

## LETTER FROM THE ADMINISTRATOR

**Happy  
Valentine's  
Day!**

**February**

**is the month of LOVE.**

To show how much we love each and every one of you, we have set up a celebration on Valentine's Day. Please

join us for good food and entertainment as we dance the night away.

Let's also not forget about Groundhog Day on February 2<sup>nd</sup>. When he wakes up from his nap will he see his shadow? If he sees his shadow, that means six more weeks of winter. Yikes!

As a last comment, I just want to also say thank you to everyone that has made me feel so welcome. I truly have enjoyed meeting everyone this past month and I am so excited for my new journey at Eastlake.

*Kaitlynn Redmon,*

**Administrator**

### EASY HEART HEALTHY EXERCISES

Exercise is a very important part of healthy heart care. The following movements may help your heart and lower your stress levels.

- Sit in a comfortable chair and loosen your clothing for comfort.
- Start with your feet and ankles; gently rotate each ankle counter-clockwise and then clockwise five to 10 times in each direction.
- Next work your legs; raise them up together and hold for 20 seconds before lowering. Repeat 10 times. Then, slowly raise your arms over your head and back down. Repeat 10 times.
- Lastly, slowly tilt your head back and forth, side-to-side 10 times.

**WELCOME NEW  
RESIDENTS!**

Marjorie W.  
Louise B.  
Agnes G.



**EASTLAKE  
—TERRACE—**



## Happy Birthday!

### RESIDENTS

2/5 Bill S.  
2/7 Acey H.  
2/13 Sandy R.

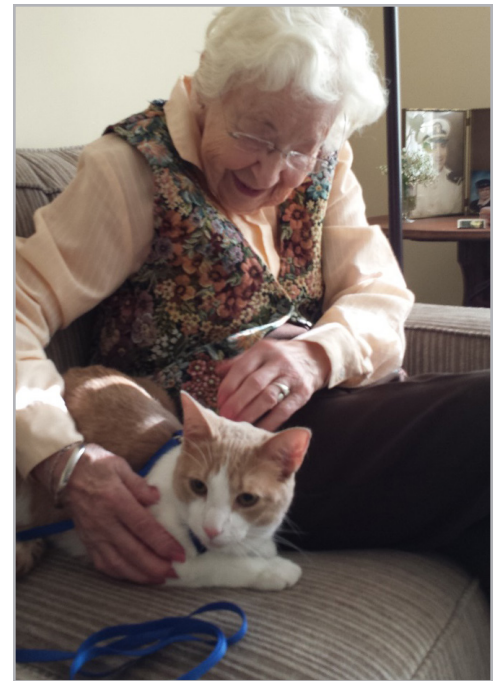
### STAFF:

2/5 Amy Garl  
2/7 Brandi Shank  
2/10 Bobbie Redmond  
2/16 Dennis Gobble  
2/18 Alma Pinon  
2/25 Jill Tartagilone  
2/27 Janet Snell

## We're Pet Friendly!



*Luca thinks that our morning meetings are boring!*



*Priscilla R with Colter. Nancy our volunteer brought him in to visit.*

## A Quick Reminder:

We are seeing a lot of new cute puppy faces around Eastlake. I just wanted to remind everyone that any pet that is entering into our community must provide us with up to date shot records. Please



hand the records over to Shonda or the front desk.

## Please Welcome our New Senior Greeters!



*Did You Know...* Cupid is a popular Valentine's Day icon, but who is he and why is he associated with love? In Roman mythology Cupid is the son of Venus, goddess of love. His counterpart in Greek mythology is Eros, god of love. Cupid is often said to be a mischievous boy who goes around wounding both gods and humans with his arrows, causing them to fall in love. The Romans believed white roses grew where the tears of Venus fell, as she mourned the loss of her beloved Adonis. Her son Cupid, while being stung by a bee, shot arrows in the rose garden; the sting of the arrows became thorns. Venus pricked her foot on a thorn, and the droplets of blood dyed the roses red.



# Age-Related Macular Degeneration Awareness Month: *What Is It and What Helps to Prevent It*

Macular Degeneration is an eye disease that affects the macula, located towards the back of the eye, along the retina. The macula is the part of the eye that is responsible for processing light in order to generate sharp, detailed and clear images that are then sent to the brain. Macular Degeneration typically does not appear until age 40, and Age-Related Macular Degeneration (AMG) typically develops in people aged 55 and older.



**Because of its prevalence among family members, it is believed that genetics play a major role in the development of Macular Degeneration.**

Genetics also plays a role in AMG; however with AMG the simple aging process seems to be the bigger contributing factor.

Several risk factors have also been associated with the onset of Macular Degeneration. Smoking is believed to have a significant impact on its development. **If you smoke, you can add reducing the risk of developing Macular Degeneration to the list of reasons why you should quit – now!**

Age is a factor in Macular Degeneration, too. Rarely is this disease diagnosed in persons under the age of 40. The older a person gets, the greater the chances become that he or she will begin to develop symptoms of this eye disease. Gender is thought to be a factor as well, with females being at greater risk than men.

**More studies are being conducted to determine whether a person's diet can increase or decrease the risks.** Early results seem to be suggesting a connection to the onset of Macular Degeneration and an increased intake of saturated fats/high cholesterol levels. A decrease in antioxidant levels is cause for concern too. Antioxidants, found in fruits and vegetables, help prevent cells from oxidizing, a process that leads to their ultimate destruction.

Eat plenty of spinach, citrus, nuts and lean beef. **An organic diet consisting of such food items can reduce the risk of vision loss by 35 percent** for people between 70 and 85 years of age, as per a new study in The Journal of the American Medical Association.

The following vitamins have been found to improve, protect and support eye health: Vitamin C, Vitamin A, and Vitamin E.

Some minerals and compounds believed to be crucial to the health of eyes are zinc, selenium, lutein and bioflavonoids.

## Activity Highlights

**2/1** Catholic Mass & St. John's Prayer Group

**2/2** Groundhog Day

**2/6** Jeanette on the Piano & Happy Hour with the Steel Cowboy

**2/7** Catholic Rosary Service

**2/8** Beth Ann Moeller on the Piano & music by Kathy Leek on her harpsichord

**2/11** Morning Church Service & Music by A Capella

**2/12** Bus trip to Walmart

**2/13** Jeanette on the piano, Resident Council, and Happy Hour with The Piano Man

**2/14** Valentine's Day Celebration

**2/15** Library & Crafts, Harpist Anna Hagen, and Jan on the piano

**2/16** Scenic ride with Amber

**2/17** Music by Gloria Balduc

**2/18** Sunday morning church service

**2/19** President's Day, bus trip to Martin's, and Blanket's & Babies

**2/20** Jeanette on the piano & Happy Hour with the Steel Cowboy

**2/21** Jan A. on the piano

**2/22** Beth Ann Moeller on the piano, menu chat, and The Bingo Store

**2/23** Senior Greeter Luncheon for all new residents & scenic drive with Amber

**2/25** Sunday morning church service

**2/26** Bus trip to Walmart

**2/27** Jeanette on the piano & Happy Hour with The Piano Man



## EASTLAKE TERRACE

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## YOUR EASTLAKE TERRACE STAFF

Administrator

**KAITLYNN REDMON, H.F.A.**

Business Office Manager

**COURTNEY KRYDER**

Health Services Director

**JANET SNELL, L.P.N.**

Staff Development Coordinator

**LAURI BATES, C.N.A.**

Assistant Health Services Director

**JEANIE COLAGROSSI, L.P.N.**

Life Enrichment Director

**SHONDA ROBERTS**

Director of Sales & Marketing

**QUILLYN BALDWIN**

### OFFICE HOURS

8:00 a.m.–5:00 p.m.

Monday–Friday

### WEEKEND MANAGER

Varied Hours

Administrator and Health  
Services Director are both  
on call 24/7 for emergencies



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## FEBRUARY – WORD SEARCH

F	I	G	R	A	N	D	O	M	Q	S	M	O	Z	L
N	P	M	M	W	S	T	F	U	B	R	E	P	D	N
P	N	Z	M	F	R	U	T	E	Y	E	C	A	R	E
G	T	H	O	I	K	P	P	S	B	C	J	U	C	O
V	A	L	E	N	T	I	N	E	M	R	T	C	L	P
R	K	M	E	A	Z	N	N	J	R	X	U	W	K	H
I	O	Z	U	C	L	K	O	D	U	B	D	A	T	N
A	F	S	X	E	I	T	Q	S	N	Y	O	U	R	W
Y	H	V	E	L	K	H	H	V	K	E	G	W	G	Y
C	K	J	Y	S	S	T	S	Y	O	H	S	E	L	X
H	U	V	H	V	D	A	T	A	L	E	S	S	G	G
V	K	P	L	O	V	E	W	O	N	A	E	F	L	G
T	G	A	I	D	E	R	E	D	V	R	W	S	F	J
M	L	H	M	D	P	B	T	U	J	T	A	T	T	S
M	R	M	O	I	W	M	F	O	O	T	B	A	L	L

CUPID  
DOG  
EYE CARE  
FEBRUARY  
FOOTBALL

HEALTHY  
HEART  
KINDNESS  
LOVE  
PINK

RANDOM  
RED  
ROSES  
SUPERBOWL  
VALENTINE