

Congratulations Jennifer Cox for being nominated for Senior Living Manager of the year!! Thank you for everything you do! We are very proud of you and love you! We are so glad you are part of our team!



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

## Oak Terrace Senior Living of Jordan 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



Glen K-8/1

Margaret H-8/2

Jo Ann S-8/11

Virgil K-9/18

Jesse C-8/23

Mary Ann O-8/28

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.

- 8/1-The Singing Cowgirl
- 8/5-Aloha Coffee Hour
- 8/5-Hawaiian Social
- 8/6-Red Lobster
- 8/6-Lemonade Socail
- 8/7-Walmart
- 8/7-Schwan's Front Lobby
- 8/8-Concetina Fun
- 8/12-Resident Birthday Party
- 8/13-Kohl's Department Store
- 8/14-Radermacher's
- 8/16-Bingo an Beer
- 8/19-Have You Heard of Coffee Hour
- 8/20-Emma Krumbree's
- 8/20-Lemonade Social
- 8/20-6-8 years old Performance
- 8/21-Target
- 8/21-Schwan's Front Lobby
- 8/22-Duke Zecco
- 8/23Carnival Day
- 8/26-Resdient Council
- 8/27-Coborn's
- 8/27-Lemonade Social
- 8/28-Fishing Trip
- 8/29-Watermelon Fest

## Autumn Lane News

We are a proud community with so many great residents and staff who genuinely cares for each other. Every day is an honor to be a part of this group.

We create togetherness with sing-alongs, cards & board games,

bingo, crafts, exercise, movies, and so much more! Each month we anticipate and celebrate the simple things in life. In August we can expect to play good 'ole fashioned words games and bingo, discuss important moments in history, sing alongs with Tami, and enjoy the outdoors on our wonderful patio.

Life Is Good.



### The Dog Days of Summer

## Loving These Summer Days!



## 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

