

National Volunteer Week
April 18 - 24, 2010

Thanks, Volunteer
Thanks for all the little things,
The "done-and-then-forgotten" things,
The "oh-it's-simply-nothing" things
That make our days much brighter.
With unobtrusive, friendly things,
And "never-mind-the-trouble" things,
And "won't-you-let-me-help-you" things,
You've made our hearts much lighter.
~ Author unknown

Alzheimer's Association

The compassion to care, the leadership to conquer


At the Journey's End

HeartFelt Interventions for the Final Stage of Alzheimer's disease

This program will be helpful for families and healthcare professionals who provide care to individuals with Alzheimer's Disease. The program is free of charge and open to the public. Please help us to reach out to others by inviting anyone you feel may benefit from this information! If you have any questions, or for additional information, please contact Kristen Bires at the Alzheimer's Association 814-456-9200 or kristen.bires@alz.org OR Jennifer Maloney at AseraCare Hospice 814-836-5255 or jennifer.maloney@aseracare.com

When: April 13, 2010
Where: Warren Manor
Time: 2:00-3:00 PM
Reservations requested. Please call 723-7060 or email John.McCracken@WarrenManor.com



This program is provided in part by: 

All About Mike

Mike Forslund, Encompass Care Rehab Director at Warren Manor, feels the human body is an amazing creation and working to be a part of the process to get someone to reach their goals is one of his passions in life.



Mike Forslund, Certified Physical Therapist at Warren Manor

Hailing from Youngsville, Pennsylvania, Mike went to Washington and Jefferson College in Washington, Pennsylvania, where he received a Bachelor's Degree in Biology. After that he went on to Gannon and received a Master's Degree in Physical Therapy.

Mike has a two year old son, Brandon, who is the light of his life. Brandon is Mike's best friend!

Working in the long term care field for ten years has been extremely rewarding for him. During the last four years, he has been at Warren Manor. Helping residents to reach their goals is what motivates Mike. Getting to know the residents and hear about their life experiences is just one more benefit of working with the elderly.

Mike especially likes to work with knees. He finds the work of some very talented local orthopedic surgeons to be amazing. It seems that knees are healing faster and faster every day because of technological improvements in knee replacement surgeries.

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Warren Manor Staff

John McCracken	Administrator
Cindy Zimbicki	Business Office Manager
Donna Pastrick	Director of Nursing
Debbie Briggs	Care Community Coordinator
Jill Hall	Community Liaison
Amy Strickland.....	Activity Director
Christina McMillen.....	Resident Services Coordinator
Angie Pizer	Food Services Director
Charles Green	Maintenance Supervisor
Dr. Kenneth Williams.....	Medical Director

Walking for Exercise

Fitness experts now feel that good old walking can be as valuable an aerobic exercise as jogging, swimming, or biking. In fact, walking may be the best form of exercise you can undertake.



Walking is the oldest form of exercise known to man. Seventy-seven million Americans regularly walk for fitness and pleasure, reaping the following benefits:

- Enhanced weight loss
- Increased energy
- Improved fitness level
- Decreased stress and tension
- Improved muscle tone
- Increased ability to perform daily activities
- Decreased risk of age related disease
- Improved cardiovascular health

The popularity of walking as a fitness activity is growing. Walking is low risk, easy to start, and it is pretty hard to hurt yourself. Runners land with three to four times their body weight every time their feet hit the ground. Walkers, by contrast, land with only one and one-half times their body weight. Walking exercises muscles all over your body, and it is actually one of the best exercises for healthy feet. Walking is great exercise for people who are in terrific shape, and its just as good for people in lousy shape. Virtually every cardiac rehabilitation program in America bases its exercise regimen on walking.

Spring Cleanout!

Spring is finally here and your loved ones are going to be needing some clothes for the warmer weather. Please remember to clean out all of their winter clothing, jackets and boots. Please take these items home to make room for spring and summer clothing!

Safe Exercise Practices

1. Obtain medical clearance to exercise.
2. Stop exercising if you feel pain.
3. Don't exercise when you are injured, sick, or running a temperature.
4. Don't over-strain during exercise.
5. Don't hold your breath during exercise.
6. Always warm up before beginning to exercise.
7. Always cool down after exercising.
8. Drink plenty of water before, during and after exercise.
9. Avoid heavy meals for about 2 hours before energetic exercise.
10. Use sun screen, hats, visors, and sunglasses during outdoor daytime exercise. Think safety at all times. Use the right equipment, wear the right clothes for exercise, dress in layers, wear fabrics that allow heat to escape, wear good shoes.
11. Work at an effective, yet comfortable, intensity level. You should be able to carry on a normal conversation while working out.
12. Use good posture during exercise.
13. Stop exercise and consult your physician immediately if you experience any of the following:
 - Chest pain or tightness in the chest, neck or throat
 - Considerable difficulty breathing
 - Abnormal heart rhythm, nausea, dizziness, light headedness, or visual problems
 - Excessive cold sweat, extreme or lasting weakness, or fatigue (after exercise)

From Activities

Please join us...

Ladies Tea on Mother's Day, May 9th at 2 PM. Please call by May 7th to sign up.

Men's Breakfast - June 20th at 8:00 AM. Please call by June 18th to sign up.

July 3rd at 5:00 PM Celebrate Independence Day! We will be cooking up hot dogs and hamburgers with other picnic foods. Sign ups must be in by June 25th!

Save the Date:

Warren Manor's Annual Craft Show

Saturday, August 7th from 10 AM - 3 PM

This is a fun day with crafters, food, music and more! To display your crafts or for more information, contact Christina McMillen, RSC at 723-7060.



New this year...

We will have a Car Show. Come out and display your classic car. Car clubs welcome. Trophy to be awarded for People's Choice. Call Jill Hall at 814-462-4169.



Dilly Veggie Pizza Recipe

This is one of my favorite ways to use up leftover chopped veggies, or start new ones! It's a cinch to prepare and you can change the mixture to match your kids' taste buds. Always popular at special events, it tastes just as good the next day.

Prep: 20 min. Bake: 10 min.

Directions:

Unroll crescent dough into one long rectangle. Press onto the bottom of a greased 13-in. x 9-in. baking pan; seal seams. Bake at 375° for 10-12 minutes or until golden brown. Cool completely on a wire rack.

Spread dip over crust; sprinkle with the carrots, broccoli, tomatoes, onions and olives. Cut into squares. Refrigerate leftovers. **Yield:** 15 servings.

Nutrition Facts: 1 serving (1 piece) equals 225 calories, 20 g fat (3 g saturated fat), 12 mg cholesterol, 290 mg sodium, 11 g carbohydrate, 1 g fiber, 2 g protein.

Ingredients:

- 1 tube (8 ounces) refrigerated crescent rolls
- 1-1/2 cups vegetable dill dip
- 2 medium carrots, chopped
- 1 cup finely chopped fresh broccoli
- 1 cup chopped seeded tomatoes
- 4 green onions, sliced
- 1 can (2-1/4 ounces) sliced ripe olives, drained



Stay in touch with your loved one! Go to www.warrenmanor.com and click on Guest Connect. We will deliver your message. If you would like a response, please include your email address. This is a great way for friends and family to brighten that special loved one's day.