

The Gardens

Where Life is Blooming

February 2012



From Leroy's desk

The Gardens at Jefferson recently has been recertified as an Assisted Living facility for the next two years. This Assisted Living Program Certificate was issued to The Gardens by the "Iowa Department of Inspections and Appeals". The recertification was awarded based on meeting or exceeding certain criteria in areas such as Tenant satisfaction, activities, record keeping, building maintenance, dietary, and health care.

Also the Gardens received from the "Department of Inspections and Appeals" a Certificate of Recognition for having a "Violation-Free" monitoring visit on November 2, 2011. This means that The Gardens was free of anything that needed correction or caused a violation in any area of operation.

Congratulations to all the staff and employees for your hard work and dedication to serving the tenants here at the Gardens. We work as a team and flow in one direction with our only goal being "Tenant satisfaction". I am very proud of every member of the team and find it a joy to work with such dedicated and caring staff. What a great place to work. Thanks all of you for what life you bring to the gardens.

The Gardens

A Place you can call Home!

From the Kitchen

Recipe Corner

Cottage Cheese-Lime Jell-O Salad

Printed from Cooks Corner

1 (8 oz.) Small Curd Cottage Cheese

1 (6-8 oz.) Crushed Pineapple

1 (8 oz.) Cool Whip

Nut Chips if Desired

Mix cottage cheese and lime jell-o
(dry)

Add crushed pineapple (drain off the
juice). Fold in the cool whip and chill

1-2 hours before serving.

Amanda



Margaret L. celebrating her birthday. It was a special day, and a special Birthday!



Nora G. enjoying our Hawaiian trip. Waiting to board the plane in our terminal. It was a wonderful day and enjoyed by all. We will be having another trip to Hawaii on February 7th. Due to the fact we over booked the plane! So off we go to the beautiful islands of Hawaii.

It has been a learning experience for me the last month and everyday brings something new. Don't forget to stop by for our Sweetheart Dance on the 19th. Dance the afternoon away with your special sweetheart. It has been a fun start for me being here and can't wait to see what comes next!

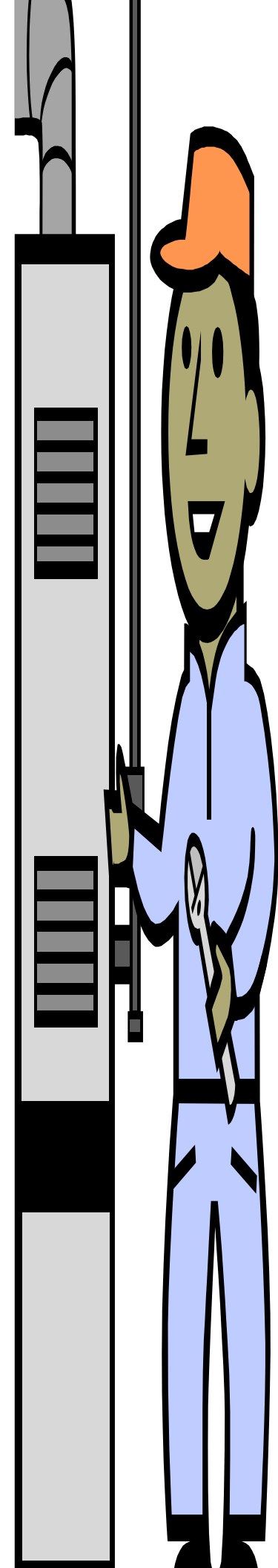
Jean

CAN YOU BELIEVE THIS WINTER SO FAR, WHO
NEEDS ARIZONA?

This winter has been a blessing as far as not to do a lot of snow removal. Sure makes it a lot easier on the back. Something we should check is our furnace filters, with this weather being so good, the furnace doesn't run as much. When we don't hear the furnace running as much it kind of gets forgotten about. Clean filters will increase the efficiency of your furnace, and help keep the utility bills a bit lower. If your furnace is equipped with a humidifier, while you are there, check the pad to see if it needs replaced. A dirty pad will also cause your humidifier not to work properly; it won't allow the right amount of humidity to be sent to your home. If you use a portable humidifier take time to check the pads in it also, seems like these units will go thru pads quicker. Do not over humidify your homes; if you see moisture starting to form on the inside of your windows, you need to turn the setting down a little. This could and will cause damage to your home.

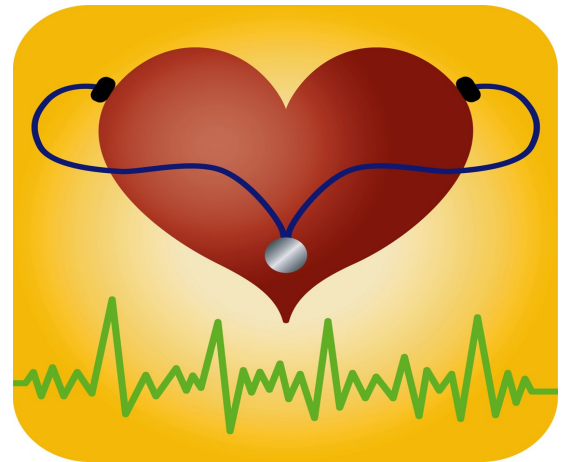
One last word of wisdom: DO NOT FORGET YOUR
SWEETHEART ON VALENTINES DAY.
SEE YA NEXT MONTH

Dan



February is National Heart Awareness month. Blood pressure is just one of many ways of monitoring your heart. This chart reflects blood pressure categories defined by the American Heart Association.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110



How is high blood pressure diagnosed? Your healthcare providers will want to get an accurate picture of your blood pressure and chart what happens over time. BP can change from minute to minute with changes in posture, exercise, stress or sleep. About one in three (33.5%) U.S.adults have high blood pressure. **If your blood pressure reading is higher than normal**, your doctor may take several readings over time and/or have you monitor your blood pressure at home before diagnosing you with high blood pressure. **A single high reading does not necessarily mean that you have high blood pressure.** However, if readings stay at 140/90 mm Hg or above over time, your doctor will likely want you to begin a treatment program. Such a program almost always includes lifestyle changes and often prescription medication for those with readings of 140/90 or higher.

If my blood pressure stays around 85/55, do I have a health problem? As long as you are not experiencing symptoms of low blood pressure, there is no need for concern. Most doctors consider chronically low blood pressure dangerous only if it causes noticeable signs and symptoms, such as: **Dizziness or lightheadedness, Fainting (called syncope), Dehydration and unusual thirst, Lack of concentration, Blurred vision, Nausea, Cold/ clammy pale skin, Rapid, shallow breathing, and Fatigue.** As long as no symptoms are present, low blood pressure is not a problem. However, if your blood pressure is normally higher or if you are experiencing any of the symptoms listed above, your low pressure may have an underlying cause. **What if I notice a sudden decline in my blood pressure?** A single lower-than-normal reading is not cause for alarm if you are not experiencing any other symptoms or problems. However, a sudden drop in blood pressure --- even a change of just 20 mm Hg --- can cause dizziness or fainting. Sometimes a rapid decrease in blood pressure can indicate other medical issues.

Which number is more important, top (systolic) or bottom (diastolic)? Typically more attention is given to the top number (the systolic blood pressure) as a major risk factor for cardiovascular disease for people over 50 years old. In most people, systolic blood pressure rises steadily with age due to increasing stiffness of large arteries, long-term build-up of plaque, and increased incidence of cardiac and vascular disease.