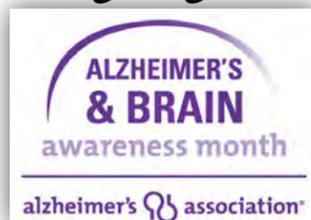


Nurse's Nook



“Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits... It’s never too late to incorporate healthy habits”!!

Elevating your heart rate with exercises increases blood flow to the brain and body. Continuing education in any stage of life will help reduce your risk of cognitive decline and dementia. Smoking increases risk of cognitive decline. Obesity, high blood pressure and diabetes negatively impact your cognitive health. Take care of your heart, and your brain might follow. Eat a high fruits and vegetables diet. *Not getting enough sleep may result in problems with memory and thinking. Take care of your mental health. If you have symptoms of depression, anxiety or other mental health concerns, please seek help. Stay socially engaged. Lastly, stump yourself by puzzling, doing some art, or playing a new game!

<https://alz.org>

WHO IS MOSTLY AFFECTED BY THE DISEASE?

OLDER PERSONS SUFFERING FROM DEPRESSION:

4 TIMES HIGHER AT RISK

Depression is a strong contributor to developing dementia.



WOMEN:
72%
of patients are female



SENIORS:
25%
85+ years old
5%
65+ years old

<https://venngage.com>



BAKA presents
BEAVER DAM
ASSISTED LIVING & MEMORY CARE

104 Fakes Ct.
Beaver Dam, WI 53916

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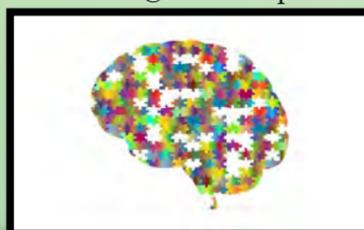
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MONTHLY Newsletter

June Issue, 2021

June

GREAT OUTDOORS MONTH



FROM THE EXECUTIVE DIRECTOR'S DESK

Idolizing the Outdoors

Growing up on a farm gave me a great work ethic, but spending free time outside in the wilderness gave me the greatest appreciation for what we have been given in regards to what this world has to offer.

Too often we take what we have for granted, and this stands true for what we have to behold outside as well. It's easy to gripe about nasty weather, but it's even worse to not appreciate what we have outside.

Especially here at Beaver Dam Assisted Living, with the sidewalks, bird feeders, patios, a gorgeous landscape, and especially being right on the lake - my advice to you is don't let any good weather slip away without appreciating it.

On Cloud Nine When Outside

Of course we all know of the many, many benefits of being outside, but it wasn't until the COVID-19 global pandemic that we really understood how much we took the great outdoors for granted. It simply just has so much to offer, and it's almost always a sure bet to put a smile on our faces. Nothing is perfect. Sure there may be a bug here or there, or the wind might be a tad strong... but we're humans; we have this innate ability to not only adapt, but connect to not only every one but every thing.

So ask yourself, do you take the wonderful outdoors we have here for granted? When is the last time you sat out on your patio, went for a stroll, or felt the grass between your toes? Either everything is a miracle... or it's not.

DID YOU KNOW?

“Spending 20 minutes in the open air gives your brain an energy boost comparable to one cup of coffee...”

Also, breathing in phytoncides - airborne chemicals produced by plants - increases our levels of white blood cells, helping us fight off diseases.” www.mentalfloss.com



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104 Fakes Ct.
Beaver Dam, WI 53916
Phone: (920) 219-4941

A Special Thank You Note from our Nurse & Receptionist
(for the gratitude shown on "National Nurse and Receptionist Day")

- From the bottom of my heart I can't express how thankful I was to hear such an incredible amount of appreciation!
- You all mean so much to me, and it's the reason I love working here!



Meet Our New Resident!

LaVonne Z.

From Pierpont "If you can spell it, you can yell it", South Dakota, LaVonne grew up and had worked on a farm as a child through young adulthood. Outside of working, one could find her swinging in a tree, bike riding, sleigh riding, and ice skating around the farm pond! With her dad passing away at a young age, her mother and brothers raised her. She married her husband Earl at 18, meeting him after his return from WWII. They did many fun things together from rodeos to movies, fishing to snowmobiling, and bowling to camping. Nevertheless, she was never afraid to go off with her girlfriend. They took many bus trips to FL, TN, KY, MO, IN, VT, MA, AZ, and CA. Spending her first 21 years in SD, she looked back and laughed that it took so long to get to the Black Hills. This stump fiddler is sure to put a smile on your face ☺



Resident Spotlight:

Maggie L.!

An active child in the Madison, South Dakota area, Maggie, grew up on a farm, and loved playing tennis (wind, rain, or snow... yes, snow), horse-back riding, bike riding, and reading. This Chili Cook-off Champion graduated from Dakota State University the same year her mother did! Post-graduation, she moved to California to be around her sister, where she met her eventual husband, Carl, on a blind date! After graduating from San Francisco State Univ. in teaching, she substitute taught for 40 years in CA, and enjoyed deep sea fishing, skiing at Tahoe, and plenty of car trips with Carl.

Her daughter moved to NV, and Carl & her followed; staying for a year before moving to Beaver Dam to be around Carl's family. Besides a 5 week vacation through Canada, and traveling to the Black Hills, Maggie has had an explorative life.



CELEBRATE
JUNE
 BIRTHDAYS!

June Birthdays
 6/1 Mary W.
 6/12 Christine M.
 6/30 Joan B.

Rejoicing June!!

- 6/7 Olympic Games Opening Ceremony!!
- 6/9 Mullins' Ice Cream Outing
- 6/16 Ho Chunk Casino Outing
- 6/18 National Med Passer / Caregiver Party
- 6/20 Happy Father's Day!
- 6/23 Goodwill Outing
- *6/26 Beaver Dam Community Cookout!*
- 6/30 June Wrap-Up Evening Concert (w/Elvis)

May Sports Madness

- 5/2 & 5/4 - The Milwaukee Bucks beat the top seeded Brooklyn Nets back-to-back, finishing the regular season 7-2 leading into the playoffs!
- 5/8 - Brewers' pitcher Josh Hader becomes the fastest to 400 K's!
- 5/13 - Brewers' pitcher Corbin Burnes: 52 strikeouts without a walk!
- 5/20 - Former University of Wisconsin Men's Basketball and Tennis Head Coach, John Powless passes away. John ranked #1 by the International Tennis Federation in several age categories (55+, 75+, 80+, & 85+).
- 5/22 - NBA Playoffs start, and the Bucks beat the Miami Heat in overtime of Game 1 with a buzzer beater from Khris Middleton! They also tied an NBA record of 10 3-point shots in the first quarter.
- 5/24 - Bucks come out red hot in Game 2 of their series with the Miami Heat, scoring 46 points in the 1st quarter alone! They went on to win, and are up 2-0.
- 5/27 - With a decisive 1st & 3rd quarter, the Bucks handily beat the Heat.
- 5/29 - Bucks sweep the defending East Champs; a talented Brooklyn team next
- **Brewer's:** 0-4 @ PHI; 2-1 @ MIA; 1-2 v. STL; 1-2 v. ATL; 0-2 @ KC; 2-1 @ CIN; 1-2 v. SD



Sports Editor:
 John C.

Great Outdoors

Word Search Puzzle



S Q U I R R E L D C N R X Z J C R
 W I L D L I F E E L A T S G I E S
 H P N D V M C K D N J N N M M C C
 I Q L S F D A S O K S I O M W T E
 Q M L K N L O O J D P O U E A F N
 I K P Z Q N C F R M T S B Q T I E
 R J M M M C O I A R E B A T E S R
 V K A Y A K B C L A S A H H R H Y
 W I B R B C J P R N F C I B F I O
 F H H M E H B E I G O K K O A N Z
 R X D V A H E A V E R P I Z L G Z
 M T S Q R D T N E R E A N X L D U
 S R K I S N R U R X S C G M R Q T
 H A K H U X N X N W T K L V G B R
 Q I C O N D R B Z F Z N A T U R E
 W L M W I L D E R N E S S W P H E
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|----------|-----------|------------|
| BACKPACK | HIKING | SCENERY |
| BEARS | KAYAK | SQUIRREL |
| BIRDS | LAKE | SUMMER |
| CAMPING | MOUNTAINS | TRAILS |
| CANOE | NATURE | TREES |
| DEER | RACCOON | WATERFALL |
| FISHING | RANGER | WILDERNESS |
| FOREST | RIVER | WILDLIFE |

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RECAP

