

Spring Valley News

October
2011



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Celebrating October

**Polish-American Heritage Month
Dessert Month**

World Rainforest Week
October 10-16

Columbus Day
October 10

Pumpkin Cheesecake Day
October 21

Knock-Knock Day
October 31

From Derrick's Desk



Recently, Spring Valley underwent our 2 year re-certification visit by the Department of Inspections and Appeals. On Tuesday, September 20th, a monitor from DIA came to Spring Valley. She toured the building, met with staff, tenants, observed activities, medication administration, dining services and reviewed tenant charts. Overall, the visit went very well, and I wanted to thank all of you for being so cordial to the monitor and being open to speak freely to her.

I would also like to officially announce the recent promotion of Lynn Daniels to the position of Maintenance/Housekeeping Coordinator. Since assuming the position, I have heard many compliments of Lynn's abilities, hard work and overall great job that he is doing. Help me in congratulating Lynn!

Along with Lynn, Micki Tamerius and Sandra Lowry have been willing to work additional hours in housekeeping as well in order to meet our needs and help to keep Spring Valley "shining."

Derrick

A Note From the Kitchen



Hello,

Some questions regarding arsenic levels in apple juice have arisen due to a recent Dr. Oz episode in which he tested apple juice from five retail companies and compared the levels of arsenic to the standard for water which the Environmental Protection Agency has set at 10 parts per billion. Four of the five brands subsequently tested higher than the EPA's limit for water.

However, The laboratory that Dr. Oz used to conduct his investigation did not use the FDA's approved test method for arsenic in fruit juices. They tested for overall arsenic and did not differentiate between the organic and inorganic forms. Inorganic arsenic, which is found in water, is toxic at certain levels but organic arsenic is harmless.

Before the Dr. Oz show aired, the FDA collected and tested the same lot of juice that was tested for the show and found that the highest reading was 6 parts per billion, lower than 10 parts per billion standards.

I want to ensure you that all the juice that we provide at Spring Valley has been inspected and has passed all FDA and EPA requirements, as well as meeting all criteria in the State of Iowa Food Code. Your safety and well being is our most important job. Any questions please stop and see me!

Thanks!

Natalie Eastman
Culinary Coordinator

Nursing Notes



Fall is upon us and it is time to be thinking about doing what we can to avoid getting the flu and colds. One of the best ways to prevent the flu is to **get a flu shot**. This vaccination is very important especially for the age group of 65 and older because they are at an increased risk for complications from the flu, as the human defense system weakens with age. Pneumonia, bronchitis, sinus infections and ear infections are just a few examples of some complications of the flu. It is estimated that 90% of seasonal flu cases that result in death occur in those who are over the age of 65. Almost 60% of seasonal flu related hospitalizations in the US each year occur in people 65 years and older as well.

There are every day preventatives that we can all practice to protect ourselves from getting sick during the fall and winter months. Some of these precautions include covering our coughs, washing our hands often and avoiding others that are sick.

Symptoms of the flu may include fever, cough, sore throat, runny- stuffy nose, body aches chills and fatigue.

We can help protect ourselves and our loved ones by getting yearly flu shots and taking necessary precautions throughout the cold and flu season. Please contact me if you have any questions or to make arrangements to receive a flu shot. Thank you!

Kris

Maintenance and Housekeeping



Fall is in the air! As the temperatures become cooler, I will be beginning to check furnaces, thermostats, and changing air filters. Proper maintenance on your furnace now will ensure a comfortable and cozy apartment for the upcoming winter months. Please let me know if you have any questions or concerns and I will gladly assist you.

You also may have noticed that you been seeing me around the building more often! I have recently assumed our housekeeping duties as well, and will be in charge of both housekeeping and maintenance departments. I will make every effort to maintain the quality level of cleanliness throughout the building. Our staff members Micki Tamerius and Sandra Lowry will be assisting me with routine cleaning duties. Please come to me at any time with your housekeeping or maintenance concerns.

Maureen in Marketing



Did you know your family is always welcome to have a meal with you? Yes, they can! It is always nice to enjoy a meal around the table with your loved ones and visit! You have options on what to order each day whether it be the main entrée for the day, a Chef Salad, or sandwich and soup. Please let the kitchen or a staff member know how many guests you will be having and what you would like to order for lunch or supper. Please let us know at least one day before if at all possible. There is a charge of \$6.00 per person, which can be added to your bill or paid that day to the office. Meal time is sharing time with your family or friends. We welcome them anytime.



Tenant Birthdays

Jeanne Johnson October 31st

October Birthdays

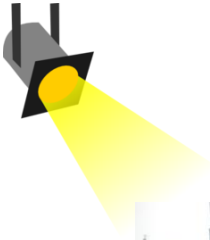
Libras born between October 1 and 22 seek balance and harmony just like their symbol, the scales. They are very social, seek compromise, and have strong powers of critical thinking. Scorpios born from October 23 to 31 enjoy intense and dramatic personal relationships. Even young Scorpios are thought to be wise beyond their years, with deep emotions and sensitivity.

Activity Corner

Hello all! It is definitely feeling like fall as we look forward to upcoming October festivities! Family members and friends are more than welcome to join us for all events and activities at any time. I am currently working on an email or home address list for family members and friends who are interested in receiving the monthly newsletter and calendar. Please call me at anytime or send me an email if you would like to receive each, or if you know someone that might be interested.



Thank You!



Tenant Spotlight



Our very own Carl Schnoor was honored at the Perry vs Boone high school football game on September 2nd. Carl was a member of the Perry Blue jays High School football teams of 1935 and 1936. Carl and three other members of the team (Gail Davis, Orval Salzgeber, and Jim Haas) were honored during half time for their own state championship, and the successful records in their seasons seventy-five years ago. The team set a school record and remained undefeated for these two years.

Autumn Word Scramble

1. roocflu_____
2. epclirdpae_____
3. alfootbl_____
4. mikpnusp_____
5. anleeowhl_____
6. erka_____
7. plsepa_____
8. rruiqls_____

