

# St. Francis Woods

## August



### *Spring is the beginning of new beginnings...*

With the arrival of the spring season, we are all given the opportunity to take nature's cue, emerge from our winter slumber and seek out new beginnings. The entrance of this new season means it's about time for our hibernation cycle to end, a signal to peel ourselves off the sofa and tidy away the winter blankets. Ever so slowly, nature is waking up and everything around us begins anew—the flowers bloom, trees put on their green spring wardrobe and the volume of birdsong rises steadily each day. It's a perfect time to think about our own intentions or goals for the year ahead and dust off the cobwebs on any plans we sidelined during the past few months of stillness and duvet days.

The Vernal/Spring Equinox is a time of balance which brings a significant turning point, the herald of a fresh energy entering, when you can really feel the earth awakening, bursting with energy and raring to go. Our minds and bodies benefit from this seasonal shift too and begin adjusting to align with the longer days and extra sunlight hours. After a long winter though, it can take some time to adapt, sometimes we just need to hit the snooze button a few times along the way!

### AUGUST BIRTHDAYS:

#### RESIDENTS:

*5<sup>th</sup> Stephen B.*

*12<sup>th</sup> Martha G.*

*13<sup>th</sup> Richard. F.*

*30<sup>th</sup> Sam H.*

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#### STAFF:

*26<sup>th</sup> Lisa C.*

*26 Damara J.*

*30<sup>th</sup> Larry C.*

*31<sup>st</sup> Taprice B.*

## Nurse Kim says.....

“There are many reasons why we tend to slow down and become more sedentary with age. It may be due to health problems, weight, or pain issues, or worries about falling. Or perhaps you think that exercising simply isn’t for you. But as you grow older, an active lifestyle becomes more important than ever to your health.” -Kim



**Physical health benefits of exercise for seniors:** As an older adult, exercise can help you to:

**Maintain or lose weight.** As your metabolism naturally slows with age, maintaining a healthy weight can become a challenge. Regular exercise helps increase your metabolism and build muscle mass, helping your body to burn more calories.

**Reduce the impact of illness and chronic disease.** People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers.

**Enhance your mobility, flexibility, and balance.** Exercise improves your strength, flexibility, and posture, which in turn can help with your balance and coordination and reduce your risk of falls. Strength training can also help alleviate the symptoms of chronic conditions such as arthritis.

**Mental health benefits:** Exercise can also help you to:

**Improve how well you sleep.** Quality sleep is vital for your overall health as you get older. Regular activity can help you fall asleep faster, sleep more deeply, and wake feeling more energetic and refreshed.

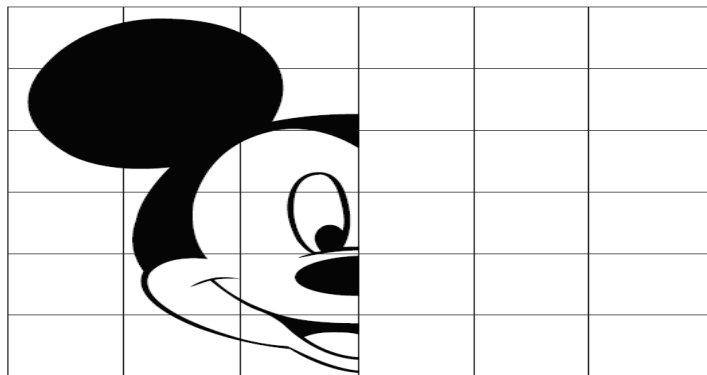
**Boost your mood and self-confidence.** Exercise is a huge stress reliever and the endorphins produced can help reduce feelings of sadness, depression, and anxiety. Being active and feeling strong can also help you feel more self-confident.

**Improve your brain function** Activities like Sudoku or crossword puzzles can help keep your brain active, but little comes close to the beneficial effects of exercise on the brain. It can aid brain functions as diverse as multitasking and creativity, and help to prevent memory loss, cognitive decline, and dementia. Getting active may even help slow the progression of brain disorders such as Alzheimer's disease.

Cut Here and Return Completed Puzzle to Steve to win a prize!

### COMPLETE THE PICTURE

Finish drawing Mickey by using the left side of the image and grid as a guide.



Complete Mickey  
Mouse

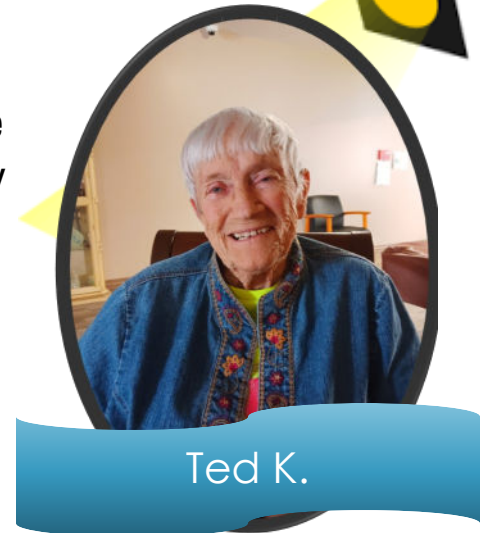
Name: \_\_\_\_\_

Room #: \_\_\_\_\_

# Resident Spotlight

## Meet Ted!

Virginia had lived at St. Francis Woods now since 2020. She was born right here in Peoria and attended Limestone High school. After high school, she worked at a pharmacy downtown until she joined the Army. After the Army she moved to Texas and remained there for 40 years. She returned to Peoria and has since been at St. Francis Woods. Her favorite things at St. Francis Woods are the people. She has made many friends since moving here. Stop and say Hi to Ginny when you see her!



# Employee Spotlight

## Get to know Alisha!

Josh is our new maintenance manager. Josh was born in Pekin, IL and went to school in Hopedale. After high school, Josh started his own maintenance company called JC Maintenance. Josh enjoys volunteering at his church, Riverside, Serve Peoria, and the South Side Mission. Every other year Josh goes on a mission trip to donate his time and skills. Josh's favorite part of working at St. Francis Woods is the residents and the conversations he has with him.



## AUGUST FAMILY NIGHT!

Join us for our Spring Fling with live music, food, and fun!!

August 24, 2023

6-8 PM

Special Guest: **ELVIS**

# FREE

*(or almost free)*

## *Things to do this month in Peoria!*



**August 22, 2023**  
**FREE ADMISSION FOR SENIORS**  
Games Start at 6:35PM

### **Taco Tuesday**

Tacos start at \$3, while margaritas will be served at \$4 on Tuesdays. Fans 55-over are eligible to receive a free ticket to each Tuesday home game.

## **Peoria Municipal Band Concert**

Wed, Aug 09, 2023, 7:00pm-8:15pm

The Peoria Municipal Band, under the direction of Dr. David Vroman, will play August 9 at 7:00 p.m. in the Glen Oak Park Amphitheater in Peoria, Illinois. All concerts are free of charge.



## **EXPO GARDENS**

Terry Burnside Jr. CAR SHOW

8/12 9am @ the Carnival Lot



**August 16, 2023 at 10:00AM**



**Admission: FREE!**

**August 16**, we are excited to invite you to a conversation with our education team intern Alyssa Mueller on her trip to Israel through the non-profit organization Taglit-Birthright. A light breakfast and coffee will be served and guests will have the opportunity to explore the Museum. Museum guest are encouraged to stay and catch a Planetarium showing as well!