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## "Around the Garden"

## February

# 2021

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### "Lily Marie" has arrived!

Welcome Lily Marie to the Kuennen and Garden View Place Family! Lily, newborn daughter to Todd (our RN) and wife Robin, was born on January 13, 2021 at 4:12pm. She weighed 8lbs. 3oz. and was 19.5" long.

We want to congratulate the Kuennen's on their adorable little bundle and we hear Lily and Mommy are doing fine.





## Chocolate and Flavanols – Too Good to be True?



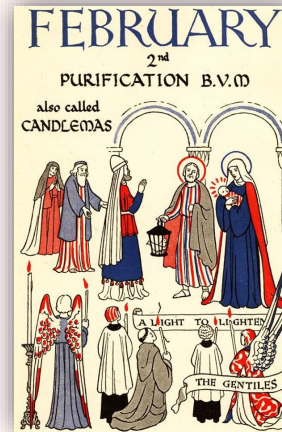
You've probably heard that chocolate, especially dark chocolate, could be good for your health. The good news is that there could be some truth to this when it comes to your cardiovascular health. Cocoa and chocolate contain specific flavonoids called flavanols, which studies have shown to have a positive influence on vascular health. According to the Cleveland Clinic, potential influences can include decreased blood pressure, increased blood

flow to the brain and heart, and improved function of blood platelets. Not all types of chocolate are healthy, however. The more that chocolate is processed, the more flavanols that are lost. Flavanols are also found in a wide variety of foods and beverages such as cranberries, apples, peanuts, tea, and red wine.

Below are some of our most important tips to keep seniors' hearts healthy:

1. Exercise almost every day of the week. Try to get at least 30 minutes of light exercise five or six days a week, along with muscle-strengthening exercises twice a week. This can include walking, jogging, hiking, cycling, swimming, aerobics, yoga and even gardening. (Please make sure you check with your doctor before starting a new exercise routine.) It doesn't have to be challenging to squeeze in small workouts, for example, you can walk your or a friend's/neighbor's dog twice a week, walk around the block as you talk on the phone to a loved one or go swimming with your grandchildren.
2. Eat healthier. Limit or completely cut out fatty foods and red meat from your diet, while adding more fresh fruits and vegetables to every meal. Make sure your body has three servings of whole grains each day and plenty of fiber, while greatly reducing the amount of sodium, saturated fat, cholesterol and sugar you consume. Additionally, make sure you don't drink more than two cups of coffee per day. Green and black tea may be better alternatives, because they have a lower amount of caffeine, while also containing disease-preventing antioxidants.
3. Quit smoking and/or drinking alcohol. If you still regularly smoke tobacco products or drink alcohol – no matter your age – you should quit. Tobacco and excessive alcohol use have been proven to cause cancers and chronic diseases that may lead to death.
4. Ask your doctor about your heart health. Be sure to schedule regular checkups with your doctor to monitor your blood pressure, other vital signs and symptoms of

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## “February 2nd Trivia Candlemas & Ground Hog’s Day”

*Groundhog Day* is February 2nd. This holiday isn't just about shadows and winter weather predictions, as most of us believe. This observance, also known as *Candlemas* goes way back

in history to biblical times.

The Law of Moses stated that parents were obligated to bring their first-born son to the church and make an offering to God on his behalf. This took place (usually) after the baby was 40 days old. This is based on the biblical teaching that Mary also presented Jesus to the Temple in Jerusalem following his 40-day period of purification after he was born. So, Jesus was born on December 25, add 40 days and you get February 2nd!

When Jesus was presented, an old, devout Jew named Simon, held the baby in his arms and said that He would be, "A light to lighten the Gentiles." (Luke 2:32) This is how February 2nd became known as Candlemas (or Candelaria); and, since the 11th Century with the blessing of candles.

It is also called the Feast of the Presentation of Christ in the Temple, in the Eastern church. But it's called the Feast of the Purification of the Blessed Virgin Mary in the Western church. No matter what it's called, the celebrations both have the same format and are significant for the blessing of candles and candlelight processions.

There are those, however, who feel that forming a procession with candles really originates back to the Romans who had a custom of going around the city in February with a candle procession. (see more below) So the candle procession wasn't created by Christians at all. But when the Christians attempted to Christianize the Romans, they borrowed this custom of using candles in

religious services. So, in 494 C.E. Pope Gelasius I created the Feast of the Purification of the Virgin Mary. Ironically, it was also used to kindle a "brand" left over from the Yule log at Christmas.

So what does all this blessing of candles have to do with groundhogs and shadows you ask?

There was a medieval superstition that all hibernating animals (not just the groundhog) came out of their caves and dens on Candlemas to check on the weather. If they could see their shadow, it meant that winter would go on for another 6 weeks (and they could go back to sleep.) A cloudy day meant that spring was just around the corner.

In England, France and Canada, the farmers used to watch for the stirring of the "Candlemas Bear" as a sign that springtime was coming. In Ireland, it was the hedgehog. In German it was the badger. The return of hibernating animals meant nature was giving them a sign. A change in seasons was being announced! And, anyone whose livelihood or survival depended on the changing of seasons paid very close attention to all signs.

The early German settlers, known as the Pennsylvania Dutch, brought this custom to the United States. They chose the groundhog as their hibernating animal to watch as a sign of spring. Another

name for the groundhog is woodchuck (*Marmota monax*). It's a member of the squirrel family. Groundhogs that live in the wild eat succulent green plants, such as dandelion, clover, and grasses. Those that are pampered, like Punxsutawney Phil, eat goodies like dog food and ice cream.

So why February 2? This is because it's at the half-way mark between Winter Solstice and Spring Equinox.

But, good weather meant a prolonged winter and a cloudy day meant an early spring. The tradition rooted in America and gave rise to the legend of Punxsutawney Phil, a groundhog in Pennsylvania believed to be a century old.







It's hard to believe it will be *Ash Wednesday* on February 17th already.

We are planning a **"FAT TUESDAY"** celebration including supper with pancakes, eggs, & sausage for all of the residents. Following, a little entertainment to end the evening. So be thinking of "which talent" you would like to share!

There are skits, share a poem, tell a story, play an instrument, it will ALL be Fun!



**HappyGRAM!**

Family and friends, just search the link below and the directions are super easy! Send a letter and/or a picture. There are no weekly limit to how many can be received.

[www.happygram.org](http://www.happygram.org)



**Live2B  
HEALTHY®**

**Feb. 2021**

## A Vital Life Skill



Figure 2 Click Image to View | Download

Getting up and down from the floor is so important that our ability to do so is actually a measure of our fitness and longevity. This skill requires a minimum level of fitness in all areas of our bodies – **balance, flexibility, core strength, upper and lower body strength.**

At Live 2 B Healthy®, we have put together 2 new **handouts** called "Getting Down on the Floor" and "Getting Up from the Floor". If you attend regular Live 2 B Healthy® classes and would be interested in practicing these skills with Certified Fitness Trainer, please ask your trainer to consider adding these two activities into your fitness classes on a regular basis so you can *safely* practice these skills. These two **handouts** with step by step instructions based upon the **National Institute on Aging** recommendations are available for you to print out as reference.

Of course, if it is not safe for you to get down on the floor (if you have had surgery or your doctor recommends against it) we do not encourage you to attempt any of these movements. If you have any doubts, please consult your doctor.

As we age, we become less and less connected to the ground. Over time this leads to a **fear** of being on the floor. Since a "fear of falling" is actually a fall risk factor, learning how to recover from a fall is a good prevention skill. How easy is it for you to get down onto the floor and then back up again without assistance? It is important to **practice** getting down onto the floor and then back up again because if we don't use it, we will lose it (the ability, that is). The thought of not being able to get back up may prevent you from going for a walk on a nice spring day. What a shame to have to give up that simple joy if you don't have to! Often, there are many other Activities of Daily Living (ADLs) that require your getting down on the floor safely – such as playing with children, wiping a spill off the floor, rescuing something that has rolled under the sofa - even some exercises might be more effectively performed on the floor.

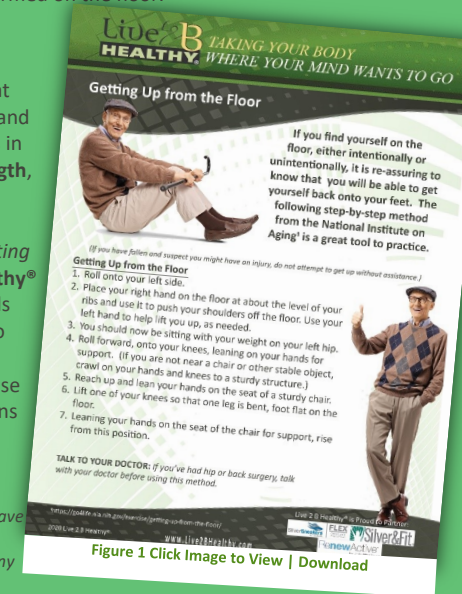


Figure 1 Click Image to View | Download

To locate FREE local senior fitness classes in your area, please visit:  
<https://franchise.live2bhealthy.com/class-schedule/>  
Enter your zip code to find locations near you.

[www.Live2BHealthy.com](http://www.Live2BHealthy.com)



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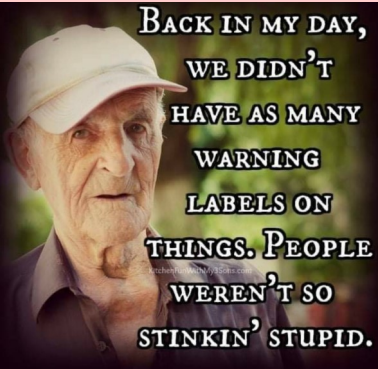
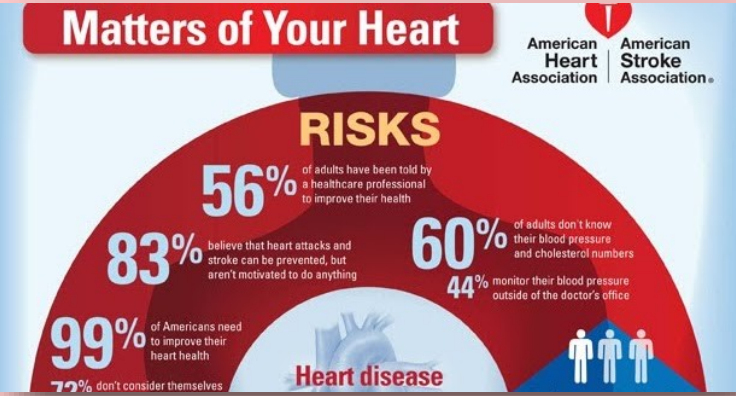
any diseases. This will keep you on top of your health and will decrease your chances of getting preventable diseases. Set goals for improving your heart health and always take medication as prescribed by your doctor.

5. Get better sleep. It's critical for seniors (and everyone) to have a full night's sleep. Most experts say that seniors should sleep between seven and nine hours each night. Sleep is beneficial for brain functionality, emotional well-being, metabolism, immune functionality and for damaged cell and tissue repair.

6. Reduce stress in your life. Stress isn't good for a person's mind or body, and high levels of stress have definitely been linked to CVD. There are so many healthy outlets to relieve stress, find one or a few that work for you and keep with it! For example, consider engaging in church activities, phone calls with relatives, volunteering, yoga, meditation, exercise, music or a weekly class/club that performs fun activities.

WEAR RED—  
FRIDAY, FEB.

Taking care of your emotional wellbeing is prudent for a satisfying life, as well as the lives of your children. For more information about enhancing your emotional wellbeing, check out *Scripps Affiliated Medical Groups' articles.*



Sitting on the side of the highway waiting to catch speeding drivers, a State Police Officer sees a car pattering along at 22 MPH. He thinks to himself, "This driver is just as dangerous as a speeder!" So he turns on his lights and pulls the driver over. Approaching the car, he notices that there are five old ladies — two in the front seat and three in the back — eyes wide and white as ghosts. The driver, obviously confused, says to him, "Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?"

"Ma'am," the officer replies, "You weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers."

"Slower than the speed limit?" she asked. No sir, I was doing the speed limit exactly... Twenty-Two miles an hour!" the old woman says a bit proudly. The State Police officer, trying to contain a chuckle explains to her that "22" was the route number, not the speed limit. A bit embarrassed, the woman grinned and thanked the officer for pointing out her error.

"But before I let you go, Ma'am, I have to ask... Is everyone in this car ok? These women seem awfully shaken and they haven't muttered a single peep this whole time." the officer asks.

"Oh, they'll be alright in a minute officer. We just got off Route 119."



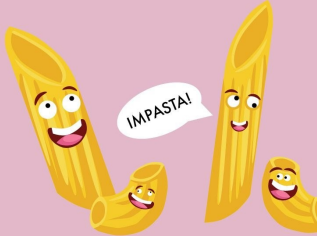
WHAT DID THE PECAN SAY TO THE WALNUT?

*We're friends because we're both nuts.*

WHERE DID THE BROCCOLI GO TO HAVE A FEW DRINKS?

*The salad bar.*

WHAT DO YOU CALL A FAKE NOODLE?



WHAT DID ONE BLUEBERRY SAY TO THE OTHER BLUEBERRY?

*If you weren't so sweet, we wouldn't be in this jam.*

WHAT DO YOU CALL CHEESE THAT IS NOT YOURS?

*Nacho cheese.*

WANNA HEAR A JOKE ABOUT PIZZA?

*Never mind it's too cheesy.*