



Fox Run

Assisted Living Community
Council Bluffs, IA
712-256-2741

Shalimar Gardens

Assisted Living & Memory
Support Community
Fremont, NE
402-721-1616

College View

Assisted Living & Memory
Support Community
Hastings, NE
402-462-6264

Northern Hills

Independent & Assisted
Living Community
Sioux City, IA
712-239-9400

Meridian Gardens

Assisted Living & Memory
Support Community
Columbus, NE
402-564-6300

Heritage Pointe

Assisted Living & Memory
Support Community
Omaha, NE
402-614-5222

Heritage Ridge

Independent Living
Assisted Living & Memory
Support Community
Bellevue, NE
402-932-1881

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FoxRun

Assisted Living Community

VOLUME 45

SUMMER 2011

Letter from our Director

It brings me great pleasure to introduce to our Fox Run family our new dayshift LPN, Charice Britton. Charice was born



Charice Britton, LPN

and raised right here in the Council Bluffs area. She attended Abraham Lincoln high school and graduated in 2000. She then went to college at Hamilton College, and trained to become a nurse. She has been a nurse now for five years and for the last three years she has worked in an Assisted Living in Omaha.

Charice is married and has two children. Her oldest is Xander who is five. He will be attending kindergarten this fall. Her daughter is Alaina, and she just celebrated her first birthday in May.

One of her big hobbies is bike riding. Her favorite bike ride is the Wabash Trace on Thursday nights for the "Taco Ride". Charice and her husband have personal goals to one day ride the Ragbrai.

We are very pleased to have Charice on our team here at Fox Run. Her office hours are (8 - 4), Monday - Friday. Please stop by the office to meet and greet Charice, our new LPN nurse.

Ron Perry, Executive Director



Ron Perry showed Maggy S. how to use our new recumbent in the remodeled wellness room.



Verdine R. and Lois C. studied their Bingo cards intensely at the Storm Chasers pre-game Bingo Bash.



Carl and Mary Tedesco were the grand-marshal in our 2nd Annual Memorial Day parade and Fox Run is the kick off spot.

What's Cookin' in the Kitchen

It's time for picnic and outdoor fun because it's Summer! I know that we are planning some picnics here at Fox Run so here are a few tips to keep you safe and healthy...

- Keep cold food at 45 degrees or below.
- Keep hot food at 140 degrees or above.
- Keep food covered at all times unless you are serving.
- Keep thermometers in your refrigerator and temps should remain 40 degrees or under.
- Keep thermometers in your freezers and temps should remain 0 degrees or under.
- Remember to always thaw food in the bottom shelf of the refrigerator instead of under water or sitting it out.
- Let your food cool down before you put it in the refrigerator.

If you follow these tips, it will help ensure that you have a safe and fun summer!

Stephanie Kingery



Many people have been enjoying the courtyard and it's amenities over the past few months. This group decided to play cards and enjoy the fresh air.



Gerry and Sal P. of the American Red Cross came to give a presentation on how to stay safe during bad weather.

EVENTS

July

1st Music of Dick Sladky at 2:00
5th Vitals Clinic at 9:45
8th Music of Jeff and Dean at 2:00
11th Music from Tim Jarvosky at 2:00
21st Interim Health Care Program at 10:00
25th Fontenelle Forest Presentation with Katherine Kuper at 2:00

August

1st Music of Wayne Miller at 2:00
2nd Vitals Clinic with Hillcrest at 9:45
8th Entertainment by Teri Ore at 2:00
19th Music from Joe Taylor at 2:00
22nd Fontenelle Forest Program with Katherine Kuper at 2:00
25th Interim Health Care Program at 10:00

September

6th Vitals Clinic with Hillcrest at 9:45
12th Music from Dick Sladky at 2:00
15th Interim Health Care Program @ 10:00
19th Music with Christine Coulson at 2:00
26th Fontenelle Forest Program with Katherine Kuper at 2:00

Stay tuned as there is much, much more to come!
Have a wonderful Summer everyone,

**Molly George Activities Director/
Life Enrichment Coordinator**

Maintenance Makeover

We have seen some additions here to Fox Run in the recent months. Most recently, umbrellas and benches were added to the courtyard for your convenience and appearance. We have received rave reviews on the additions! Currently, we are doing a makeover of the hallways by painting and updating the entire look of the hallways. After the painting is completed, we plan to re-carpet the 2nd floor hallways. Lastly, we are waiting for better weather to replace concrete in the parking lot and selected sidewalk areas. Please, remember that if you have any special maintenance related request, please fill out a maintenance request form. I check the front office for request forms several times a day and look forward to fulfilling your maintenance request.

Thank you, John Saunders

HOUSEKEEPING HIGHLIGHTS

We are finishing up the windows in the commons areas and soon we will be in your apartment making it shiny and clean as well. Then you can see all of the pretty flowers blooming in the courtyard and see the warm summer sun shining. We will also be cleaning all of your curtains in your rooms. As always, if you need help with anything, give us a holler and we will be there as soon as we can!

Happy summer!

**Melissa Malone,
Environmental Services Director**

Resident's Birthdays

July

3rd Velma Keffer
11th Virginia Whitmore
14th Rosemary Horn

August

5th Ed Grap
6th Arlene Richardson
7th Elizabeth Paulson
18th Gloria May
21st Margaret Brown
21st Lucille Wilken
30th Art Harsch

September

1st Ezilma Smithhisler
2nd Hazel Parrott
6th Art Hansen
14th Pete Morris

LIFE ENRICHMENT

Resident Spotlight

Lucille Wilken was born in Council Bluffs, IA on August 21st, 1920. She attended and graduated from Abraham Lincoln. She became a secretary at Omaha Welding Interstate Machinery and she was married to a wonderful man named Dwight for 65 years. Together, they had two children named Jane Ann and Mary Lou. Lucille has two natural grandchildren and 2 step grandchildren who she loves very much. To add to the fun, she has another seven great grand children.

When Lucille was growing up, she loved to play sports like softball and volleyball. In her adult years, she began to enjoy traveling. Amongst her favorite trips were the trips to Alaska, Puerto Rico, and Hawaii. Another favorite past time of Lucille's is exercising and walking. She has been attending exercise class when possible and there is a good chance that you will see her out and about in the hallways as well. Lucille also loves animals...especially dogs and she also enjoys embroidery.

If you stop and ask Lucille where she would like to go eat, there is a good chance she will tell you "Red Lobster" or "Piccolo's". Going out to eat was one of her and Dwights favorite things to do. She said her husband spoiled her with all of the nice places they always used to go.

Fun Facts About Lucille

Favorite Color – Blue

Favorite flower – Roses

Favorite food – I like just about anything, I think. I just like food!

Favorite pastime – I love to read!

Favorite Animal – I like most animals but really like dogs.

Favorite Thing about Fox Run – It's a nice place and the rooms are nice and bright and all of the girls are very friendly.



NURSES CORNER

BENEFITS OF FLOWERS

"Flowers make people better, happier, and more helpful; they are sunshine, food, and medicine to the soul." American botanist Luther Burbank may have been onto something when he proclaimed this in the early 20th century. Many decades later, studies have found that flowers may actually have health benefits—especially for older adults. A 2001 Rutgers University study found that flowers eased depression, improved social interaction, and enhanced memory in adults age 55 and older.

The study found that after receiving flowers 81% experienced reduced levels of depression, 40% expanded their social contacts beyond their normal social circles, and 72% scored much higher on memory tests than seniors who didn't receive flowers. The participants—more than 100 seniors with an average age of 73—were split into groups that received one flower delivery, two flower deliveries, and no flower deliveries over a two-week period. So as not to depress you; the no flower delivery group did receive flowers at the end of the study.

"The no-flowers groups became irritated and wanted the study to be over and their depression and anger shifted, but the two-doses group got happier and happier and happier," said the researcher who led the study.

The results are important because as our nation grows older and life becomes more stressful, we look for easy and natural ways to enhance our lives - and the lives of our aging parents. Now, one simple answer is right under our noses.



Another study found that not only does receiving flowers have health benefits, but simply displaying fresh-cut flowers in the home can have advantages. The study found that the presence of flowers in the home increases feelings of compassion, decreases anxiety, and boosts energy and enthusiasm at work. The greatest mood-boosting effects were felt when fresh-cut flowers were placed in the kitchen, dining room, or family room.

In an earlier study, a nursing section of an Alzheimer's unit reported that the day it received shipments of flowers was "always a good day." With more research we may be better able to understand just why flowers elicit the types of responses found in these studies, and learn how flowers can be optimally used to help Alzheimer's and dementia patients.

So all you folks need to get out, smell a few flowers and soak up some happiness in the courtyard enjoying the flowers and the company of your peers.

Debe Wilson



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Management Team

Executive Director Ron Perry
Director of Nursing Debe Wilson
Senior Living Counselor Joyce Adams
Life Enrichment Director Molly George
Maintenance Director John Saunders
Dining Service Director Stephanie Kingery
Office Manager Diann Owens
Environmental Services Director Melissa Malone
LPN's Mary Lane, Charice Britton,
Shonda Sink, Katybeth Rietz



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