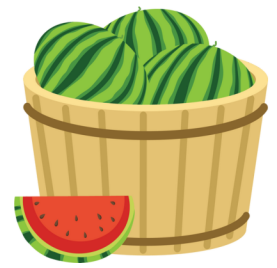


The Pillars Press



Vol. 2 • Issue 3 • 2023



**Open to the Public
Starts at 11:00am**



**June 21st, 2023
Pillars Summer Jazz Fest
Food Trucks, Craft Fair, Live Music**



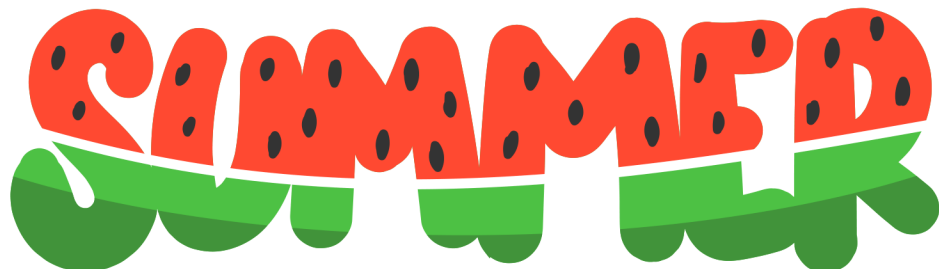
Pillars of Grand Rapids Residents

Here comes the sun!! For most, the official kick off to summer was the memorial day weekend. After a long winter it is great to have some of these warm days where we can get outside and enjoy all that northern MN has to offer.

One of the major updates that I want to add into this issue is introducing our new Culinary Director, Chris Giersdorf. She officially started with us on May 30th and will be training in over the next few weeks but then we hope to get back to a new normal within our culinary department once she is up and running. She comes to us with many years of healthcare culinary leadership experience, and I know she will not only bring us good food, but also creative ideas to implement into our dining experience.

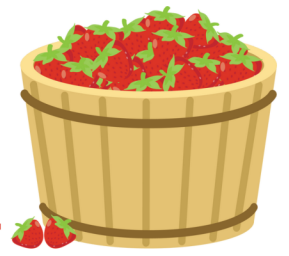
I hope you all get the chance to enjoy the great summer weather and get outside over the next few months!

Take Care,
Haley Hjort - LALD
Executive Director





The Pillars Press



Activities Melissa Drake

Melissa would like to welcome all of our new residents to the community and look forward to meeting everyone. We have lots of activities and outings that happen weekly so I ask you to refer to the calendar or check out 1-2 on your tv.

I'm always looking for new ideas for activities so please feel free to let me know if you would like to see something added.

The bus operates every Tuesday from 9:00am to 12:00pm. For those of you who have doctor's appointment or would like to sign up for a shopping trip as specified on the calendar, please remember the cut off for reserving your spot is 12:00pm the Friday prior (no exceptions). You can leave me a message on my phone 218-999-4962 but the cut off time still applies.

Special Days coming up in June to mark on your calendar. Please refer to your monthly calendar for locations and times:

- June 14th and June 28th Lunch on the patio outings with Melissa
- June 16th Father's Day Lunch
- June 21st Pillars Summer Jazz Fest - Outdoor Event, Open to the Public

Please remember if you borrow a book, game, or puzzle from the community room to return it when finished so everyone can enjoy it.

If you have an activity suggestion, craft supplies, books, puzzles, or games you would like to donate please let Melissa know.

Services in the Chapel (everyone is welcome to attend any and all of these services).

- Mondays Lutheran Service at 9:45am
- Fridays Catholic Communion Service at 2:00pm
- 3rd Thursday of the month Episcopal Service 10:00am



The Pillars Press



The Relationship between Alzheimers and Diet

Regular, nutritious meals may become a challenge for people living in the middle and late stages of Alzheimer's. They may become overwhelmed with too many food choices, forget to eat or think they have already eaten. Proper nutrition is important to keep the body strong and healthy. For a person with Alzheimer's or dementia, poor nutrition may increase behavioral symptoms and cause weight loss.

The basic nutrition tips below can help boost the person with dementia's health and your health as a caregiver, too.

- Provide a balanced diet with a variety of foods. Offer vegetables, fruits, whole grains, low-fat dairy products and lean protein foods.
- Limit foods with high saturated fat and cholesterol. Some fat is essential for health — but not all fats are equal. Go light on fats that are bad for heart health, such as butter, solid shortening, lard and fatty cuts of meats.
- Cut down on refined sugars. Often found in processed foods, refined sugars contain calories but lack vitamins, minerals and fiber. You can tame a sweet tooth with healthier options like fruit or juice-sweetened baked goods. But note that in the later-stages of Alzheimer's, if appetite loss is a problem, adding sugar to foods may encourage eating.
- Limit foods with high sodium and use less salt. Most people in the United States consume too much sodium, which affects blood pressure. As an alternative, use spices or herbs to season food.
- As the disease progresses, loss of appetite and weight loss may become concerns. In such cases, the doctor may suggest supplements between meals to add calories.
- Staying hydrated may also be a problem. Encourage fluid intake by offering small cups of water or other liquids throughout the day or foods with high water content, such as fruit, soups, milkshakes and smoothies.

Possible causes of poor appetite:

- Not recognizing food. The person may no longer recognize the foods you put on his or her plate.
- Poor fitting dentures. Eating may be painful, but the person may not be able to tell you this. Make sure dentures fit and visit the dentist regularly.
- Medications. New medications or a dosage change may affect appetite. If you notice a change, call the doctor.
- Not enough exercise. Lack of physical activity will decrease appetite. Encourage simple exercise, such as going for a walk, gardening or washing dishes.
- Decreased sense of smell and taste. The person with dementia may not eat because food may not smell or taste as good as it once did.



The Pillars Press



From the desk of:

Koby Broking, Resident Services Coordinator

YOU'RE HIRED



Happy June, summer has finally come, and I am excited to see all the pretty flowers, and to get out on the boat with the kids. We continue to add new faces, If you see a new face say hi, some are a little on the shy side, but I think with time they will fit right in. Thank you for your patience and kindness to our staff as we navigate through this month and the changes in our schedules.



Laugh Out Loud!



Leadership Team

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Chris Giersdorf
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