

Eden Heights Of Olean

Assisted Living & Memory Care



August
2019

The Benefits of Exercise

There are several numerous health benefits older adults can receive from long-term exercise. The following are reasons seniors should continue to exercise please read through and feel free to join us Monday through Saturday at 9:30am in the activity area for exercise.

Benefits to Exercising:

- 1 Arthritis:** Exercise is one of the most crucial options for arthritis management. Regular activity helps lubricate the joints and can help reduce overall pain and stiffness that is often present among individuals with arthritis.
- 2 Heart disease:** Heart disease is one of the biggest causes of death in the United States. The Centers for Disease Control and Prevention state that about one in every four deaths is attributed to heart disease. More people exercising later in life can help reduce the number of individuals with heart disease through the management of blood pressure and blood glucose, and decreasing LDL cholesterol.
- 3 Metabolic Dysfunction (type II diabetes and obesity):** Type II diabetes and obesity are two closely related diseases in which the body is in metabolic dysfunction. Exercise can help maintain proper body weight and help regulate blood glucose and insulin levels to make the body more efficient.
- 4 Cancer:** Exercise has been shown to help improve overall cancer risk among a variety of different forms of cancer. Studies have shown a 30 to 40 percent reduction in breast cancer risk among women who perform moderate to regular exercise.
- 5 Hypertension:** Exercise can help lower your blood pressure and make your heart stronger.
- 6 Depression:** Exercise can have a beneficial effect on personal mood. Studies suggest that group exercise classes among older adults can help reduce symptoms of depression by 30 percent or more in exercising older adults. The modest improvement in depressive symptoms can help maintain an overall greater vitality later in life and help prevent negative feelings or thoughts that are common with aging.
- 7 Dementia:** Exercise is one prevention strategy that can help slow the mental decline. A recent study showed a 37 percent reduced risk and a 66 percent reduction in risk of dementia when older adults performed moderate-intensity exercise, suggesting every adult ought to exercise to help lower the risk of mental decline.

Continue from page one: Benefits to Exercise

8 Quality of life: A regular exercise program daily can help accomplish this. Aim to be physically active for 30 minutes every day.

9 Insomnia: Certain medications and life events can prevent the body from proper sleep, exercising can help with insomnia.

10 Decreased Risk of Falls: Older adults are at a higher risk of falls, which can prove to be potentially disastrous for maintaining independence. Exercise improves strength and flexibility, which also help improve balance and coordination, reducing the risk of falls. Seniors take much longer to recover from falls, so anything that helps avoid them in the first place is extremely important.

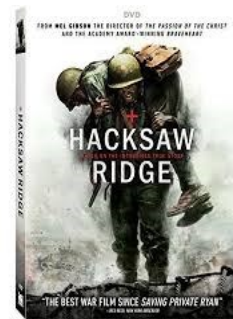
Exercise is good for you, when you exercise, the body releases endorphins while it decreases the stress hormones like cortisol. Endorphins are the body's natural feel good chemicals, and when released during exercise, they trigger a positive feeling and naturally boost your mood. Aside from endorphins, exercise also releases other hormones like adrenaline, serotonin, and dopamine. These hormones work together to make you feel good and positive. Endorphins, along with serotonin and dopamine, are known as happiness hormones.

To recap, exercise helps lower the risk of falls, improve mental health and well-being, strengthen social ties and improve cognitive function and makes you happy!

Hope to see you during our morning exercise program!

Veteran's Club & Men's Club

Veteran's Club & Men's Club will be combined this month, the gentleman here at Eden Heights asked if they could combine the two groups and have War and Westerns movies to be shown. So we are going to be combining the two activities this month and our movie feature will be Hacksaw Ridge, the true story of Pfc. Desmond T. Doss, who won the Congressional Medal of Honor despite refusing to bear arms during WWII on religious grounds. The Veteran's have also extended an invitation to any resident and family members who might want to see this movie also. It will be shown at 1:00pm on August 26th in the Activity area.



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Hearing Specialist

On September 24th at 10:30am, we will be having Christopher Haacke, NYSHAD, Hearing Instrument Specialist and his assistant Jill come in to talk to us about different options you have for the latest hearing aid technologies. They offer hearing aid solutions that will make hearing effortless, all day long and in every situation.

Some information on Christopher, Chris has been in the hearing industry for over ten years. During that time, he has worked for some of the biggest providers in the hearing aid industry. His dedication to helping others drives him to provide every single patient with the best care possible. There are few things that motivate him more than making a positive impact on someone's life. He has taken over Michele B. Simon's practice after Michele retired. So join us on Tuesday, September 24th at 10:30am in the Activity Area, Family and friends welcome!

Shake, Rattle & Roll!! 1950's Sock-Hop

On Saturday, August 17th, 2019 from 1:30-3:30pm we are hosting a 1950's Sock Hop for our residents and their families!

We will be taking a little trip back to the 1950's with the band Generations.

Stop at Eden's Diner to grab a banana split, a soda or root beer float and/or some popcorn and candy.

Cruise on over to view the beautiful classic cars in our side parking lot.

Make sure to stop at our photo Studio to get your picture taken.

Please RSVP April Kilbourn,
Activities Director
at 716-372-4466 or
akilbourn@pslgroupllc.com by
August 10th, 2019

Early Lunch at 11:30 am on this date!



Painting with Shelby August 14th at 1:30pm

Don't you just love the mural in our dining room? As I watched Shelby work on it, the painting come to life and it was breathtaking. I asked if she had room on her calendar to give us a lesson so we could create our own "work of art", she did. Her lesson cost \$30 per person, Eden Heights will split the cost and pay \$15 and residents pay \$15 if they would like to participate.

The sign up sheet is on the Bulletin board in the Activities area, April will need the \$15 before the day of the class, which will be held on August 14th and starts at 1:30pm.



Meeting Dates

Activity Meeting
August 13th at
10:30am

Bon Appetite Meeting
August 19th at 2:00pm

Resident Council
Meeting August 22nd
at 3:30pm



Staff Birthday's

Mary Ellen Hanbach-August 8th
Sherrill Ehlers-August 15th
Sarah Kennedy-August 19th
Jennifer Harris-August 19th
Art Wentz-August 22nd

If you are new to our team, please let Activity staff know your birthday so we can add you to our list! Thank you!





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

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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

August

Vedler's in East Aurora, NY at
9:00 am August 21st
&
Lunch at The Old Orchard Inn,
East Aurora, NY at 12:00 pm
August 21st

Music in the Park
August 22nd @ 6:00pm

Happy Birthday!

Douglas Harwood-August 1st

Eloise Coyne-August 5th

Murry Pitre-August 5th

Carol Maurice-August 9th

Peg Campbell-August 17th

Frances Wurtz-August 18th

Regina Hill-August 22nd

Connie Race-August 27th

Don Potter-August 29th

Entertainment

On Wellness Care:

Tim Hanchett-August 1st @
1:30pm

Joanne & Carl-August 8th @
1:30pm

Nandor-August 15th @ 1:30pm

Rachel & Tammy-August 16th @
1:30pm

Generations-August 17th @
1:30-3:30pm

Ed Bentley-August 22nd @ 1:30pm

Bryan & Cindy-August 27th @
10:30am

Dave Tucker-August 29th at
1:30pm

On Memory Care:

Alex Cole-August 31st @ 1:30pm

Reminders:

Residents, kitchen
staff can not put any left
over food into their refrig-
erator, it is against Depart-
ment of Health Regula-
tions!

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!

**Baking Workshop with
Charlene Burgess**

On Tuesday, August 20th at 1:30pm, a workshop
will be held in the Activity room, Charlene will be
doing a Baking project. The sign up sheet to
participate is on the Activity area Bulletin Board
Please Sign up if you plan on joining us; Friends
and family are welcome.

