

## Sutter Living Center

Family Newsletter: February 2018

### February is National Love Month and American Heart Month!

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.

Get active and eat healthy.



Protect your heart this month and all through the year! Happy Valentines Day!

Jannice Lamm, LNHA  
Oakview Administrator



## February Happenings in the SLC

- 2/6 Catholic Mass @ 2:30 pm  
2/9 Gospel Singers @ 2:10 pm  
2/12—2/16 Beat the Blahs Week  
2/14 Valentine's Day Party @ 3:00 pm  
2/15 Senior Singers @ 11:30 am  
2/18 Bible study w/Tom Vischers @ 2:30 pm  
2/23 Gospel Singers @ 2:10 pm  
2/25 Music by Jeff Stakenas @ 2:00 pm  
2/28 Music by John Marek @ 2:30 pm

Join us anytime!



Do Not Ask Me ....

Do not ask me to remember,  
Don't try to make me understand,  
Let me rest and know you are with me,  
Kiss my cheek and hold my hand.  
I'm confused beyond your concept.  
I am sad and sick and lost.  
All I know is that I need you to be with me at all cost.  
Do not lose your patience with me.  
Do not scold or curse or cry.  
I can't help the way I'm acting,  
can't be different though I try.  
Just remember that I need you,  
that the best of me is gone.  
Please don't fail to stand beside me.



## Hospice Services Offered at Oakview

As a reminder, Oakview MCF has a contract with Harbor Hospice and Great Lakes Caring Hospice to help provide end of life care if requested by the resident and/or family. Hospice assists with symptom management for comfort and quality of life. Hospice care does not take the place of the care provided by Oakview staff members but is in addition and is covered by Medicare/Medicaid. For additional information or to arrange an informational visit with a hospice provider, please see a member of the Social Services Department.



## Flu & Respiratory Infection Season

If you are not feeling well we ask that you do not visit. Feel free to call the SLC anytime to check on your loved one at 231-843-7172.



There is one thing Alzheimer's cannot take away and that is love. Love is not a memory, it is a feeling that resides in your heart and soul.



## The Gift of Humanness

Most people living with dementia don't judge based on background, economic status, or what one has or doesn't have. Yet, they do care if someone is kind and compassionate. They know if a person is patient, understanding, and accepting. They respond to caring eyes, open body language, warm facial expressions, gentle humor, and touch. People living with dementia serve as living reminders of important human virtues.