



# News You Can Use

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

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Courtesy of:  
Pleasant View  
500 North Jackson  
Morrison, IL 61270

## September is Cholesterol Education Month

“People who are unable to motivate themselves must be content with mediocrity, no matter how impressive their other talents.

Andrew Carnegie

Cholesterol is a soft, fat-like, waxy substance found in the bloodstream and in your body’s cells. Cholesterol is normal and is an important part of a healthy body because it is used for producing cell membranes and some hormones, and serves other needed bodily functions. But too high a level of cholesterol in the blood presents a major risk for coronary heart disease, which leads to heart attack. It is also a risk factor for stroke. **Hypercholesterolemia** is the term for high levels of blood cholesterol. You get cholesterol in two ways; your body makes some of it and the rest comes from cholesterol in animal products that you eat, like meats, poultry, fish, eggs, butter, cheese and whole milk. Food from plants like fruits, vegetables and cereals don’t have cholesterol, but may contain trans-fats, which cause your body to make more cholesterol. Foods with saturated fats also cause the body to make more cholesterol.

Cholesterol and other fats can’t dissolve in the blood. They have to be transported to and from the cells by special carriers called lipoprotein or LDL, which is known as the “bad” cholesterol. Too much LDL cholesterol can clog your arteries, increasing your risk of heart attack and stroke. High-density lipoprotein, or HDL, is known as the “good” cholesterol and your body makes it for your protection. It carries cholesterol away from your arteries. Some studies suggest that higher levels of HDL cholesterol reduce your risk of heart attack. If you have not done so recently, have your cholesterol levels checked and reviewed by your physician. Generally, total cholesterol less than 200mg/dL and HDL 40mg/dL or higher is considered low risk for heart disease, but you still need to eat a low fat, low cholesterol diet and stay physically active to help maintain a desirable cholesterol level.

- *Source American Heart Association.*

## FUN FACTS

Americans eat the most ice cream of any other people in the world. In 1994, each person in the US ate 16.1 pounds of ice cream.

In 1954, Trix breakfast cereal was introduced by General Mills. The new cereal, a huge hit with kids, was 46.6% sugar.

Did you know a chicken can travel up to 9 miles per hour?

A chicken will lay bigger eggs with thicker shells if the lighting is changed in such a way as to make the chicken think a day is 28 hours long!

**HONEY**

Honey is manufactured in one of the world's most efficient factories, the beehive. Bees may travel as far as 55,000 miles and visit more than two million flowers to gather enough nectar to make just a pound of honey.

The color and flavor of honey differ depending on the bees nectar source (the blossoms). In fact, there are more than 300 unique kinds of honey in the US, originating from such diverse floral sources as Clover, Eucalyptus and Orange Blossom. In general, lighter colored honeys are mild in flavor, while darker honeys are usually more robust in flavor. Honey is primarily composed of fructose, glucose and water. It also contains other sugars as well as trace enzymes, minerals, vitamins and amino acids. There are several different varieties including:

**Comb Honey**—honey that comes as it was produced—in the honey bees' wax comb. The comb and the honey are edible.

**Cut Comb**—honey is liquid honey that has added chunks of the honey comb in the jar. Also known as liquid cut combo.

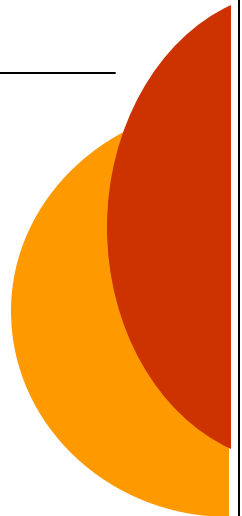
**Liquid Honey**—free of visible crystals, liquid honey is extracted from the honey comb by centrifugal force, gravity or straining. Because liquid honey mixes into a variety of foods, it is especially convenient and most of the honey produced in the US is sold in this form.

**BRAIN TEASERS**

Someone at a party introduces you to your mother's only sister's husband's sister in law. He has no brothers. What do you call this lady?

What is the largest possible number you can write using only 2 digits—nothing else?

(Answers on page 3)

**.....  
RECIPE FOR ALMOND HONEY CRUNCH**

1 Cup slivered almonds

1/4 Cup honey

1 tbs. butter

1 tbs. grated orange peel

Dash salt

2 1/2 Cups corn flakes

Combine all except corn flakes in large frying pan and cook over low heat, stirring constantly until almonds are golden. Remove from heat. Add corn flakes and mix carefully. Spread on greased baking sheet. When cool break into pieces and ENJOY!

September is...National Chicken Month, Cholesterol Education Month, All-American Breakfast Month, National Honey Month, Ice Cream Month, Self Improvement Month



## Fuel Up In The Morning and Start Your Day Right

Many folks know that breakfast is the most important meal of the day, but do you know why? Nearly one-fifth of adults don't eat at all in the morning, many because they just don't take the time, but breakfast can be quick and nutritious and the effort should be made to eat at least something every morning. Studies show that there are significant improvements in learning and memory, weight control, cholesterol profile and better eating habits throughout the rest of the day when breakfast is consumed. It is relatively easy to start your day with a simple, easy and healthy breakfast.

Some quick and easy breakfast ideas include whole grain cereal with milk (healthy dose of fiber and calcium) top it with fruit –fresh or dried for added nutritional benefits. Spread half a bagel or English muffin with peanut butter and maybe drizzle some honey over the top, have a glass of fruit juice (not fruit drinks—too much sugar) or a piece of fruit. Combine low-fat or non-fat yogurt with fruit, dried cereal or nuts for a quick no mess breakfast (all you need to wash is the spoon!). Melt reduced fat cheese over a bagel or English muffin or throw last night's veggies into some scrambled eggs and a piece of whole grain bread or put it in a pita pocket for a breakfast sandwich on the go. Giving yourself 5 more minutes in the morning to eat breakfast can help you throughout the day. The majority of your calories, if consumed in the morning, will likely be burned off throughout the day through normal activity. The benefits are many for starting your day with a health breakfast, so get out that shopping list and jot down a few ideas before you head to the store, having the items in the house ready to prepare will make it easier to meet your goal of a healthy breakfast every day!

### MORE FUN FACTS - *In medieval England, beer was often served with breakfast.*

*You have to break a lot of eggs to serve breakfast in Las Vegas. At Caesars Palace alone, an average of 7,700 are prepared each day, with 2.8 million eggs delivered each year to that one resort. Caesars serves over 427 pounds of coffee each day and pours more than 3,000 ounces of orange juice every 24 hours!!!*

### **JOKES, QUOTES, TRIVIA... (and other useless information)**

A Nurse was caring for an elderly couple. She was impressed by the way the gentleman preceded every request to his wife with endearing terms, calling her Honey, My Love, Darling, Sweetheart, Pumpkin and so on. The couple had been married almost seventy years and it seemed they were still very much in love. While the wife was off in the kitchen, the nurse leaned over and said, "I think it's wonderful that, after all the years you have been married, you still call your wife those loving pet names." The old man hung his head in shame. "I have to tell you the truth," he said. "I forgot her name about ten years ago!"

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not." - Mark Twain

Indian chief lined up his ten little sons and said "Who push port-o-potty over cliff?" No one responded. He asked again "Who push port-o-potty over cliff?" Again, no response so the chief says "Little Georgie chop down cherry tree and tell father truth and no punish" and then again asked "Who push port-o-potty over cliff?" The smallest son said "I push port-o-potty over cliff father." The little Indian son was spanked and sent to bed without supper. The next day he asked his father "Why Georgie tell truth and no punish and I tell truth and punish?" The chief responded " Because Georgie's father not in cherry tree when Georgie chopped down!"

**Answers to Riddles:** #1—Mom or Mother  
#2—9 to the 9th power = 387,420,489

**PLEASANT VIEW****500 North Jackson****Morrison, IL. 61270****(815) 772-7288 Phone****(815) 772-2399 Fax****[www.aheinc.biz/pleasantview](http://www.aheinc.biz/pleasantview)****Send us your submissions by phone,  
mail, email or fax****FREE BLOOD PRESSURE SCREENINGS**

September 1	9:00 a.m.—10:30 a.m. Morrison Hardees 10:30 a.m.—11:30 a.m. Community Room at O'Dell Library in Morrison
September 7	9:00 a.m. – 12:00 p.m. Kroger's, Sterling
September 8	10:30 a.m.—12:00 p.m. Whiteside County Senior Center
September 14	9:00 a.m.—12:00 p.m. Medicine Shoppe Pharmacy in Sterling
September 15	10:30 a.m.—11:30 a.m. Golden Meals Rock Falls
September 21	9:00 a.m.—12:00 p.m. Kroger's Sterling

**SUPPORTING THE COMMUNITY...**

Pleasant View hosts monthly support groups, which are open the community free of charge. If you or a loved one could benefit from sharing coping strategies, emotional support and informational resources you are welcome to attend. The September Support Groups are as follows:

**Alzheimer's Support Group - Monday, September 27 at 5:00 p.m.**

**Multiple Sclerosis Support Group - Thursday, September 9 at 6:00 p.m.**

**Refreshments will be served. Call Jill Smith at 815-772-7288 for more information**

**WEB SITE QUIZ**

Go to our web address: [www.aheinc.biz](http://www.aheinc.biz) and click on Pleasant View to answer these questions and then email your answer (as well as any jokes, stories or trivia) to [smcginn@ahinc.biz](mailto:smcginn@ahinc.biz) (You might just win a prize!)

1.) What is the name of Pleasant View's Dining Room? 2.) What are at least two of the specialized programs offered at Pleasant View? 3.) Who is the administrator at Pleasant View? 4) What are two ways to prevent heart disease? (Hint: click on Senior Moments) 5) Did Pleasant View have any deficiencies on following their most recent inspection?

Email your answers or send us a card!

**Pleasant View is Proud to co-sponsor: 2004 MEMORY WALK: TAKING STEPS TO END ALZHEIMER'S**

Alzheimer's disease affects more than 4.5 million Americans of every race, gender and culture and costs our nation at least \$1 billion a year. Unless we find a way to stop it, up to 16 million Americans will have the disease within fifty years. Every step you take brings new hope for better treatments and a cure.

We have made many discoveries about Alzheimer's disease in recent years. Promising new drugs and other treatments are giving us more hope than ever. As individuals and as a nation, there is so much we can do to keep momentum going.

We are currently looking for more people to walk with us or to sponsor our Pleasant View team members at this year's Memory Walk, held in conjunction with the Greater Iowa Chapter of the Alzheimer's Association. **The walk is September 11, 2004 at 8:00 a.m. at the Riverfront Park Band Shell in Clinton. For more information contact Ahneke Thompson at 815-772-7288.**

