

*A Lifetime of
Caring*




Select Senior Living
A LIFETIME OF CARING

January 2019

Jennifer's Scoop

*Hello
January*

Staff Directory



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Activities Director

Magdi Hegazi

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Before we pop the champagne and celebrate the
new year,

Let's stop and reflect on the year that has gone by.
To remember both our triumphs and our missteps,
our promises made and promises broken.

The times we opened ourselves up to great adventures
or closed ourselves down for fear of getting
hurt.

Because that is what new years is all about-getting
another chance.

A chance to forgive, to do better, to do more, to give
more, to love more.

And stop worrying about what if and start
embracing what would be.

So when that ball drops at midnight, let's
remember to be nice to each other, kind to each
other.

And not just tonight but all year long.

-Source Unknown-

A Note From Nursing

Chilly winter temperatures can create significant challenges for people who suffer from chronic wounds.

If you are in the midst of an ongoing wound care regimen, changing seasons can have noticeable effects on your treatment. As temperatures begin to drop in Fall and Winter, it is important to plan ahead and prioritize wound healing as a part of your cold-weather health care.

Strained Immune Systems

Rates of the flu peak in Winter because we are stuck indoors more, which can put us in close proximity to people with the virus. The sniffles are not just annoying but they can also compromise your immune system, and that is problematic for effective wound healing. Harvard Health found that between the emergence of flu bugs and the cold itself, your immune system can become compromised during the winter months. That means you need to take steps to cover up any wounds and avoid exposure to the cold as much as possible. You may want to find simple ways to boost your immune system.

Increased Pain

A common concern for many wound care patients during Winter is whether cold weather can increase pain levels. As it turns out, there is real data to demonstrate an uptick in pain around Winter. In early 2015, a group of researchers published a study in the *Annals of Rheumatic Diseases* that provided valuable insight into the effects of cold weather. That team found that among 62 rheumatic patients, each experienced significant increases in pain when exposed to cold weather. For those who have health conditions relating to inflammation, such as chronic wounds, it is a good idea to work alongside your doctor to deal with this extra pain.

Foot Health Concerns

If you have diabetes, the cold can increase your risk for diabetic foot ulcers. The first step to protecting your feet is to always keep them warm and dry, and that means wearing waterproof socks and footwear. There are even special diabetic thermal socks to wear, which are made to be extra absorbent. You must also remember to moisturize your feet. Damaged or broken skin can lead to bacterial infections, so be sure to use lotion every time after you bathe. According to the Cleveland Clinic, you should be on the lookout for red, shiny areas on your feet and legs, which are indicative of dangerous dryness.



Kitchen Kut-Ups

Lemon Whip A diabetic-friendly recipe

Ingredients: • 3 cups low-fat cottage cheese • 2 (0.3-ounce) packages sugar-free lemon gelatin mix • 1 (8-ounce) container lite frozen whipped topping, thawed

Directions 1. Place cottage cheese and gelatin mix in a blender. Process on high until smooth. 2. Transfer into a medium bowl and whisk in whipped topping. 3. Cover and chill until ready to serve.

Makes 6 servings



January Birthdays

Deng B January 1st
Roger K January 4th
Rita H January 5th
Penny W January 11th
Patt D January 16th
Joe D January 17th
Ruth D January 20th
Dennis N January 21st
Lillian H January 23rd
Collen B January 27th
Jan H January 27th
Shirley E January 28th





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Programs are subject to change. Any questions or concerns can be directed toward
Shawna Fletcher at:
763-795-6026



Date	Time	Event
01/01	1:00 PM	Cub Foods Outing
01/02	10:00 AM	Music W/ John Bury
01/03	9:30 AM	Aldi Outing
01/03	10:30 AM	Secret Life to Documentary
01/04	9:30 AM	Northtown Mall Outing
01/04	2:30 PM	Happy Hour
01/06	3:00 PM	Bible Study W/ Spirit of Grace
01/08	10:45 AM	Duct Tape Craft-Wallets/Purses
01/08	2:30 PM	Chocolate Covered Cherries
01/09	8:00 AM	Hot Breakfast
01/10	1:00 PM	Resident Council/Food Committee
01/14	11:30 AM	Carol's Restaurant Outing
01/15	12:30 PM	Movie Outing (Exact Time TBD)
01/16	10:00 AM	Communion
01/16	12:00 PM	Casino Outing
01/17	9:00 AM	Walmart Outing
01/17	1:00 PM	Popcorn Party
01/17	1:45 PM	Scenic Drive
01/18	9:30 AM	Devotions W/ Father Ron
01/20	3:00 PM	Bible Study
01/22	1:00 PM	Arm Chair Travels
01/23	8:00 AM	Hot Breakfast
01/25	9:30 AM	Build Your Own Hot Coco Bar
01/25	2:30 PM	January Birthday Party
01/29	9:00 AM	Good Will Outing
01/30	9:00 AM	Dollar Tree Outing
01/31	12:45 PM	Humane Society Outing