

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

Felician Village

Sponsored by the
Felician Sisters

INSIDE

active lifestyles

**Innovations increase
independence at home**

page 1

The power of Vitamin D

page 2

Therapeutic Garden Design unveiled

page 3

St. Mary's residents in new home

page 3

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

NON PROFIT ORG
US POSTAGE
PAID
SHEBOYGAN WI
PERMIT NO. 931

active lifestyles

www.felicianvillage.org



Felician Village
Summer 2010

Technology for aging in place ...

Innovations increase independence at home

Technological innovations are continually being designed to streamline activities of daily living and enable individuals to remain in their homes longer. Here is a sampling of some of these gadgets, products and innovations:

- Advanced personal emergency monitoring systems, including floor and wall-mounted sensors, can detect movement—or a lack of it—and include video cameras to relay images of loved ones at home.
- Robotic vacuum cleaners and floor washers can turn chores that are difficult or impossible to perform into a non issue.
- Robotic lawn mowers, capable of handling up to a 1-acre area, can present a viable option for some individuals.
- Long-handled scoopers ease the burden of cleaning a litter box or picking up after pets.
- Technology called TV Ears is one example of a sound amplification system that permits older adults to increase volume without disturbing others.
- TV screen enlargers magnify images, enlarging the size of the picture. And voice-activated remote controls offer a solution to elders with upper extremity mobility limitations.
- For the kitchen, Hamilton Beach manufactures talking microwave ovens.

- Save on Security Systems Inc. offers a device called a stove guard, which uses motion detection technology to turn off a stove when no one is near it for a specific period of time.
- The Whirlpool Corporation offers pedestals that raise the heights of washing machines and clothes dryers to make it easier for those with decreased mobility or reduced strength to independently do their laundry.
- And more! The technology is out there for the asking, to help you or a loved one remain at home as long as possible.



Stay safe in the sun this summer

With increased outdoor activities in the summer, there also comes a list of precautions you should take to stay safe and healthy.

Limit sun exposure. Because exposure to the sun causes most of the skin changes associated with aging, protecting the skin from the sun is the single most important skin care practice you can adopt. The most serious consequence of sun exposure is skin cancer. Most sun damage occurs before age 18, but skin cancer can take up to 20 or more years to develop. Protect yourself by applying sunscreen at least an hour before heading outside and frequently reapplying sunscreen with an SPF of at least 15. Wear a hat and clothing that protects you from the sun's ultraviolet (UV) rays.

Keep an eye on your vision health. Wear sunglasses and a wide-brimmed hat when you're in the sun. These two simple steps can reduce your exposure to eye-damaging UV rays up to 18-fold. And, if you wear contacts, ask your eye care specialist about contact lenses with UV protection.

Stay hydrated. Increase fluid intake as appropriate based on the weather. High temperatures or humidity outside, heated indoor air and high altitudes all cause you to need more fluids.

When exercising, drink one cup of fluid every 15 minutes. Add more for big events. If you're going to be in a race or charity walk, make sure you drink enough to be well hydrated the day before. Also, drink a glass of fluid, such as water or a sports drink, an hour before the event.

*... protecting the skin from the sun is the single
most important skin care practice you can adopt.*

Learn about independent living at Felician Village

Are you interested in learning more about independent living options for people 55 or better? Then plan to attend the upcoming open houses at The Gardens at Felician Village! The first open house will be held on Tuesday, August 24 from 3-5 p.m. and will feature a tour of a garden home, and a second open house will be held on Thursday, August 26 from 3 - 5 p.m. and will include a tour of the garden apartments and the Village Square. The Gardens, which includes 1-, 2-, and 3-bedroom garden homes and apartments, is the independent living option at Felician Village. Included at The Gardens are dining services, exercise program, library with computers and Internet access, storage locker, underground heated parking and other amenities that make living at The Gardens an enjoyable experience. For more information, please call 684-7171 ext. 361.

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

The *power* of Vitamin D3

Recent research has been proving that Vitamin D3 is essential for good health, yet many people – unaware of its benefits – have low vitamin D levels. “Getting the proper amount of Vitamin D3 can significantly reduce the incidence of both chronic and infectious diseases,” says Rodney Halvorsen, MD, Holy Family Memorial’s Lakeshore Women’s Health. “In fact, low Vitamin D3

levels have been linked to osteoporosis, infectious diseases, some cancers (i.e., breast and colon), diabetes, fibromyalgia, seasonal affective disorder (SAD) and more.”

He adds that the recommended daily level is 2,000 IU, up to 5,000 IU a day, and can be achieved through the following ways:

- **Sunlight.** The body naturally generates Vitamin D in response to sunlight. Being outside unprotected by sunscreen for five to 10 minutes, three days a week, should be adequate. However, in cold climate such as Wisconsin, it can be difficult to get enough sunlight in the wintertime.
- **Diet.** Diet can supply some Vitamin D3, but it is difficult to achieve significant levels through the food you eat.

- **Supplement.** A vitamin D3 supplement is a good way to achieve enough of a recommended daily level, and Dr. Halvorsen recommends starting with a supplement of 1,000 IU two times a day.

He advises that individuals consult with their physician and have their Vitamin D levels checked as the first step in ensuring adequate levels. “Getting the proper amount of Vitamin D3 is key to good health, and I even recommend Vitamin D testing as a general health screening ... getting a baseline screening when you reach menopause and if normal, every two to three years after ... similar to a cholesterol screen.”

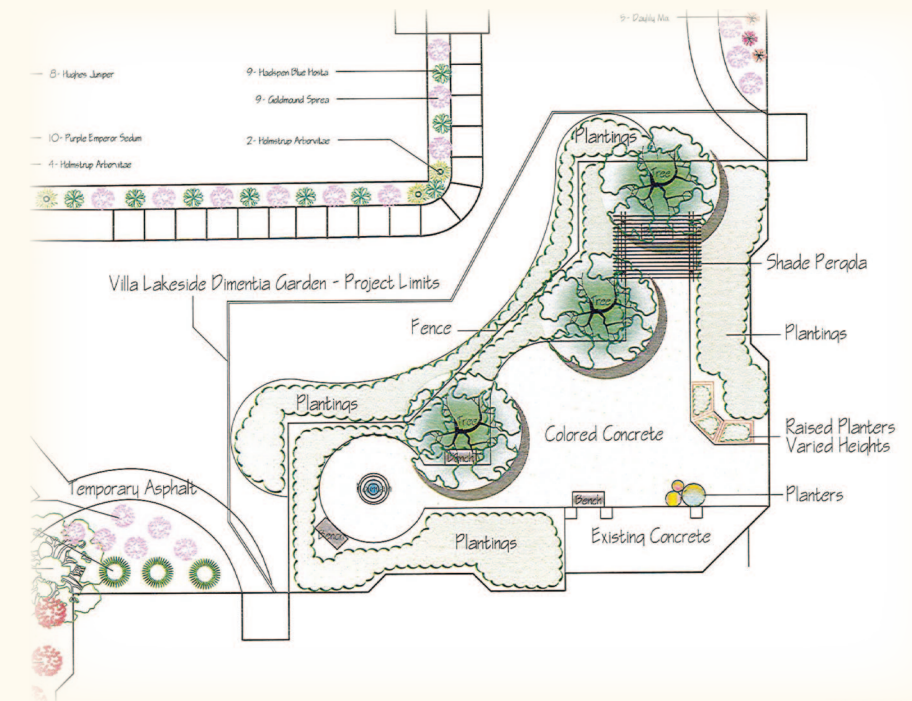
Dr. Halvorsen will be presenting a free health talk on *The ABC’s of Vitamin D* along with Barb Backus, NP, of HFM’s Lakeshore Family Medicine. The program will be held on October 19th at the Holiday Inn. To register or for more information, call 320.2519 or visit www.hfmhealth.org.



Public support needed! Therapeutic Garden design unveiled

Residents with dementia can receive many benefits from a therapeutic garden. More than a typical, nicely designed garden, a therapeutic garden takes into account the special needs of people with dementia. Plants are selected to provide sensory stimulation, including different colors, shapes and sizes; a variety of aromas; and different textures. Raised beds are incorporated into the design to allow people in wheelchairs to get close to the plants. Walkways, benches, pergolas and flat concrete are used to not only enhance the beauty but to make the environment welcoming and comfortable. The garden is a calm place where family and visitors can take the residents for a quiet conversation. Staff can also schedule activities in the garden.

As would be expected, all of this comes with an additional expense. To help design and construct two therapeutic gardens, Felician Village is turning to the public. Mark McLaughlin, Director of Marketing and Donor Development, explains, “Our project budget included landscaping around all the new construction across the campus. However, we could not afford the additional cost for the therapeutic gardens. We are hopeful that the public will see the importance of these special places for dementia residents and help us make them a reality.”



To learn how to donate to the Therapeutic Gardens, call 684-7171, ext. 329, or send your donation to:

Donor Development
Felician Village
1635 S. 21st Street?
Manitowoc WI 54220

3 “must have” vitamins

Eating right, exercise and healthy lifestyle choices go a long way toward good health. But taking vitamin supplements can also help in your quest to be healthy and ensure you are getting enough of the nutrients that may be missing from your diet. Rodney Halvorsen, MD, is a gynecologist with HFM’s Lakeshore Women’s Health and has a special interest in osteoporosis and Vitamin D’s relation to that. He recently attended a Harvard conference where experts recommended that there are only three daily supplements the average person needs: a multi-vitamin with calcium, Vitamin D3, and either Omega 3 or fish oil.

Remember that some dietary supplements can interact with medications, so tell your doctor about the dietary supplements you take.



St. Mary’s residents in new home

The much anticipated move into the new St. Mary’s took place on Monday, July 12 and Tuesday, July 13. Following a well-planned schedule, family, staff and volunteers moved all the residents from the Towers to their new homes in one of the four St. Mary’s households.

There were two informational programs in advance when family members were invited to learn about how the move would take place and how they could be involved. This event also allowed family members to ask questions about the move. Staff spent many hours developing a plan so that each individual resident would have a “buddy” and people assigned to pack, move and unpack all their personal belongings and furniture. As residents entered St. Mary’s, they were greeted with the smell of fresh-baked cookies and the friendly faces of the caregivers in each of the households.