



Let's enjoy these last summer months by getting outside.

### Summer Jokes! 😊

Where do sharks go on summer vacation? - Finland

Why can't basketball players go on summer vacation? – They'd get called for traveling.



*Independence When You Want It, Assistance When You Need It*

## Oak Terrace Senior Living of Le Sueur August Newsletter

### Missing Letters

Fill in the missing letters to identify these words associated with treats for summertime.

P \_ \_ P \_ \_ \_ C \_ \_ E

P \_ \_ \_ F A \_ \_ \_

I \_ \_ \_ \_ R \_ \_ \_ M C \_ \_ \_ E  
(3 WORDS)

\_ \_ \_ L \_ S H \_ \_ \_ E

R \_ \_ \_ T \_ \_ E \_ \_ \_ F \_ \_ \_ A \_ \_  
(3 WORDS)

S \_ \_ \_ D \_ \_ E

\_ \_ H \_ \_ \_ B \_ \_ T

P \_ \_ \_ H P \_ \_ P  
(2 WORDS)

\_ \_ R \_ \_ Z \_ \_ \_ Y \_ \_ \_ U \_ \_ T  
(2 WORDS)

\_ \_ R \_ \_ M S \_ \_ \_ C \_ \_

#### ANSWERS:

Popsicle, ice cream cone, milkshake, sundae, sherbert, frozen yogurt, sherbet, drumstick, parfait, root beer float, push pop

### August Birthdays



Merna O – 8/18

The Oak Terrace Mission is “To Elevate Your Quality Of Life By Providing Exceptional, Compassionate Care Wherever You Choose To Live.”

The Staff at Oak Terrace strives to carry-out this mission by caring for your nursing needs with a smile and caring attitude.

We aim to provide the satisfaction of home-cooked meals.

We schedule events, performances, and weekly social, physical, and spiritual activities to give you the experience of positive life enhancements.

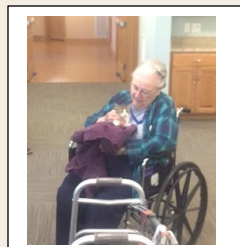
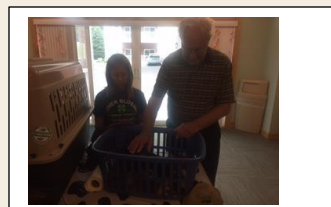
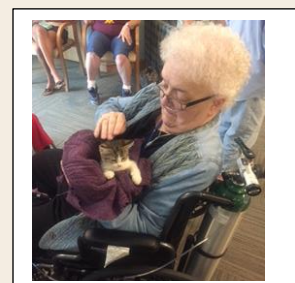
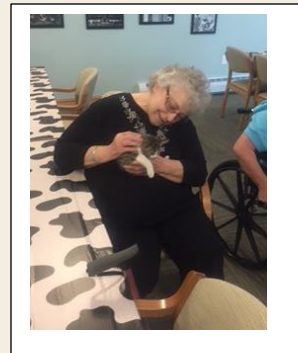
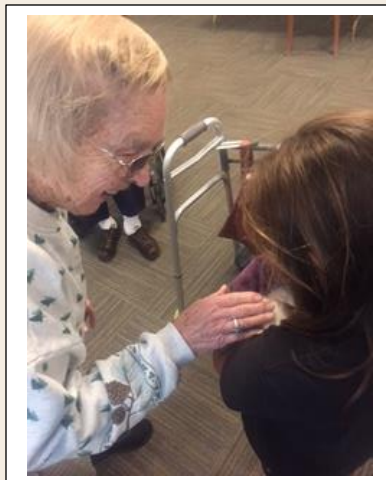
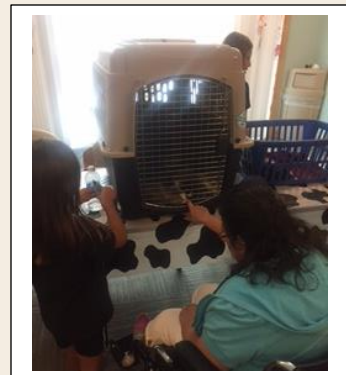
Our August activity calendar is loaded with fun things to participate in.

- 8/4- Duke Zecco Performance
- 8/8- Lemonade Social
- 8/9- Snack Cart- NEW!
- 8/15- Ice Cream Social
- 8/16- Joke Time
- 8/17- Twins Game
- 8/17- Loren Wolfe Performance
- 8/18- Birthday Party for all residents
- 8/21- Arboretum Trip
- 8/22- Art and Barb Performance
- 8/22- Bonfire & S'mores Night
- 8/23- Carnival Party
- 8/24- Arby's – Lunch Outing
- 8/25- Resident Council
- 8/25- Beer and Bingo
- 8/29- Allen & Matt Carlson Performance
- 8/30- Snack Cart- NEW!
- 8/30- Bye, Bye Summer Happy Hour
- 8/31- Radermacher's Grocery Outing

## Oak Terrace News

- We will be going to the Twins Game on August 17<sup>th</sup> and leaving here @ 9:00 AM for those of you who have signed up. The game is at 12:10 PM and we will be bringing bag lunches to eat on the way to the cities. We recommend bringing some extra money for snacks and drinks at the game. Checks are made out to Oak Terrace, cash is also accepted. Please pay Lauren by August 16<sup>th</sup>.
- Lauren, our activities director is heading off to Ireland, August 1<sup>st</sup> to August 11<sup>th</sup>. She will return any calls or emails when she returns. Cassidy, Moriah, and Elle will be here to help put on the activities.

### Fun Pictures from our Barnyard Happy Hour



## Foods That Fight Senior Insomnia

A good night's sleep is one of the keys to more energy and better health. If you can't fall asleep, or stay asleep – sleep deprivation can lead to physical and mental health issues. As we age, our sleep patterns may change. If restless nights are causing problems during the day and you can't attribute it to medication or illness, then you might want to try a little food therapy. A bedtime snack containing the right nutrients can help seniors calm the body, relax the mind and promote better sleep.

### **Nutrient-Rich Fruits**

Many fruits contain minerals like potassium and magnesium, which help promote sleep by relaxing the muscles and calming the nervous system. Bananas, cherries, apples, apricots and peaches are excellent examples. So, if you are having trouble sleeping – and tend to crave sweets – reach for the fruit bowl.

### **Complex Carbs**

A mashed sweet potato with honey is a good bedtime treat. Along with whole grains like oatmeal, popcorn, or even jasmine rice, the sweet potato is a good source of complex carbohydrates.

### **Lean Protein**

Lean proteins, too, are high in tryptophan, which increase serotonin levels and promotes good sleep. It's the reason why we all end up in the turkey coma after Thanksgiving dinner. You don't want to eat too much protein, or anything high in fat or deep-fried, but a dab of peanut butter on a banana, a little low-fat cheese on crackers, or a rice cake with lean turkey or fish can be satisfying and sleep-promoting snacks before bedtime.

### **Heart-Healthy Fats**

It might seem surprising, but heart-healthy fats are another good choice for some nighttime eating. Think avocados, peanut butter and other nuts, such as walnuts, almonds, cashews and pistachios. Almonds, for instance, are full of protein, as well as magnesium, which promotes muscle relaxation.

### **Warm Drinks**

There's a reason why mom always recommended that glass of warm milk at bedtime- milk, like other dairy products contain tryptophan. Warm milk with a dash of honey is especially soothing. Decaffeinated herbal teas can also help, particularly relaxing herbs like chamomile or peppermint.

### **What Not to Eat Before Bed**

1. Anything that tends to upset the digestive system, like greasy or spicy foods.
2. Eating too much before bed, as it may lead to indigestion
3. Eating large amounts of protein, which can be difficult to digest.
4. Excessive sweets

