

May 2019

Grace Gazette

Grace Assisted Living- Caldwell * 518 N 21st Ave Caldwell, Idaho 83605 * (208)455-8181



Happy Birthday!

Hester W. 5/3
Louise M. 5/3
Belle L. 5/20

Happy Birthday to our Staff!!

Rebecca M. 5/6
Sylvia B. 5/11
Cecelia M 5/16
Maggie W. 5/18
Brandi S. 5/20
Isaiah K. 5/26

May Entertainment

Sharon O'Neal 5/2
Visiting Service Dogs 5/6
South Pacific @ Nampa
Civic Center 5/11
Bruce Biggs 5/14
Obadiah Neesham 5/25
Spudman 5/31

Important Dates!

With the improvement in the weather, we have a lot of exciting things on the horizon! Get involved and check them out!

Individual Meetings with Dr. Rob- 5/7 Beginning at 1:00

If you are interested in an assessment with Dr. Rob, sign up in the activity book under 'Special Events'. He has limited time, so this is a first come, first served event!

"South Pacific"- 5/11 at 1:00

We are loading up the bus to go see "South Pacific" at the Nampa Civic Center performed by Music Theater of Idaho. We will be departing at 12:15, so I have arranged for those of us going to have lunch served early. Come sign up under the 'Special Event' tab in the Activity book to reserve your seat!

Clinic with the Ombudsman- 5/16 at 1:00

Ken Sheldon, our local Ombudsman, is coming by to give everyone some information on Power of Attorney's. He will have answers to questions such as why you need one, when is a good time to find one, and what they are responsible for. If you have any questions, or are interested in the information, stop on by!

Dementia Support Group- 5/20 at 6:00

The Dementia Support Group meets once monthly in the bistro. We discuss the trials and accomplishments of having a loved one experiencing these changes. This is a good place to ask questions, make friendships, and have a moment to share with others that understand

Foot Clinic- 5/21 at 2:00

Stonebridge Foot Clinic charges \$25.00 to soak and clean the feet, trim the toenails, and assure good foot health. Sign up in the activity book or see Katelyn in activities with any questions

Nurse's Corner-

Nurse Paulette wants to remind everyone this month that meds that you do not have a Doctor's Order for are NOT allowed in the building. It is a law with the State of Idaho that even over the counter medication and creams (i.e. Neosporin, Ibuprofen, Tums) all must have a Doctor's order. This means that when a family wants to bring in a medication it MUST come to Meagan so that we can get an order for the medicine. If medications are found in your room that do not have doctor's orders, they will be confiscated and destroyed

A Word for the Wise!

Now that the weather seems to be mostly sunshine, many of us have been walking the path outside the building. Walking is a huge benefit to your health! According to the Mayo Clinic "walking for regular activity can help reduce your risk of these common health problems:

- Heart disease
- Obesity
- Diabetes
- High blood pressure
- Depression

For those wondering, walking three times around the building, on the path, is one mile completed! So, strap on those tennis shoes and get some sunshine! Or, if you'd rather have a walking buddy, Katelyn will be walking around the outside of the building every Monday at 11!

New Activities This Month!

Bird Feeder Craft- 5/8 at 2:45

When flowers bloom, the birds come! We will be making a bird feeder that can hang right outside your window. This is perfect for those that love to bird watch!

Greeting Card Crafts- 5/19 at 3:00

We are having a second craft this month! Sue is coming in with Greeting Card Supplies. Everything will be cut and ready, you just need to decide what you like best! These are perfect for upcoming birthdays, anniversaries, any many other celebrations!

Bingo at Nampa Grace- 5/24 at 10:30

Our sister location is holding a GIANT Bingo Game! We will load up the bus at 9:45 and head over there for a bingo game with all of our Grace Communities. Bring your dimes and be ready to win BIG! Sign up in the Activity Book if you are interested

