

Welcome Lauren!!

Lauren is a new addition to the Activities Department. She will plan and facilitate activities for all of Oak Terrace Senior Living of Le Sueur.



## September Birthdays



No September Birthdays



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

# *Oak Terrace Senior Living of Le Sueur* **September Newsletter**

## SEPTEMBER HIGHLIGHTS

### Get to know Lauren

Lauren has lived in Jordan, MN her whole life. She is the oldest of 4 and loves spending time with her family. She is one of many grandchildren to former resident, Wally Huss of Jordan Oak Terrace. She graduated from the University of Minnesota- Duluth in 2014 with a Business Administration degree. Go Bulldogs!

Prior to working here, she worked at Cigna- as a Provider Services Advocate, she has also worked at Radermacher's Fresh Market in Jordan as well as a T. J. Hooligans Pub in Prior Lake as a server.

Lauren loves to be active and play volleyball in her free time. She enjoys reading a good book, listening to country music, and being active outside. Summer is Lauren's favorite season and she loves spending time at her cabin with family and friends.

Come stop in and welcome Lauren to the Oak Terrace community. She is happy to chat and answer any questions you may have.



Fall is approaching fast and we have so many things to do before the Summer ends. We are going back to the 50's with the Classic Car & Tractor Roll In on September 18<sup>th</sup>. We will be leaving and heading to the **Jordan Oak Terrace at 9:30 am**. The fun will start at 10:30am in the Jordan front lobby with music and appetizers. Then from 11:00am-12:00pm we will have start the roll-in where you are invited to go outdoors (Weather Permitting) to see the classic cars and tractors. Please invite your friends and family. We also will be having a few entertainers this month. Loren Wolf will perform on September 14<sup>th</sup> singing country music as well as Mary Anne's music sing-a-long on September 23<sup>rd</sup> in the Community Room. Please come and enjoy some music.

- 9/14- Loren Wolf Performance
- 9/16- Lunch outing @ Emma Krumbie's
- 9/18- Back to the 50's Classic Car & Tractor Roll-In @ Jordan Oak Terrace
- 9/21- September Birthday Party
- 9/22- Fall Craft
- 9/23- Mary Anne's Music
- 9/28- Fall Social
- 9/30- Resident Council
- 9/30- Bingo and Beer

Color up  
the Season!



***Fall Word Scramble:***

easelv \_\_\_\_\_

aelgofi \_\_\_\_\_

sreet \_\_\_\_\_

islurqre \_\_\_\_\_

orbwn \_\_\_\_\_

ocnar \_\_\_\_\_

iwnd \_\_\_\_\_

sansoe \_\_\_\_\_

kear \_\_\_\_\_

toollabf \_\_\_\_\_

alpeps \_\_\_\_\_

**Enjoy this Fall  
Word Challenge!**



**Flu Vaccine May Lower Heart Attack Risk, Researchers Find**

Flu vaccination may not only stave off the seasonal virus, it may prevent heart attacks too, researchers in Australia found.

Immunization against the respiratory illness lowered the probability of heart attack by 45 percent, according to a study of more than 500 hospital patients by researchers at the University of New South Wales in Sydney.

The finding, published today in the journal **Heart**, suggests flu vaccination programs targeting the elderly should be extended to include younger adults, especially those with coronary artery disease. Among seniors, the shot reduces severe illnesses and complications from flu by as much as 60% and deaths by 80%, according to the World Health Organization in Geneva.

“Flu vaccine could be having more of a public health impact than it already is,” said Raina MacIntyre, head of the school of public health and community medicine at UNSW and the study’s first author.

Previous research has shown that acute infections, such as influenza, cause the body to increase production of disease-fighting inflammatory proteins in the blood that can clog up vessels narrowed by heart disease, MacIntyre said.

“We know that every flu season, heart attacks increase,” she said. “To me, it’s fairly convincing evidence that flu vaccine can protect against heart attack in people who already have diseased arteries.”

Her study, which received funding from U.K. drugmaker GlaxoSmithKline Plc (GSK), found that almost 1 in 10 hospitalized patients had laboratory-confirmed flu, even though it wasn’t suspected or diagnosed at the time of their admission. The research compared 275 hospitalized heart attack patients with 284 people who were treated in a hospital outpatient department from 2008 to 2010. It also found respiratory-tract infections doubled the risk of a heart attack, suggesting flu-fighting vaccines could also help prevent the leading cause of death and disability worldwide.

“There is a whole lot of people who are at risk of heart attack in the 50 to 65 year age group who are under-vaccinated,” MacIntyre said.

Source: AIEA

