

VOLUME 3 · ISSUE 2

Van. Buren

HEALTH AND REHAB HERALD

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| & Activities

| Senior Summer
| Reading List

Life Long Living

UPCOMING ACTIVITIES

Alzheimer's Awareness

Balloon Release

Sept 18th



Fishing Derby & Picnic

August 31st

Mulberry Fair Day

September 11th at 9am

Senior Day at State Fair

September 30th at 9am



Flat Rock Village Health Fair

October 15th

A Full activities calendar is available at the front desk, or online at vbhr.net/newsandevents
Family and Friends are always welcome!



Registration at 9 am
Ceremony at 10 am
Walk at 10:30 am

We're on the Move to End Alzheimers

On October 10th, VBHR's team of walkers will join with others from the Fort Smith River Valley area in a walk to end Alzheimer's. This is a special event, as it raises awareness for a cause that is so close to home for our residents, families, and staff.

If you are interested in walking with our team or making a donation, contact Marie Holland at 479-474-8021.

FACTS ABOUT ALZHEIMER'S

#1 It's the only cause of death in the top 10 in America that cannot be prevented or slowed down.

#2 Almost two thirds of Americans with Alzheimer's Disease are women

#3 One in Three seniors dies with Alzheimer's or another dementia

#4 Alzheimer's Disease is the 6th leading cause of death in the US

#5 only 45% of people with Alzheimer's disease or their caregivers report being told of their diagnosis.

Gone Fishing

There is nothing like retreating to a quiet spot at the lake on a warm summer day. The water was shimmering, the skies were blue, and the smiles were brighter than the sun overhead. With fishing rods in hand, some found comfort in the shade, while others enjoyed a healthy dose of vitamin-D found in summer sunshine.

On July 29th, a group of residents from VBHR enjoyed a fishing outing, as well as a fish fry! This group returned with fishing tales to tell, but more important than the catches was the comrodery shared among friends. The residents had such a great time that they have already planned the next Fishing Derby for Monday, August 31st!



**"Everyone should
believe in something;
I believe I'll go fishing."**

- Henry David Thoreau



From our Kitchen to Yours



just peachy — COBBLER —

Ingredients:

- 1/2 cup unsalted butter
- 1 cup all-purpose flour
- 2 cups sugar, divided
- 1 tablespoon baking powder
- Pinch of salt
- 1 cup milk
- 4 cups fresh peach slices
- 1 tablespoon lemon juice
- Ground cinnamon or nutmeg (optional)

Directions:

1. Melt butter in a 13- x 9-inch baking dish.
2. Combine flour, 1 cup sugar, baking powder, and salt; add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir).
3. Bring remaining 1 cup sugar, peach slices, and lemon juice to a boil over high heat, stirring constantly; pour over batter (do not stir). Sprinkle with cinnamon, if desired.
4. Bake at 375° for 40 to 45 minutes or until golden brown. Serve cobbler warm or cool.

Stay Cool!

Serve with your favorite vanilla ice cream!

Queen's Pageant

On August 26th at 6 in the evening, VBHR will host our Annual Queen's Pageant. Young men from the community volunteer to escort our lovely participants. It is not only a day to enjoy pampering and wearing an evening gown, but for residents to get to know each other better.

The winner will advance to the District Queen's Pageant September 17th.



get social!

www.vbhr.net
[Facebook.com/
VanBurenHealthandRehab](https://www.facebook.com/VanBurenHealthandRehab)

Like Us On  **facebook**



In June, we recognized these cheerful, hardworking CNAs! Throughout the week we played games such as, Shave the Balloon, Egg Toss, Wheelchair Race, CNA Relay and Water Balloon Toss. We ended a great week by hosting a cookout for this fun bunch.



Celebrating
our CNAs

Flashback to Fun



We had a blast "Bringing on the Fiesta"-- the theme for 2015 National Nursing Home Week. This was a wonderful time of celebration and bonding among staff, residents, and their families. We shared mexican inspired meals and played themed games including a salsa (dance) competition and Pass the Maracas.



May 6th was a day to say "Thank You" to the exceptional team of Nurses at Van Buren Health and Rehab. They got to take a moment out of taking care of everyone else and enjoy some pizza, salad, and cake, but most of all they enjoyed each other's company. This group of nurses is just as silly as they are caring!



Nurses
Day

FIESTA!
Nursing Home
Week

Book Club

RESIDENT SUMMER READING PICKS

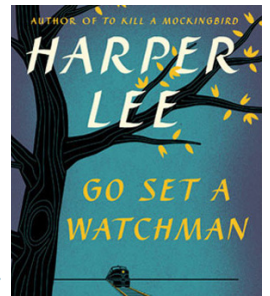
Reading has been a life long hobby for many of our residents. Getting lost in a good novel is an excellent way to escape the summer heat and "explore" past times and new places using our imaginations.

While some enjoy wild western adventures of cowboys or the thrill of suspense and mystery novels others prefer collections of poetry and the sentiments of romance novels.

We polled our residents and the results are as diverse as the readers themselves. Below is our compilation of Resident Picks.

HOT OFF THE PRESS

Great American Author, Harper Lee has helped shaped the minds of many students with her classic novel, "To Kill a Mocking Bird", published in 1960.



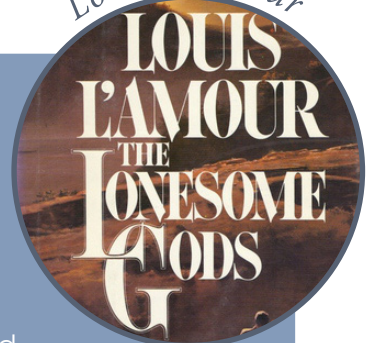
On July 14, 2015 was the highly anticipated and controversial release of the sequel written decades earlier, "Go Set a Watchman".

Clarence E. Mulford



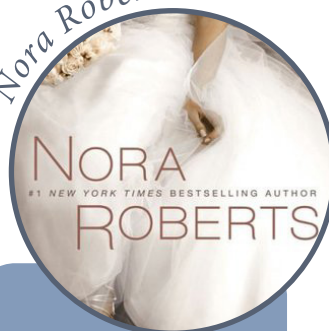
Clarence E. Mulford western novels are where you can find a few of our residents' favorite characters such as, Hopalong Cassidy and other men of Bar-20 Ranch.

Louis L'Amour



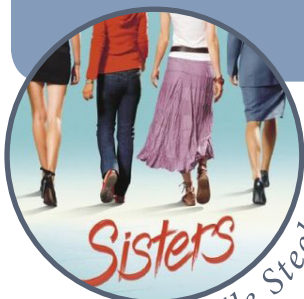
Another great American writer of both western novels and poetry collections, Louis L'Amour carries on Clarence E. Mulford's Hopalong Cassidy character.

Nora Roberts



Nora Roberts has written more than 209 romance novels and was the first author to be inducted into the Romance Writers of America Hall of Fame.

Since 1973, Danielle Steel has been writing books that are among residents' favorites. Between the romance and drama, our residents never get bored with her long list of novels.



Danielle Steel

Those seeking more of a thrill might reach for one of Stephen King's books. He has written spooky titles such a Carrie, The Shining, The Stand, and Shawshank Redemption.

Stephen King



Technology in the Skilled Setting

Written By
Catherine Purser,
LNFA, LCSW



From wireless home monitoring to the easy-to-use 'Jitterbug' phones with catchy ringtones, technology for senior citizens has been popping up left and right. In a rapidly evolving technology climate, the residents in our skilled nursing facility can draw far more benefits from technology than one might imagine, including more social interactions, physical exercise, and more!

Loneliness is a prevalent problem among nursing home populations, where isolation from friends and family can often lead to feelings of depression and even early death. Although physical exercise and interpersonal activities at the long-term care facilities have long been used to combat the loneliness and boredom, signs point to technology being a beneficial addition to daily routines.

"According to United Healthcare's 2012 100 @ 100 survey of centenarians, staying socially engaged is just as important to healthy aging as genetics and maintaining a healthy body. Many forms of technology are available to help residents be more socially engaged."

Programs like Skype and Facetime, which allows video chat, can be used to maintain contact not only with family but also with friends who may live states or even entire continents away.

Imagine how special this technology could be to those residents who must remain away from family on holidays or birthdays. Where a phone call can be seen as impersonal or even just fail to meet the need for 'connection', a video call allows the resident to see the person they are speaking to in real time. It allows for watching the facial expressions and body language, which are a large part of how humans communicate.

Social networking sites such as Facebook can also fill this need for socialization, with faster response times than physical mail or even email. Social networking sites allow the resident to be a part of their family's lives in a more frequent way than an occasional phone call could, and allow them to "watch" events as they unfold through photos and videos. Facebook also allows the residents to 'follow' topics that they find interesting and receive posts on these topics, providing a safe gateway into the vastness of the internet.

Digital games are often overlooked when considering technology for seniors. In addition to promoting hand eye coordination and cognitive function, games can also help battle boredom. Gaming devices such as the Wii can promote exercise in a fun, engaging way while hand held app games, such as Tetris, can be beneficial for those who are bed or wheelchair bound. Best of all, games have various subjects and mechanics. If one isn't engaging to an individual, another might be.

Overall, technology could benefit the aging population and those in long-term care settings in many unique and previously unimagined ways. No longer the sole domain of the wealthy and young, it has become more accessible than ever with a rising population of elderly taking the technological leap.

Websites such as *senior-learning.wikispaces.com* offer simple, easy to use guides to help the aging not only get online and use programs like Skype and email, but also how to be safe while doing it. There are more resources than ever before, and we should use the tools that we are provided to create the highest standard of living possible.



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