



# ***WEL-LIFE WORDS***

## **KATHLEEN'S KORNER**

**March 2010**

### **March Greetings to you!**

Thoughts of March bring thoughts of spring, and of course wondering what the weather in March will be. While looking for something to write, I found a couple of quotes about weather—"Don't knock the weather; nine-tenths of the people couldn't start a conversation if it didn't change once in a while."—Kin Hubbard and the other one that brought a smile was "There's one good thing about snow, it makes your lawn look as nice as your neighbor's"—Clyde Moore. The first couple of weeks in March is Iowa State Basketball time, and it's tradition that we have at least one snowstorm during that time, but it would be nice if that missed us this year. We have had enough snow!! Thanks again to staff that stayed overnight during snow storms so they would be here to work their assigned shift, and thanks to the staff that worked extra shifts when others couldn't make it in due to the weather.

It will be nice to see green grass again, but now the worry is flooding. We are in a good place that the floods should not bother us too much! Remember to set your clocks ahead on March 14th for Daylight Savings Time. That's always a good sign of spring arriving!

March is also the anniversary of when Linda and I began our working relationship at WEL-Life. The last two years have gone by very quickly, and we are looking forward to another year of service to you. We look forward to our continued growth in relationships with each of you and your families.

Please be sure to look at the pictures on the back page of our Valentine event where the following people were honored: Mary M—Queen; Clayton H—King; Attendants—Jane L, Jean A, Melvin S, and Maurice D. It was also fun to see Maurice D lead everyone in the chorus of the "Putt Putt", John Deer Song with Jim and Jessie Howard. Their music added to our festivities! I also enjoyed the Quiz Bowl program with the High School Students. Please let us know if you enjoy the programs we have planned, or if you have any other suggestions on programs we could bring to you. I hope all of you will take part in the March 2nd program—"Maintain your Brain" put on by the Alzheimer's Association. Your brain needs exercise to keep you moving!

I'll close with an Irish Blessing in honor of St. Patrick's Day:

"May God grant you always...A sunbeam to warm you, a moonbeam to charm you, a sheltering Angel so nothing can harm you. Laughter to cheer you. Faithful friends near you. And, whenever you pray, Heaven to hear you."

**Kathleen**

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# Jewels by Jeannie

Celebrating March 2010



## HAPPY BIRTHDAY

March 5 - Melvin Schroeder

March 15 - Kay Nielsen

Color – White

Flowers – Jonquil (or Daffodil)

Birthstone – Bloodstone  
(Courage)

## Days to Remember in March:

- March 2 – 45<sup>th</sup> Anniversary of  
“The Sound of Music Film Premiere (1965)
- March 3 – I want you to be happy day
- March 5 – 123<sup>rd</sup> Annual World Day of Prayer
- March 7 – 82<sup>nd</sup> Annual Academy Awards
- March 12 – Anniversary of the Founding of the  
Girl Scouts of the United States (1912)
- March 14 – Daylight Savings Time begins
- March 17 – St. Patrick’s Day
- March 19 – Swallows return to  
San Juan Capistrano
- March 20 – Spring begins
- March 22 – As Young as you feel Day
- March 28 – Palm Sunday
- March 30 – Take a walk in the park day

## March saying:

“In like a lion, out  
like a lamb” which  
refers  
to the wind.



## **Origin of March’s Name**

March’s name comes from the Roman month, Martius, which honored Mars, the god of war. Since wars and conquests were important factors in Roman life, it was natural for there to be a month dedicated to the deity of war.

Be sure to sent your  
clocks ahead on  
Saturday night,  
March 14th.  
Daylight Savings  
Time Begins.

## From the Nursing Bag of Linda

### Common Medications for Seniors

By Valerie J. Schreck, MSN, ANP-C

(continued from February "From the Nursing Bag of Linda")

In 1991, a team of 12 health experts developed a list of potentially dangerous medications for seniors called the Beers List (named after the head doctor on the team). It was updated in 1997 and again in 2003. It is composed of 48 potentially risky medications for seniors. Some of the commonly prescribed drugs on the list include the sedatives Valium and Librium, anti-depressant Elavil, and pain reliever Darvon. Recommendations for safer, alternative medications are included on the list, as well as reasons why the offending drug is not recommended.

The safe use of common medications in the elderly can present many potential problems. It is important that individuals know what medications and dosages that they take, what their medications are for and also carry complete, current lists of their medications, including over-the-counter drugs and supplements with them all the time. They should be told by their pharmacists or primary care providers what potential side effects to be aware of and to report. In addition, they should be aware of any potential interactions with other drugs that they are taking.

### ACTIVITY IMPLICATIONS by Barb Hartmann, CTRS, ADC

Although Activity and Recreation Professionals do not work directly with the administration of medications for the residents, it is important to know about possible side effects. This article has some information related to Valerie's corresponding article, as well as suggestions for activity staff to keep in mind in regards to medications.

### DISEASES/DISORDERS

- Cardiovascular Disease (CVA or stroke)

**Antiplatelets:** i.e., aspirin (decreases blood clot formation). Common side effects include skin bruising, irritation of the stomach lining, bleeding from the digestive system, allergic reaction, and bleeding in the brain (rare) or other internal organs.

**Anticoagulants:** i.e., Warfarin/Coumadin (prevents new clots from forming). Common side effects include serious bleeding in the brain, bleeding from ulcers or growths in the digestive system, serious bleeding in other areas of the body, and toes turning purple or blue (rare).

**Statins:** i.e., Lipitor, Crestor, Zocor (lowers total blood cholesterol levels). Common side effects include (most do not have, but are possible) fatigue, upset stomach, gas, constipation, stomach pain or cramps, and minor muscle aches.

- Alzheimer's Disease

**Aricept** is the drug most widely prescribed (affects particular chemicals in the brain and offers modest improvements in memory and cognitive function in some people). Common side effects include nausea, diarrhea, dizziness, insomnia, vomiting, muscle cramps, fatigue, loss of appetite, and weight loss.

**Namenda** is another medication that when given in combination with Aricept, has shown some promising outcomes in some people. Medications for behavior problems with residents who suffer from dementia are quite common and include antidepressants such as Celexa or Prozac. Common side effects include nausea, diarrhea, weight loss or gain, anxiety, insomnia, agitation, headache, sweating, dry mouth, constipation, and dizziness.

**Antipsychotic drugs** are also used, at times, for people with Alzheimer's disease. These may include medications such as Haldol, Zyprexa or Risperdal. Common side effects include Haldol—weight loss, mild drowsiness, dizziness, headache, constipation, dry mouth, nausea, low blood pressure upon standing up; Zyprexa—sedation, agitation, headache, dizziness, insomnia, dry mouth, weight gain, and restlessness; and Risperdal—sedation, nervousness, dry mouth, constipation, sun sensitivity, difficulty sleeping, and increased risk of stroke.

*Continued on page 5*

# From Teresa's Kitchen

## The History of Peanut Butter

By Mary Bellis



Peanut butter was invented and reinvented many times during history. Peanuts were known as early as 950 B.C. and originated in South America. The ancient Incas used peanuts and were known to have made it into a paste-like substance. As a crop peanuts emigrated from South America to Africa by early explorers and then traveled by trade into Spain who then traded the product to the American colonies. The first commercial peanut crop was grown in Virginia in the early to mid 1840's and in North Carolina beginning around 1818.

According to the Corn Products Company, Dr. Ambrose Straub of St. Louis patented a peanut butter-making machine in 1903 and some unknown doctor invented peanut butter in 1890.

Dr. John Harvey Kellogg patented a "Process of Preparing Nut Meal" in 1895 and used peanuts. Kellogg served the patients at his Battle Creek Sanitarium peanut butter. Joseph Lambert worked for Dr. Kellogg and began selling his own hand-operated peanut butter grinder in 1896. Almeeta Lambert published the first nut cookbook, "The Complete Guide to Nut Cookery" in 1899.

By 1914, many companies were making peanut butter.

Joseph L. Rosenfield invented a churning process that made smooth peanut butter smooth. In 1928, Rosenfield licensed his invention to the Pond Company, the makers of Peter Pan peanut butter. In 1932, Rosenfield began making his own brand of peanut butter called Skippy which included a crunchy style peanut butter.

Agricultural chemist, George Washington Carver discovered three hundred uses for peanuts and hundreds more uses for soybeans, pecans and sweet potatoes. He start popularizing uses for peanut products including peanut butter, paper, ink, and oils beginning in 1880. The most famous of Carver's research took place after he arrived in Tuskegee in 1896. However, Carver did not patent peanut butter as he believed food products were all gifts from God. The 1880 date precedes all the above inventors except of course for the Incas, who were first. It was Carver who made peanuts a significant crop in the American South in the early 1900's.

After all peanut butter is just roasted peanuts crushed into a paste. One-half of all edible peanuts produced in the United States are used to make peanut butter and peanut spreads.

### **Smooth and Creamy Peanut Butter Pie**

- 3/4 cup creamy peanut butter
- 1 (3 ounce) package cream cheese
- 1 1/4 cups confectioners sugar
- 1 (12 ounce) container frozen whipped topping, thawed
- 1 (9 inch) prepared chocolate cookie crumb crust

#### Directions:

1. In a large bowl, mix together peanut butter, cream cheese and sugar. Then stir whipped topping into peanut butter mixture. Whisk until smooth and no lumps remain.
2. Pour filling into pie crust and refrigerate for about 3 hours until pie is firm.



### **National Food Days for March:**

- March 1 – Peanut Butter Lovers' Day
- March 23 – National Chip & Dip Day
- March 25 – Waffle Day

## From the Nursing Bag of Linda

*(continued)*

- **Arthritis** There are numerous medications to treat pain and reduce inflammation. Some of the more common drugs include

**Panadol and Tylenol** (relieves pain). Common side effects include nausea, vomiting, diarrhea, jaundice, rash, tiredness, and weakness.

**Bayer and Bufferin** (reduces inflammation and relieves pain). Common side effects include stomach pain, bleeding, ulcers.

**Celebrex** (reduces inflammation and relieves pain). Common side effects include stomach upset, fluid retention, and possible increased risk of heart attack or stroke.

**Darvon** contains aspirin or **Darvocet** contains acetaminophen (relieves pain). Common side effects include dizziness, sedation, nausea, vomiting, abdominal pain, rash, lightheadedness, and headache.

- **Depression**

**Celexa** Common side effects include nausea, diarrhea or constipation, weight loss or gain, anxiety, insomnia, headache, seating, and dry mouth.

**Cymbalta** Common side effects include nausea, insomnia, dry mouth, dizziness, blurred vision, anxiety, loss of appetite, and possible rise in blood pressure.

### MEDICATIONS AND ACTIVITIES

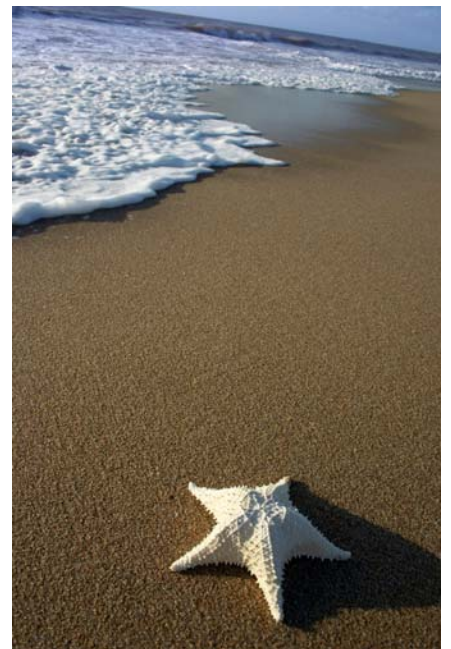
- **Special events** Work with the nursing department regarding medications (i.e., pain meds) that may be administered prior to a favorite activity.
- **Outings** Activity staff cannot administer med to residents on an outing unless certified or licensed to do so. If a resident is care planned for "self-administration," he may take his own medication during the outing.
- **Work with the staff nurses** so they can administer medications during times that a resident is not involved in activities so a program is not interrupted.
- **Observe for signs and symptoms** of medication side effects during programs and one-to-one interventions. Report to the charge nurse if any unusual symptoms are seen or verbalized by the resident.

AARP [www.aarp.org](http://www.aarp.org) and WebMD [www.webmd.com](http://www.webmd.com)

### The Starfish Story

A man was walking along the beach. Far in the distance, he could see a stretch of beach where hundreds of starfish had washed upon the shore. As he got closer, he could see a young boy picking up the starfish one by one and throwing them back into the ocean. He stood and watched. He felt the futility of the boy's actions – there were so many starfish and only one boy trying to save them. He watched and finally, when he couldn't watch any longer, walked over to the boy and said, "Why are you doing that? There are hundreds of starfish and only one of you. What you are doing is impossible. You will never save them all, and besides, what difference does it really make?" The boy looked at the man, and as he picked up one starfish and threw it back into the ocean, he replied,

**"It made a difference to that one."**



## Tenant of the Month—Fredabelle Curtis

Fredabelle Curtis was born on a farm in West Des Moines, IA on January 1, 1914. She was the third girl of four girls. She was named after her mother's niece Freda and her mother's middle name was Belle. Fredabelle graduated from Valley Junction High School in 1932, and received her BS in Education from Drake



Fredabelle, son-Doug; daughter-Louise; grand daughters Carrie and Sarah



University in 1935. She taught school after graduation. Fredabelle met Frank Beard who was a manager of a sporting goods department and they were married in 1945 in Burlington, IA. Frank passed away in 1976 after 31 years of marriage. Six years later (1982), Fredabelle married Ernie Curtis in Yuma, AZ. Fredabelle retired from teaching in 1982 after 38 years of teaching. After retiring, she and Ernie traveled in their motor home, covering 48 states. They enjoyed Washington State, and lived there for awhile. Ernie passed away in 1996 after 14 years of marriage. Fredabelle has three children, and 4 grand children. Fredabelle has lived at WEL-Life for 7 years. In February, 2010, Fredabelle was presented a pin from the Spirit Lake United Methodist Church women as a "Thank You" for crocheting 35 prayer shawls that were sent to Missions.



Quiz Bowl Winners

### February Activity Pictures



2010 Valentine Royalty—Attendants—Maurice and Jean; King Clayton, Queen Mary, Attendants—Jean and Melvin



King—Clayton H. and Queen—Mary M.



Singing Valentine—ILCC Quintet