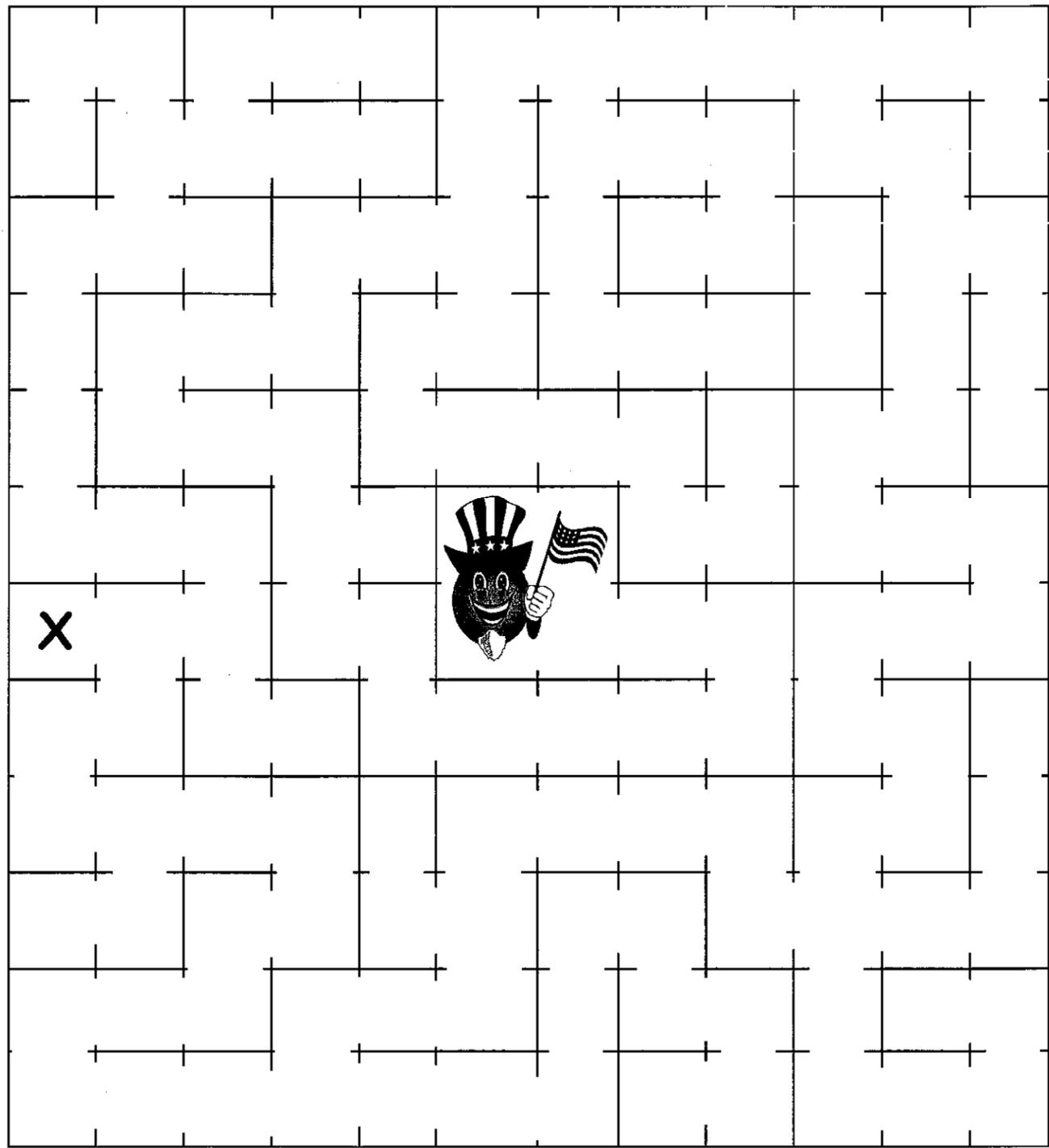


JULY MAZE-"Find Uncle Sam"



Start at the "X" to find your way to the Uncle Sam.
 Good Luck!!!
Solution on Page 20



Independence When You Want It, Assistance When You Need It

Oak Terrace Senior Living of Jordan July Newsletter



July Birthdays



- Lorraine C – 7/1
- Shirley C – 7/19
- Norma W – 7/23
- Mary T – 7/26
- Dorothy P – 7/29
- Amy G – 7/31



There is nothing better than a smiling face! With the arrival of summer we have enjoyed some amazing afternoons outside with our lemonade socials. July is full fun with our friends.

We love this weather. We have been to Lake Riley for some boat fishing and we caught Over 20 fish. We are excited to get back to the lake in July for a boat cruise.

July Social Activities....

- 7/5-Town Errands to Radermacher's
- 7/5-Lemonade Social
- 7/6-Allen and Matt Carlson
- 7/7-Bingo & Beer
- 7/10-Community Ed Kids coming to play Bingo
- 7/10-Lions Club coming
- 7/11-Freddy's Restaurant
- 7/12-Walmart
- 7/13-Concertina Fun
- 7/14-Resident Council
- 7/14-Residents Birthday Party
- 7/18-I-HOP Restaurant
- 7/19-Walking Club at the Rec Center
- 7/19-Town Errands to Corborn's
- 7/19-Lemonade Social
- 7/20-7/27-Happy Hour & Picnic & Bonfire
- 7/21-Cowboy Jim
- 7/24 Christmas in July Bingo
- 7/24-Dollar Tree
- 7/25-Target
- 7/26-Mankato Mall Lunch & Shopping
- 7/28-Scott County Fair Lunch & Looking Around
- 7/31-Boat Cruise on Lake Riley & a Picnic

Autumn Lane News

The month of July is jam packed with fun activities. Lots of fun this month meaning more time with our friends. We will also be making fun crafts to brighten up our home.

We have enjoyed sitting on our patio in June and we are planning to keep on soaking up the sun in July!

The Month of July Provides us with some fun days!

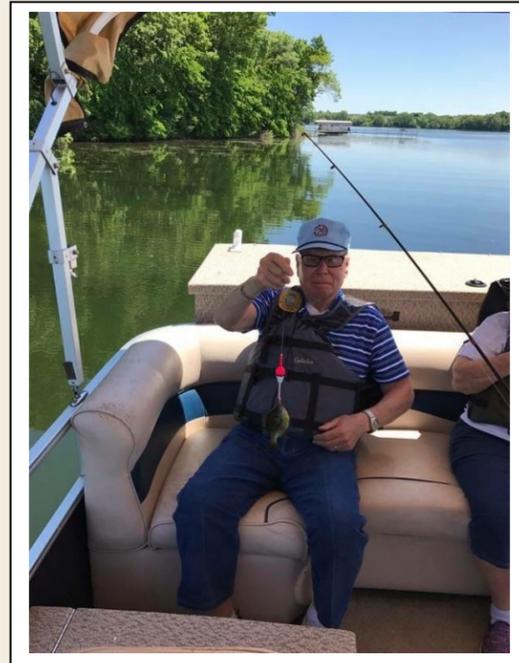
- 7/5-Bus Ride
- 7/6-Allen & Matt Carlson
- 7/6-Ice Cream on Patio
- 7/10-Lions Club & Ice Cream
- 7/13-Concertina Fun
- 7/14-Resident Council
- 7/14-Resident Birthday Party
- 7/18-Bus Ride
- 7/19-Walking Clun at Rec Center
- 7/21-Cowboy Jim



We are having a great 2017



Enjoyed our afternoon Movie



Loved Fishing on Lake Riley with Lets Go Fishing!

Optimists Live Longer And Healthier Lives

Optimists live longer, healthier lives than pessimists, U.S. researchers found in a study that may give pessimists one more reason to grumble. Researchers at University of Pittsburgh looked at rates of death and chronic health conditions among participants of the Women's Health Initiative study, which has followed more than 100,000 women ages 50 and over since 1994. Women who were optimistic - those who expect good rather than bad things to happen - were 14 percent less likely to die from any cause than pessimists and 30 percent less likely to die from heart disease after eight years of follow up in the study. Optimists also were also less likely to have high blood pressure, diabetes or smoke cigarettes.

The team, led Dr. Hilary Tindle, also looked at women who were highly mistrustful of other people, a group they called "cynically hostile," and compared them with women who were more trusting.

Women in the cynically hostile group tended to agree with questions such as: "I've often had to take orders from someone who didn't know as much as I did" or "It's safest to trust nobody," Tindle said. "These questions prove a general mistrust of people," said Tindle, who presented her study Thursday at the American Psychosomatic Society's annual meeting in Chicago. That kind of thinking takes a toll. Cynically hostile women were 16 percent more likely to die during the study period compared to women who were the least cynically hostile. They were also 23 percent more likely to die from cancer.

Tindle said the study does not prove negative attitudes cause negative health effects, but she said the findings do appear to be linked in some way. "I think we really need more research to design therapies that will target people's attitudes to see if they can be modified and if that modification is beneficial to health," she said. And she said while a pessimist might think, "'I'm doomed. There is nothing I can do,' I'm not sure that's true," Tindle said. "We just don't know. But staying positive and keeping a good attitude does seem to help individual's longevity and overall health."

Source: ALFA

