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Joan W. 6/4

Marilyn H. 6/7

June F. 6/10

Eileen L. 6/16

**Family members that would like to bring in a cake and ice cream to share can contact Jill or Paige. Their emails are listed to the left.*

Professionally Managed by:



<https://www.jaybirdsl.com>

...embracing every moment

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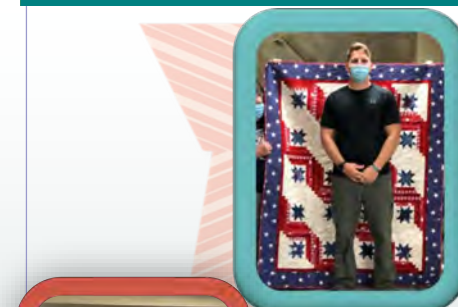
Garden View Place

June

2021



"AROUND THE GARDEN"



We were honored to be able to observe & support our Healthcare Coordinator, Todd Kuennen as he was presented his Quilt of Valor this afternoon. His quilt was made by Linda Hughes and Sandy Koenig, and was presented by Linda Hughes and Rita Anderson.

We are thankful for our Veterans and our freedom each one represents... "Thank You", & may God Bless all of you

Happy Father's Day

Cont. on page 2

***Contact Amanda for a private tour—319-269-1877**

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Employee Spotlight

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of Valor

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calendar!

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"Contact Information"

Hi All!

I'm so thankful to be a part of the Garden View family!

I have recently moved back to the area, but had raised my family here in Monona. I have four wonderful children and a wonderful son-in-law, with a couple beautiful daughters-in-law as well. You may know one of them, Brittany ring a bell to anyone?

I've also been blessed with 7 grandchildren and have 2 more coming soon!

My free time, you'll always find me with family. But I love to take in a movie, or sit outside on a beautiful day, and crocheting. I LOVE PINK!

*And, we at Garden View
are very lucky to have you,
Jill!*

Live2B HEALTHY®

June 2021



Resident Wellness Newsletter

Tips to Stay Fit with Arthritis

When your body hurts, getting up off the sofa and exercising may seem like an insurmountable task. Studies show, however, that staying fit and focused on your health and wellness, is one of the most important tool you have for managing your arthritis.

Pace yourself

It's especially important if you're just starting to work out. Ramping up slowly not only helps to avoid injury and exhaustion, but it also increases your chances of sticking with your routine. If you start doing one type of exercise and find that, after a few weeks, you are dreading doing it - skip the temptation to just do nothing, and instead, find a different activity. Sometimes it's just boredom with the routine itself, rather than disliking the physical movement. What works to keep your friend motivated may not work for you. Keep trying new activities until you find a balance that works for you. At the same time, realize that exercise, like everything else in life, will have it's up times and it's down times. Maybe it's the weather, maybe there's something bothering you. Be prepared to continue some form of physical activity, knowing that, if you stick with it, you will soon find yourself re-motivated again in a few days.

Buddy up

Working out with a friend can help keep you on track with your fitness goals. Studies show that, in addition to the social benefits, exercising with others can provide motivation and help keep you accountable.

Shop for shoes late in the day

Our feet swell as we walk and work out, so it's best to shop for fitness footwear after we've been on the go for a while. Choose shoes with solid ankle

support and shoes should be comfortable immediately and require zero "break-in" time.

Respect your pain

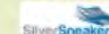
Some discomfort is normal when exercising, but it should be minimal – about a 2 on a scale of 1 to 10. If you experience more discomfort or a sharp feeling, stop. You may need to do decrease your time and intensity and slowly build it up. You can get much of the same benefits from three 10-minute walks as you can from one 30-minute walk.

Make any necessary modifications

Modify moves, and if possible, equipment to meet your specific needs. For example, many exercises can be done while seated as opposed to standing, which can prove helpful on days when you have more pain and/or less energy. Equipment modifications could include using a slightly deflated exercise ball to make it more stable to lie on, or wrapping jump ropes, dumbbells or other handles in foam tape, like tennis grip tape, to make them easier and more comfortable to grip. Your Live 2 B Healthy® Trainer will be able to help you out with suggestions on modifications. Be sure to let him/her know if you have arthritis so they can guide you towards the most beneficial exercises.



Live 2 B Healthy® is Proud to Partner with:



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.

<https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/staying-fit-with-arthritis>

Live2B HEALTHY®

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Live 2 B Healthy® provides **FREE** senior fitness classes in senior living communities and senior centers across the country. To locate a class, please visit our **website**. Enter your zip code to find locations near you.

www.Live2BHealthy.com

Father's Day Symbols

The Tie!

As found in Brownielocks

Ironically, Christmas wasn't the holiday that tradition had you giving dad a tie. No, what Mother's Day did for the florist industry, Father's Day did for men's wear and ties. Along with tobacco items, shirts or anything that was masculine that dad would like (fishing, hunting, you name it!) the commercial retailers just jumped on the bandwagon to turn this holiday into a monetary success.

Knowing that many considered Father's Day gifts as a joke (Real men don't want gifts they said!), a new type of gift-giving industry emerged: Gag Gifts.

Suddenly ads were appearing surrounding fathers with cheesy, tacky, silly, ridiculous gifts and then suggested getting Dad the traditional classic tie or socks. Although these commercial ploys were obvious, well, hey... soon Dads were well expecting "something" for Father's Day or they felt unappreciated or unloved.

As early as 1920, the custom of giving ties to fathers as a symbolic gesture of love was a joke. A man was often teased for his "ugly tie" that his wife got him, as it was common for her to have no sense of taste. And poor dad was left wearing an ugly tie in order not to hurt his wife's feelings.

But the idea of giving man flowers was even more ridiculous back then. At least ties, socks, pipes, etc. were more masculine. Although today, dads everywhere get all sorts of gifts from plants for their office, a dozen brownies to indulge in, tickets to their favorite game or even sexy underwear, it still remains today that "the tie" is the traditional and classic Father's Day gift.

The Rose

Sonora Smart Dodd suggested the rose in her petition as I mentioned above. She felt that a white rose should be worn for a father who died, and a red rose for a father who was still living. Even though it took over 60 years for Father's Day to become an official holiday, the idea of the rose as it's symbol to wear on this day was never challenged. It was, however joked that the real flower for Father's Day should be the dandelion. Why? Because like a father, "the more it is trampled on, the more it grows."



Father's Day Word Search

Created by Sara Lee Coffeecake

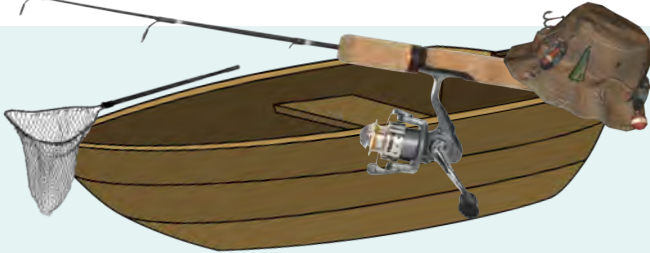
Tribute to the Fathers in our Lives

D	A	D	T	S	E	B	S	D	L	R	O	W	G
S	D	R	A	C	G	N	I	T	E	E	R	G	R
P	S	P	G	S	G	N	I	H	S	I	F	E	A
O	R	H	O	P	C	B	G	R	W	S	P	R	N
T	E	O	L	O	I	E	R	A	G	E	R	S	D
A	G	T	F	P	V	B	S	A	E	U	O	A	C
T	R	D	I	U	E	R	H	E	V	C	T	C	H
O	U	O	N	T	N	E	R	A	P	E	E	R	I
S	B	G	G	D	G	G	N	V	O	B	C	I	L
A	M	S	I	T	T	C	N	O	R	R	T	F	D
L	A	E	S	T	R	O	N	G	E	A	I	I	R
A	H	T	E	A	C	H	E	R	H	B	N	C	E
D	B	E	L	O	V	I	N	G	G	C	G	E	N
P	H	A	E	V	I	T	R	O	P	P	U	S	S

- POTATO SALAD
- GREETING CARDS
- PROTECTING
- GOLFING
- PARENT
- BRAVE
- GRANDCHILDREN
- SACRIFICES
- HAMBURGERS
- HERO
- POPS
- TEACHER
- WORLDBESTDAD
- LOVING
- SUPPORTIVE
- BARBECUE
- FISHING
- STRONG
- HOTDOGS



Play this puzzle online at : <https://thewordsearch.com/puzzle/2382494/>





We will be making some improvements for our gardens in the back courtyard. Be ready to tell me the name of each plant so we can label with home-made tags so the “rest” of us know what they are!

Another “treat” to look forward to 9(note on the calendar), is Baking and Craft Clubs. Every other Tuesday morning we’ll be either working on crafts, or playing Betty Crocker (we welcome all you men too, you could say what YOU want to make!) Sounds yummy, Right?



Jill,

Life Enrichment Coordinator



Lets Have a Grill-out!

Just think—it’s Father’s Day is right around the corner AND it’s the first day of Summer!!

We’re planning a grill out with hamburgers, hot dogs, and all the fix ’ins! You just need to be prepared to have some *FUN!*

We’ll see if it works to let those wonderful ladies makes us some of their mouth watering pies!? “Pretty Please”



WHAT: Bible Study Friday After-
noons at 1:30.

WHERE: Downstairs Community
Room

WHO: *EVERYONE WELCOME!*