

# Grandview

*Peace of Mind-24 hour loving care*

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AUGUST 2009



BACK TO SCHOOL!



## CONGRATULATIONS FUN BUNCH!



We are very proud to announce that the Fun Bunch has been named the Nebraska Assisted Living Association's 2009 Volunteer Group Award. The Fun Bunch has been entertaining at Grandview since the beginning of time. They come once a month to provide music, laughter and reminiscing with the residents. Every year the NALA and NHCA have an opportunity to recognize groups and individuals for the time and effort they provide to the retirement communities and long term care. Grandview nominated the Fun Bunch for providing wonderful entertainment and recognized them for the commitment they have served Grandview in the last 8 years. The nomination entailed an application, three references and a review team in Lincoln making the decision. Some of the comments from the nomination were; they come rain or shine, the resident's get involved with toes tapping, clapping, singing along or just putting smiles on their faces. They are a positive group that always come with great attitudes and smiles. These are just a few of the comments that were expressed with their nomination. We are very excited to have them named the 2009 NALA Volunteer Group. They will receive the award at the September convention in Lincoln. The nomination has also been submitted to the national level since they are receiving the award for Nebraska.



# AUGUST

Mildred Manchester	2
Rudy Vodehnal	13
Vernice Psota	17
Velma Hornickel	27

### STAFF

Carolyn Hulinsky	10
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## HAPPY BIRTHDAY GRANDVIEW!

Grandview's 8th birthday is the 1st of August. We will celebrate with cake and home made ice cream on the 3rd. It's amazing how quickly the time goes. Since opening, we've had 185 admissions. We have one resident that has been at Grandview since the doors opened. There are nine staff members that have been at Grandview since the opening, that is approximately half the staff. Grandview is truly a dynamic family with so many things to offer.





*The Passing of A Friend...*

Fern Rama passed away July 18th. Fern lived at Grandview for a year. She touched a lot of our lives in the last year. She was small but mighty. She had a great sense of humor and spunk. Even in difficult times she could always find some humor. She loved her family greatly. This summer she attended grandchildren's ball games, birthday parties and family gatherings. Her families love for her was evident. She will be greatly missed in our Grandview family. We send our sympathy to Pauline Grooms and family.



**VALLEY COUNTY FAIR PARADE**

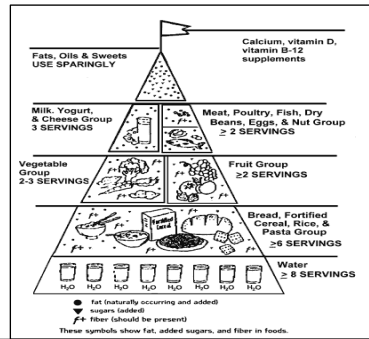
The Valley County Fair parade is fast approaching. On Sunday, August 9th, the residents will have the opportunity to watch the parade. The theme is, "It Doesn't Get Any Better Than This." Grandview is planning a float and we are working on all the details to illustrate the great opportunities we have to offer. Our Valentine Queen will be riding in the parade. The residents will have the chance to go to the fair and view the exhibits during the week. It's a busy, but fun week for those who participate.

**BOOST YOUR NOGGIN!**

One of the best ways to stay sharp is to exercise that muscle between your ears, research indicates. Top scientists studying the brain reveal that you can work your noggin in many different ways. 1. Snack on almonds and blueberries instead of candy-The omega-3s in the almonds and the antioxidants in the blueberries can keep your brain functioning. 2. Turn up the tunes-music can lower stress hormones that inhibit memory and increase feelings of well being and focus. 3. Read the news-keeping up with latest not only activates the memory part of the brain, but also gives you something to talk about. These are just a few ideas to boost your noodle! Staying active at Grandview promotes overall well being. Leann Woollen, LPN.

**HYDRATION AND GOOD HEALTH!**

One of things I hear is, "I can't drink all this water." It is important that seniors consume enough water based liquids everyday- 8 glasses, 8oz each. When taking medication it's important to be hydrated so it's properly absorbed into your system. Also, if you become dehydrated you are more likely to become constipated. Below is a copy of the pyramid for seniors. The pyramid is built on the base of water. You as seniors, are encouraged to follow the pyramid it can affect your overall health status. Chris Wadas, Dietary Supervisor



**GRANDVIEW BOARD MEETING**  
*August 20th at*  
**7:30 PM**

