

# THE VILLAGE NEWS

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Spring Village at Pocono

329 East Brown Street East Stroudsburg, PA 18301

February 2017 Issue

*The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart  
~ Helen Keller~*

## UPCOMING EVENTS

**Valentines' Concert -Love Songs  
And Karaoke  
Feb. 14th**

**Girl Scouts Visit  
Feb. 20<sup>th</sup>**

**"Red Rock Fiddler"  
coal mining music w/fiddle &  
Banjo  
Feb. 23rd**

**Ron B. Concert  
Feb. 27<sup>th</sup>**

**Mall & Lunch Trip  
Feb. 28th**

Welcome ESU Interns Hannah, Diane & Kaitlyn! We also welcome Julia who will be working 2 days a week. Come join the fun!

## *A day of relaxation with Holistic Therapies Offered by Ascend Hospice*



Ascend Hospice believes in using a personalized and holistic approach to hospice care. From aromatherapy and Reiki to pet therapy and massage, we incorporate these specialized therapies to enhance the hospice experience for all of our patients. And on January 19th, Spring Village at Pocono Direct Care Staff got to experience some of these Holistic Services. Below is a detailed description of the holistic therapies given by Ascend Hospice.



*Reiki used for the reduction of stress*

**Aromatherapy** is the practice of using ethereal plant oils, including essential oils, for psychological and physical well-being. A special blend of oils has been specifically designed just for our patients.

**Massage Therapy** can help relieve stress and anxiety for both the patient and their caregivers. Massage can also help with specific areas of the body that might be bothering the patient, while also fulfilling the essential need of touch.

**Reiki** is a Japanese practice that may be used for the reduction of stress and promotion of relaxation and healing. Reiki is a type of energy work in which perceived universal life force (energy) can be accessed by the practitioner and transferred to the patient through the "laying on of hands." Reported benefits include sense of well-being, relaxation, pain management and comfort.

A big Thank you to April Jankowski, Ragab Mahmoud, Sarah Little and Ronnie Boyer from Ascend Hospice for making this event possible. For more information on Ascend Hospice visit their website at [ascendhospice.com](http://ascendhospice.com)

## *Friendly Reminders*

- When a resident is discharged or decease, please notify the post office so their mail can be forwarded.
- Need to get you hair done? Please schedule an appointment at the front desk with Concierge.
- For the safety of our residents, families, staff and visitors, please provide your visiting pet's up-to-date immunizations/shots paperwork before entering the community.
- If you are planning to take your loved ones out for any length of time, please be sure to check with direct care staff to see if any meds need to be taken before you head out.

WHAT BETTER WAY TO CELEBRATE VALENTINE'S DAY THAN TO SHARE THE LOVE OUR RESIDENTS FEEL FOR EACH OTHER HERE AT SPRING VILLAGE AT POCONO. OUR COUPLES REVEAL THEIR SECRETS TO A LONG AND HAPPY MARRIAGE IN ONE WORD.



Dominic & Marlene lived most of their life in New Jersey have been married for 64 years! Their secret? *"Understanding"*

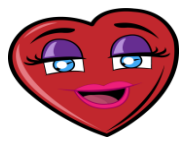


Elaine & Earl have been married for 68 years! They spent their honeymoon in Fontana Dam, NC. Their secret? *"Love"*

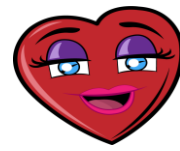


Hank & Marlene have been married for 44 years! Their secret? *"Trust"*

TO LOVE IS NOTHING. TO BE LOVED IS SOMETHING. BUT TO LOVE AND BE LOVED, THAT'S EVERYTHING ~T.TOLIS



# AGING WITH HUMOR



GIRL: "I CAN'T BE YOUR VALENTINE FOR MEDICAL REASONS."

BOY: "REALLY?"

GIRL: "YEAH, YOU MAKE ME SICK!"

WHAT DID THE VALENTINES DAY CARD SAY TO THE STAMP?

STICK WITH ME AND YOU'LL GO PLACES

WHAT DO FARMERS GIVE THEIR WIVES ON VALENTINE'S DAY?

HOGS AND KISSES!

ROSES ARE RED, VIOLETS ARE BLUE. IF HE'S BUSY ON VALENTINES DAY, THE SIDE CHICK IS YOU!

WHAT DO SINGLE PEOPLE CALL VALENTINE'S DAY?

HAPPY INDEPENDANCE DAY

## Valentine's Day Trivia

- Over 50 million roses are given on Valentine's Day.
- 3% of pet owners buy their furry friends a gift
- Richard Cadbury invented the first Valentines themed chocolate in the 1880s
- The city of Verona receives around 1,000 cards addressed to Juliet each year.
- In order, the people that receive the most valentines cards are; teachers, children, mothers, wives and sweetheart



## February is Heart Health Month

With age comes an increased risk for heart disease and all cardiovascular diseases, and it is important to make smart choices as you and your loved ones look to maintain health and wellness. Here are 5 tips to follow:

- **Keep active.** Do something to keep fit each day—something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too.
- **Eat well.** Combined with physical activity, eating nutritious foods in the right amounts can help keep you healthy. Many illnesses, such as heart disease, obesity, high blood pressure, type 2 diabetes, and osteoporosis, can be prevented or controlled with dietary changes and exercise. Calcium and vitamin D supplements can help women prevent osteoporosis.
- **Maintain a healthy weight.** Extra weight increases your risk for heart disease, diabetes and high blood pressure. Use the Kaiser Permanente BMI (body mass index) calculator to find out what you should weigh for your height. Get to your healthy weight and stay there by eating right and keeping active. Replace sugary drinks with water—water is calorie free!
- **Prevent falls.** We become vulnerable to falls as we age. Prevent falls and injury by removing loose carpet or throw rugs. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms. Did you know that people who walk barefoot fall more frequently? Wear shoes with good support to reduce the risk of falling.
- **Stay up-to-date on immunizations and other health screenings.** By age 50, women should begin mammography screening for breast cancer. Men can be checked for prostate cancer. Many preventive screenings are available. Those who are new to Medicare are entitled to a "Welcome to Medicare" visit and all Medicare members to an annual wellness visit. Use these visits to discuss which preventative screenings and vaccinations are due.

# FEBRUARY BIRTHDAYS



Spring Village at Pocono  
329 East Brown Street  
East Stroudsburg, PA18301

## Contact Us

If you have any questions and/or concerns, please contact our main desk.

### HOURS

Monday-Sunday 8am-8pm

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Visit us on the web at

[www.springvillagepocono.com](http://www.springvillagepocono.com)

