

RidgeView Assisted Living
 4825 West Ave.
 OakView Nursing and Rehab
 1212 Indian Hill Dr.
 Burlington, IA 52601

Postage
 Information

The Views News

OakView Nursing and Rehab Ph: 319-752-4100 and RidgeView Assisted Living Ph: 319-752-1200



Welcome to February!

February is here, which means we are getting closer to Spring! Here at RidgeView, we are going to help keep everyone busy to ward off those winter blues! At RidgeView, on the 13th, Luke Davids will be back to sing and play the piano, and the Praise Singers will be back on the 27th. The Valentine's Day party at RidgeView will be on the 14th at 1:00 in the afternoon. There will also be another Hump Day Happy Hour on the 6th. Bill Luckenbill will be here on the 12th at 1:30 in the afternoon. OakView has some fun activities planned for this month. The Valentine's Party will be on February 9th at 2:00 p.m. The Sunshine Sisters will be performing on the 12th at 2:00 p.m. Terry Stone will be back to entertain in the 21st at 7:00 p.m. and Pat on the Guitar will be at OakView on the 26th

A Note from OakView: I am sure that all of us are tired of these very chilly temperatures but hang on spring is just around the corner! Our residents at OakView have been enjoying their time in the activity room watching the snow fall and blow across our fields, despite the obvious chill that that brings to our bones it also brings pleasant memories of days of playing in the snow. Our very own food service coordinator Megan Cooper reminded us of those memories when she built a snow woman who sits in front of our building greeting our visitors and bringing smiles to the faces of those enjoying the winter scene. From the look of our forecast I am certain that our snow woman will be with us for quite some time! As always, I want to thank you for giving us the honor of caring for your loved ones, stay safe and stay warm.

Talisa

Celebrating February

Haiku Writing Month

Mend a Broken Heart Month

Library Lovers Month

Bubble Gum Day

February 1

Groundhog Day

February 2

Celebration of Love Week

February 10–16

Valentine's Day

February 14

Love Your Pet Day

February 20

Tooth Fairy Day

February 28

February Birthdays

In astrology, those born between February 1–19 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members. Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends.

RidgeView

Ned Russell February 2nd

James Boyles February 11th

Jim Klein February 14th

Michael Ford February 23rd

OakView:

Robert Chestnut February 6th

Elizabeth Shuff February 27th



10 Healthy Habits for Seniors

Why not start the new year off right with some habits to keep you healthy? Here are some tips to help keep you healthy.

1. **Eat Healthy.** The digestive system slows down as we age. Eat plenty of high-fiber fruits, vegetables and whole grains. Also drink plenty of water!
2. **Focus on Prevention.** Preventative care visits such as health screenings for cholesterol levels, colon cancer, heart problems and more, qualify for Medicare coverage. Get your vaccinations that can help prevent influenza and pneumonia.
3. **Get Information on Medication Management.** Review your medications regularly with your physician. Ask about drug interactions and side effects.
4. **Get Some Sleep.** Frequent waking and insomnia in the night are common in seniors. Turn the lights down in the evening to help spur drowsiness. Make sure your bedroom is comfortable, cool and quiet.
5. **Remember Mental Health.** Do crossword puzzles, read and write and try new hobbies to stimulate your mind and engage with the world around you. Activities like these can ward off a decline in mental health.

ANNOUNCEMENTS

At RidgeView, the nurse will be talking to tenants about the new CPR policy. We will be signing an updated policy. Also at RidgeView, if any tenant is interested in upgrading to a 2-bedroom apartment, contact Theresa or Gerald.

6. **Screen for Vision Changes.**
7. **Socialize.** Time spent with family and friends will help you feel connected. Those visits will also help you feel upbeat, which is the best medicine at any age.
8. **Stay Physically Active.** Exercise not only alleviates depression, but improves energy and memory. Consult your doctor before beginning any new exercise program.
9. **Take Advantage of Free Physicals.**
10. **Visit the Dentist Every 6 Months.**

The Original Castaway

On February 1, 1709, Alexander Selkirk was rescued from an island after being stranded there for four years. Upon his return to England, journalists portrayed his last four years in extraordinary detail, making Selkirk a celebrity and inspiring the novelist Daniel Defoe to write his masterpiece *Robinson Crusoe*.



Selkirk was a hot-tempered navigator of a privateering ship called the *Cinque Ports*—a legalized pirate ship plundering for the British Crown. When conditions on board got bad, Selkirk tried to raise a mutiny against the ship's young captain by begging to be left alone on an island with the crew. Unfortunately for Selkirk, none of the other crew members wanted to stay behind with him, so he was abandoned on Más a Tierra island off the coast of Chile. Selkirk expected another friendly ship to arrive, perhaps within days, but again he miscalculated, and another ship did not arrive for four years and four months. Amazingly, Selkirk survived. He ate fish, crayfish, and the many goats that inhabited the island. He grew so fleet of foot that he could catch them with his bare hands. Food and shelter came relatively easy. Keeping his sanity was his most difficult task. When a ship arrived on the horizon to save him, it was navigated by none other than William Dampier, a buccaneer under whom Selkirk had sailed on the *Cinque Ports*. Selkirk attempted to tell his story to Dampier, but he could barely remember the English language. Selkirk found it difficult to reintegrate into society, often thinking that he was happiest when he had nothing on the island.

Daniel Defoe was intrigued with Selkirk's story and so wrote a romanticized version of it in *Robinson Crusoe*. Perhaps, however, this story should not be celebrated, for it has often been criticized as a tale of one colonialist's suppression and enslavement of an indigenous culture. Crusoe may have been a hero in 18th-century England, but today his accomplishments seem rather brutish. Perhaps instead, we should celebrate February 1 as Alexander Selkirk Day and forget Robinson Crusoe.

Drawing the Short Straw

February 22 is Skip the Straw Day. Banning straws has certainly been a hot topic. More and more companies and communities are outright banning these seemingly harmless modern conveniences. This is because Americans, on average, use one million plastic straws each day, and many of those plastic bits are ending up in landfills and our oceans. For those who still want straws or need them for medical reasons, some companies now provide customers with biodegradable or compostable straws, including paper straws. People used to sip drinks through long hollow reeds of ryegrass. That all changed in 1888 when inventor Marvin Stone patented a spiral winding process for paper and created the first paper straw. His straws were far superior to ryegrass straws, for they did not impart a grassy taste to the beverage. So it seems that we have come full circle, back to Stone's original invention. But will banning plastic straws actually save the environment? Not entirely. Plastic straws are just a tiny percentage of plastic pollution. But the anti-straw movement might raise awareness about the harms of plastic to our planet.

Many Happy Returns



February is Return Shopping Carts to the Supermarket Month. Shopping carts are abandoned in the strangest of places: alongside roads, in ditches, under bridges. Today is the day to put those shopping carts back where they belong. It is estimated that two million shopping carts are taken from supermarkets each year, and with one shopping cart valued at \$100, that's \$200 million rolling away. If pushing a shopping cart back to a supermarket all the way from a highway is too much to ask, you can start by returning shopping carts from the parking lot. Unattended carts can do a lot of damage to cars. Furthermore, studies show that abandoned shopping carts lead to people throwing other trash into parking lots. Returning carts fosters good citizenship!