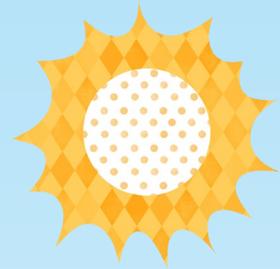




# September 2020 Newsletter

August was another month of new adventures for us. We continue to enjoy spending time outside on beautiful days watching the flowers grow, listening to birds sing and sharing conversations with friends and loved ones. We were all so excited to have Ross Sletten provide a "Parking Lot Concert" so we could enjoy the music we have greatly missed.



## Celebrating September

9/2 End of WWII

9/7 Labor Day

9/11 Remember 9/11

9/13 Grandparent's Day

9/16 American Legion Day

## Birthday's:

Kathy Halverson 9/2

Wilford VanHal 9/25

Sherri Bachtell 9/22

Natasha Sletten 9/29

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# Resident Wellness Newsletter

## HEALTHY & HYDRATED

### WHY ARE SENIORS MORE PRONE TO DEHYDRATION?

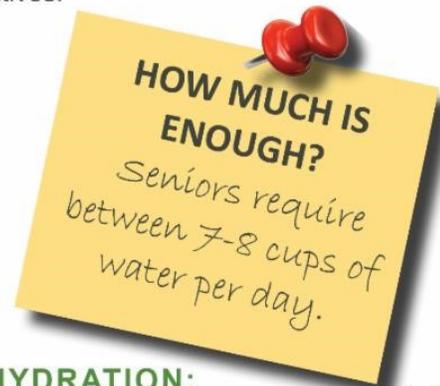
Because the thirst sensation in adults older than 65 are commonly far lower than indicative of the body's actual fluid needs, the short answer is simply 'because they are less thirsty'. In addition, the kidneys naturally lose some of their ability to conserve water and concentrate urine, leading to greater fluid loss through urination.

A decline of muscle mass can also reduce how much water the body can store. Muscles serve as a holding area for water molecules.

Age-related health conditions also play a role. For instance:

- Undiagnosed or uncontrolled Type II diabetes can increase urination.
- Urinary incontinence (and resulting anxiety surrounding accidents) can cause seniors to deliberately reduce their fluid consumption.
- Reduced mobility can cut down on how often people are willing to make trips to get water or use the restroom.
- People with Alzheimer's or dementia are also at an increased risk of not drinking enough water.

Over-the-counter and prescription medications may contribute to fluid losses. Blood pressure medications such as diuretics are commonly associated with dehydration, as are antihistamines and laxatives.



### HEED THESE WARNING SIGNS OF DEHYDRATION:

- Thirst
- Headache
- Weight loss
- Darker colored urine
- Increased heart rate
- Lowered blood pressure
- Sunken eyeballs
- Less frequent urination
- Dry mouth & eyes
- Constipation

**Live2B**  
**HEALTHY**

Live 2 B Healthy® is Proud to Partner with:

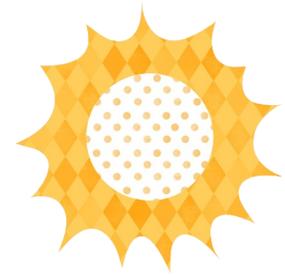
SilverSneakers  
at Retirement

FLEX  
Community  
Fitness Classes

Silver&Fit

RenewActive  
by UnitedHealthcare

<https://health.usnews.com/health-care/patient-advice/articles/what-older-adults-need-to-know-about-hydration>



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*How many forms of communication do you see in the picture?*

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The dictionary defines communication as the act of conveying meaning from one entity or group to another through the use of mutually understood signs, symbols and semiotic rules. There are many types of communication that we use constantly such as body language, verbal, non verbal, eye contact and facial expressions just to name a few. We all have our own preferred method of communication. The most important thing about communication is that it happens on an ongoing basis. One thing we have learned through this COVID-19

pandemic is that we here at Whispering Oak Place need to create a better method of communication with residents and families . We are creating a list of family members preferred method of communication and sharing it with all of our management team. We do this in hopes of doing a better job of keeping you up to date on happenings in our community. We welcome your feedback to ensure we are doing everything within our power to give you the most up to date, accurate information in a timely manner.



Special note from Sherri and Brenda:

We would like to brag a little about the amazing staff we have. The pandemic has been difficult for everyone including our staff. They are putting in long hours, working on their day off and avoiding large gatherings. They do all this not because they have to but because they deeply care about each and every resident. We can not express how lucky we are to have such a dedicated, caring team to work with. THANK YOU one and all!

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### **STAFF SPOTLIGHT!**

Paige Lamson

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How long have you been here? 9 months

What is your role? I am a Resident Assistant, you will most often find me on the Memory Care wing but also work on the Assisted Living wing.

What is your favorite game to play? Cribbage

What is your Favorite thing about Whispering Oak Place? How everyone gets along together and the great teamwork

Tell us about you: I live in Geneva with my giant dog and fat cat. I am originally from western Wisconsin. I love spending time with my friends and family when I'm not at work.



