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6/3 Nadyne

6/4 Joan

6/7 Marilyn H

6/10 June Bug

"Around the Garden" June 2020



In this Issue:

Page 1: "Honoring Our Vets"

Page 2: Meet our new Nurse;
Todd Kuennen & Family

Page 3: L2BH

Page 4: Plans for Father's Day

Page 5: Keeping Family Connected

Page 6: Flag Day Tips

Page 7: Around the Garden

Page 8: "Contact Information"

*May was National Military Appreciation Month—and we want to tell our Veterans how much we appreciate them!
It is an Honor for Us to Serve YOU!*

Thank you so much for your service



Julius



Todd



Bob

Kermit

Allen

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Embracing Every Moment

**Our calendar activities are free (except meals out) and open to the public! Please feel free to*

Welcome to our new Nurse at Garden View Place



My name is Todd Kuennen and I am proud to be the new nurse for Garden View Place! A little about me. I grew up on a farm around St. Lucas and graduated from Turkey Valley in 2006. I went to the University of Northern Iowa and received a degree in Biology. I joined the Army when I was 18 and served 8 years with one tour to Afghanistan. After a year of not using my degree, I decided to enter the medical profession. I had moved to Des Moines and started as a CNA at an assisted living place similar to Garden View. I eventually had to leave due to nursing school getting more intense. I started working at a nursing home that was close to where I lived. I got my bachelor of science degree in nursing and was offered a position as Director of Assisted Living. After a while my wife and I decided it was time to move back home where we found a house that was up to her standards. We officially closed on a house on May 5th and have loved every minute of it. Pictured is my wife Robin (whose from Texas), Preston (6) and baby Luna (5 months). I look forward to caring for your loved ones and am happy to finally be back in "Gods Country"!

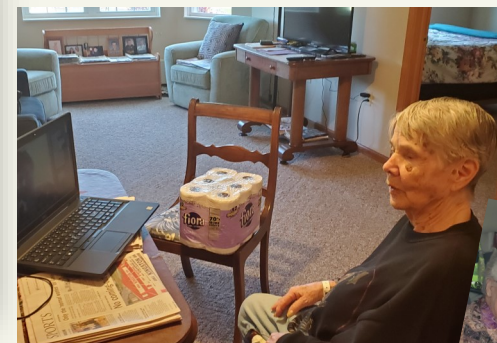
Piece by Piece it's Coming Together!



"Around the Garden"



Bean Bag Queen,
Sharon



Masa "Zoom'n"



Mary Lou Uber'n



Bunnie and Melanie visit



JUNE IS DAIRY MONTH

Everyone received their little questionnaire regarding your farming and milking techniques. Those were then submitted to the Farm Bureau office. Your responses will be in the "Spokesman" distributed soon, and they promised we would get a copy!

Another fun event coming will be courtesy of the Randy & Samantha Wagner's Farm— we get to name a calf! We will also be able to view an automated milk setup.

You will find these events are not on your June calendar, as the date and time is yet to be determined...

You'll be the FIRST to know!



Flag Day

Celebrating Old Glory

- 1777** The first American flag was introduced on June 14, 1777 by the Second Continental Congress. There is debate among historians about who actually designed the first flag.
- 1795** The number of stars and stripes on the U.S. flag was increased to 15 each when Vermont and Kentucky became states.
- 1814** It was the 15 star/15 stripe version of the "Star Spangled Banner" that inspired Francis Scott Key to write his famous poem during the British attack of Fort McHenry during the War of 1812.
- 1818** Congress declared the flag was to have a new star added for each new state and the flag would be official the first July 4th following admission. The number of stripes was reduced to 13 to honor the original colonies.
- 1916** President Woodrow Wilson issues a proclamation establishing June 14 as Flag Day. In 1949, National Flag Day was established by an Act of Congress on the same date.
- 1960** The most recent change, from 49 stars to 50, occurred in 1960 after Hawaii gained statehood in August 1959.

The stars on the original American flag were in a circle so all the Colonies would appear equal. The 13 stripes alternate red/white.

Who? The man credited with designing the 50 star American flag is Robert G. Heft.

Did you know the largest consumer of American flags is our southern neighbor Mexico? In 2012 the U.S. exported \$188,824 worth of flags to Mexico.

The Continental Colors were first hoisted on the USS Alfred, in Philadelphia on December 2, 1773, by Lieutenant John Paul Jones.

The "Cowpens" flag was said to have been carried by William Batchelor of the 3rd Maryland Regiment at the Battle of Cowpens, January 17, 1781.

For more like this visit www.FlagandBanner.com/content/infographics.asp

Flag Day Tips

The lyrics of "The Star-Spangled Banner," America's national anthem since 1931, are taken from a patriotic poem written by Francis Scott Key after he witnessed the Battle of Fort McHenry during the War of 1812. His words were set to the tune of "To Anacreon in Heaven," a popular British drinking song.

In the 1950s, when it seemed certain that Alaska would be admitted to the Union, designers began retooling the American flag to add a 49th star to the existing 48. Meanwhile, a 17-year-old Ohioan named Bob Heft student borrowed his mother's sewing machine, disassembled his family's 48-star flag and stitched on 50 stars in a proportional pattern. He handed in his creation to his history teacher for a class project, explaining that he expected Hawaii would soon achieve statehood as well. Heft also sent the flag to his congressman, Walter Moeller, who presented it to President Eisenhower after both new

states joined the Union. Eisenhower selected Heft's design, and on July 4, 1960, the president and the high school student stood together as the 50-star flag was raised for the first time. Heft's teacher promptly changed his grade from a B- to an A.

- Unlike setting an intact flag on fire, flying one upside-down is not always intended as an act of protest. According to the Flag Code, it can also be an official distress signal.
- Despite the preponderance of "patriotic" gear ranging from tee shirts to swimsuits to boxer shorts, the Flag Code stipulates that the Stars and Stripes should not appear on apparel, bedding or decorative items.
- The practice of draping coffins in the American flag is not reserved for military veterans and government officials. On the contrary, any burial may incorporate this tradition .
- When the flags of cities, states, localities or groups are flown on the same staff as the American flag, Old Glory should always be at the peak. When flags of two or more nations are displayed, they should be of equivalent size and flown from separate staffs of the same height.

Live2B June 2020

HEALTHY

Diabetes & Exercise

According to the Centers for Disease Control and Prevention (CDC) approximately 26 million Americans have Type 2 Diabetes. That includes about 27 percent of Americans age 65 or older. Type II Diabetes, which constitutes about 90-95% of all types of diabetes, is common in adults. It is caused by resistance to insulin, the hormone that absorbs sugar from your diet. The unabsorbed sugar causes the symptoms of diabetes and can lead to health issues such as heart disease, obesity and kidney failure.

People with diabetes experience a faster type of aging that those without diabetes. This type of aging is commonly referred to as secondary aging (according to a review of exercise and aging in diabetes published in Vascular Magazine). This type of aging mainly affects the blood vessels and can cause early heart disease and high blood pressure. Exercise encourages healthy aging with diabetes because it decreases insulin resistance.

Proper meal planning, stress management and taking medications as prescribed are all key factors in managing diabetes. However, The American Diabetes Association recommends exercise as particularly beneficial for both Type I and Type II Diabetes. Exercise actually improves insulin sensitivity and can improve a person's response to blood glucose medications.

Successful exercise programs are those that last 10 weeks or longer. Help your loved one make exercise a success by setting small, achievable goals and encourage them to make their chosen form of physical activity a regular part of their daily routine. Remind them that exercise can increase their overall feeling of well-being by improving their insulin sensitivity.

Origins of Father's Day



The campaign to celebrate the nation's fathers did not meet with the same enthusiasm—perhaps because, as one florist explained, “fathers haven’t the same sentimental appeal that mothers have.”

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

This year for Father's Day at Garden View, we're planning on a grill-out on Friday June 19th! With our Social distancing in place, we'll grill, “EAT”, and then have a Bean Bag Tournament all outside! Should be a great time!!



We're doing all we can to keep the residents connected to their family through this difficult time. Whether by technology or taking a personal Garden View Uber drive– we're able to see our families! *More pics on pg 7*

