

Eden Heights Of Olean

Assisted Living & Memory Care



June
2019



Father's Day Brunch

On June 16th, 2019, we will be hosting a Father's Day Brunch for our male residents from 9:15-10:15am. Due to limited seating, we please ask that you limit your guest to one per resident. Please RSVP our Activities Department to let us know if you will be participating by June 12th, our phone number is 716-372-4466, please ask for April or Dawn. We look forward to seeing you on the 16th of June.

What is a Dad?

A Dad is someone who wants to catch you before you fall but instead picks you up, brushes you off and lets you try again.

A dad is someone who wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence when you get hurt.

A dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fail.....Author Unknown

Newspaper and magazine Recycling at Eden Heights

By Mack Bixby
(Ruth Bixby's son)

The papers are picked up weekly. The monthly amount of paper picked up is about 120 pounds. These papers are delivered on the first Saturday of each month to the Pioneer High School where the marching band collects them. The papers are collected for a local farmer. The farmer then shreds the papers and sells it for cow bedding. The band gets paid by the ton and the money earned is split up between the kids that work the paper drive. Last year we took the band to Disney World where we marched through the Magic Kingdom and participated in music and dance clinics. It was a trip of a lifetime for most of these kids. They used the funds they earned at the paper drive to pay for the trip. That is just one example of what the kids use the money for. So many thanks to all who place their papers in the blue bin. Thanks for your support of the kids and their programs. It is people like you that allow these kids to do things they would never be able to do otherwise. We greatly appreciate your support. Thank you so much.



Join the fight against Alzheimer's

based on purchase location, with the minimum guaranteed total donation of \$50,000. The effort will help the Association provide education and support to millions of people who face dementia every day, while advancing critical research toward methods of treatment, prevention and, ultimately, a cure.

“This disease hits close to home for Cutco” said President and CEO of Cutco Jim Stitt Jr, “Cutco’s former Chairman & CEO is living with Alzheimer’s, he was our visionary leader for 30 years. He really help shape our identity, of who we are today. To watch him, the wonderful man he was, the wonderful leader he was not remember things is very difficult to watch. I think all of us know a person currently, or have had a person in our lives who has had Alzheimer’s, so it’s touched all of us. It isn’t going to go away this year or the following year. If we can just help one individual or one family deal with this disease then that’s what we hope to get out of it.”

The products are available on their website www.cutco.com or at the Cutco/KA-BAR Visitors Center on East State Street in Olean, NY and at their retail locations throughout the country.

Cutco is so excited to be partnering with the Alzheimer’s Association in June for Alzheimer’s & Brain Awareness Month. Along with raising awareness about the Association’s cause, they are offering specially-engraved, limited-edition purple products through June 30, 2019.

As part of the initiative, 10 percent of every Cutco purple product purchase will go to the Alzheimer’s Association, in support of local chapters

Our new Hydration Station

As we go into the warmer months, it’s important to replenish our bodies by drinking fluids, it helps keep us hydrated! Look for our refreshing hydration station in our ice cream parlor. We will be featuring refreshing Iced Tea and Infused Flavored Water through out the warm summer months. There are so many health benefits for staying hydrated!

10 Benefits to Proper Hydration

- 1. Combat Fatigue** – You can’t run on all four cylinders if you are dehydrated. Water is one of the most important sources of energy for your body. It helps cells complete important enzymatic activities which contribute to good sleep, restoration of bodily systems, and the production of ample energy to get you through your day.
- 2. Reduce High Blood Pressure** – When the body is fully hydrated, the blood is approximately 92% water. This helps to keep the blood moving freely through the veins and arteries, helping to prevent high blood pressure along with other cardiovascular ailments.
- 3. Halt Allergies and Asthma** – When the body is dehydrated, it creates more histamines – organic nitrous compounds which help to regulate our immune response. If we have too many histamines circulating, we will feel congested and have difficulty breathing, along with other allergic reactions caused by the body’s response to foreign bodies.
- 4. Reduce Acne, Dermatitis, Psoriasis, and Premature Aging of the Skin** – With proper hydration, the skin practically glows. Without it, our skin cannot properly rid itself of toxins and so it becomes irritated, inflamed, and congested, causing a host of unsavory results ranging from itching, blackheads, redness, acne, and general blotchiness.
- 5. Stop High Cholesterol** – When the body hasn’t had enough water, it will start to produce more cholesterol so that cells can still function properly.
- 6. Eliminate Digestive Disorders** – Water can help eliminate and reduce the incidence of ulcers, bloating, gas, gastritis, acid reflux, and IBS. You also will experience less frequent constipation since water helps matter move more quickly through the intestinal tract. A well-hydrated body simply purges toxins and metabolic wastes better.
- 7. Flush Out Unwanted Bacteria from the Bladder and Kidneys** – People who are well hydrated experience less frequent bladder or kidney infections since water helps to flush out any unwanted microbes that try to accumulate in these eliminative organs. These organs are especially sensitive to disease without proper hydration since they are responsible for eliminating stored toxins and bodily waste.

8. Speed Up Joint and Cartilage Repair – Most of the padding in our cartilage is made up of water, so if we don't drink enough of it, our bones will feel stiff and our joints will take a beating. Joint repair after workouts or injuries is also expedited by proper hydration.

9. Stop Gaining Unwanted Weight – When our cells are depleted of water, they cannot create energy we need to function, and so they send a signal to the brain to 'get more goods.' This means you will eat more, and likely carry some extra unwanted pounds. To avoid this, simply stay hydrated and your cells will stay happy and not send 'fat signals' to the brain. Further, and more obviously, replacing other drinks with water will help naturally keep the weight off. Some water with lemon each morning can be especially beneficial.

10. Slow the Aging Process – Finally, all of our organs require copious amounts of water to function properly. If we stay dehydrated for long stretches, every cell, organ, and system in the body has to work harder, which means we will age faster. Drinking enough water literally keeps you young feeling, looking, and acting – for longer.

Events

June 1st: Workshop with Charlene Burgess, Wellness Care Director:
Planting Herbs; Friends and family invited at 1:30pm

June 3rd: Fresh Fire Woman's Club at 10:30am

June 4th: Bell Choir at 10:30am
Pastor Steven Beattie at 2:00pm
Boy Scouts Game Night at 6:00pm

June 5th: Dawn's Craft at 10:30am,
Outing: Pleasant Valley Greenery-Workshop at 1:00pm
Before Dinner Cocktail Hour at 3:30pm

June 6th: Entertainment: Carl & Joanne at 1:30pm
Olean High School "Party Gang" & "Always in Tremble"
singers at 3:30pm

June 7th: Tim Horton Donuts at 8:00am at Breakfast
Chocolate Ice Cream Social at 1:30pm

June 8th: Sandy & Gunner at 10:30am
Afternoon Matinee: Featuring; Cocoon at 1:00pm

June 10th: Bell Choir at 10:30am
Judy Garland's Birthday at 12:15pm

June 11th: Resident Council Meeting at 10:30am
Entertainment: Nandor at 1:30pm
Activity Meeting at 3:30pm

June 12th: Dawn's Craft at 10:30am
Literary Club at 1:30pm in 200 Lounge
Before Dinner Cocktail Hour at 3:30pm

June 13th: Outing: Dollar Tree at 1:00pm
Baking Club: Chocolate Chip Cookies @ 3:30pm

June 14th: Shortcake Social @ 1:30pm

June 15th: Outing: Little League Baseball game at
Forness Park at 10:30am

June 16th: Father's Day Brunch from 9:15-10:15am

June 17th: Veteran's Club at 10:30am
Bon Appetite Meeting at 2:00pm
Jean & Zena Therapy Dog, room to room at 2:00pm

June 18th: Bell Choir at 10:30am
National Splurge Day Social at 1:30pm

June 19th: Dawn's Craft at 10:30am
Before Dinner Cocktail at 3:30pm

June 20th: Entertainment/Birthday Bash: Dick Pensyle at 1:30pm

June 21st: Outing: Moonwinks for lunch at 12:15pm
Scenic Drive around Cuba Lake after Lunch

June 24th: Bell Choir at 10:30am
Entertainment: Cindy and Bryan- Musical Bingo at 1:30pm

June 25th: Men's Club at 10:30am
Welcome Reception for all new residents at 1:30pm

June 26th: Dawn's Craft at 10:30am
Pat, Nia & Tallie at 2:30pm
Before Dinner Cocktail at 3:30pm

June 27th: Beach Ball Themed Luncheon at 12:00pm
Entertainment: Ed Bentley at 1:30pm

June 29th: Outing: Fishing Trip to Allegany State Park & Picnic at
9:00am

Highlights





Kelly Wilkins	Executive Director
Nicole Jimerson	Business Office Manager
Charlene Burgess	Wellness Care Director
Sharon Konert	Memory Care Director
Jody Jordan	Case Manager
Marsha Ingalls	Dining Services Manager
Justin Putnam	Environmental Director
April Kilbourn	Activity Director
Danielle Delong	Community Development Director

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Fax: 716-372-1681

We're on the web:
www.edenheights.com

Exceptional Care.....
Exceptional Caring....
Exceeding Expectations....

Premier Senior Living welcomes suggestions, positive feedback, compliments or complaints.

1-800-380-8908

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Outings for the month of

June:

June 5th: Pleasant Valley at 1:00pm

June 13th: Dollar General at 1:00pm

June 15th: Little League Baseball Game at Forness Park at 10:30am

June 21: Moonwinks & Scenic Drive around Cuba Lake at 12:15pm

June 29th: Fishing trip & Picnic at 9:00am at Allegany State Park

Entertainment

On Wellness Care:

June 6th: Carl & Joanne at 1:30pm

June 11th: Nandor at 1:30pm

June 20th: Dick Pensyle at 1:30pm (Birthday Bash)

June 24th: Bryan & Cindy-Musical Bingo

June 27th: Ed Bentely at 1:30pm

On Memory Care:

June 1st: The Calabrese's at 2:00pm

Reminders:

Residents, kitchen staff can not put any left over food into their refrigerator, it is against Department of Health Regulations!

A little reminder about the reserved parking spots out front of the building, please make sure you aren't parking in those spots, they are reserved for our residents who have vehicles. Thank you!

Workshop with Charlene Burgess

June 1st at 1:30pm, Friends and family are welcome. Workshop will be held in the Activity room and outside. Charlene will be doing Herb Planting. The sign up sheet to participate is on the door to the Dining room, will be moved to the Bulletin board once renovations are done.



Happy Birthday!

Bruce Blackmon-6th

June Blazejewski-12th

AnnaBelle Hanchett -25th

Staff Birthday's

Justin Putnam-6/16

Rebecca Grisewood-6/22

Amy Petro-6/27