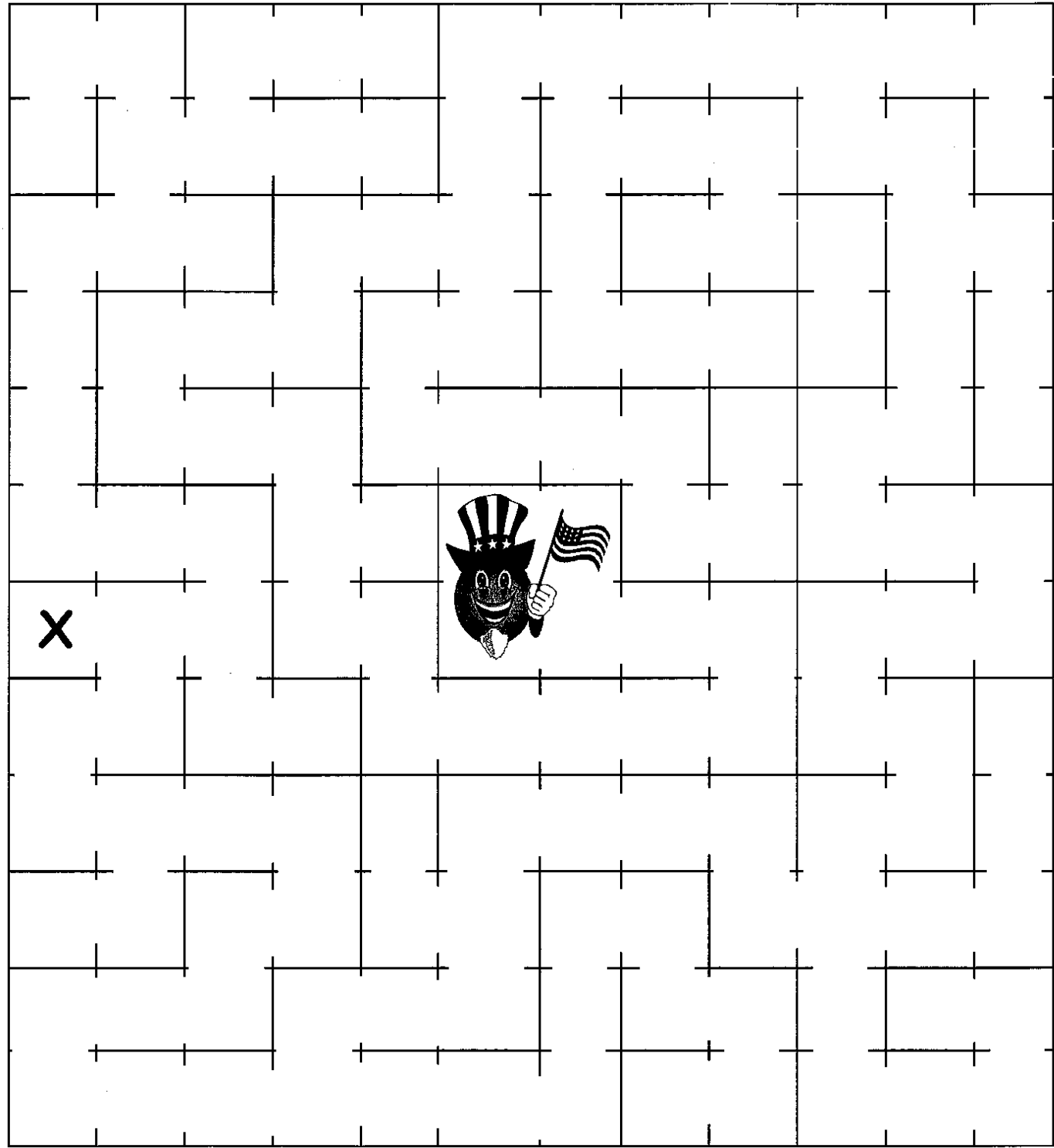


JULY MAZE-"Find Uncle Sam"



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 Le Sueur July Newsletter

July Birthdays



Agnes C 7/14

There is nothing better than a smiling face! With the arrival of summer we have enjoyed some amazing afternoons outside, refreshing ice cream, and some good ole fashion food off the grill.

The month of July is a time to commemorate the adoption of the Declaration of Independence on July 4, 1776 declaring independence from the kingdom of Great Britain. Allow yourself a moment to appreciate the country you live in.

Keep the Activity Calendar close so you don't miss out on the fun filled activities and events planned this month including:

- 7/5- Red, White, & Blue Bingo
- 7/6- Patriotic Party
- 7/13- Dollar Tree Outing
- 7/14- Cletus Goblirsch Performance
- 7/17- Bobby & Christine Duo Performance
- 7/18- Lemonade Social
- 7/19- Lollipop Social
- 7/20- Nicollet Café- Lunch Outing
- 7/21- Birthday Party for Residents
- 7/25- Troy Flemming Performance
- 7/25- Barnyard Happy Hour
- 7/27- Library Outing
- 7/28- Resident Council
- 7/28- Beer and Bingo

Look what we have been up to!



Resident Response –What was your 4th of July Tradition

Coffee Hour Discussion

With the 4th of July right around the corner, we decided to have a group discussion about fun, family memories and how we use to celebrate the wonderful holiday.

- **Bill E-** Him and Jackie use to have a couple over and watch fireworks. They also use to enjoy the boat parade on lower Jeffers Lake.
- **Betty W-** She use to attend a big party on a lake near Buffalo. She remembers eating scalloped potatoes, swimming and enjoying the fireworks at night.
- **Shannon W-** She use to watch fireworks in St. Peter with her kids. She could also watch some from her own house.
- **June W-** She use to fire off rockets and firecrackers with her dad on the farm.

Today's 90 –Somethings Seem Sharper Than Predecessors

People in their 90's today are mentally sharper than those who were in their 90's a decade ago, a new study contends. The Danish researchers compared 2,262 people who were born in 1905 and still alive in 1998 (aged 92 to 93) with 1,584 people who were born in 1915 and still alive in 2010 (aged 94 to 95). Appearing online July 11 in *The Lancet*, the study “challenges speculations that the improving longevity is the result of the survival of very frail and disabled elderly people,” study leader Professor Kaare Christensen, at the University of Southern Denmark, said in a journal news release. All the study participants underwent tests to assess their mental skills and their ability to carry out daily living tasks. Not only were the people in 1915 group 32 percent more likely to reach the age of 95 than those in the 1905 group, they did better on the tests of mental abilities and activities of daily living. On average, the people in the 1915 group had slightly higher levels of education. But the difference was only statistically significant in women, who had overall very low levels of education in both groups. This suggests that the better average mental ability in the 1915 group is not likely due to improved education, according to the study authors. “Our results suggest that the functioning of people who reach their nineties is improving in Denmark, and increasing longevity associated with improved living conditions and health care may result in not just longer lives, but also that elderly are functioning better for longer than in earlier generations.” Christensen said. The findings also challenge predictions about the future burden of dementia in an aging population, according to an accompanying editorial by Marcel Olde Rikkert and Rene Melis, of Radboud University Medical Centre in Nijmegen, in the Netherlands.

