

Eden Heights Of Olean

Assisted Living & Memory Care



February

2020

Cold and Flu Season

As we all know the flu and cold season is upon us, flu season can begin as early as October and last into May. Here is some information to help everyone understand how to better protect ourselves and others. If you have any of these symptoms, please let nursing staff know as soon as possible. The symptoms of the flu include:

- | | |
|-------------------------------------|-------------------------|
| 1) nausea | 6) sore throat |
| 2) vomiting | 7) runny or stuffy nose |
| 3) diarrhea | 8) muscle or body aches |
| 4) fever or feeling feverish/chills | 9) headaches |
| 5) cough | 10) fatigue (tiredness) |

Some complications of the flu can include: pneumonia, dehydration, worsening of chronic medical problems (such as emphysema, heart disease). One of the most important things we can do is to get an annual flu shot (usually in the Fall) to help decrease outbreaks. Please be very aware of any signs and symptoms of the flu. Also, if you or your friends and family have symptoms of the flu please stay away from others. This may require your friends and family not to visit our community while feeling under the weather.

Here are some tips on how to protect yourself and others;

- 1) Avoid close contact with people who are sick.
- 2) Stay home when sick
- 3) Cover the mouth and nose with a tissue when coughing and sneezing
- 4) Throw dirty tissues into garbage can
- 5) Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- 6) Avoid touching your eyes, nose or mouth.
- 7) Practice other good health habits. Clean and Disinfect frequently touched surfaces at home, work or school, especially when someone is ill.
- 8) Get plenty of sleep, be physically active, manage stress, drink plenty of fluids and eat nutritious food.

Please let the staff or your family know if you are not feeling well and encourage your family and friends not to visit if they are not feeling well either. Try to do what you can to help yourself stay healthy.

Valentine's Day Trivia

- 1) In Latin, the word valentine stands for?
- 2) On Valentine's Day, Alexander Graham Bell received a patent for the telephone invention, which year was that?
- 3) What is the name of the singer who had top ten hit songs with cupid in 1961?
- 4) When is Valentine's Day celebrated all over the world?
- 5) What do white flowers represent?
- 6) Who is the author of Romeo and Juliet?
- 7) What does Red roses symbolize?
- 8) Other than Roses what does a bouquet of Roses contains sometimes?
- 9) What is the name of cupid's mother?
- 10) Which is the famous card company that also makes billions of cards for Valentine's Day each year?
- 11) What is the meaning of word Valentine?
- 12) How many cards are sent on each Valentine's Day in united state?
- 13) Who declared 14th Feb as St. Valentine's Day?
- 14) Why was St Valentine punished?



Trivia Continued onto page 4

How to be a parent

A story from our Creative Writing workshop

By Mel McKee, Rose Essex, Gloria Lundberg, Bernie Lyaski, Doreen Vedder, Ruth Bixby, Sue Hoffman

We all start out not knowing nothing about being a parent. Sometimes it takes a while to find out what we are suppose to know. To be a good parent, you have to set a good example. Show them the straight and narrow on how to live their life. It's a good idea to get married first. Also a good idea is not to have a whole lot of children, the cost has risen considerably over the years.

Enjoy every bit of their lives, be involved with their day to day stuff.

Teach responsibility; Take your responsibilities seriously, teach your children to be respectful and have gratitude toward you as their parent and toward their elders, God & Country. Support and recognize their talents and abilities. Never favor one child over the other. Be there physically and emotionally in their lives.

You may think your parents are being hard on you by not giving you your way sometimes, but you will never understand what it is like to be a parent until you become a parent yourself. Then you will understand why when they say be home by 10pm they don't mean 10:30pm. Parents will worry about their children no matter the age they become, it starts from birth and continues well into adulthood.

Being a parent comes with so many rewards, but it will also be the one of the toughest job you will ever have and you will only have one shot at getting it right. One sayings one might say when parenting is "I saw what I saw and I meant what I meant" another saying is "Do as I say, not as I do" or my personal favorite, "wait until your father gets home." There are many sayings parents have had over the years. The best advise one can give to a new parent is just love them unconditionally, always be there for them and you'll do well as a parent!

Meeting Dates

Activity Meeting
February 4th @ 1:30pm

Resident Council Meeting
February 10th @ 10:30am

Bon Appetite Meeting
February 17th @ 1:30pm

Resident Council

In January a vote was taken for a president and vice president of resident council and the winners are;

Bruce Blackmon-President

Gloria Lundberg-Vice President

Workshop with Charlene Burgess

On Saturday, February 8th at 1:30pm, Charlene Burgess our Wellness Director, will be doing a Valentine's Day family plate with residents, family and friends. Come join us for an afternoon of fun and creativity. If this is something that interest you, please come down to Activities where our Bulletin board is located and sign up if you are planning on attending on this day, we would love to have you join us!



Happy Birthday!

Gail Rogers-February 4th

Mary Olson-February 6th

Mary Martello-February 8th

Nancy Timme-February 9th

Ruth Baum-February 9th

Bonnie Hartzell-February 14th



Outings for the month of February

Katy's Fly-in, Great Valley, NY-February 12th @ 10:30am

Walmart-Olean, NY-February 18th @ 10:30am

Regina A Quick Center-St. Bonaventure University
February 19th @ 1:30pm

Staff Birthday's

Kimberly Russell-February 5th

Jean Sheehy-February 18th

Matthew Snyder-February 19th

New Staff, please let Activity Department know your DOB! Thank you!



February is Heart Disease Awareness Month

Our Guest Speaker is

Dr. Joseph Gomez, Cardiologist

on February 6th at 3:30pm

In the Activity Area

Please Join us!

On Friday February 7th, 2020, it is National Heart Awareness Day and Wear Red Day, so if you have the color red in your wardrobe, please wear it in support of Heart Awareness Day!



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We're on the web:
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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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Entertainment for February

February 6th @ 1:30pm: Gary London
February 7th @ 1:30pm: Sheryl Anderson (Accordion)
February 13th @ 1:30pm: Dave Tucker
February 14th @ 12:00pm: Annette Ieda (Harpist)
February 20th @ 1:30pm: Rustic Ramblers
February 27th @ 1:30pm: Carl & Joann Campbell

Memory Care

February 1st @ 2:00pm: The Calabrese's

Reminders:

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

Please remember the reserved parking spots out front of the building are for residents vehicles, please make sure you aren't parking in those spots!

Church Services

Great Valley Baptist Church-February 2nd @ 3:30pm
Central Street Baptist Church-February 9th @ 1:30pm
Catholic Mass-February 10th @ 3:30pm
St. Stephen's Church on Memory Care-February 20th @ 10:30am
Center Street Baptist Church-February 16th @ 3:30pm
Fresh Fire Church-February 23rd @ 1:30pm
Catholic Mass-February 24th @ 3:30pm
St. Stephen's Church-February 25th @ 3:30pm
Communion with Ken @ 9:00am Every Friday this month

Answers for Trivia questions

- 1) Valor
- 2) 1876
- 3) Sam Cooke
- 4) February 14
- 5) Charm
- 6) Shakespeare
- 7) Love
- 8) Chocolates
- 9) Venus
- 10) Hallmark
- 11) Strong & Healthy
- 12) Nearly 25 million cards
- 13) King Henry VIII
- 14) Due to performing secret marriages against Emperor Claudius II strict law.

