

THE WESTLAKE WHISTLER



August 15 is National Relaxation Day: *Simple Relaxation Techniques*

When stress becomes overwhelming, there are quick relaxation techniques you can do almost anywhere to make you feel better almost immediately. Try one or a combination of these techniques to find what works best for you. Your body will thank you for it.

Stretch out on your back or sit comfortable where you are. Tighten all the muscles in your toes, then flex your feet, and slowly move up through your body to your face and neck, holding each stretch for ten seconds.

Deep breathing is another relaxation technique that will slow your heart rate, lower blood pressure, and clear your mind. Begin by lying on your back or get into a comfortable position. Inhale slowly through your nose filling the lungs completely over a period of eight to ten seconds. Hold it, and then slowly release your breath through pursed lips, taking two to three times as long to exhale as to inhale.

Guided imagery can be done alone or combined with breathing relaxation techniques. Again, lie on

your back or get comfortable with your eyes closed. Imagine a peaceful setting at your favorite vacation destination. Put yourself there, feel the warmth of the sun on your cheeks, the breeze blowing through your hair.

Indulging in relaxing spa treatments is also another option, which works well with other techniques, like biofeedback and listening to relaxation tapes.

Garden Square at Westlake
ASSISTED LIVING



HAPPY BIRTHDAY!

Alice, Betty, and Azza!

HAPPY ANNIVERSARY!

Happy 2nd Anniversary Jaime
Happy 7th Anniversary Kathy

Welcome New Residents!

Welcome to the Garden Virginia!

Upcoming Events

- 8/1 Water Color with Terri
- 8/3 Senior Games in the Park
- 8/4 Worship with Harold
- 8/7 Crossword
- 8/10 Out to Lunch Bruce's
- 8/14 BINGO
- 8/16 Shopping King Soopers
- 8/19 Van Ride
- 8/21 Spelling
- 8/23 Bible Study
- 8/25 Summer Coloring
- 8/27 Arts and Crafts
- 8/30 Puppy visits
- 8/31 End of Summer BBQ

Games in the Park

Friday, August 3rd
10am – 1pm

**Farr Park 13th Ave
Greeley, CO 80631**

At Farr Park from 10AM – 1PM
for any senior 55+ in the
community, lunch is provided.
We will have lawn darts, corn hole,
yardzee and so much more!

2nd Annual Bake Sale!

Friday, August 17th
10am – 12pm

*Come and purchase some goodies made
by the staff and our residents!*



End of Summer BBQ

Friday, August 31st
12pm – 2pm

*Come and join us for the
"End of Summer BBQ" which will also
include a car show and live entertainment!*



***This coupon is good for ONE
FREE MEAL at Garden Square!***



*Please
present
coupon
at time
of meal.*

Several Ways To Improve Your Memory

If you have trouble with memory and focus, the problem may not be directly related to your brain. Physical exercise has been shown to improve brain function significantly. Do 30 to 60 minutes of exercise per day and see if that doesn't help clear up problems associated with a foggy brain.

Getting plenty of exercise will help your memory. Exercise improves the blood flow throughout your body, including the brain. This can invigorate your mind and improve its ability to remember. Even a brief walk for ten minutes can increase your circulation. The fresh air wakes up the brain and keeps it alert, which improves its memory capacity.

A great tip for improving your memory is to make sure that whatever it is you are trying to memorize is laid out in a clear and organized way. This is important because this organization will make for a smooth translation to your mind's ability to organize thoughts. Try to group related items together.

Making many associations to something can help someone remember it much easier. An example of this would be connecting whatever one wants to remember to a personal story that the individual has. By making that connection to something that they already remember they can help themselves remember the new information as well.

Keep your social life active. It is proven that those with an active social life have a better memory. Talk to your friends and family, either in person or over the phone, because it will stimulate your brain. Having an active social life will slow your memory from fading.

Pay attention to your surroundings and live in the moment. The more attention you pay to what's going on around you, the more likely you are to remember it later. You won't be able to remember things that you never experienced. Try not to dwell on the past or future while creating new memories.

Avoid cramming all your material into one short study session. Studies show that information is better retained, if you take some time to learn it. You can do this by scheduling short study sessions in the days and weeks, prior to an exam. Cramming everything into one sitting will only prove to be counter productive.



A Note from Dietary

Dietary has started offering soda , flavors Ginger ale, Shasta Cola, Diet lemon lime, and root beer for those who are wanting a little something different to quiche their thirst!! We are going to implement a suggestion box that will be located in our lobby left side counter space that is right before entering our dining room area. That will be used for our elders at our community a way of letting Yvonne, Dining Director of GSW it can be any issues or concerns or even any suggestions when it comes to our elders dietary needs. Our kitchen staff would love to get feedback especially recipes from the elders that are meaningful. And last of all we started putting fresh flowers on our tables weekly to make our dining area stand out I know seeing something simple to as looking at bright colored flowers in the middle of our dining tables brings smiles to our elders.

**GARDEN SQUARE
AT WESTLAKE
MANAGEMENT TEAM**

MAINTENANCE DIRECTOR

Jaime Gonzalez-Diaz

DINING SERVICES DIRECTOR

Yvonne Mejia

SALES & MARKETING

Kristen Sigg

LIFE ENRICHMENT DIRECTOR

Joyce Trevino

BUSINESS OFFICE MANAGER

Crystal McCaffrey

ADMINISTRATOR

Sue Herzog



Newsletter Production by PorterOneDesign.com

AUGUST – WORD SEARCH

H	C	X	N	F	B	J	P	N	H	M	K	S	H	R
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BANANA
COGNITIVE
COLOR
CRAFTS
CRAYONS

HOT
ICE CREAM
MARKERS
MEMORY
POET

RELAX
SENIOR
STRESS
SUMMER
VERSE