

Grace Notes



October 2017

Issue 217

To A Halloween Pumpkin by LaVerne P. Larson

Giant golden pumpkin,
Resting in the noonday sun,
I wonder if you're dreaming
Of a magic night of fun.

Very soon you'll wear a smile
Carved by a jackknife blade,
As you glow with candlelight
While the spooks are on parade.



You'll sit proudly in the window
To view the eerie scene
As the gremlins dart by,
Celebrating Halloween.

You will radiate with beauty
As the young and very old
Are captured in your spell
While the witching hours unfold.

Oh, giant golden pumpkin,
When Halloween is gone,
The enchantment that you weave
Will always linger on.

Monthly Events

<u>OCT 3</u>	<u>CHENANIAH GOSPEL</u>	<u>2:30 P.M.</u>
<u>OCT 4</u>	<u>BUS LEAVES FOR Wii BOWLING-MILL RIDGE</u>	<u>1:00 P.M.</u>
<u>OCT 5</u>	<u>COTTAGE CARRY-IN DINNER</u>	<u>5:30 P.M.</u>
<u>OCT 9</u>	<u>BUS LEAVES FOR Wii BOWLING—FV</u>	<u>1:00 P.M.</u>
<u>OCT 12</u>	<u>BAT FACTORY/DERDUTCHMAN</u>	<u>9:00 A.M.</u>
<u>OCT 16</u>	<u>GRACE BROTHERS GOSPEL/BLUEGRASS</u>	<u>7:00 P.M.</u>
<u>OCT 18</u>	<u>DIETARY PRESENTATION/LABELS & SUGAR</u>	<u>2:00 P.M.</u>
<u>OCT 23</u>	<u>RUM RIVER BLEND/REFRESHMENTS</u>	<u>7:00 P.M.</u>
<u>OCT 27</u>	<u>GBV TO HOST Wii BOWLING</u>	<u>1:30 P.M.</u>

Weekly Events

Monday	9:00 A.M. Community Grocery Shopping 5:00 P.M. Wii Bowling Practice
Tuesday	10:00 A.M. Hymn Sing & Out to Lunch (Blood Pressure Checks with Theo)
Wednesday	4:00 P.M. Wii Bowling Practice
Friday	9:30 A.M. Move it with Marilyn! 4:00 P.M. Wii Bowling Practice
Sunday	2:30 P.M. Chapel—Community Room

Wii BOWLING HAPPENINGS

Wednesday, October 4th, the bus will leave @ 1:00 P.M. for Mill Ridge

Monday, October 9th, the bus will leave @ 1:00 P.M. for Friendship Village

GBV will host Wii Bowling on Friday, the 27th @ 1:30 P.M.

You are welcome to come along and be a GBV cheerleader, but you must be here early enough to catch the bus!

Phoenix Bat Factory & Lunch at Der Dutchman in Plain City

The bus will leave @ 9:00 A.M. on October 12th for this trip. You will need \$10.00 for the tour and lunch money. Sign up by calling the office on October 2nd ~836-4011~

Grace Brothers Gospel & Blue Grass

Join us on Monday, October 16th @ 7:00 P.M. for this concert in the community room.

Rum River Blend

This is a favorite group that is returning to us!! Please join us on Tuesday, October 17th @ 7:00 P.M. in the community room. Light refreshments will be served.

Dietary Presentation

Our new registered Dietician is Connie Laux. She has held this position for 30 years. Connie is here on our campus every Friday morning. She is scheduled to speak to us on Wednesday, October 18th @ 2:00 P.M. She will be informing us on how to decipher food labels. Is there hidden sugar in our food labels that we don't even know about?



OCT. 3	GLADYS
OCT. 4	ELLEN
OCT. 5	FRANCES
OCT. 6	JANE
OCT. 6	LOIS
OCT. 7	DORIS
OCT. 15	KETSEL
OCT. 15	MARGE
OCT. 21	SANDY
OCT. 30	WANDA
OCT. 30	DICK

HAPPY ANNIVERSARY

OCT. 21	DAN & SANDY
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At our last Carry-In (Town Meeting), a great suggestion was made concerning helping some of our Cottagers with transportation so that they could attend various activities at GBV. Please look at my comments from the 'Question/Comments & Answers' from this Town Meeting that is attached to this Newsletter for more details concerning this "Transportation Shuttle Program for Cottagers." At this point, anyone interested and available to volunteer their time as a driver and their car, please contact me ASAP. Those that need a ride to an event (starting with the Carry-In on October 5 and then the Carry-In on November 2), please let me know of your interest. Depending on the availability, I will match up drivers with those that desire or need some transportation to and from the Carry-In. If this is a success, I will transfer my role to someone interested in continuing it and perhaps we can expand this 'Transportation Shuttle Program' to include other activities at the Village (i.e. Entertainment, various programs, Hymn Sing, etc.).

I very much like this idea and see how it can be very helpful to many of our residents both currently and in the future. This is why I want to help get this program started as soon as possible. The reason that I will have to transfer my role is very simple; the Cottages are considered Independent Living. As such, GBV will not offer a 'taxi' service unless we significantly increase our prices to cover this type of 'Cottage Shuttle Services' (i.e. Insurance, staff time). Since this will be strictly a volunteer program for Cottagers by Cottagers, those types of expenses (esp. Insurance), will not be a factor. Again, I think this will be a great addition to the many opportunities that are available to you at GBV. However, the eventual success of this 'Transportation Program' will rely 100% on you just like our other great Independent Living Volunteer-Based programs does (i.e. Hymn Sign, Carry-In, Exercise Group, Card Night, etc.).



Many of you along with many families have inquired whether or not you can pay your monthly bill by an Auto Payment or ACH Payment. I have looked into this over the years and it either was too expensive for the volume we need it for or the technology was just not there yet for our needs. I am pleased to announce that the technology is finally at our high level (i.e. software and procedures to implement are a lot more secure), and the expenses have come down significantly since I first looked into it a few years ago. Now the question is; how many people would like this type of service (i.e. making ACH monthly Payments)? I will send out a simple survey to see if there is enough interest in order to proceed to implement this ACH Payment service.



You may have noticed some minor construction in the Village that will be going on until mid to late October. There is a crew that is completing some renovations of 4 Sun Rooms. Some of the old aluminum Sun Rooms where leaking water or just falling apart. Because of this, GBV decided to have them replaced by a better and more permanent solution so that in 10-15 years from now, we do not have to go through this renovation process again.

Front Sign Update: nothing to report. We are still waiting to be presented for a variance to the Englewood Zoning Board.

Last item before sharing an article from the internet that I hope is of interest to you.

At the last Town Meeting, it was brought up that there is more and more 'evidence' on the ground from dogs that people failed to clean up after. In order to be considerate and respectful of all that live here, PLEASE pick up after your pet. I love pets (especially dogs) and I love the fact that we are so pet-friendly at GBV. None of us like doggy 'evidence,' so PLEASE pick up after your pet. Since no one is sure whether this problem is more of an issue with visitors coming onto our campus as opposed to residents that live here, please see my answers to the latest Town Meeting concerning this issue that are attached to this newsletter.



~cont'd on Pg. 5~

Connie Laux, MEd, RDN, LD, our Registered Dietitian, has a fall recipe she would like to share with you this month:

Pumpkin Oatmeal Pancakes

2 1/2 cups unbleached flour

1/2 cup oatmeal

1/4 cup brown sugar

2 tablespoons baking powder

1 1/2 teaspoons baking soda

Pinch salt

4 eggs, lightly beaten

2 1/2 cups buttermilk

1/2 cup canned pumpkin

2 tablespoons canola oil

1 tablespoon vanilla extract

Optional (1/2 teaspoon ground cinnamon, ginger or allspice- any or all)

Butter for griddle, plus more for serving

Warm maple syrup, for serving



Directions

In a medium mixing bowl, whisk together all of the dry ingredients. Add all of the wet ingredients and mix gently with a rubber spatula just until the mixture is incorporated. There may still be a few small lumps. Do not over mix or the pancakes will be tough. Cook on a lightly buttered griddle or electric skillet at 375 degrees F until the pancakes form bubbles and the edges look dry. Flip the pancakes and cook for 1 or 2 more minutes. Transfer to a serving platter and keep warm. Repeat with remaining batter. Serve with warm pure maple syrup and butter.

I use an ice cream scoop or ladle to gently place the pancakes on the griddle saving enough space between them to allow them to spread without merging. I will also use leftover sweet potatoes in place of pumpkin and these are just as good. You can cut this recipe in half or keep batter in the refrigerator for up to a week if it is in a closed container. These pancakes are full of fiber, vitamin A, B complex vitamins, calcium and omega 3 fatty acids. Bon appetit!

The Surprising Secret to Aging Well

The following article was written by Barbara Knickerbocker Beskind for Next Avenue.

As an occupational therapist and someone in my early 90s, here's what I recommend to age well: good posture and a brisk 30-minute walk daily from early childhood on. This builds bone density and balance reflexes that reduce the impact of falls and injuries in later years.

Walking has enormous benefits — emotionally and even creatively — as recent studies show. This is in addition to the well-known benefits to the pulmonary and cardiovascular systems. A sturdy gait pattern with alternating arm/leg movement helps maintain balance reflexes and strength in lateral hip muscles.

Good posture goes hand-in-hand with good walking, stride and vertical balance. It has been found that going out for a walk midday frees up the frontal lobes from the clutter of study or business. This can enhance creativity as well as reduce stress and/or depression.

Current Risks

Poor posture, compromised gait patterns and less daily walking lead me to think that people under 30 in particular, but also others tied to electronic devices throughout their lives, have a heightened risk of early aging. Carrying heavy backpacks or sports bags causes the hips to thrust back to maintain walking balance when the shoulders are hunched forward. By age 50, people may already be at risk of losing their balance.

Now consider the more common ills of aging, such as loss of joint range and flexibility, loss of strength in lower extremities, loss of balance due to a variety of causes and loss of vision. There's an even greater need for maintaining good balance from the proprioceptors of the weight-bearing joints as well as the vestibular system of the ear.

For those already in the aging arena, my motto is "stay vertical and moving forward." This is best done by keeping "ears over hips and hips over heels."

Consider Poles Over Canes

For the past three years, as my vision has decreased, I have depended on regular use of a pair of ski poles. The vertical grip promotes good posture and enables me to use the natural gait patterns. Ski poles have assured me of the terrain and protected me from stumbling. I apply rocker bottoms (available at sporting goods stores) to provide valuable push-off at every step so it feels like I'm "floating" down the corridor.

Ski poles seem to provide better stability than a cane. They also imply healthy, active aging and that one is fully engaged in life.

Seeing Results

Having been an occupational therapist for 44 years, 20 of which were in the U.S. Army, I have seen the benefits of good posture and balance in the physical rehabilitation of service injuries and in treating children with significant learning differences. Now that I'm visually impaired, I realize even more that my own balance skills must be maintained. I watch elderly people in my retirement community and see the damage to overall health from poor posture and leaning heavily on a walker.

In summary, the path to healthy aging begins early. Good posture and good walking habits can optimize bone density, muscle strength and body balance — and are essential to safe mobility in vision loss.

~Mike



Owls are among the most specialized and highly adapted bird groups. They have 14 neck vertebrae and their heads can turn 270 degrees. Their eyes are large and close together for night vision. Owls have large wings with rounded edges to allow for silent flight. Their large ears are hidden in feathers on the sides of their head for good night hearing. During the day time, owls are quiet, but at night, they are flying and hunting for small prey like mice, moles and toads.

Our big barn was a favorite hiding place for small barn owls. There are 40 different kinds of barn owls, and about 9% of them live in North America. We had four of them that would hide in our hay loft during the daytime. Our big blue tom cat enjoyed hunting for these owls during the day.

There are three species of screech owls in the United States; eastern in the east and western in the west. They are cavity nesters. Western Screech owls call out with hoots, toots and boos. They eat small rodents and insects.

The Great Horned Owl is a tough owl, hunting scorpions, bats, rabbits and falcons.

Our farm was in a valley with forested hills on west and east. At about 2:00 A.M. a big owl on east hill and another one on west hill would wake me up by calling softly, "who-o-o". Big owl on west hill would answer, "Who-o-o, who-o-o". These calls would go on for an hour!

~Alice

Winners vs. Losers

A winner is always part of the answer.
A loser is always part of the problem.

A winner always has a plan.
A loser always has an excuse.

A winner says, "Let me do it for you."
A loser says, "That is not my job."

A winner sees an answer for any problem.
A loser sees a problem for any answer.

A winner sees a green near every sand trap.
A loser sees two sand traps near every green.

A winner says, "It may be difficult, but it's possible."
A loser says, "It may be possible, but it's too difficult."

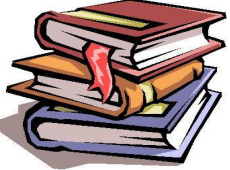
Which Team Do You Want To Be On?

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MONTHLY REMINDER
TEST YOUR EMERGENCY PHONE.
PRESS BUTTON ON PENDANT THE
SAME DAY EACH MONTH, SUCH
AS YOUR
BIRTHDAY DATE

MONDAY VAN SERVICES
MONDAY MORNINGS 10:00 A.M. GBV VAN TAKES
COTTAGE RESIDENTS TO GROCERY
AND OTHER ERRANDS
CALL JOHN
TO LEAVE A MESSAGE IF YOU REQUIRE
TRANSPORTATION ON MONDAYS
Please call him on Friday, prior to the Monday

**GBV's Hooked on
Books Club**



**Our books have been moved into the
Exercise Room, off of the Community
Room. The books will always be
available to you. Enjoy!**

**"God gave us two ears and one
mouth so we may listen twice as
long as we speak."**

Cottage Move-ins

Sue —late September

**Irene will be transferring from cottage
in early October**

**Ed & Roberta now
have a phone #**

BUS GARAGE
FUND
\$13,431.10

Water Volunteers Still Needed!

**The nursing center is still in need
of people to pass out ice water to
our residents. This takes about
one hour in the morning and it re-
ally helps out our nursing aides!**

**If you are interested in assisting in
this way, please call Marilyn**