

# THE WESTLAKE WHISTLER



## OUR FIRST ANNUAL FALL FESTIVAL!

Our 1st Annual Fall Festival hosted by Garden Square of Greeley and Garden Square at Westlake is right around the corner! Mark your calendars for October 25th from 4pm – 7pm at Garden Square at Westlake.

There will be a cake walk, pie in the face booth, backyard games and so much more! This will also be our family night as well so we hope to not only see our lovely residents and family members but also other friends and family we have in the Northern Colorado Community! Some senior information booths will be available for festival comers to browse through and see what the community has to offer our seniors. Come one, come all! We hope to see you there.

Please RSVP to Joyce or Kristen by October 19th at [gswlmarketing@gardensquaregreeley](mailto:gswlmarketing@gardensquaregreeley) or calling 970-346-1222.

### Halloween Candy Donations

On Halloween we will be handing out candy to children that stop by, so if you would like to donate any goodies just bring some to Joyce we would really appreciate any help we can get... Thanks!



Garden Square at Westlake  
ASSISTED LIVING

3151 W 20th St, Greeley, CO 80634

Office: 970-346-1222 | [www.GardenSquareAtWestlake.com](http://www.GardenSquareAtWestlake.com) | OCTOBER 2018



## HAPPY BIRTHDAY!

Happy Birthday Larry, Al, Leta, June, and Annemie!

Hope you all have a wonderful day!!

## Out to Eat at Hunan's



## Photo Highlights



## October is Physical Therapy Month Physical Therapy Exercises

Physical therapy exercises are intended to restore strength and endurance, increase range of movement, and also improve balance and coordination. To increase the effectiveness, physical therapists use physical therapy exercises treatment along with external stimulations such as heat, coldness, ultrasound, electricity, infrared or UV light, traction, water, and massage. All are applied externally to a specific area, or internally, in order to relieve pain or reducing swelling.

A major factor to assure the success of the exercise methods is to consistently perform them correctly. As long as properly prescribed, physical therapy exercises are the most effective method for treating certain injuries or restoring basic functions.

Physical therapy exercises performed during office visits alone is inadequate. For quick recovery, physical therapists also teach patients how to exercise at home. Here are some examples of physical therapy exercises to do at home:

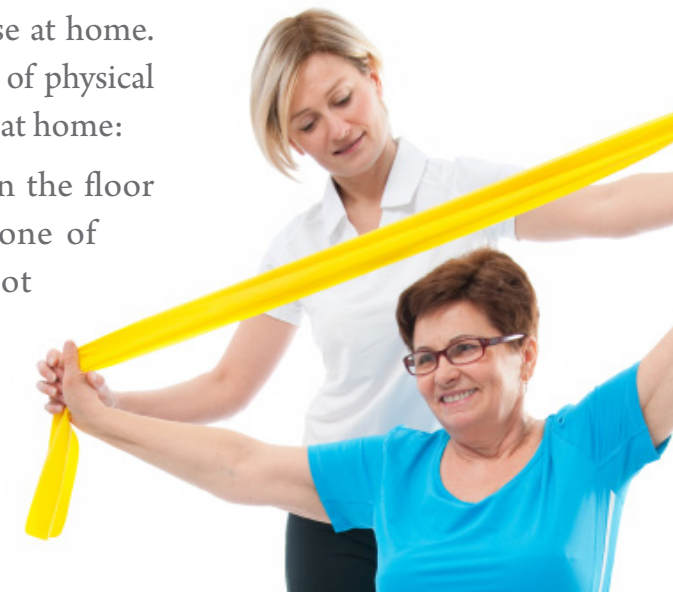
**Sitting Stretch:** Sit on the floor with a towel around one of your outstretched foot (or around the one bent knee). Pull the foot towards your body (or the knee upwards) to feel the stretch. Hold for 3-5 seconds. Do

alternately, and repetitively 2-3 times per day.

**Standing Wall Push:** Position your body against/ facing a wall with one foot behind slightly lunging. Hold the heel down while gently pushing your hands towards the wall to feel the stretch. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

**Tightening Legs Over a Ball:** With one knee bent over a ball, straighten the knee by trying to tighten the muscle on your upper thigh. Be sure to keep the bottom of your knee on the ball. Hold for 3-5 seconds. Do alternately, and repetitively 2-3 times per day.

Note that the repetitions and frequency of the exercises may be modified by you or your physical therapist. If you are ever unsure of a movement above be sure to ask your PT to ensure the movement is safe and works for you!



## Upcoming Events

- 10/01 Making Home Made Cookies
- 10/03 Water Color with Terri
- 10/05 October Fest Celebration
- 10/07 Broncos vs. Jets 6PM
- 10/10 Bible Study with Harold
- 10/12 Lunch at Farmers
- 10/15 Word Scramble
- 10/16 BINGO
- 10/18 Resident Council
- 10 19 Making Pumpkin Door Hanger
- 10/23 Making Halloween Hands
- 10/25 5pm-7pm Fall Festival
- 10/26 Lunch at Santermos
- 10/29 Making Angel Food Pumpkin Cake
- 10/30 Scrabble
- 10/31 Wine Social for October Birthdays
- 10/31 Trick or treating 4-5

## OCTOBER IS BREAST CANCER AWARENESS MONTH

What is breast cancer? Breast cancer occurs when cells in our breast grow out of control creating tumors that cause damage to the nearby tissues. Breast cancer has always been a dreaded disease, but in recent years things have changed. With the increasing knowledge about cures and treatment, breast cancer can usually be easily treated, but early detection is key to prevention. Research has shown by the age of 20 everyone should start doing Breast Self Examination (BSE). This method is one of easiest and earliest ways of detection. Doctors usually recommended to check yourself at least once a month. A clinical breast exam by your physician should be done at least once a year. Depending on the age of the patient or results from your physician, they may recommend or require mammogram.

Some of the signs to look for while doing BSE:

- A lump found in and around the nipple or underarm
- Change in size or shape
- Nipple discharge or nipple turning inward
- Redness of skin or warmth
- Formation of dimple or change in skin texture

When in doubt, schedule a visit with your physician.

## Elder of the Month for September



Butch

## October 14th is National Dessert Day

A "dessert" is a meal course that usually comes after dinner. Most often dessert foods are of sweet food but can also be of a strongly flavored food, such as cheese cake. The world dessert comes from the Old French word "desservir", which means 'to clear the table'. Often times in the English language dessert is confused with the word desert (note only one "s"). A simple way to remember the difference in spelling is: Dessert has an extra S, because everyone always wants an extra slice of cake.

It wasn't until after the 19th-century when the rise of the middle class, and the mechanization of the sugar industry, brought the privilege of sweets into the general public.



## Welcome New Residents!

Welcome Clyde to the Garden we are happy you are here!

3151 W 20th St

Greeley, CO 80634

**Office:** 970-673-9402

[www.GardenSquareAtWestlake.com](http://www.GardenSquareAtWestlake.com)

**GARDEN SQUARE  
 AT WESTLAKE  
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**BUSINESS OFFICE  
 MANAGER**

Nicole Inkeep

**ADMINISTRATOR**

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**OCTOBER – WORD SEARCH**

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

BRAIN  
 CANCER  
 DESSERT  
 FIRE  
 HALLOWEEN

PREVENTION  
 PUMPKIN  
 PUZZLE  
 SLEEP  
 SPIDER

STRETCH  
 SUDOKU  
 SUGAR  
 THERAPY  
 WALK