

# NEWS YOU CAN USE

**Pleasant View Wants You  
To Be... In The Know**

**Pleasant View  
500 North  
Jackson  
Morrison, IL.  
61270  
(815) 772-7288**

## Choosing The Best Nursing Home For Your Needs

Choosing a Nursing Home is a difficult and often emotional process. Most people do not give it much thought until they are forced to make the decision due to a hospital stay or for other medical reasons.

Preparing yourself ahead of time and making a few informed decisions before you need them will make the entire process much less difficult and easier on you and your loved ones, emotionally.

Take a tour of several nursing homes to see what they offer. They should welcome your visit and volunteer their time to show you around. Check out the dining experience. After all, who doesn't love to eat and nutrition later in life is of major importance for healing and health. Do they offer a variety of choices for meal times and foods served? Is buffet dining an option? Are you able to order off the menu? Can you get a snack or a drink when you want one? Do they have a physician who can be called in for emergencies and make decisions with you regarding your health? Is this physician accessible by phone and makes regular visits to the facility? Does the facility accept Medicare, Medicaid and private pay residents? Is the staff friendly and approachable? How do they treat the residents? Does the facility offer a recreational therapy program for a variety of interests including outings and special clubs or groups? Are activities scheduled on weekends, evenings and holidays? Are programs under the direction of a Certified Therapeutic Recreation Specialist? Are the rates reasonable? Is personal laundry included? Are support services offered for special needs such as Alzheimer's or Multiple Sclerosis? Do they provide transportation to medical appointments? A rehabilitation Clinic? Security System? Ask to see their Public Health Inspection results.

At Pleasant View, we welcome you to visit anytime. We are proud of the services we offer and the quality, loving care we provide. (We are especially proud of our deficiency-free inspection results!)

For a free Nursing Home Comparison guide, check out our website at [www.aheinc.biz/pleasantview](http://www.aheinc.biz/pleasantview). You do have a choice...be sure to make the best one for your needs.

“If the 24th of August be fair and clear, then hope for a prosperous Autumn that year?”

English Proverb

August Flower:

Poppy

Gladiolus

August Birthstone:

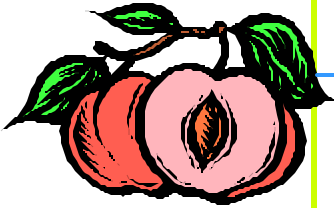
Peridot

National Catfish Month

National Inventors  
Month

National Peach Month

- ◆ *The can opener was invented 48 years after cans were introduced.*
- ◆ *Traffic lights were used before the advent of the motorcar.*
- ◆ *The first neon sign was made in 1923 for a Packard dealership.*



## Peaches

“You’re a real peach” originated from the tradition of giving a peach to a friend you liked.

There are over 700 varieties of peaches- some Chinese varieties are even flat like a hockey puck.

In China, the peach is a symbol of longevity and good luck.

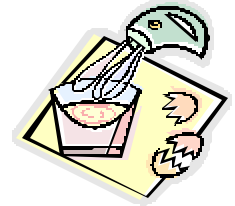
Nectarines are just peaches without the fuzz!

Peaches have been a hit in the South since the Spaniards first brought them to North America. California, Georgia and South Carolina are the largest producers of peaches in the U.S. Peaches can be dried, canned, made into jams, jellies, and preserves, used as filling for desserts, and used as an ingredient in many other dishes from appetizers to entrees.

Choose fragrant peaches that are unblemished and not too hard. Because fresh peaches are highly perishable, don’t buy more than you plan to use. Even when unripe, they spoil easily. Peaches will peel more easily if blanched for a minute in boiling water then plunged in cold water for a minute to stop the effect of the heat. Sprinkle with lemon or lime juice, or a fruit keeper to avoid discoloration or if not eaten or cooked immediately.

### PEACHES 'N' YOGURT:

- 2 Cups plain nonfat yogurt
- 1/2 tsp. vanilla
- 1/4 tsp nutmeg
- 1 1/2 tbs. honey
- 4 or 5 medium peaches sliced
- 1/4 Cups walnuts
- Mint sprigs for garnish



In a medium bowl, mix together yogurt, vanilla, nutmeg and honey. Stir well to distribute the honey evenly. Stir in a few peaches and walnut and stir to combine. Garnish with sprigs of mint. Serves 4-6

### SUMMER FUN IDEA:

Pack up the car with your lawn chairs and blanket, make some popcorn or bring along some peaches and yogurt and a jug of lemonade and head to the drive in for some summer FUN!

(Invite the kids or grandkids)

### USELESS TRIVIA, JOKES AND RIDDLES

The average life expectancy of a toilet is 50 years!

Spaghetti is the favorite pasta shape with 38% favoring it over others, Macaroni is second with 16%.

“I got a new fly rod and reel for my wife...best trade I ever made!”

Three men and a baby...when four men go fishing and one comes back not catching anything.

What falls but never breaks? ANSWER: Night

What can be cut and will grow back, yet when you least expect it, may disappear never to return? ANSWER: Hair

SEND YOUR SUBMISSIONS...PHONE, MAIL or FAX US!

WE’D LOVE TO FROM YOU!

## Diabetes Statistics For Seniors

- Diabetes prevalence increases with age.
- Approximately half of all diabetes cases occur in people older than 55 years of age.
- The risk for diabetes increases with age.
- Approximately 18.3% (8.6 million) of the US population age 60 and older have diabetes.
- People with diabetes are 2 to 4 times more likely to have heart disease and 2 to 4 times more likely to suffer a stroke.
- Each year 12,000 to 24,000 people lose their sight because of diabetes.
- Diabetes is the leading cause of new blindness in people 20-74 years of age.
- 10—21% of all people with diabetes develop kidney disease.
- 60-70% of people with diabetes have mild to severe forms of diabetic nerve damage, which, in severe forms, can lead to lower limb amputations.

### PREVENTION AND DELAY OF DIABETES

Lifestyle changes such as weight loss and increased physical activity can significantly delay and possibly prevent diabetes. Access to quality treatment is important. Medicare will reimburse all patients with diabetes, regardless of insulin treatment, for the cost of blood glucose monitors and testing strips as well as non-hospital based diabetes education when provided by a certified provider. A team approach to treating and monitoring this disease serves the best interests of the patient. Educate yourself about the disease, learn and practice the skills necessary to better control your blood glucose levels and receive regular checkups from your healthcare team. **STOP SMOKING, LOSE WEIGHT and EXERCISE!**



In Honor of National Catfish Month:

Please join us for our weekly ice cream social

At Pleasant View's Old Fashioned Ice Cream Parlor

August 3rd 2:45

August 17th 2:45

August 24th 2:00

August 31st 2:45

A Fishy Story..

Two avid fisherman go on a fishing trip. They rent all the equipment, reels, rods, wading suits, boat, truck even a cabin in the woods. They spend a fortune. The 1st day they go fishing but they don't catch anything. The same thing happens on the second day and the third. It goes like this until finally, on the last day of their vacation one of the men catches a fish. As they are driving home they are really depressed. One guy turns to the other and says, "Do you realize that this one lousy fish we caught cost us fifteen hundred dollars? His friend replied "It's a darn good thing we only caught one then!"

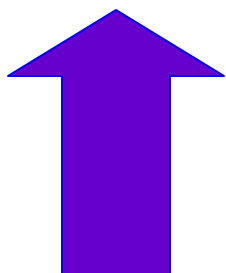


# Pleasant View

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[www.aheinc.biz/pleasantview](http://www.aheinc.biz/pleasantview)

Please feel free to send us your submissions for our newsletter. Call, phone, write or email.  
[smcginn@aheinc.biz](mailto:smcginn@aheinc.biz)



## SENIOR SEMINAR SERIES & LUNCHEON

AUGUST 18, 2004 - 11:00 a.m. - 1:00 p.m.

Open to the Public—Free of Charge

**SPEAKER: DIANE GIDDINGS**, Certified Dementia Care Specialist and Registered Aroma-therapist. Diane has been successful in the use of essential oils and other complementary therapies (such as Tellington Touch, Reiki) to treat individuals with Alzheimer's and dementia, with considerable success in reducing agitation and behaviors, and decreasing psychotropic drug use.

The topic of the seminar is:

### “The Use of Clinical Grade Essential Oils & Other Complementary Therapies In Treating Alzheimer's”

Participants will learn how these alternative treatment techniques can be utilized at home, or in other health care settings to help calm behaviors, improve sleep, increase concentration, reduce depression, and help to manage pain and discomfort.

**WE HOPE YOU CAN JOIN US!  
TO RESERVE YOUR SEAT, PLEASE RSVP  
TO SUE AT (815) 772-7288 Ext. #24**

## FREE BLOOD PRESSURE CHECKS

Each month, blood pressure checks are offered by Pleasant View nurses throughout the Sterling, Rock Falls, Morrison area. The dates and times for the August blood pressure checks are:

August 10, 2004 Kroger's in Sterling	9:00—11:00 a.m.
August 11, 2004 Hardee's in Morrison	9:00—11:00 a.m.
August 18, 2004 Golden Meals Rock Falls	10:30—11:30 a.m.
August 25, 2004 Whiteside County Senior Center	10:30—12:00 noon

**Free Wallet-sized Blood Pressure cards are available. Just Ask!**