

THE WESTLAKE WHISTLER



What Is Osteoporosis?

As we age, so do our bones. **Osteoporosis occurs when the bones become brittle due to lack of proper levels of calcium.** It can affect men and women, but mostly women. When bones lose calcium (or density) they become weakened and can be easily fractured or broken.

The most common fractures occur in the hip, spine and the wrist. The hip and wrist injuries often result from falls or trying to break a fall. Untreated spinal fractures may cause you to lose height and hunch.

The problem with osteoporosis is that everyday mishaps can lead to dangerous fractures. A fall that might normally result in a bruise and nothing else may

actually cause a fracture with a long recovery.

Some people are at greater risk for osteoporosis than others:

- Small body frame
- Family history of osteoporosis
- Poor diet
- Poor health
- Menopause
- Lack of vitamin D
- Thyroid issues
- Amenorrhea

If you have experienced painful bone fractures and have any of these risk factors, it may be time to see your physician.



HAPPY BIRTHDAY!

Jaime	May 9th
Virginia W.	May 9th
Marian	May 13th
Bud	May 29th

WELCOME TO THE GARDEN

Virginia W. and Lydia

We are so glad you are here with us!!

May Special Events

- 5/1 Making May Day Baskets with Shawna
- 5/2 Foot Dt 9-2 in Activity Room
- 5/3 Fiesta Party
- 5/5 Worship with Harold
- 5/6 Spelling
- 5/7 Making Pretzel Butterflies
- 5/8 Coke Floats with Bobbie Jo
- 5/9 Rock Painting
- 5/10 Piano with Dee
- 5/11 Music with Jill
- 5/12 Accordion with Joyce
- 5/13 Manicures
- 5/14 Musical Ball
- 5/15 Van Ride
- 5/16 Shopping King Soopers
- 5/17 Lunch at Red Lobster
- 5/19 Worship with Evangelical Free Church
- 5/20 Making Apple Pie with Kristen
- 5/21 Music with Brian
- 5/22 Bible Study with Harold
- 5/23 Puppy Visits
- 5/24 Happy Hour
- 5/25 Piano With Jill
- 5/26 Worship with Emma Jo
- 5/27 Bingo Store
- 5/28 Crossword
- 5/29 Bible Study with Harold
- 5/30 Let's Go Have Coffee
- 5/31 Lunch at Santeramos

Letter from the Administrator

Dear Residents, Family, and Friends,

Welcome to Spring! The weather is getting warmer and we are looking forward to being outside! Garden Square at Westlake wants to encourage families to visit and to attend our family events each month. We want to welcome Shawnalou to our Dietary management position. Please excuse us as we are in the process

of many changes coming this next month. Please let me know if you have any questions or concerns. My door is always open!! Thank you for all your continued support and love you give to your family members!!

Sincerely,

Bobbie Jo,
Administrator

Mother's Day Brunch

On **Friday, May 10th at 10:30 AM** we will be hosting our first annual Mother's Day Brunch! This will be a special brunch dedicated to the lovely Moms of Garden Square at Westlake. We will be serving French toast, fresh fruit, cheese and most importantly, mimosas! Please RSVP by Wednesday May 8th at 970-346-1222.

Family Lunch

On **Wednesday, May 22nd at 11:30 AM** we will be hosting our monthly family lunch! We are welcoming Spring with a light and fresh meal! On the menu we have spring salad with a raspberry vinaigrette, club sandwiches, fresh fruit salad and sherbet punch. Remember to bring a dessert to share! Please RSVP by Monday, May 20th at 970-346-1222.

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



*Please
present
coupon
at time
of meal.*



May is National Blood Pressure Awareness Month

Blood pressure can damage the heart, kidney, and brain without showing obvious symptoms. To combat its effects, it is important to know what your healthy blood pressure goal should be.

What can you do to reduce blood pressure?

Exercise. Exercise such as walking, lifting light weights, and simple workouts may reduce blood pressure.

Lose weight. Weight may put

excessive pressure on the heart. Before considering a diet, consult a physician to determine which weight-loss plan is right for you.

Less sodium. Salt absorbs water. It's the kidneys' job to remove excess water. Too much salt in your body can create extra fluid and increase the pressure on the blood vessels leading to the kidneys.

Stop smoking. Nicotine in cigarettes and tobacco causes inflammation of the blood vessels and can narrow your arteries.

May 31st: Save Your Hearing Day

Hearing loss is the result of noise, aging, disease, and heredity. There are two types of hearing loss, conductive and sensorineural.

Conductive hearing loss is interference of sound waves traveling from the outer ear to the inner ear. This is caused by inner ear infections, fluid in the middle ear, excessive wax, damage to the eardrum, or a bone growing in such a way that it blocks the sound waves from traveling from the middle ear to the inner ear.

Sensorineural hearing loss is when hair cells in the inner ear are damaged. This is due to age, injury from a trauma or noise, pressure in the inner ear, stroke, benign lesions, and brain tumors.

Hearing loss is also one of the most preventable diseases. Even though loud noises may be all around us, wearing earplugs can help reduce noise level.

MAY 26TH: NATIONAL HEAT AWARENESS DAY

The National Weather Services advises citizen to never leave children, pets, or disabled persons in a car for any length of time. Sunlight can pass through a windshield but gets trapped inside the car. Even in winter, heat can get trapped inside a car.

During your Memorial Day picnic, remember to stay hydrated and out of direct sunlight. The body regulates heat through sweating. If exposed to excessive heat, the body cannot regulate its temperature effectively.

To protect yourself from the heat, try these tips:

Drinking water. It may sound obvious but drinking lots of water may help regulate your temperature.

Electrolyte salts. These salts can be found in sports drinks. Regularly replenishing these salts may help during hot and sometimes humid conditions.

Wear sunscreen.

Wear light colored clothes. Light colors reflect sunlight away while dark clothes absorb sunlight.

We hope you have a wonderful Memorial Day weekend!



3151 W 20th St
Greeley, CO 80634
Office: 970-673-9402
www.GardenSquareAtWestlake.com

**GARDEN SQUARE
AT WESTLAKE
MANAGEMENT TEAM**

MAINTENANCE DIRECTOR

Jaime Gonzalez-Diaz

DINING SERVICES DIRECTOR

ShawnaLou Minney

**COMMUNITY RELATIONS
DIRECTOR**

Kristen Sigg

**LIFE ENRICHMENT
DIRECTOR**

Joyce Trevino

**BUSINESS OFFICE
MANAGER**

Nicole Inkeep

ADMINISTRATOR

Bobbie Jo McCarley



Newsletter Production by PorterOneDesign.com

MAY – WORD SEARCH

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

ARTERY
ARTHRITIS
BONES
DENSITY
EARS

HAPPINESS
HEARING
HEAT
MOTHER
OSTEOPOROSIS

RED CROSS
SOULFULLY
STROKE
VISION
VITAMINS