

THE WESTLAKE WHISTLER



Older Americans Month: Aging Tips On Staying Youthful & Healthy

There is no need to let aging get you down! Staying young is easier than you think. There are many ways to ensure we look and feel young, even as we get older.

One of the key tips to staying young is to be happy. Our bodies react negatively to stress, which can cause physical damage. In order to stay young and have a healthy body, try to fill your life with the things that you love, and get rid of all the other stresses. Use exercise and meditation to feel young and learn to appreciate the good things in life.

Eating a nutritious diet is an essential component in healthy aging. Fruits, vegetables, whole grain and fiber can give your body the fuel it needs to allow you to accomplish your daily goals. Try new recipes or cook with your friends to make the process fun.

To slow down the aging process, exercise is extremely important. Exercising several times a week may help your body retain muscle, strength, stamina, balance and bone density. It is important to include cardio routines, as well as strength training sessions, in order to reduce the aging process.

If you are concerned about missing nutrients from your diet, which can lead to crashing energy levels, consider adding supplements to your daily routine. Aging often means that our bodies metabolize foods at different rates than they once did. Under the supervision of your physician, an addition of a supplement may help.

Just because you are aging does not mean you need to feel old. Enjoy life by feeling younger and ensure your golden years are truly your best!

Garden Square at Westlake
ASSISTED LIVING



Happy Birthday!

Wishing you the best on this special day!

Happy Birthday

May 9th	Jaime
May 15th	Mick
May 18th	Thalia
May 29th	Bud

Welcome New Residents!

Welcome to the Garden Leona!

May is National Stroke Awareness Month

Here are some symptoms of stroke:

- Numbness
- Confusion
- Slurred speech
- Dizziness
- Trouble walking
- Weakness in the arm face and leg on one side of the body

Just to name a few. If you think you're having a stroke call 911.

National Heat Awareness Day

It's getting hot outside NATIONAL HEAT AWARENESS DAY is the last Friday in May. Heat exhaustion and dehydration is the leading weather related killers in the United States. So Yvonne the Dietary Manager will have lot's of water out for us. Activities will also be offering popsicles. Now is a good excuse to be eating lots of watermelon! Also stay COOL!!!!

Mother's Day Tea Friday, May 11th 1pm



Come enjoy some refreshments and entertainment.

RSVP by May 9th to: 970-346-1222



YARD SALE!

Friday, May 18th
7am - 12noon

We will have an assortment of goods for sale. All proceeds will benefit the Alzheimer's Association.



Activity Highlights



Easter Bunny popped in with some GOODIES!



We love to do Arts and Crafts!

Control Cholesterol Through Your Diet

1. Eat in moderation. Excess food can lead to weight gain or obesity.
2. Stay away from fatty foods.
3. Steer clear of sweets as they are a principal source of saturated fats.
4. Eat more vegetables. Vegetables contain vitamins and minerals, which are cholesterol-lowering elements.
5. Boost your fiber intake. Fiber-rich foods are also known to lessen cholesterol in the blood.

Upcoming Events

- 5/1 Making Flower Basket
- 5/2 Water Color with Terri
- 5/3 Shopping at King Soopers
- 5/4 Cinco de Mayo Party
- 5/5 Manicures
- 5/6 Chefs Corner
- 5/7 Manicures with Chelsea
- 5/8 Wellness Clinic
- 5/9 Bible Study with Harold
- 5/10 Piano with Jim
- 5/11 Mother's Day Tea
- 5/12 Board Games
- 5/13 Devotions
- 5/14 Music with Doug
- 5/15 Making Chocolate Chip Cookies
- 5/16 Bingo
- 5/17 Book Mobile
- 5/18 Yard Sale
- 5/19 Movie
- 5/20 Van Ride
- 5/21 3 Ingredient Bake
- 5/22 Cattle Auction
- 5/23 Exercise
- 5/24 Public Affairs
- 5/25 Out to Lunch
- 5/26 Spring Coloring
- 5/27 Worship with Emma Jo
- 5/28 Arts And Crafts with Dyana
- 5/29 Bingo
- 5/30 Water Plants Day
- 5/31 Snacks - Macaroon

3151 W 20th St

Greeley, CO 80634

Office: 970-673-9402

www.GardenSquareAtWestlake.com

**GARDEN SQUARE
AT WESTLAKE
MANAGEMENT TEAM**

MAINTENANCE DIRECTOR

Jaime Gonzalez

DINING SERVICES DIRECTOR

Yvonne Mejia

HEALTH SERVICES DIRECTOR

Linda Glenndenning

SALES & MARKETING

Kristen Sigg

LIFE ENRICHMENT DIRECTOR

Joyce Trevino

BUSINESS OFFICE MANAGER

Lisa Ford



RIDGELINE
MANAGEMENT COMPANY

Newsletter Production by PorterOneDesign.com

MAY – WORD SEARCH

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

ARTERIES
BIRDS
CELEBRATE
CHOLESTEROL
DIET

GOLDEN
MEMORIAL
MOTHER
NURSE
OSTEOPOROSIS

SOLDIERS
STORIES
STROKE
VISION
YOUTHFUL