



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

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
Spring 2010

Before starting yard work ...

Remember to S-T-R-E-T-C-H!

Achieving a beautiful yard is hard work, as anyone who's done it knows. But many people don't realize what a workout yard work truly is, so they often forget to prepare. Just like before any workout, though, you need to warm up your muscles by stretching. Here are a couple easy stretches to perform PRIOR to beginning yard work:

- **REACH FOR THE SKY** - stand tall, raise your arms up to the sky while exhaling, then slowly bring them down to your sides while inhaling. Repeat five times.
- **FORWARD BEND** - stand with feet shoulder-width apart, slowly bend forward at the waist while exhaling, then slowly stand back up straight again while inhaling. Repeat five times.
- **TWIST** - stand, slowly twist at the waist to the left while exhaling and then inhale as you come back to center and then repeat while moving to the right. Repeat five times each direction.
- **SQUATS** - stand with feet shoulder-width apart, slowly bend your knees while exhaling. Do not bend your knees farther out in front than your feet are planted - this can cause injury. Straighten knees slowly while inhaling. Repeat five times.
- **ARM CROSS** - stand, slowly bring your straightened left arm across your body. Place your right hand on your left shoulder, slowly pull your left shoulder toward your body while exhaling. Release and repeat for opposite arm. Repeat five times each side.



And remember that just like a workout, you will sweat doing yard chores. To combat dehydration and to help your body stay refreshed, keep a bottle of water handy and take liberal breaks to drink it. Also, be sure to take a short break at least every 15 minutes to stretch gently if you feel yourself becoming stiff to prevent strain and overwork.

(From fitness.suite101.com)

Summer concert series scheduled

The Gardens at Felician Village is pleased to announce the schedule of concerts for its annual Summer Coffee House Concert series. There are four concerts in this series and all concerts are free and open to the public.

The series will be kicked off on **Thursday, June 3 at 6 p.m. with a concert by the group Artesian WELS.** Artesian WELS is a local variety vocal quartet that has been around since the mid-90's. The quartet performs a variety of music ranging anywhere from the Beatles to barbershop, from Christmas favorites to Elvis tunes.

On Thursday, June 17 the Garth Neustadter Trio will perform for the second concert of the series. The Garth Neustadter Trio is a local music group who has been entertaining a variety of audiences for over 10 years. The trio features Garth Neustadter on violin, saxophone and vocals, accompanied by his mother, Kristen, on keyboards, and his father, Gary, on percussion, vocals and trombone. The trio performs a variety of music including popular songs, country/bluegrass, jazz, Celtic and inspirational.

On Tuesday, July 27 the Clipper City Chordsmen will perform for the third concert of the series. The Clipper

City Chordsmen are an a cappella men's chorus who perform a variety of the Barber Shop style of music.

The final concert of the series will be Lee Alex and Lloyd Gosz on Thursday, August 19. Lee Alex and Lloyd Gosz provide music and fun for all ages. The duo's performance includes musical numbers with keyboards, guitar, sax, sing-alongs, audience participation and an exceptional blend of vocal and harmony.

All of the concerts will be held from 6 - 7 p.m. outside of the entrance of The Gardens at Felician Village, located at 1700 S. 18th St. Hamburgers, brats, soda and chips will be sold at each concert. For more information, call (920) 684-7171, ext. 255.

Wii bowling at the Gardens

Video games are not just for young kids anymore! Nationwide, the Nintendo Wii system, particularly the Wii bowling game, has been gaining popularity among senior living communities, with Felician Village not being the exception to this trend. At Felician Village there is a group called "The Garden Gals," which features residents from The Gardens, the independent living area on the campus. This group meets weekly to practice their bowling form as well as to strategize for upcoming tournaments. Recently, the group took on members of the Administrative Team at Felician Village and beat them in a clean sweep. Other tournaments are being scheduled for the group in the upcoming months.

Pictured from left, back row are The Garden Girls: Phyllis Bremer, Dolores Dvorachek, Florence Wellner, Anne Howard, Jennie Farragh; front row: Velma Cox and Lois Brice.



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

Spring gardens bring fresh produce and farmers markets!

When it comes to fresh fruits and vegetables, the farmers' market is the perfect place to locate some fabulous food finds for everyone in the family! Plus there are benefits of shopping there too:

- The fruits and vegetables are grown locally and picked when perfectly ripened. This enhances the taste, texture and aroma of the produce.
- Often, market prices are lower than at grocery stores.
- Our existing system of food transportation and distribution requires enormous amounts of energy and resources. Before reaching your table, the average food item in the United States will travel 1,300 miles! In fact, only about 10% of the fossil fuel energy used in the world's food system is used for production. The other 90% goes into packaging, transportation and marketing of the food.
- Shopping at the Farmers Market benefits the local farmer and strengthens your local community.
- Since the produce is picked at the peak of the season, nutrients, and phytochemicals will be more abundant. So get out and enjoy!
(From *sparkpeople.com*)



Check out our local farmers markets:

Manitowoc Farmers Market: Tuesdays, 3 p.m.-8 p.m., Saturdays 7 a.m.-1 p.m. Mid May through early Nov. Downtown Manitowoc, across from the Library, S. 8th St. & Quay St.

Manitowoc Festival Foods Farmers Market: Sundays 7 a.m. - 1 p.m. Mid June through mid Oct. 2151 S. 42nd St., Manitowoc
Main Street Market at Manitowoc Coffee building: Every Saturday from 9 a.m.-2 p.m. 836 S. 8th St., Manitowoc

Mishicot Farmers Market: Wednesdays, 7 a.m.-11 a.m., late May through mid Oct. Village Hall 511 S. Main St.,

Two Rivers Main Street Farmers/Crafters Market: Wednesdays, 2 p.m.-dusk; Saturdays, 8 a.m.-1 p.m. May through Oct. Central Park, 1710 W. Park St., Two Rivers

Two Rivers Main Street also has a Winter Market Saturdays, 9 a.m. - 2 p.m., Nov. through Apr., Washington St. & 12th St.

Kiel Farmer's Market: Wednesdays, noon-4 p.m., Kiel City Park, 4th and Paine St. June through October.

Avoid sneezing, wheezing and coughing by.

Preparing for allergy season

People with seasonal allergies often forget about their plight over the winter months. Before they can fully enjoy the spring and summer weather, nasal itching, runny nose, sneezing, stuffy nose, itchy and watery eyes zero in to spoil the fun. Here's what allergy sufferers can do to prepare for outdoor allergy season:



1) **Visit your doctor.** Talk to your doctor about starting your allergy medications before the pollens and molds get underway. In the Midwest this is usually by March (earlier if warm weather begins in February).

2) **Keep windows and doors shut at home.** Your screens will not keep out those tiny pollens and molds that may find their way to your

eyes and nose even while inside the house. Consider running the air conditioner earlier in the year if it gets stuffy.

3) **Keep the car windows up.** When in your car, keep your windows up. If you can adjust your vent to re-circulate inter-compartment air, do it!

4) **Time outdoor activities properly.** Try to avoid outdoor activities in the early and mid-morning hours. Pollen counts tend to be higher in the morning.

5) **Take your antihistamines.** If yard work is unavoidable, take your antihistamine at least two hours before going out if it is a once or twice daily pill. Consider wearing a dust mask and glasses while working. Remove your clothing and take a shower immediately after going back in the house.

6) **Know your allergens.** If you have some allergy symptoms during winter months, you are probably allergic to dust mite, pets or mold spores. Indoor environmental controls may help you during the outdoor allergy seasons by reducing your response to these indoor triggers over night. Sometimes indoor triggers are more of a problem when the outdoor allergens pick up.

7) **Wash out your nose.** Keep some nasal saline around to rinse out your nasal passages two or three times a day when allergy symptoms are more active. Many people have discovered that sinus drainage and congestion is greatly reduced by once or twice daily nasal rinses with saline.

Consider seeing an allergist if the above tips do not help to identify specific allergy trigger factors and get advice on how to further reduce them.

(Information from myallergynetwork.com)

Endowment Fund *an option for donations*

Making a donation to an endowment fund is truly a way to give a gift that keeps on giving. St. Mary's at Felician Village is pleased to announce that an endowment fund has been established that will benefit the residents at St. Mary's for many years to come. The basic idea of an endowment fund is to accrue donations for the fund that will earn income through investments. Only the interest income earned from the investments is used to support programs and services at St. Mary's. The gifts contributed to the endowment fund are not spent but remain in fund balance. This is appealing to many donors because they know their gift to St. Mary's will continue earning income year after year. Specific to St. Mary's, it has been decided by the board of directors to keep all income as well as the donations to the fund in the account until the principal reaches \$200,000. Income earned after that goal has been reached will be disbursed to St. Mary's to support St. Mary's in the care of the residents.

Allergies can be year-round

It's not just a spring fling ... allergies can be a year round occasion for many people! That's because the culprits vary from season to season. In early spring, the pollens of budding trees produce the symptoms typically associated with allergies and/or hay fever. Later springtime discomfort is usually triggered by the pollens of grass. As summer approaches and conditions become dry, much of the vegetation dies. This, along with high humidity levels, produces an excellent environment for the mold fungi that grows on dead grass, leaves, straw and other plants (and which thrive in damp weather).

During the fall season, ragweed is the biggest allergy trigger. Mold is another culprit, because its spores can easily get airborne. Mold thrives in damp areas, both indoors and outdoors. The piles of damp leaves that line yards and streets in the fall are breeding grounds for mold, as are damp basements and bathrooms at home. Dust mites -- microscopic, spider-like insects -- are yet another common indoor allergen. They are most prevalent during the humid summer months, but can get stirred into the air the first time you turn on your furnace in the fall.