start writing things down.

Later that evening they're sitting and reading, when the husband gets up.

"Would you like anything from the kitchen?" he asks.

"Some vanilla ice cream," his wife replies.

"Okay."

"Shouldn't you write it down so you don't forget it?" she asks.

"Don't worry, I won't forget."

"Well," she says. "A few raspberries on top would be great. You want to write that down?"

"I've got it, honey. A bowl of vanilla ice cream with raspberries on top."

"And chocolate sauce, too. Maybe you'll forget that. Want me to write it down for you?"

A little miffed, he replies, "I've got it! Ice cream, raspberries and chocolate sauce. I don't need it written down, for gosh sakes!"

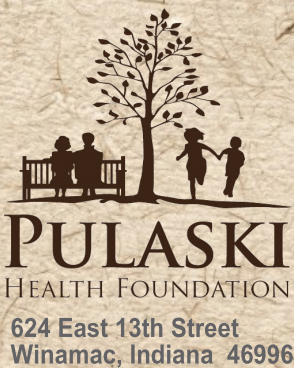
He slowly makes his way to the kitchen. A half hour later, he comes back with a plate of ham and scrambled eggs, and gives it to his wife.

She stares at the plate a few seconds, then says, "You forgot my toast."

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*Pulaski Health Foundation is a local non-profit organization that has been improving our Pulaski County communities for more than 50 years. If you are interested in making a donation or just want more information about the foundation, please contact Executive Director, Sharon McKinley at 574-946-3394.*



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