



St. Mary's Home for the Aged
Felician Village
1635 S. 21st Street
Manitowoc, WI 54220

Felician Village

Sponsored by the
Felician Sisters

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active lifestyles

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For more information or a tour of Felician Village, call (920) 684-7171, ext. 361.

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Felician Village

Fall 2010

Tips to keep stress down and ... have a healthy, happy holiday season!

The hustle and bustle of the holidays can make anyone feel tired, stressed and run-down. Your immune system can get depressed, and you may end up sick if you don't take the time to take care of yourself:



- **Get adequate sleep.** Even if your routine is interrupted by guests and/or travel, maintain a regular sleep schedule as much as possible.
- **Eat healthy, nutritious foods.** Avoid getting into the fast-food routine because you're busy.
- **Take a high-potency multivitamin** if you are not already doing so. You may want to take extra vitamin C to help boost your immune system.
- **Avoid taking on too much.** You can't do everything, and you will become stressed and fatigued if you try to.
- **Attend the parties you really want to go to,** not the ones that you just feel obligated to attend.
- **Streamline your shopping.** Use the Internet or mail-order catalogs. Shopping from home will save you energy. In addition, you will avoid crowded stores packed with all types of germs.
- **Make private time.** Relax, read, take a bath – time for yourself will rejuvenate and refresh you.

Remember Sometimes you just have to say NO. If you can't do something for a friend or relative because you are over-scheduled, you can say no. It's hard, especially in the season of giving and if you are a "giver." But a real friend or a relative will understand. *From e-how.com*

Join us for

Christmas at The Village

Join us for a fun-filled morning full of Christmas activities and breakfast with Santa! The Gardens at Felician Village, 1700 S. 18th St., will hold its annual Christmas at the Village on Saturday, December 4 from 8:30 a.m. – 10:30 a.m.

Children will be able to participate in a fun craft activity while visiting with Santa Claus! Please bring your camera if you would like to take pictures of your child with Santa.

A breakfast buffet will be provided for a small cost. Children 2 and under eat free; ages 3-10 are \$3; and the cost for ages 11 and up is \$5.

Reservations are required for the breakfast buffet by December 1 and can be made by calling 684-7171, ext 255.

Wellness programs

Learn more about audiology, chiropractics & hip arthritis

The Gardens at Felician Village will hold a series of free presentations that focus on overall health and wellness. The series will feature guest speakers from various health care facilities and offer opportunities for the community to be educated on different topics regarding their health and wellness, while promoting healthy habits and encouraging active lifestyles. Following are dates and titles of upcoming presentations:

- November 11: "Audiology," presented by Dr. Bobbie Monroe, HFM's Lakeshore Ear, Nose & Throat
- December 16: "Rationale for Chiropractics," presented by Dr. William Seder, Apple Natural Health Clinic
- January 13: "Hip Arthritis," presented by Dr. Kirk Dimitris, HFM's Lakeshore Orthopaedics

All presentations are free, open to the public and will be held in the Glab Lounge at The Gardens at Felician Village, 1700 S. 18th Street, Manitowoc from 1:30 p.m. to 2:30 p.m. Seating is limited, registration is required. *For more information or to register, please call 684-7171, ext. 255.*

Active Lifestyles is a publication of Felician Village, a senior community celebrating active lifestyles.



Exercise year round ...

At-home exercises

It's important to stay fit in the long winter months ahead, but it's also a time to exercise caution. If you're worried about harsh conditions outside, don't give up. Here are some exercises from Kelly Ullmer, occupational therapist at Felician Village, you can do at home to help maintain cardiac health, strength and balance:

CHAIR SITS – Choose a chair that allows knees and hips to be bent at a 90-degree angle. Sit at the edge of the chair with feet under the knees. Without using your arms, stand up keeping your feet in place. Slowly sit back down. Focus on squatting to sit. Try to perform this exercise 10 times.

ANKLE PUMPS AND CIRCLES – While sitting on a level surface, pump the ankles by moving toes and forefoot up and down. Circle the ankle by tracing large circles with the big toe one way and then the other 10x each.

MARCH IN PLACE – This exercises can be done sitting or standing with support. March in place 10-20x each leg.

WALL PUSH-UPS – Stand about 2 feet away from a wall. Lean forward and support yourself with both hands on the wall. Make sure arms are shoulder width apart. Bend elbows and lower the chest toward the wall until the forehead is almost touching the wall. Press yourself back to standing, repeat 10x.

BALANCE – Try to balance on one leg while doing simple at home tasks such as brushing teeth or doing dishes. Walking heel to toe on a straight line is a great balance exercise.

Enjoy this guilt-free holiday dessert!

Upside Down Pumpkin Cheesecake

15 oz. can pure pumpkin
8 oz. container fat-free cream cheese, room temperature
14 low-fat honey graham crackers, crushed
1 T lemon juice

8 oz. container Cool Whip Free
7/8 cup fat free sour cream
3/4 to 1 cup Splenda
2 tsp. pumpkin pie spice

Combine cream cheese, Cool Whip, sour cream, lemon juice and Splenda. Stir thoroughly until blended. Add pumpkin and pumpkin pie spice. Mix well. Spoon mixture evenly into a wide serving bowl. Top with crushed graham crackers. Chill in the fridge for a few hours, then enjoy. Yield 10 servings. **NUTRITION:** 121 calories, 1 g fat, 204 mg sodium, 23 g carbohydrate, 1.5 g fiber, 5 g protein. *Recipe courtesy of the HFM Wellness Center.*



Memorial Gardens
New gardens stimulate the senses

Two specially-designed gardens have been landscaped on the grounds at Felician Village. One garden, with direct access from The Villa, is designed as a dementia garden incorporating different shapes, colors, scents and textures to appeal to residents with dementia. The other garden, located along a walkway behind the chapel, has been designed in the shape of a rosary.

Paving stones of different sizes and shades were included in both gardens for two reasons; they are a part of the overall appearance of the gardens and they provide an opportunity for people to memorialize or honor a loved one.

The paving stones, ranging in size from 4" x 8" to 24" x 24", can be inscribed with a message. Depending on the size of the paving stone, the cost ranges from \$100 to \$1,000. The message can be used as a loving memorial for someone who has passed away or to honor someone for any other reason such as a birthday, anniversary or similar life event.

For more information about this recognition opportunity, contact the Donor Development office (920-684-7171, ext. 329).



Partner with St. Mary's to help care for our community

Gift of Care letters are being mailed at this time of year asking the community to partner with St. Mary's to help provide care and attention for long-term residents. It has been, and continues to be, the mission of St. Mary's to provide compassionate care to those we serve. In many cases, the people served at St. Mary's are unable to pay the cost of their care, so the government reimburses St. Mary's. However, the government reimbursement is not enough to cover this cost. When you receive your Gift of Care letter, please consider partnering with St. Mary's by supporting the mission through a donation.

