



With Valentine's Day just around the corner, we think of February as the month of love, but it is also American Heart Month. Heart disease is the leading killer of Americans, taking the lives of 2,200 people each day. In addition, 103 million adults have high blood pressure and 6.5 million are living with heart failure. While genetic factors do play a part in cardiovascular disease, 80% of cardiovascular diseases are preventable with education and action. Below are some lifestyle changes that can make a big impact when it comes to showing your heart some love.

Stop Smoking-Quitlineiowa.org or 1-800-QUIT-Now for help, offering 8 weeks of free nicotine replacement. **Know your numbers**-Numbers to know, your weight, blood pressure and total cholesterol. **Screen for diabetes**-Diabetes can be detected through a simple blood test. **Get active**-The American Heart Association (AHA) recommends 30 minutes (think 2 or 3, 10- or 15-minute sessions), 5 times a week. **Build some muscle** -The AHA recommends 2 days of moderate to high intensity strength training each week. **Eat smart**-A healthy diet is essential to a healthy heart & lifestyle. **Limit junk**-Junk food when eaten in excess, can cause weight gain, raise blood pressure and clog arteries. **Stress less**-Stress increases cortisol, which leads to weight gain, a key risk factor in heart disease. **Sleep more**-Sleeping restores the body, helps decrease stress and increases overall happiness. **SMILE** -A happy heart is a healthy heart!

Rose Saxton, Administrator

Beautiful young people are accidents of nature, but beautiful old people are works of art.

-- Eleanor Roosevelt

Fun Days in February 2020

- 2 Groundhog Day
- 2 Super Bowl
- 3 Carrot Cake Day
- 5 Nutella Day
- 7 Fettuccine Alfredo Day
- 8 Ice Cream for Breakfast Day
- 10 Cream Cheese Brownie Day
- 12 Lincoln's Birthday
- 14 Valentine's Day
- 17 President's Day
- 17 Random Acts of Kindness Day
- 17 Cabbage Day
- 19 Chocolate Mint Day
- 20 Cherry Pie Day
- 22 Washington's Birthday
- 23 Banana Bread Day
- 25 Mardi Gras
- 25 Clam Chowder Day
- 26 Pistachio Day
- 27 Chili Day

Residents

Rilma Driskell 2/15

Charles Power 2/26

Ralph Brown 2/28

Staff

Rose Saxton 2/2

Billie Hershberger 2/21

Kelly Cozad 2/22



Good Luck to Sue Nerness!!!

Welcome to Ralph Brown!!!

Names to Know

Medical Director - Dr. Larry Richard, MD

Director of Nursing - Malinda Graham

MDS/Care Plan Coordinator - Heather Boswell

Activities Director - Diann Johnson

Social Services - Kelly Cozad

Administrator - Rose Saxton

QA Nurse - Carla McIntosh

Office Manager - Rachel Klingston

Dietary Manager - Jessica Norman

Maintenance - Barry Houk

Environmental Services - Marlene Carlberg

Raspberry Cake

Ingredients

- 1 package white cake mix (regular size)
- 1 package (3 ounces) raspberry gelatin
- 4 large eggs
- 1/2 cup canola oil
- 1/4 cup hot water
- 1 package (10 ounces) frozen sweetened raspberries, thawed, undrained
- **FROSTING:**
- 1 carton (12 ounces) frozen whipped topping, thawed
- 1 package (10 ounces) frozen sweetened raspberries, thawed, undrained
- Fresh raspberries, optional



Directions

- **1.** In a large bowl, combine the cake mix, gelatin, eggs, oil and water; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Stir in raspberries.
- **2.** Pour into a greased 13x9-in. baking pan. Bake at 350° for 35-40 minutes or until a toothpick inserted in the center comes out clean. Cool.
- **3.** For frosting, in a large bowl, fold whipped topping into raspberries. Spread over cake. Refrigerate for 2 hours before serving. Store in the refrigerator. Garnish with fresh raspberries if desired.

If you would like an email copy of the newsletter or know someone that would like a paper copy of the newsletter let us know at socialworker@grm.net or call the number below.

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Resident Spotlight

This month's spotlight is on Evelyn Havens! Evelyn was born in Decatur County on a farm along with 2 brothers and 1 sister. She helped on the farm and went to country school with her siblings until 8th grade and then continued to high school in Leon. After graduation she got a job working in the bank and worked there 12 years. She married Horace and they lived on a farm for several years before moving to town. He bought a plumbing shop and she helped him run it while they raised 3 daughters and 1 son. When he passed, she sold the plumbing shop and worked for the utility company for several years. The family liked to travel around the states and visited places like Washington D.C. and Yellowstone National Park. She also traveled overseas and visited Italy, France, and Holland. Evelyn has lived around here her whole life and enjoys embroidery, reading and spending time with family.



Nursing Spotlight

Nancy Becker was born and raised in Wheeling, Illinois. She married Scott Becker right after graduation and moved to Charleston, S.C. with him as he was stationed there in the Navy. They also were stationed in Virginia for a while before moving to Iowa in 1990 to be close to her dad. Nancy and Scott had 3 sons during their marriage but divorced in 1995. She became a CNA and worked at Leon Care Center for 8 years. She met Sam Rosa and they have a daughter together. She took some time off during that time and then came to work at Westview in 2001. Nancy is a CNA, CMA, and a Restorative Aide. She currently works nights and cares very much about the residents here. She states, "I have always had a deep care and respect for my elders." She loves spending time with her grandkids every chance she gets.

Guess Who??

This month's Guess Who was born in rural Decatur County in a farmhouse. Along with her 2 brothers and 2 sisters their family moved around Decatur County and attended country schools at Pleasanton, Humeston, and Woodland before graduating from Leon High School. After graduation she worked as a secretary and later at a creamery. She married and they stayed here in Decatur County and farmed while raising their 3 children. She has traveled all over the United States and even all over Europe. Some of her hobbies include genealogy, playing the piano, sewing, and reading.



Last month's **Guess Who** was **Rilma Driskell**

And the **winner** was **Donna Flummer!!!**

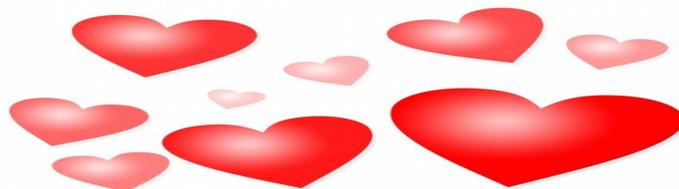
Fun Facts about February

February (do you see that extra "r"?) is one of the most frequently misspelled words in the English language.

Groundhog Day—Feb. 2—is based on a German superstition. In Germany, though, it's not a groundhog that forecasts either an early spring or a longer winter: It's a badger.

The odds of being born on Feb. 29 are about 1 in 1,461.

February is named for the Latin term februum, which refers to purification. Historically, mid-February was the time for Februa, a Roman purification ritual very similar to today's practice of spring cleaning.



Valentine's Day Word Scramble

DIRECTIONS: Unscramble the letters to form the names of 11 different Valentine's Day words. Then unscramble the shaded letters to answer the riddle.

LIRANGD	<input type="text"/>
HAETR	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
OLCHAOTEC	<input type="text"/>
DICPU	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
MOEP	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
LSWROFE	<input type="text"/>
BOLEDEV	<input type="text"/>
ANDCY	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
ORSSE	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
EOEVNPLE	<input type="text"/>
RRABYUFE	<input type="text"/>

What did the boy bear say to the girl bear on Valentine's Day?

<input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
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February can be a month of self-reflection with the cold and snow and being stuck inside. Here are a couple of things we can do this month while we wait for spring:

- Write out 28 things (one for each day of February) you're grateful for: make a gratitude list with all the things you're thankful for this month.
- Do something kind for someone: February 17th is National Random Acts of Kindness Day. Let someone go ahead of you in a line, bake cookies for the office or a friend, thank a teacher with a gift, send a letter to a friend or family member. There are lots of ways to spread kindness all around!



WESTVIEW ACRES

February 2020

CARE CENTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 1:30 SATURDAY WITH JEN
Groundhogs Day 2:30 LEON SALEM Mennonite	2 10:15 GRP EX 10:30 YOUR NUMBER 1:30 SEQUENCE 3:30 CHAMBER CHATS	3 8:30 BEAUTY SHOP 10:15 TAI CHI 10:30 DICE ROLL 1:30 DEER IN HEADLIGHTS	4 9:30 GRP EX 11:15 BUDDY HOLLY MUSIC 2:00 MOVIE POPCORN 3:30 CHAMBER CHATS 7:00 MENNONITE YOUTH GRP	5 10:15 GRP EX 10:30 NOODLE BALL 1:30 NAIL CARE 3:00 DOMINOES	6 10:15 GRP EX 10:30 YOUR NUMBER 1:30 CAPPUCINO DAY 3:00 BIBLE STUDY	7 10:15 GRP EX 10:30 NOODLE BALL 1:30 NAIL CARE 3:00 DOMINOES
2:30 CHURCH SERVICES WITH JIM AND SUSAN LANE 6:30 YOUTH GRP SINGERS	9 10:15 GRP EX 10:30 PRO BINGO 1:30 TRIVIA QUESTIONS 3:30 CHAMBER CHATS	10 8:30 BEAUTY SHOP 10:15 TAI CHI 10:30 PRO BINGO 1:30 THIRSTY TUESDAY	11 9:30 GRP EX 11:15 VIDEO 1:30 NAIL CARE 3:30 CHAMBER CHATS	12 9:00 MASS 10:15 GRP EX 10:30 PRO BINGO 1:30 DECORATE VALENTINE'S DAY COOKIES 4:00 BOOK CLUB	13 9:00 MASS 10:15 GRP EX 10:30 PRO BINGO 1:30 VALENTINE'S BINGO	14 Valentine's Day 10:15 GRP EX 10:30 PRO BINGO 1:30 VALENTINE'S BINGO
2:30 CHURCH WITH J.R. WHEELER	16 Presidents' Day 10:15 GRP EX 10:30 YOUR NUMBER 1:30 RESIDENT COUNCIL 3:30 CHAMBER CHATS	17 8:30 BEAUTY SHOP 10:15 GRP EX 10:30 TAI CHI 1:30 THIRSTY TUESDAY	18 9:30 GRP EX 11:15 PATRIOTIC MUSIC 2:00 MOVIE/POPCORN 3:30 CHAMBER CHATS 7:00 MENNONITE YOUTH GRP	19 9:00 MASS 10:15 GRP EX 10:30 DICE ROLL 1:30 CRAFT DAY 3:00 BIBLE STUDY	20 9:00 MASS 10:15 GRP EX 10:30 DICE ROLL 1:30 CRAFT DAY 3:00 BIBLE STUDY	21 10:15 GRP EX 10:30 NOODLE BALL 1:30 NAIL CARE 3:00 DOMINOES
2:30 CHURCH WITH JOSH HOSTETLER	23 10:15 GRP EX 10:30 PRO BINGO 1:30 BOWLING DICE 3:30 CHAMBER CHATS	24 8:30 BEAUTY SHOP 10:15 TAI CHI 10:45 PRO BINGO 1:30 MARDI GRAS SNACKS	25 9:30 GRP EX 11:15 MARDI GRAS MUSIC 1:30 MONTHLY BIRTHDAY PARTY 3:30 CHAMBER CHATS	26 9:00 MASS 10:15 GRP EX 10:30 PRO BINGO 1:30 COVER UP 4:00 BOOK CLUB	27 9:00 MASS 10:15 GRP EX 10:30 PRO BINGO 1:30 COVER UP 4:00 BOOK CLUB	28 10:15 GRP EX 10:30 PRO BINGO 1:30 NAIL CARE 3:00 DOMINOES
						29 1:30 SATURDAY WITH JEN

ALL ACTIVITIES ARE SUBJECT TO CHANGE AND WILL BEGIN WHEN ALL THOSE WHOM WISH TO ATTEND ARE PRESENT.

