

Kayla's Korner



According to the American Heart Association, in the U.S., heart failure is the leading cause of hospitalization among adults 65 or older. 24% of those hospitalized are re-hospitalized in one month. 50% are re-hospitalized in six months.

WHAT TO DO ABOUT IT:

"Mindfulness can improve heart health", Harvard Medical School states. "Research suggests a regular meditation practice could protect against heart disease."

But Where Do I Begin?

You may try the following:



A meditation practice supports your health in many ways — from changing how you cope with stress to lowering high blood pressure. Peace Be With You.

-Kayla Carter, R.N.



BAKA presents
BEAVER DAM
ASSISTED LIVING & MEMORY CARE

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MONTLY Newsletter

FEBRUARY



Love Your Heart

A common thing we all forget to do, because so many of us take our hearts, arteries and veins for granted. In particular, all of their functions, such as: transporting blood to our lungs and the rest of our body, absorbing nutrients (of all kinds, good and bad), and so much more!

You can love your heart more by getting active with the activities we provide, eating more fruits and vegetables (your color foods), controlling your cholesterol and sugar intake, managing your blood pressure & stress levels, and more!

www.heart.org

DID YOU KNOW?

Every day, your heart beats about 100,000 times, sending 2,000 gallons of blood surging through your body. Although it's no bigger than your fist, your heart has the mighty job of keeping blood flowing through the 60,000 miles of blood vessels that feed your organs and tissues!!

www.webmd.com



FROM THE EXECUTIVE DIRECTOR'S DESK

How to Keep Your Head & Heart Happy!!

Our mind and hearts are a few things we take for granted, as we do with many of the things our bodies can do!

They're intertwined, and work very closely together. Ever get surprised? Your heart rate goes up because your mind is telling it to flee!

Everyone endures stressors every day. Things may creep into our mind we wish hadn't. But something I want you to try coming out of this issue is **meditation**.

Start with taking 10 minutes of each day just simply... breathing... calming the mind, and thus every part of your body.



Meet Our New Residents!



Marjorie Gibson

Not much of a sports nut, but favors the coffee bean! Marjorie is an artist of variety; quilting, painting, sewing, she's got the eye and the hand! Living all over the Midwest, her winter haven lies in FL.

Sue Hufford

The Ohio native was raised on a farm, has 2 boys & 2 girls, and lived there for 43 years. This bundle of joy, puzzle & classical music fanatic is the most selfless person you will meet!



Carol Sande

Our Winter Olympics points winner has made a life full of laughter & love here in Beaver Dam. While working in BD hospital, she was also the event coordinator for "Special Touch", based on the needs of the disabled.

Elizabeth Marolla

Not just a blind date participant, but a winner; she married her catch for 51 years. An avid swimmer & reader, on top of being a medical technologist, she also wrote a weekly paper!



Wilma & John Genz

Incredibly hard workers all of their lives, the Genz's went on a month-long quest by train & car in 2005. Taking them all over, from Florida to Canada to Texas: an adventure of a lifetime!

Alta Hron

The Boscobel, WI native has three children with her late husband of 30 years, who she met working at Oscar Meyer. Looking back, her favorite past activity was downhill skiing!!



Mary Schwerin

Friends & family were met in Reno, NV on Mary's most memorable trip! Flying over mountains, unintentionally off-roading through the desert, gambling in casinos, and feeding many, many burrows right out of her hand!



RESIDENT SPOTLIGHT



Betty K.!

Our Winter Olympics Champion was born in 1938, and a lifelong choir fan while selling vegetables door-to-door.

After leading camps and teaching in Arizona, she took her talents to the Netherlands to work her camp magic for 33 years!

All of her life experiences and unique interactions have made her into the joyous person we all know and love. She is always up to participate in anything and everything, with one of the biggest smiles in the building!



February Birthdays

Owen P. 2/1 Darla H. 2/18
Don M. 2/10 Pat M. 2/22
Bev S. 2/11

Celebrating February!!

- 2/5 National Wear Red Day
- 2/12 Valentine's Day Party
- 2/15 Mardi Gras
- 2/17 Ash Wednesday
- 2/25 National Chili Day



I'm going to spend Valentine's Day with my true love... Food.



Since 1976, every American president has designated February as Black History Month and endorsed a specific theme. The Black History Month 2021 theme, "Black Family: Representation, Identity and Diversity" explores the African diaspora, and the spread of Black families across the United States.

Source: www.history.com



3 Key Dates You Should Know for Black History Month

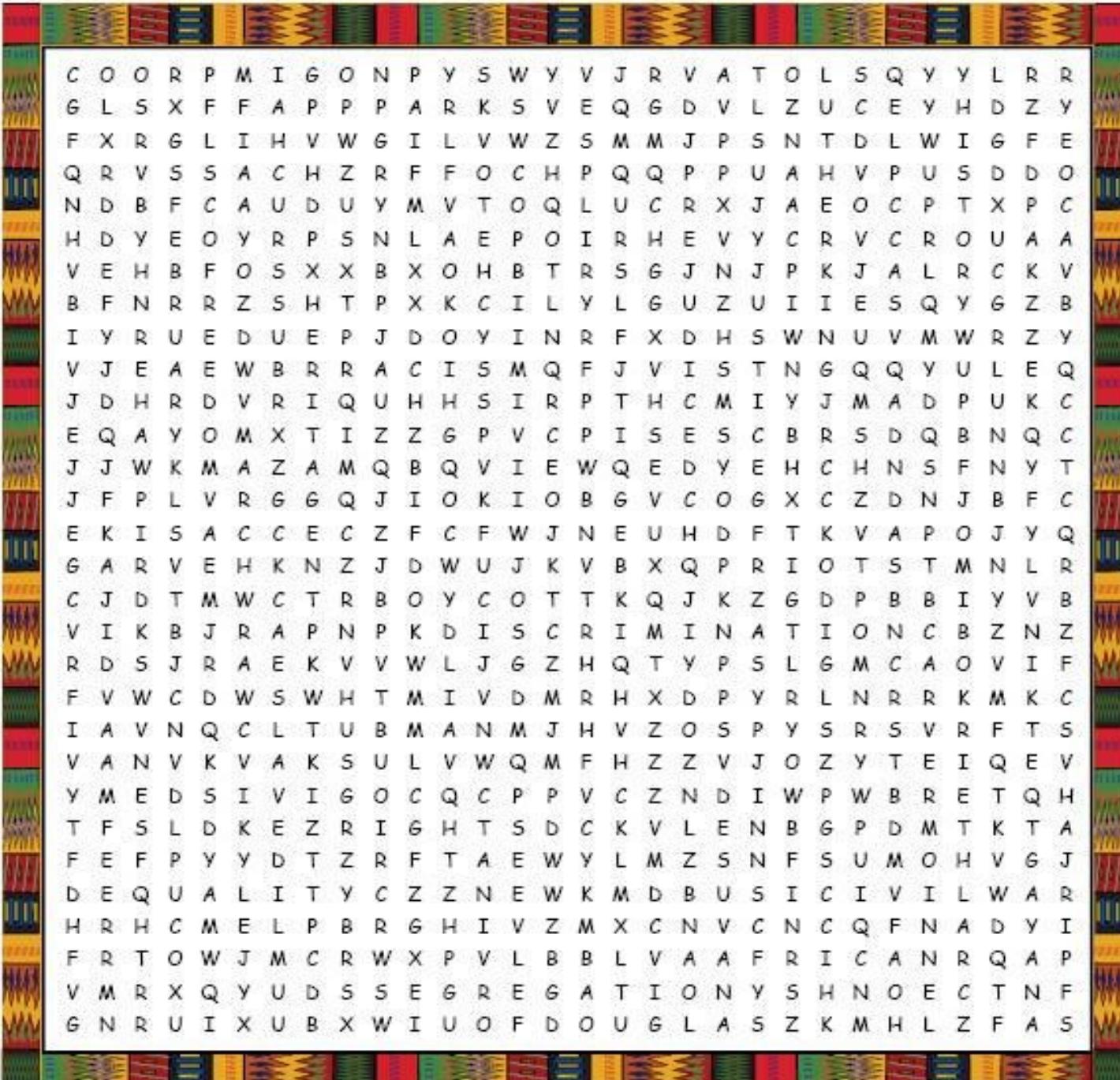
February is Black History Month. While there are numerous achievements of African Americans in the US, here are three important dates to keep in mind.

1870 FEBRUARY 25 **1955** DECEMBER 1 **1960** FEBRUARY 1

Hiram Revels became the first black US Senator for Mississippi.
Rosa Parks arrested for refusing to give up her bus seat.
The Greensboro Four start a sit-in movement at Woolworth.

VISIT BLACKHISTORY.ORG FOR A COMPREHENSIVE TIMELINE

BLACK HISTORY MONTH!



AFRICAN
BOYCOTT
BUS
CARVER
CIVIL WAR

DISCRIMINATION
DOUGLAS
EQUALITY
FEBRUARY
FREEDOM

HERITAGE
HISTORY
JUSTICE
LUTHER KING JR
MARCH

NAACP
PARKS
PREJUDICE
RACISM
RIGHTS
RIOTS
SEGREGATION
SLAVE
TUBMAN
VOTE



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FIRST ANNUAL WINTER OLYMPICS



Your Champions: **Betty K., Carol S., Sue H., AND Joan B.**

These four ran the table with participation and points in the FIRST ANNUAL Beaver Dam Assisted Living Winter Olympics!!

Joan's consistency and joyfulness won her Runner-Up, while Sue's warm-heartedness in distributing points and recognition *still* won her Third Place in the games. Carol's sheer tenacity, heart of her daughter who participated in the Special Olympics, and success with each and every game delivered her with the most gold medals and Points champion!

Betty took home the CHAMPION trophy, due to a ton of heart, dedication, enthusiasm, spunk, and smiles ☺