



Oak Terrace Senior Living of Le Sueur May Newsletter

Missing Letters

Fill in the missing letters to identify these words associated with Mother's Day.

F _ _ E N _

H _ G

_ E A _ T _ F _ _

_ O V _

F _ O _ _ R _

S _ _ D _ Y

C _ R _

C _ _ D _

C _ L _ B _ _ T _

H _ _ R T

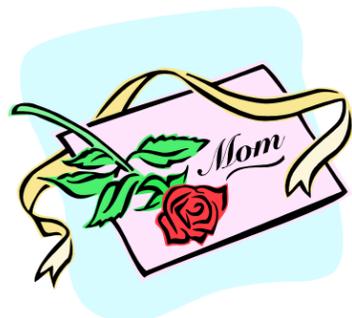
_ H _ L _ R _ N

_ A M _ _ Y

G _ _ N _ M _ T H _ _

H _ N _ R

H _ M _



ANSWERS:

Friend, beautiful, flowers, card, celebrate, children, grandmother, home, hug, love, Sunday, candy, heart, family, honor

Community Highlights

May Event Highlights

April snow storms better bring us May flowers! It's a good thing we have great company around us to get through the dreary and rainy days.

- 5/2- Cinco De Mayo Happy Hour
- 5/3- Nicollet Café Lunch Outing
- 5/4- Cletus Goblirsch Performance
- 5/10- Family Fresh Market Grocery Outing
- 5/11- Mother's Day Pie Social
- 5/15- The Singing Cowgirl Performance
- 5/16- World Peace Activity
- 5/17- Pizza Brought to you
- 5/18- Resident Council & Beer and Bingo
- 5/21- Duke Zecco Performance
- 5/23- Strawberry Social
- 5/24- Todd Anderson Performance
- 5/31- Birthday Party for all Residents

We had a fun April with keeping up with our garden, coloring Easter eggs, and listening to new performers.

In May we have a lot to look forward to such as, we are going to spend some time outside if the weather allows. We will be trying a few new things and going to new places. We are very excited and ready to play in the sun!

Have a Blessed May!!

May Birthdays



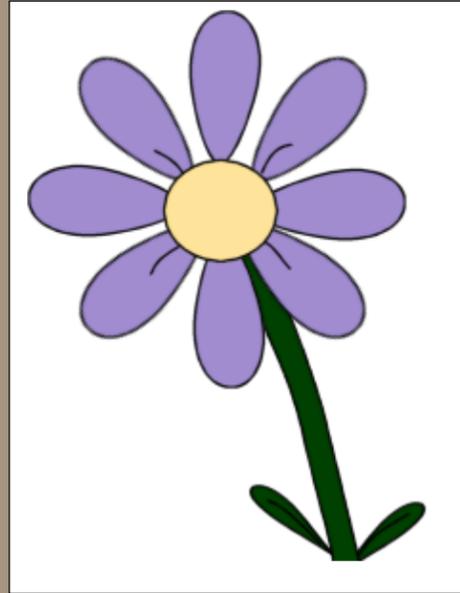
Tony B 5/3

Betty W 5/19

Dee H 5/28

Reminders

- Please let Lauren know if you will be having guests attending our Mother's Day Pie Social.
- Please call Lauren if you are looking to reserve any of our rooms for certain holidays or parties. It is important that we know to make sure no activities are going on and that the room is available.
- For the Pizza Lunch brought to you on 5/17. You will need to fill out an order slip found on Lauren's office door on 5/14. You will need to return the slip back to Lauren by 5/16.



It's Finally Spring! Let's Get Outside.

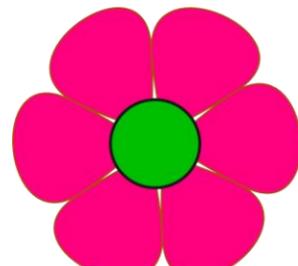
Activities you can do outside:

- **Walking Club**
 - **Lemonade Social**
- Watch for you calendar for others, weather permitting.



What is the shortest month?

(May, because it has only 3 letters!)



Walking After Meals Helps Save Elderly From Falls

Standing up and moving around after eating could save older people from falls caused by sudden loss in blood pressure, according to new research. The research conducted in South Australia, found that the dizziness experienced by older people with post-prandial hypotension can be alleviated by simply walking a short distance after eating. Post-prandial hypotension is a fall in blood pressure seen within two hours of eating a meal and has linked to a high incidence of falls among older people. "Although this condition is common in older people, many are not aware of it," said the University of Adelaide's Professor Renuke Visvanathan, Director of Aged and Extended Care Services at The Queen Elizabeth Hospital. "Falls among older people often result in fractures, and those who experience a fall may lose confidence as well as lost their independence. Falls can also be fatal for older people," she says. Professor Visvanathan says researchers have been trying to better understand the reasons as to why this condition occurs, in the hopes of developing improved treatments or preventing post-prandial hypotension. Research by University of Adelaide student Dr Shailaja Nair and University of South Australia student Zoe Kopsaftis, working under the supervision of Professor Visvanathan and Dr Diana Piscitelli from the University of South Australia, has confirmed that older people with post-prandial hypotension should be encouraged to get up and walk intermittently at a normal pace to reduce the fall in blood pressure. "This advice, coupled with other practical strategies, such as drinking a glass of water with meals, may help older people avoid the consequences of post-prandial hypotension," Professor Visvanathan said. "Much of the research conducted to date has been undertaken in healthy older people, but this new research has involved people with a confirmed diagnosis of the condition," she said. "Simple, practical and cheap lifestyle interventions that older people can implement are highly desirable," she said. "The results showing that walking can be an effective strategy are pleasing, and will help in better understanding the overall picture of this common problem."

Source: Medicalnewstoday.com