

SENIOR *Lifestyles*

**Valentine King and Queen
photos inside for
Gasconade Manor,
Gasconade Terrace,
StoneBridge and
Victorian Place**



WEDNESDAY, FEB. 26, 2020
PAGES 1B-12B

GASCONADE
COUNTY

Republican

How to give back to seniors in your community

The strongest communities tend to be those in which members make a concerted effort to give as much as they get. Giving back to one's community can foster strong relationships with fellow residents and ensure that everyone, including the less fortunate, is in position to live happy, healthy lives.

Certain people in a community may be more vulnerable to issues that can adversely affect quality of life than others. For example, the National Institute on Aging notes that, as men and women age, many are alone more often than when they were younger, leaving them vulnerable to social isolation and loneliness. Such feelings can prove very harmful to their health, potentially contributing to problems such as depression, cognitive decline and heart disease.

Volunteering to help the aging members of one's community is a great way to give back, and such efforts can prove rewarding for both seniors and the volunteers who lend them a hand.

- Pull an extra chair up to the dinner

table. Many a meaningful connection has been made and maintained over the dinner table. Breaking bread with a senior from your community is a great way to foster such connections and provide an avenue for social interaction for seniors. Seniors who live alone might not enjoy cooking for one each night, but they might jump at the chance to eat dinner with a neighbor and even help prepare the meal. Invite a senior over once per week, encouraging them to share stories about their lives as well as how the community has developed over the years.

- Help seniors manage their finances. Many seniors struggle to manage their finances, as laws regarding taxes and investing are subject to routine changes. A little help in this area can go a long way for seniors. Adults who want to help but don't know where to begin can do the legwork for their aging neighbors. Contact agencies such as AARP to determine if there are any financial assistance programs that can help seniors effectively manage their money and take advantage of age-specific perks, such



as programs that may help seniors lower their energy costs.

- Offer to help around the house. Seniors who reside in single-family homes may not be able to keep up with routine home maintenance. Neighbors who want to help can offer to mow the lawn, tend to

the landscaping and tidy up inside. Keep an eye open for other issues, such as clogged gutters, that can be fixed easily but prove costly if they go ignored.

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Watch for Details on These Upcoming Events:

- **Saturday, March 28**
7th Street Classic Car Show
- **Saturday, April 11**
Easter Egg Hunt Extravaganza
- **Saturday, May 9**
Annual Mel Turner Memorial Fishing Derby

2nd ANNUAL SEVENTH STREET CLASSIC CAR SHOW
Saturday March 28, 2020
Rates, \$8 Pork Steaks while supply last
Show Registration 8 am - 12 pm
Entertainment 12 pm
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Weigh in at 12 noon
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How to help loved ones handle sundowning

A diagnosis of Alzheimer's disease can catch families off guard. When such a diagnosis is made, patients and their families typically have a host of questions, including how far the disease has progressed and what to expect as it advances.

One potential side effect of Alzheimer's disease that can catch families off guard is sundowning. The National Institute on Aging notes that sundowning refers to the restlessness, agitation, irritability, or confusion that can begin or worsen as daylight begins to fade. Sundowning is difficult for Alzheimer's sufferers, but also can be especially hard on their caregivers. As day turns to night, people serving as caregivers to Alzheimer's patients tend to wear down, only to suddenly realize that the people they're caring for are becoming increasingly difficult to handle. The NIA notes that sundowning can continue well into the night, compromising patients' ability to fall asleep and stay in bed.

Sundowning will not affect every Alzheimer's patient, but caregivers should prepare themselves to handle such a situation should it arise. Learning more about sundowning can be part of that preparation.

Why does sundowning occur?



The exact cause of sundowning, which is sometimes referred to as "late-day confusion," is unknown. However, the Mayo Clinic notes that certain factors may aggravate the feelings of confusion felt by Alzheimer's patients who experience sundowning. Those factors include:

- fatigue
- low lighting
- increased shadows
- disruption of the body's internal clock
- the presence of an infection, such as a urinary tract infection

The NIA notes that one theory suggests

Alzheimer's-related changes in the brain can disrupt a person's internal clock, confusing their sleep-wake cycles as a result. That can confuse Alzheimer's patients and contribute to the feelings of agitation and irritability that are common among people who experience sundowning.

What can be done to combat sundowning?

The NIA recommends looking for signs of sundowning in late afternoon and early evening and trying to determine what might be causing these behaviors. Try to avoid anything that appears to trigger these be-

haviors, if possible.

Reducing noise, clutter or the number of people in the room when sundowning symptoms typically appear may help reduce the confusion Alzheimer's patients feel during this time of the day. In addition, scheduling a favorite activity or providing a favorite snack at this time of day can give Alzheimer's patients something to focus on, potentially cutting off the confusion before it surfaces.

The NIA also recommends making early evening a quiet time of day reserved for playing soothing music, reading or going for a walk. Caregivers who also have children to look after can explain the importance of this quiet time to youngsters and ask for their cooperation.

Closing curtains or blinds and turning on the lights at dusk can minimize shadows in the house, potentially making this time of day less confusing for Alzheimer's sufferers.

Sundowning is a symptom of Alzheimer's disease that can be difficult for caregivers to manage. More information about sundowning is available at www.nia.nih.gov.

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Shopping for assisted living facilities

As people age, oftentimes their living arrangements need to be adjusted. Needs evolve as children move out or other situations arise. One of the scenarios that may come to pass as a person ages is the need for more specialized help that just isn't possible at home.

When failing physical or mental health affects one's ability to be independent and live safely at home, moving into an assisted living facility may be the next step. The National Center for Assisted Living indicates assisted living offers the little bit of help some people need when they can no longer manage living alone. Typically these facilities provide assistance with bathing or dressing, medication management and other care, while also catering to people who may not require the around-the-clock medical care most often associated with nursing homes.

Vetting is an important component of finding assisted living facilities. Family caregivers need to educate themselves about services, costs and other resources provided by assisted living facilities.

AARP says assisted living facilities provide residents with a range of services that can include supervision, meals, housekeeping, laundry, and personal care. Residents usually have their own apartments or private rooms. Because they are mostly regulated at state level in the United States,

there is a lot of variety among these facilities. That means family caregivers need to assess their needs and desires in a facility to find the right one that fits. Assisted living facilities offer a home-like environment, and the amenities available vary based on cost.

Paying for assisted living differs from paying for nursing homes. Largely government-subsidized health programs like Medicare and Medicaid pay for nursing home care.

Those who would be best serviced by assisted living may find they may not qualify for government support, nor may the facilities accept anything other than private payment or long-term care insurance to cover room and board.

Other considerations in assisted living facilities are size, specialties, atmosphere, location, and the ability to transition to higher forms of care. Assisted living may fill a void currently, but it's often not a permanent situation for all, and eventually certain residents may have to move on to skilled care facilities.

Potential residents and their families should visit various assisted living facilities to get a feel for what they are like. Speak with the staff and residents, request a meal and get a sense of the environment. Apart from cost, how the home feels is one of the most important factors in shopping around for this type of residence.



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CBD oil and arthritis

Health-conscious consumers have no doubt encountered advertisements for CBD oil at some point in recent memory. Supplement stores, pharmacies and even gyms may promote CBD oil, prompting consumers to wonder just what CBD is and how it may or may not play a role in the treatment of certain conditions, including arthritis.

According to the Arthritis Foundation®, two kinds of the cannabis sativa plant, hemp and marijuana, produce cannabinoids, which Harvard Medical School notes is the second most prevalent of the active ingredients of cannabis.

People unfamiliar with cannabidiol,

or CBD, a type of cannabinoid, may assume it gets users high like marijuana. However, CBD doesn't get users high, as another cannabinoid, a psychoactive part of the marijuana plant known as THC, is responsible for that effect.

Advocates for CBD often note its potential to alleviate pain associated with arthritis. While animal studies have supported those claims, the Arthritis Foundation notes that such studies do not always trans-

late to humans. In addition, the Arthritis Foundation notes that, thus far, human studies examining the potential efficacy of CBD in treating arthritis pain have produced mixed results, and the Harvard Medical School notes that more studies



are necessary to determine the potential of CBD in treating pain, including that caused by arthritis.

Laws also vary regarding the legality of CBD, though many places allow some

form of CBD. Consumers should first consult with their physicians regarding their conditions and whether or not CBD might help them.

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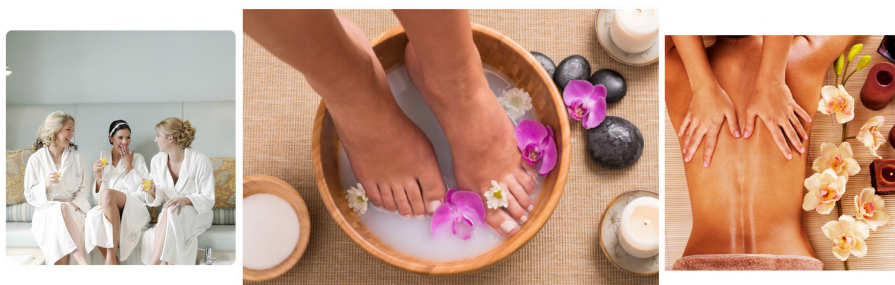
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STONEBRIDGE NURSING HOME NEWS

StoneBridge residents enjoy Valentines meal

BY TYRA WIEGERS

StoneBridge Activities Director

Good Day everyone from StoneBridge As this new year has begun and February has brought us some beautiful weather StoneBridge has been very busy.

Our beloved Lydia Schmidt celebrated her 102nd birthday on January 23rd with her family, friends and the staff here at StoneBridge. Lydia has made so many memories here at StoneBridge and in her life. She is truly an inspiration to look up to. The words "what a wonderful life" come to mind.

February began with the planning of our Valentine's lunch and party. Valentine's lunch was amazing, Steak and Shrimp, fried cauliflower, parsley potatoes, chocolate cake and of course what Valentine's dinner wouldn't be complete without chocolate covered strawberries. Our Valentine's party began with the crowning of our King and Queen's, this year husband and wife Bobby and Betty Stevens were crowned, and MaryJane Buel and William Feth for Cypress King and Queen. Refreshments were served, more chocolate covered strawberries that the resident's prepared along with sparkling punch. So many smiling pictures were taken for so many beautiful memories for us all to look back on. Life is full of precious memories every day, cherish them all.

As we start planning our years events, we would like to thank all our volunteers, and staff that come to spend their time with us and make every day so very precious.



THE STONEBRIDGE King and Queen for 2020 are Bobby and Betty Stevens (photo left). They have been married for 64 years. The Cypress King and Queen are William Feth and Mary Jane Buel.

PHOTOS BY DENNIS WARDEN

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Mark your Calendars!
The Spring Area Wide Garage Sale is Scheduled For April 23, 24 & 25, the Last Weekend In April.



MOST RESIDENTS at StoneBridge were on hand for the Valentine lunch on Feb. 14. Two sets of king and queens were crowned preceding the lunch.

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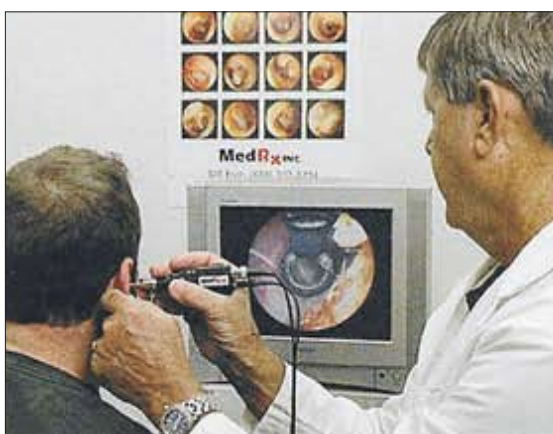
CHARLIE FEAGAN (third from left, photo above) was crowned king at Gasconade Manor. He is a Navy Veteran of Korean War, he was the Owensville High School band director until retirement. Charlie enjoys fishing, swimming, boating and camping. **Kathleen Dahl** is this year's queen. She lived in the Belle/St. James area her whole life. She was co-owner of Cantley and Dahl for sixteen years. Kathleen enjoys sewing, crochet, embroidery, quilting, gardening and reading. **Herb Schmidt** (second from left) is this year's prince. He retired from Bull Moose Tube Co. and likes western movies. He used to spend his free time hunting and fishing and also enjoyed wood working and building. **Dorris Henry** was selected princess. She enjoys watching TV, reading, painting and working in the yard with flowers. Also pictured are last year's royalty, **Vince Cruise** (far left), **Joann Creason** (standing) and **Rosemary Durbin**. Feagan talks with his wife Mary before the formal ceremony.



PHOTOS BY CHRISTINE YEARWOOD

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GASCONADE MANOR NURSING HOME NEWS

Manor residents enjoy Valentines day coronation

BY AMANDA STAGGS

Gasconade Manor Activities Director

Hello everyone! We have had a busy, exciting year here at Gasconade Manor. We recently crowned our 2020 Valentine's Royalty with Kathleen Dahl as queen and Charlie Feagan as king. We had an amazing party and wonderful

entertainment with the Farris Family performing for us. We have been on several fun outings and recently went to Mama Bears Café and Ruthies Family Dining where good food and even better companionship was enjoyed by all. I think it's safe to say that everyone here is waiting for those first signs of spring and even more fun to be had with lots of fishing trips, sightseeing tours, and of course

dining out at some of our favorite restaurants and senior centers. We plan on being on the go as much as possible! So if you see the "Manor van" out and about know that we are enriching the lives of our elderly generations one outing at a time. Krupp for the music and the culinary staff of the Manor for the delicious meal.



NATHAN HENDRICKSON (left photo above) escorts Gasconade Manor's newly crowned queen, Kathleen Dahl. Residents and guests (top photo) enjoyed cake and punch on Valentine's Day before the royalty was crowned.

PHOTOS BY CHRISTINE YEARWOOD

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Thursday, Feb. 26

TBA

Tuesday, March 3

Scrambled Eggs, Ham, Biscuits and Gravy, Applesauce

Thursday, March 5

BBQ Pulled Pork Sandwich, Baked Beans, Chips, Fruit

Owensville Senior Events

Wednesday, Feb. 26

12:30 p.m. Pinochle

Thursday, Feb. 27

..... Birthdays/Anniversaries

Friday, Feb. 28

12:30 p.m. Pinochle

Monday, March 2

12:30 p.m. Bingo

..... Fun Facts About Names

Tuesday, March 3

..... Unique Names

Wednesday, March 4

12:30 p.m. Pinochle

..... What Does Your Name Mean?

Friday, March 6

12:30 p.m. Pinochle

..... What's Your Middle Name?

OATS Schedule

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March 2 Jefferson City

March 5 Rolla

March 16 Jefferson City

March 18 Owensville

March 20 Washington

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For reservations for the To Go Bus call 437-8646.

Owensville Senior Menu

214 N. First St.
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Gasconade Manor Events

Wednesday, Feb. 26

9:30 a.m. Cooks Corner

2 p.m. Bingo

Thursday, Feb. 27

10 a.m. Noodleball

1 p.m. Painting with Tammy

Friday, Feb. 28

10 a.m. Book Club

Did you know?

Do you relish the idea of an afternoon nap? If so, you're in good company. According to the National Sleep Foundation, John F. Kennedy, Winston Churchill, Napoleon, and Albert Einstein each fancied afternoon naps. Youngsters nap, and so do many seniors. But by and large, humans are part of the minority of mammals that do not sleep for short periods of time throughout the day, instead dividing their days between sleep and wakefulness. However, there are some benefits to catching a midday snooze. The Mayo Clinic says napping can be a way to catch up on sleep lost during the night or if a person is feeling sleep-deprived. It also may be a way to relax, increase alertness and improve mood. Naps should take place before 3 p.m. and not exceed 20 minutes. The longer and later one naps, the greater the potential it will interfere with nighttime sleeping or backfire and cause daytime grogginess.

Wednesday, Feb. 26

Ham and Beans with Cornbread, Spinach, Baked Apple, Philly Cheese Sandwich, Zucchini and Tomatoes, Dessert

Thursday, Feb. 27

BBQ Chicken Thighs, Peas, Fruited Jello, Hot Ham and Cheese Sandwich, AuGratin Potatoes, Dessert

Friday, Feb. 28

Fish, Mixed Vegetables, Mashed Potatoes and Gravy, Baked Pineapple, Chicken Fried Steak, Cole Slaw, Dessert

Monday, March 2

Sliced Ham, Baked Sweet Potato, Cinnamon Applesauce, Pizza, Salad, Dessert

Tuesday, March 3

Vegetable Lasagna, California Blend, Mandarin Oranges, Brown Rice, Chicken Strips, Rice, Dessert

Wednesday, March 4

Pepper Steak, Broccoli, Fruited Jello, Ham Macaroni and Cheese, Breaded Tomatoes, Dessert

Thursday, March 5

Taco Bar, Refried Beans, Peas and Carrots, Warm Pears, Fried Chicken with Gravy, Dessert

Friday, March 6

Salmon/Tuna Patty, Salad, Carrot Fries, Pineapple Tidbits, Baked Ziti, Dessert

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Victorian place selects 2020 Valentine Royalty

Victorian Place held a Valentine's Dance and selected their royalty on Feb. 13. This year's king and queen are (photo far right) Norman and Naomi Dempsey. They celebrated their 77th wedding anniversary on Feb. 3.

PHOTO BY WILL JOHNSON



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Lyceum Theatre ~
Little Mermaid • June 12



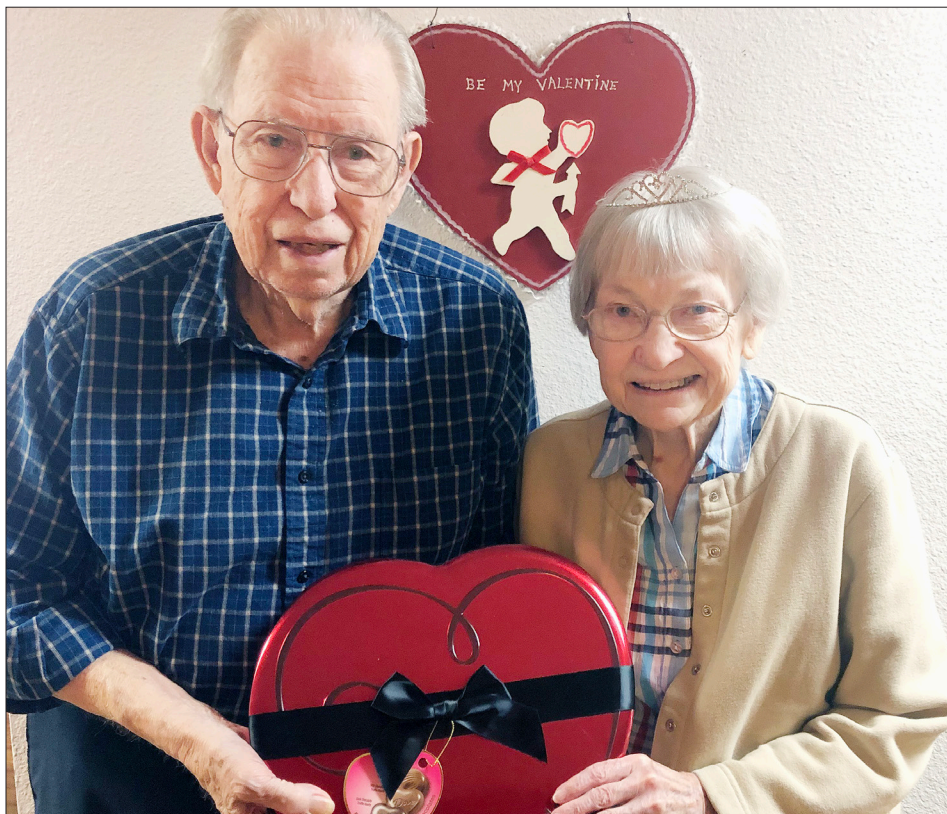
Christmas in Vermont
• December 1-6



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