

VISITING HOURS:

Living Life: Assisted Living Week Celebrated Sept. 12-18

BY LINDA FOLKERS AND CHRIS CALLAGHAN

Avera Sacred Heart Majestic Bluffs

Many seniors are experiencing some challenges in their activities of daily living. Making a decision to move to an assisted living apartment certainly isn't an easy decision to make. However, with the help of family, friends and your primary health care provider, those decisions can become doable.

Assisted living provides an opportunity to meet new supportive neighbors who understand the challenge of making lifestyle changes. Informal resident support groups evolve on senior campuses providing listening and socialization.

A discussion overheard in the resident dining room from a new resident: "It's the thing to do when you can't live by yourself." A seasoned resident at the table responds, "...found this place for

me. She thought I should be with someone since my husband had passed away." Everyone arrives with their own unique set of circumstances. Diversity is a key ingredient at the Bluffs. We have welcomed residents from the surrounding area and from throughout the United States. Many residents choose the Bluffs to be closer to their children living in this area or return to their Yankton roots. Included in our population are retired educators, farmers, business owners, homemakers, nurses, accountants and more... each brings to the table their experiences and knowledge.

The advantages to assisted living are:

- Personalized, round the clock health care
- Balanced meals
- Personal assistance with bathing, grooming, dressing and medications
- Peace of mind knowing if the need to transition from independent living to

assisted living level of care allows the resident to age in place. Provided the level of care can be met, the resident is able to remain in the same apartment as when they were living as an independent tenant.

- Social interaction with others, recreational activities
- Housekeeping, laundry
- Transportation to health care appointments
- Beauty shop
- Wellness center
- Coffee shop

It's also important to remember that if you choose the assisted living apartment alternative, you remain independent. You have an enhanced apartment with your own safe bathroom, kitchen, fridge, freezer, microwave, bedroom and living room. If a person is experiencing increased memory loss, a specialized memory unit provides privacy, dignity and individual attention with the same amenities as mentioned earlier.

What "fun" things occur at the Bluffs assisted living?

- Learning and Community Circles
- Fishing/picnicking outings
- Tea parties
- Wii games
- Senior exercise programs including weights, stretch bands, chair and standing range of motion and cognitive exercises.
- Card groups
- Sing-a-longs/music entertainment
- Residents as volunteers
- Bingo with monthly themed bingo
- Scheduled shopping trips
- Bible study and Bible sharing
- Daily coffee time
- Nail Care
- Social gatherings with families and residents

The possibilities are endless. Grass does not grow under the feet of the active seniors in assisted living.

The 2010 theme for National Assisted Living Week is "Living Life." At Majestic

Bluffs, On Sept. 15th the Dakota Daughters will do a presentation from the American West from 1865-1890. On Sept. 16th hopscotch bingo and homemade goodies made in baking group. Sept. 17th Harvey's one man band will perform. Rounding out the week on Sept. 18th will be entertainment by Shawn Cole playing guitar.

For more information about Avera Majestic Bluffs Assisted Living, call 605-668-8439. We will answer your questions, send you an informational packet and give you a personal tour.

Linda Folkers is the Activities Director and Chris Callaghan is the Nurse Coordinator at Avera Sacred Heart Majestic Bluffs.

This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

AAA: Keep Young Children In Rear-Facing Child Car Seats Longer

SIoux FALLS — AAA now advises parents of infants and young toddlers to secure their children in rear-facing child car seats for as long as possible, maxing out the upper weight or height limits of the car seat.

Researchers indicate that toddlers are 75 percent less likely to die or be seriously injured in a crash when they ride in a rear-facing car seat up to their second birthday.

National Child Passenger Safety Week is Sept. 19-25 and comes just as AAA is updating its safety recommendations as part of the auto club's Seated, Safe and Secure initiative.

"AAA's safety advice to parents is rooted in available scientific evidence, and the latest research clearly shows that children should ride rear-facing as long as possible," said Mark Madeja, spokesman for AAA South Dakota. "Young lives can be saved by following a few simple guidelines."

AAA recommends the following child passenger safety best practices:

- Keep children rear-facing as long as possible — into their second year of life until they reach the upper weight or height limit of their rear-facing

convertible seat. This will usually be around 30-35 pounds.

- Once children outgrow their upper weight or height limit of their rear-facing convertible seats, they can ride in a forward-facing child safety seat.

Children should use a forward-facing child safety seat until they reach the maximum weight (usually 40-65 pounds) or height for the harness.

- Despite the fact South Dakota law does not mention them, booster seats can be life-savers. AAA suggests children ride in booster seats until age 8 or older or until they are 4 feet, 9 inches tall.

Move children to adult lap/shoulder belts when they are reach 4 feet, 9 inches tall (usually between ages 8 and 12) and vehicle-installed safety belts fit properly.

- For all children under age 13, the back seat is the safest place to ride.

Always read the car seat manufacturer's instructions and vehicle owner's manual.

With three out of four child safety seats not properly installed, consulting an expert can be critical to ensure that children are secured in the safest manner possible.

St. Leo's Harvest Festival Set For Sept. 19

TYNDALL — St. Leo's Catholic Church, Tyndall, will be hosting its annual Harvest Festival Bazaar and Dinner on Sunday, Sept. 19.

The dinner menu will include roast pork loin, broasted chicken, mashed potatoes/gravy, salads, corn, kolaches, rollicks,

pies and beverages. Serving times are from 3:30-7 p.m.

There will be a variety of games, including Bingo, Cake Walk and several other games for children and adults. The event concludes with the cash raffle drawing with a total of \$1,200 in prizes.

Kindness Is A Habit Of The Heart

BY VAL FARMER

Someone asked baseball owner Branch Rickey what one overall quality a man should have if he were to marry one of his daughters. His answer was, "Infinite kindness."

I agree. I have daughters too. I certainly want them to be treated with concern, patience, acceptance and respect.

Likewise I hope my daughters and sons radiate kindness.

We all have a need to be loved unconditionally, just as we are, with no strings attached. We need to feel secure, to belong, to relax in someone else's strength, to abandon ourselves, putting our very beings into someone else's gentle care. From time to time, we need someone to minister to us, to take away our loneliness and comfort our pain.

When we expose our special needs and fears and still find ourselves loved and valued, we are deeply encouraged. "I have been seen as I am and there is still hope. Someone I trust believes in me."

A kindly heart encourages us to pursue our vision and destiny. We share our dreams and goals, our fears and weaknesses, our doubts and confusion, knowing that a faithful heart will lift us and set us back on our mission.

It is a wise man who can recognize how important kindness is among the many virtues that will grace a life.

Reflections on kindness. "Kindness in women, not their beautiful looks, shall win my heart." - Shakespeare.

"The human mind is so constructed so that it resists vigor [force] and yields to softness (kindness)." - Jeremy Bentham

"The one who will be found in trial capable of great acts of love is ever the one who is always



VAL FARMER

doing considerate small ones." - F.W. Robertson

"More hearts pine away in secret anguish from unkindness from those who should be their comforters than for any other calamity in life." - Edward Young

"What do we live for, if it is not to make life less difficult for each other?" - George Eliot

How can we recognize kindness?

Kindness accepts. Kindness makes a safe haven for imperfection and struggles. Kindness soothes and comforts. It knows that hard battles are being fought and sometimes lost. Kindness is no respecter of persons. The poor and the down-trodden receive equal portions with the high and the mighty.

Kindness leaves unsaid the wrong thing in the tempting moment. Kindness doesn't take advantage of a weakness.

Kindness is slow to take offense. Kindness tolerates imperfection. It overlooks much. Kindness looks at errors with sorrow, not anger.

Kindness is a friend. Kindness encourages. It finds strength with weakness, courage with fear, and good with bad. Kindness knows how important appreciation is and gives it abundantly.

Kindness opens the door to the heart by affectionate looks, gentle tones, inviting gestures, sunny smiles, warm words and undivided attention.

Kindness observes. It sees needs and situations others overlook. Kindness is timely. The perception and the disposition to respond come together in the

moment of need.

Kindness is consistent. It is the daily acts of courtesy and consideration. We call a person kind when their kind actions are so habitual that none stand out. Kindness is a habit of the heart. Kindness is present even when the soul is grieving or is fighting unseen battles.

Kindness doesn't keep score nor wave its banner for all to see. It doesn't call attention to itself or expect favors in return. It is a gift with no strings. Kindness returns more than it receives.

Kindness is tenderness toward the hard, forbearance toward the unbearably, warmth toward the cold, and charity toward the uncharitable.

Kindness is evidence that selfishness has been conquered.

"Years ago I preferred clever people. There was joy in beholding... a mind... bearing thoughts quickly translated into words, or ideas expressed in a new way. I find now that my taste has changed. Verbal fireworks bore me. They are motivated by self-assertion and self-display. I now prefer another type of person; one who is considerate, understanding of others, careful not to break down another's self-respect."

"... My preferred person today is one who is always aware of the needs of others, or their pain and fear and unhappiness, and their search for self-respect. I once liked clever people. Now I like good people." - Solomon Bennett Freehof

The world needs good people, kind people who make life less difficult for each other. Husbands and wives need mates who encourage, comfort, overlook, appreciate and who habitually give small acts of kindness. Children thrive on kindness. Strangers, the heartbroken, the destitute, the lonely, the wounded - all need kindness.

What do we all need? Infinite kindness.

For more information on kindness, visit Val Farmer's website at www.valfarmer.com.

Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Wildwood, Missouri and can be contacted through his website.

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Mr. and Mrs. Orville Huber

50th Wedding Anniversary

Orville and Julianne Huber of Freeman, SD will celebrate their 50th wedding anniversary on September 4, 2010. Their children hosted a garden party on August 21, 2010, followed by a family trip to the Black Hills. Greetings may be sent to P.O. Box 365, Freeman, SD 57029.



Muhmel-Thoreson

Jennifer Muhmel and Benjamin Thoreson were married July 17, 2010, at Split Rock Lutheran Church in Brandon with Pastor Dennis Bossman officiating. Parents of the couple are Royce and

Susana Muhmel of Yankton, SD and Anthony and Maywin Thoreson of Brandon, SD.

Honor attendants were Kirsten Muhmel and Kyle Jenkins. Attendants were Kayla Chaussee, Megan Rieck, Michelle Rydell, Andrew Boerema, Mark Lee and Andrew Meyer. Flower girls were Trinity Kocourek and Starr Kocourek; ring bearer was Brecken Weir.

The bride is a graduate of The University of South Dakota with a bachelor's degree in Contemporary Media/Journalism and Political Science. She is a customer service associate at JCPenney.

The groom is a graduate of The University of South Dakota with a bachelor's degree in Computer Science. He is a software engineer at EROS Data Center. The couple will live in Sioux Falls, SD.

