

The Holton News

— MANOR

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Skilled Nursing • Inpatient & Outpatient Rehab Therapy • Aquatic Therapy • Respite Care • Hospice Care

Celebrating Grandparents

Grandparents Day celebrates the important role grandparents play in families and society, highlighting their unique contributions and strengthening intergenerational bonds. Looking for ways to celebrate? Here are some ideas:

Q & A: Prepare questions for grandchildren and grandparents to ask each other and record a video of their stories and experiences for future generations.

Memory Lane: Create a photo album or scrapbook showcasing cherished memories.



Crafts: Engage in fun crafts with grandkids, making personalized gifts or cards for their grandparents.

Play Games Together: Grab Connect Four, Uno, Cribbage, or Battleship off the shelf and have fun competing against each other.

Video Call: If not physically together, have a virtual video call to spend quality time with grandparents.



Family Outing: Take grandparents on a nature walk, picnic, or visit a local attraction they enjoy.

Share Family History: Learn more about your family's heritage and history by asking

grandparents' to share stories.

Send a Card: Send flowers, a card, or photos to grandparents who may be far away. Encourage young grandchildren to make a drawing or color a picture to send.

Share a meal together: Stop by for lunch or schedule a time to take them out for dinner or ice cream and simply spend a few hours together.

Take the time, September 8 to recognize, appreciate, and celebrate the unique impact grandparents have on our lives through their wisdom, support, and love.



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Achieving Excellent Self-Care

Self-care plays a vital role in overall health and well-being. Here are some tips to help prioritize self-care:

Cover the Basics: Eating well, exercising, and getting enough rest are fundamental. These basics keep our bodies and minds healthy. Even small changes in these areas can increase your energy and ability to focus.

Schedule "Down Time" Every Day: Taking time to relax and recharge is important. Try meditating, sitting quietly, or enjoying a peaceful walk. These activities can significantly improve your well-being.

Find a Great Doctor or Two!

When selecting a doctor, ask for recommendations from friends and family. Ensure the doctor listens to your concerns and answers your questions.



Indulge in Your Passions: Life is about more than just completing

tasks! What do you love to do? Paint, sing, go to movies or theatre, or enjoy nature? Regularly schedule time for activities you are passionate about.

A New Take on a Traditional Snack: Ants On A Log

Ants On A Log will always be an easy go-to snack. Whether your “logs” have peanut butter or cream cheese, **September 10, Ants on a Log Day**, is the perfect opportunity to try some of these tasty variations or mix and match them to create a delicious combination all your own! You may just discover your new favorite snack!

Classic: Creamy or crunchy peanut butter on

celery topped with raisins

Buttery goodness:

Substitute a different

kind of nut butter: almond, cashew, or sunflower

Fruity fun: Substitute raisins with other dried fruit: cranberries, cherries, or diced mango

Go nuts: Substitute raisins for mixed nuts or your favorite nut

Fresh 'n' fruity: Substitute raisins for fresh fruit: kiwi, pears, bananas, or apples

Protein: Fill celery with chicken or tuna salad, sprinkle lightly with shredded mozzarella cheese

Veggie: Fill celery with hummus and top with sun-dried tomatoes, chickpeas, diced cucumber or carrots

Mediterranean: Fill celery with cream cheese and top with chopped olives, beets or carrots

Sweet: Fill celery with vanilla or Greek yogurt and top with chocolate chips or yogurt-covered raisins

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Don't Skip a Beat – Prepare for Heart Attacks. World Heart Day is Sept. 29



Have a heart-to-heart. Engage friends, family members, and loved ones in a conversation about heart attack risks, and discuss what you can do together to prevent a heart attack. You might learn that you can help someone live a healthier life by taking them

grocery shopping, driving them to medical visits, or reminding them to take their medicines.

Recognize the signs. Heart attacks look and feel different in women than they do in men. Both men and women may feel chest pain when having a heart attack, but women are more likely to also experience shortness of breath, nausea or vomiting, and pain in the back, neck, or jaw.

Heart attack symptoms may include:

- Chest pain or discomfort, usually in the center or left side of the chest, that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.

- Feeling weak, light-headed, faint, or a cold sweat.
- Pain or discomfort in the jaw, neck, or back.
- Pain or discomfort in one or both arms or shoulders.
- Shortness of breath.

Be safe, not sorry. Make an agreement with loved ones that you will call 911 as soon as anyone experiences any of the signs of a heart attack.

Write down important information.

Keep a record of what medicines your loved ones are taking, what medicines they're allergic to, and who they would want to have contacted in case of an emergency.

Focus on prevention. You can help prevent heart attack from happening by eating healthfully, getting enough physical activity, not smoking, staying at a healthy weight, and managing other health conditions like high blood pressure, high blood cholesterol, and diabetes.

Reach out to your loved ones on World Heart Day, Sept. 29, and commit to making these healthy changes together. Being prepared now may just save a life later.

Source: cdc.gov

