



Hope Senior Living
 Hope Health &
 Rehabilitation
 Center

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 www.hopehealthandrehab.com

Hope Health and Rehab Newsletter



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NAMES TO KNOW

Owner/Executive
 Director-
 Steven Kuranz

Administrator-
 Julia Schramek

D.O.N.-
 Kelly Schrauth

Social Worker-
 Sandi Miller-

Activity Director-
 Amy Schmid

Business Office-
 Henry Kuranz



Employee of the Month is....

Brianna Bakri!! Brianna was voted employee of the month by an overwhelming majority. Some comments included, “She is a LIFESAVER!” , “She always has a positive attitude!” , “ She is always calm and collected”. Brianna has been with our Youth Apprentice Program since 2017. She has an outstanding future in healthcare waiting for her.



Resident Birthdays-

Isabelle R- April 15th
 Elaine G-April 30th

Staff Birthdays-

Terri Janzer- April 1st
 Cyan Scheer -April 29th

Days to Remember-

-April 1- April Fool's Day

-April 8-14 National Library Week

-April 15-21 National Volunteer's Week

-APRIL IS STRESS AWARENESS MONTH



1968: 50 years ago

-Martin Luther King, Jr., a major leader in the civil rights movement, was assassinated on April 4, 1968. Just after 6 p.m. on April 4, 1968, Martin Luther King Jr. is fatally shot while standing on the balcony outside his second-story room at the Lorraine Motel in Memphis, Tennessee. The civil rights leader was in Memphis to support a sanitation workers' strike and was on his way to dinner when a bullet struck him in the jaw and severed his spinal cord. King was pronounced dead after his arrival at a Memphis hospital. He was 39 years old.



2018

5 Ways to Celebrate National Stress Awareness Month

Everyone feels stressed from time to time. If left unchecked, it tends to be a real joy-killer. This, of course, makes it harder for us to live Complaint-Free, happy lives. Stress can also lead to a number of major health problems, ranging anywhere from anxiety to severe depression and from mild acne to life-threatening heart attacks, so it is easy to see why it is so vitally important to keep life's major stressors in check.

1. **Make Up Your Mind to Get and/or Stay Healthy**-Taking control of your personal health can make a great difference in the amount of stress you feel.
2. **Make a Change**-It can be as simple as clearing the clutter off your desk or as elaborate as taking a well-deserved vacation, the important thing is that you do something different.
3. **Focus on Now**-Most folks live their entire lives in yesterday or tomorrow. In truth, however, there is only Now. Focusing on this perfect moment, right now, provides a magical escape from the disappointment of what once was and the fear of what might be, and leaves stress stuck in a time warp.
4. **Laugh**-It's true; laughter really is the best medicine. Watch a funny show or video, tell a funny joke, or go to a card shop and read funny cards. Whatever it takes, give yourself time for laughter each and every day.
5. **Help Someone Else**-Sometimes the best way to deal with stress is by providing relief to someone else. Putting your focus on others takes the focus off your own challenges leading to less rumination and stress. So, look around you, see who needs a hand up, and then offer yours.



April is National Frog Month !

- Frogs inhabit every continent except for Antarctica
- A frog breathes through its nostrils as well as its skin by absorbing extra oxygen in the water.
- Frogs don't drink water, they absorb it into their body through their skin. Specifically, through a frog's belly and underside of its legs. A frog's skin is permeable which allows water and gases to be easily absorbed.
- A group of frogs is called an Army.
- A frog's skin sheds once a week. This is known as molting. Once its skin has shed, the frog typically eats it.



Debunking the Myths of Older Adults and Falls-Continued

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a [fall prevention program](#) in the community, or setting up a vision exam.