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Thank you to the families who are currently using the Guest Connect Service! The residents are enjoying getting your emails! For those of you who are not familiar with the service, simply go to our website www.foxrunmanor.com and click on Guest Connect at the top. A box will pop up for you to enter your loved one's name, a short message, and if you would like a response, you can provide your email address. Our Activities Department will then deliver the message for you. This is a wonderful way to brighten that special loved one's day!

Poet's Corner

Summer Storm



by Bob Julien
Fox Run Manor

*I hear bowling pins-a-tumbling
Or is it thunder rumbling
It's moving now this way
We will be having rain today
The first spatters of rain
Crash against my windowpane
It's getting dark, it's pouring down
Not a dry spot in this town
Lightning's flashing, thunder's crashing
Trees are trembling, wind is lashing
Under the bed hides the pup
It's heading north now, easing up
Now the grass is emerald green
Everything is fresh and clean*

A Note from Shane's Desk...

We are officially past flu season for another year and I would like to report that Fox Run was very successful in protecting our residents from both the seasonal flu and the H1N1 virus. This did not just happen by chance, but through a conscious combined effort of the staff at Fox Run, our residents, families and visitors. By educating ourselves, utilizing precautions and with staff and visitors taking extra precaution when entering the building, we were able to keep our residents safe. So, I would like to take this time to thank everyone for their combined efforts for a very successful and healthy flu season.

Shane Stewart, LNHA
Administrator

Happy
Mother's Day
May 9th!



Happy
Father's Day
June 20th!

Service Excellence Standards

- Patience
- Privacy
- Communication
- Respect
- Dependable
- Positive Attitude
- Team Player

Excellent service is not a single act, but the following ways we work all day, every day.

Fox Run Manor Department Heads

Dr. Thomas Wojciechowski.....Medical Director
Dr. Bruce Heck.....Rehab. Medical Director
Shane Stewart.....Administrator
Carrie Vorst, RN.....Director of Nursing
Rhonda DingelstedtBusiness Office Manager
Jill Gillespie, LSW.....Resident Services Director
Lisa Line.....Director of Customer Relations
Jo Wilson.....Activity Director
Mary Jenkins.....Food Service Supervisor
Tom Heavrin.....Environmental Services Supervisor

From the Therapy Department Exercise Grows More Important As We Grow Older

No one is too old to enjoy the many health benefits of physical activity. In fact one of the healthiest things you can do for yourself is to be active. Benefits of regular physical activity include reduced risk of heart disease, lower total blood cholesterol and triglycerides, helps achieve and maintain a healthy weight, helps build and maintain healthy bones and increases strength and reduces falls.

Endurance exercises help improve your heart, lung and circulation health. These include walking, swimming, gardening, raking, climbing stairs and dancing.

Strength exercise builds muscle, maintains bone health and improves balance. These involve lifting or pushing weights. Balance exercises target the lower body in order to improve stability.

Flexibility exercises are also known as stretching.

“You don't stop exercising because you grow old. You grow old because you stop exercising.”

Protecting Your Vision

Eye Exams Can Help Prevent One Half of All Blindness



Does it seem that print is getting smaller as you get older? Are your arms long enough to read the newspaper if you aren't wearing your glasses? When was the last time you got your eyes checked? Many seniors experience changes in eyesight and eye health. You can make sure your eyes remain healthy for as long as possible by eating a healthy diet, exercising, not smoking and wearing sunglasses.

The best way to prevent vision loss is through early detection and regular, comprehensive eye exams. According to the American Optometric Association, people age 60 and older should have a yearly eye exam and should seek immediate eye care if there are noticeable changes in their vision. However, lack of awareness of the value of preventive eye care, the cost of eye examinations and a lack of insurance keep many people from getting the treatment they need to prevent eye disease, according to Prevent Blindness Ohio.

Nearly 150,000 Ohioans currently suffer from visual impairment, and more than 43,000 are blind. Half of all blindness is preventable, yet as the population ages, the incidence of visual impairment and blindness continues to grow in Ohio. In fact, the number of Ohioans with visual impairment is expected to double by 2030. Many thousands more face the quality of life and economic issues associated with specific aging eye diseases.

The primary causes of vision loss are undetected eye diseases, such as diabetic retinopathy, glaucoma, age-related macular degeneration and cataracts. Many eye diseases, including those associated with diabetes and age, do not exhibit any initial symptoms before vision loss occurs and are only detectable through regular eye exams.

Don't let a lack of funds or insurance put your vision in danger. Less than half of eligible Ohioans are aware that Medicare will cover medical eye care expenses. The "Welcome to Medicare" physical includes screening for glaucoma. The

glaucoma medical benefit qualifies many people for 80 percent coverage of the doctor's screening fee. This includes people with diabetes who are at a higher risk for diabetic retinopathy, glaucoma and cataracts. Medicare even has cataract surgery benefits.

You can call the Ohio Senior Health Insurance Information Program at 1-800-686-1578 to talk with a trained representative about Medicare and what it covers.

Some organizations, such as Vision USA-Ohio Optometric Association (1-800-766-4466), the Opticians Association of Ohio (1-800-661-5367) and EyeCare America (1-800-222-3937) provide free eye exams, glasses and surgical care to eligible individuals. Ohio Lions Clubs (614-539-5060) may be able to provide free or reduced cost eye care, glasses and low vision aids. Prevent Blindness Ohio (1-800-301-2020), through its vision care outreach programs, provides access to comprehensive donated eye exams, glasses and aftercare for those who qualify.

Don't let a preventable eye disease rob you of your sight or your quality of life.

"Life is not measured by the number of breaths we take, but by the moments that take our breath away."

Suds-n-Duds Corner

With warmer weather setting in, we would like to remind all family members to check your resident's summer clothing to make sure that his or her name is clearly printed on the inside tag. Also, please remember to mark any clothing you may purchase and have the nursing staff add it to the resident's inventory list before it goes into the closet or drawers. This ensures that all laundry is returned to the proper resident and we have an accurate account of each resident's clothing items.

Come on along...

Activity Highlights

MAY

- May 4..... Men's Breakfast at Dark Horse
- May 5..... Library Van, Art without Boundaries
- May 7..... "Mothers Are Classy" By Gerry Waldman & Refreshments at 2pm
- May 9..... Mother's Day – National Nursing Home Week
- May 10..... Bible Study 10am, Special Bingo 2pm
- May 11..... Beauty School at 8:30am, Lunch at AJR Morales Café
- May 12..... Joel on the Guitar 2pm, Central Youth 6:30pm
- May 13..... Young at H'art 12:30pm
- May 14..... Share-A-Pet 1:30pm, Karaoke 2pm
- May 15..... Trivia 2pm
- May 18..... Lunch at Senior Café
- May 19..... Bingo 7:30pm
- May 21..... Guitar Guy – Alan 9:45am
- May 22..... Bingo 2pm
- May 24..... Crossing Jordan 7:30pm
- May 29..... Bingo 2pm

JUNE

- June 1..... Men's Breakfast Dark Horse
- June 2..... Library Van
- June 9..... Art without Boundaries 10-12pm
- June 14..... Bible Study 10am, Flag Day
- June 15..... Picnic at Park
- June 16..... Bingo 7:30pm
- June 17..... Linda & Ruthie - Latin Music
- June 18..... "Special Moments with Dad" Gerry Waldman & Refreshments 2pm
- June 19..... Bingo 2pm
- June 20..... Father's Day, Bingo 2pm
- June 21..... First day of Summer

- Every Thursday Bible Study at 7:30pm
- Every Monday Bingo at 2pm
- Catholic Visits Weekly
- Church every Sunday

a tradition of caring

Gardening for Senior Citizens



Are you in a wheelchair, longing to dig in the dirt to create flowering beauty and grow far more zucchini than you can give away? Or are your knees just starting to age and even though you've loved gardening all your life, you're having more trouble getting up and down and are afraid you'll have to give up gardening

altogether? Did you botch the last pruning of your roses because of the worsening arthritis in your hands?

Welcome to the world of the physically challenged gardener.

Don't despair. Adapt!



There's plenty of help out there in the form of advice, tools, raised flower beds and other specialized equipment. A Google search of "Disabled gardening tools" leads to 125 websites with specific helpful adaptive equipment. "Disabled gardening" gives a whopping 873,000 results where you can find advice and "handicapped gardening" yields 111,000. Let those arthritic fingers do your walking!

Don't think about what you've lost now that you can't crawl around weeding the perennial border; teach your grandchild or a neighborhood kid the joy to be found doing that task ... you've just discovered a new adventure in gardening. The good news is that you may find whole different special areas of your yard where you can stick a mini-garden.

Get creative. Put a beautiful container near your front door and plant wonderfully scented flowers to greet your guests ... or perhaps a nice cherry tomato plant they can steal from on their way to ring your doorbell. Put a waist high herb garden right outside your kitchen door and add an area in it for your favorite cut flowers.