

# Grace Notes



**September 2017**

**Issue 216**

## IN LOCUST GROVE by Whittier

Still sits the schoolhouse by the road  
A ragged beggar sleeping;  
Around it still the sumachs grow  
And the blackberry vines are creeping.

Within, the master's desk is seen  
Deep-scarred by raps official;  
The warping floor, the battered seats  
The jack-knive's carved initial.



~Submitted by Alice

### Monthly Events

<b>Sept. 5</b>	<b>Chenaniah Gospel Hour</b>	<b>2:30 P.M.</b>
<b>Sept. 7</b>	<b>Cottage Carry-in Dinner</b>	<b>5:30 P.M.</b>
<b>Sept. 11</b>	<b>Rhythm Ramblers</b>	<b>7:00 P.M.</b>
<b>Sept. 14</b>	<b>Armstrong Space Museum</b>	<b>9:00 A.M.</b>
	and lunch	
<b>Sept. 15</b>	<b>"Street Names of Dayton"</b>	<b>2:30 P.M.</b>
	- presented by Angie Hoschouer	
<b>Sept. 21</b>	<b>Cottage Council Meeting</b>	<b>10:00 A.M.</b>

### 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

**Rhythm Ramblers**

This is a vocal group that is coming to us on Monday, September 11th. They are a mix of gospel/variety of music. The concert is in the Community Room and begins @ 7:00 P.M.

**Armstrong Space Museum**

On Thursday, September 14th we will take our trip for the month. We will travel to Wapakoneta to visit the Armstrong Space Museum. The cost of the tour is \$7.00. You will also need lunch money as we will dine at the Lucky Steer Restaurant. You may sign up beginning September 1st by calling the Business Office @ 836-4011. The bus will leave @ 9:00 A.M. for this trip.



**Street Names of Dayton**

If you've ever driven through Woodland Cemetery, you may have noticed that many of the monuments have the names of many of the streets in Dayton. In this program, we'll introduce you to the men and women whose streets bear their name and how they contributed to the history of Dayton. This program is scheduled for Friday, September 15th @ 2:30 P.M. in the Community Room. The presentation is led by Angie Hoschouer. There is a small donation fee of \$2.00 at the door.



SEPT. 8	BETSY
SEPT. 8	DICK
SEPT. 13	BONNIE
SEPT. 15	FRITZ
SEPT. 16	JOAN
SEPT. 20	JOANN
SEPT. 21	DAVE
SEPT. 25	PEGGY
SEPT. 26	GENNY
SEPT. 27	DICK
SEPT. 30	CHARLENE

**HAPPY ANNIVERSARY**

SEPT. 2	ED & ROBERTA
(they are moving into cottage #102 on September 7th)	



Over the years of writing 'Mike's Moments,' I have come to read and re-print many interesting and very useful information on various health topics specifically geared toward us (myself included . . . the older adult). Many times, these different articles are about how we can stay healthy longer (both mentally and physically), or the articles are how we can maintain and not lose what we once had.

It is very rare that I come across an article that actually states that we are not all that bad when it comes to some aspects of our mental capabilities. The below article is from a professor from 'THE' Ohio State University who has done research to prove that the stereotypes that our mental processes slow down with age (especially our decision-making capabilities) is not necessarily true. This article is a rarity. I hope you enjoy it as much as I did when I showed it to my 21 year old daughter who already thinks just because she knows and understands all this new fancy technology stuff; she is so much smarter than our 'older' generation.

## Older Folks, College Kids Make Decisions Just as Quickly

Finding runs counter to notion that thought processes slow down with age.

By Alan Mozes, HealthDay News

TUESDAY, Jan. 3, 2012 (HealthDay News)

Good news for seniors: Your decision-making skills may be as quick and sharp as college students, researchers report. Their accumulated data suggests that older people who remain mentally healthy are potentially as capable as younger people when it comes to thinking fast and without making any mistakes.

"Many people think that it is just natural for older people's brains to slow down as they age, but we're finding that isn't always true," study co-author Roger Ratcliff, a professor of psychology at Ohio State University, said in a journal news release. "At least in some situations, 70 year-olds may have response times similar to those of 25 year-olds."

The researchers analyzed the results of word accuracy and symbol-based cognitive (thinking) testing among very young children (as young as

the second grade). They found that response time in decision-making starts out more slowly and less accurately in children compared with adults, but goes on to improve by the time people reach college age. "Younger children are not able to make as good of use of the information they are presented, so they are less accurate," Ratcliff explained. "That improves as they mature."

Ratcliff's group also pointed to prior research involving the same type of cognitive testing conducted among three age groups: college-aged students, adults aged 60 to 74, and adults aged 75 to 90. In these instances, the results suggested that while accuracy was comparable across age groups, college students tended to respond more quickly than seniors; but only very slightly. Not by a significant amount that was first believed. When the seniors were actively prodded to respond more quickly, they proved capable of doing so—just as speedily as those in their 20s.

While noting that some aspects of mental processing do suffer with age (such as "associative memory"), the team concluded that getting older does not necessarily mean losing one's ability to think fast and well. "The older view (stereotype), was all that cognitive processes decline at the same rate as people age," Ratcliff said. "We're finding that there isn't such a uniform decline. There are some things that older people do nearly as well as young people."

To maintain that mental sharpness, here are a few tips that some promising research indicates that by following, you can keep your mind sharp as you continue to age:

Control cholesterol problems and high blood pressure. These conditions can increase your risk for heart disease and stroke, which are thought to contribute to the development of certain types of dementia. Cardiovascular health—having healthy blood sugar, cholesterol levels, and blood pressure, along with being physically active, eating a nutritious diet, and maintaining a healthy weight—was associated with better cognitive function in a 2014 study published in HealthDay News. ~cont'd on pg. 4

**Don't smoke or drink excessively.** Because these are both seen as putting you at increased risk for dementia, kick the habit if you smoke and, if you drink, do so only in moderation.

**Exercise regularly.** Regular physical activity is thought to help maintain blood flow to the brain and reduce your risk for conditions such as high blood pressure that are associated with the development of dementia. Consistent vigorous exercise helps lower the risk for dementia, according to a study published in Annuals of Medicine in 2015.

**Eat a healthy diet.** People who consume plenty of vegetables and fatty fish and keep away from saturated fats are thought to have a lower risk for cognitive decline.

**Stimulate your brain.** People with less education are at higher risk for dementia, according to the Alzheimer's Association, because mental stimulation throughout your lifetime is important for your brain health. Keep your mind active by increasing your level of social interaction, learning new skills, playing challenging games, and doing other activities that require an engaged mind. People who are more socially and intellectually involved are less likely to develop dementia.

GBV has a lot of activities to help you accomplish the above tips. Just in the coming month; here are just a few activities that can help you follow the above 'tips'.

Every Friday at 9:30 A.M. in the Community Room is the 'Move-it' with Marilyn. This is an exercise group that will help you with 2 of the above tips; 1) regular activity/exercise and 2) social interaction.

Every Tuesday at 5:00 P.M. is 'Game Night' in the Community Room. By getting involved in this weekly 'Game Night,' you can cross off multiple tips from above. Stimulate your brain by 1) playing challenging games, 2) social interaction, 3) learning something new (maybe there is a game that is new to you), 4) keep your mind active 5) and of course, there is no smoking or drinking at 'Game Night'.

Every Wednesday there is Wii Bowling. Not only is this a great physical activity but the socialization and camaraderie between the bowlers is second to none. You can also cross off 1) learning new skills, 2) playing challenging games, and 3) doing other activities that require an engaged mind, from the tips above.

Every first Thursday of the month is the 'Carry-In.' If Wii Bowling camaraderie between the bowlers is 'second to none,' then the socialization and mental stimulation between everyone present at the carry-in, is beyond 'second to none.' If you have attended a 'Carry-In,' you know what I am talking about. If you haven't, you owe it to yourself to come to these monthly 'Carry-ins.' September's Carry-in will also be our last 'Town Meeting' for this year.

Every Tuesday at 10:00 A.M. is the 'Hymn Sing.' I know that the above article only talks about our mental capabilities, but in my opinion, one of the most important aspects to our overall health, is our spiritual health. This activity will definitely help you in your spiritual health along with more socialization opportunities (after Hymn Sing, the bus takes those that want to go, to a different restaurant for lunch every week).

There is also a church service every Sunday in the Community Room for even more spiritual stimulation. A different Pastor/Church hosts this service every week.

On September 20th @ 2:00 P.M. our new registered dietitian will be speaking on the topic of 'Let's Talk Sugar.' This presentation should help us all be better at deciding what we put into our bodies (please see Connie Laux, newsletter article). This should help with the tip above about 'Eat a Healthy Diet.'

~Mike

Forty Years

Solomon Ginsburg, a Polish Jew, became a flaming evangelist across both Europe and South America. In 1911, needing rest, he decided to head to America on furlough. His route took him to Lisbon where he planned to cross the Bay of Biscay to London, then on to the States. Arriving in Lisbon, Ginsburg found the bulletin boards plastered with weather telegrams warning of a terrific storm raging on the Bay of Biscay. It was dangerous sailing, and he was advised to delay his trip a week. His ticket allowed him to do that, and he prayed about it earnestly.

But as he prayed, he turned to his W.M.U. prayer calendar and found the text for that day was Deuteronomy 2:7—for the Lord your God has blessed you in all the work of your hand. He knows your trudging through this great wilderness. These forty years the Lord your God has been with you; you have lacked nothing.” The Lord seemed to assure him that his long, worldwide travels were under divine protection. Ginsburg boarded the ship at once, crossed without incident, and caught the Majestic in London. His transatlantic voyage was smooth and restful.

Only after arriving in the United States did Solomon learn that if he had delayed his trip in Lisbon, he would have arrived in London just in time. . . just in time to board the Titanic. Lesson . . . all of the time. . . God’s ways are always the best ways. It pays to pray!

~Chaplain Dick

Now Hear This!  
GBV Volunteers Needed!



The nursing center needs more volunteers to help pass ice water to our residents! This only takes about an hour in the morning and really helps out our nursing staff!

Do you have a friend that lives locally that might be interested in volunteering in this way?

If you are able to help please call Marilyn

The following article is submitted by our new registered dietitian:

My name is Connie Laux and I have been a Registered Dietitian for the last 30 years. I have certifications in Renal Nutrition and Geriatric Nutrition. I have been in Dayton for 24 years (I can remember this because I moved here when my daughter was born). I actually lived in Englewood for the first 5 years and now live in Vandalia. I am fortunate that I have been able to work in many hospital settings, nursing homes, home care agencies, teaching facilities and even a bakery. I am at Grace Brethren Village on Friday mornings and I have been enjoying meeting residents and staff. I like to try new foods which takes me to many restaurants, grocery stores and farmer's markets. The following information shows that there are many places to find locally grown foods. Farmer's Markets are a great way to support your local farmers and get a chance to see what is available in the community. It is of benefit for those with seasonal allergies because it is well documented that foods grown in your local vicinity are less likely to create an allergic reaction like stuffy nose, sinus headache and nasal drainage. This does not mean that if you have an allergy to wheat that locally grown wheat will not cause a reaction.

The best ways to get the most out of your Farmer's Market:

1. Arrive early for the best selection; arrive late for the best deals.
2. Come prepared - you never know what you'll find! Bring bags and cash. Some vendors only take cash.
3. Know that not all produce is local just because it's in a farmers market.
4. Know your local crop calendar.
5. Certified Organic vs. Grown Organically—if you are wanting this type of produce, it is important to know the difference and ask a lot of questions.
6. Beware the health blindness effect—not all items available are good for you—like fudge and baked goods.
7. Don't be afraid to try new things.
8. Walk around and check for the best deals.
9. Use farmers markets to teach your children and grandchildren where food actually comes from.

Farmer's markets in the Englewood and surrounding areas:

~Northmont Community Market (by Esther Price on Rt. 40, National Rd) Open Saturdays May through September.

~Covered Wagon Farm Market on N. Main Street— open daily 10 am – 6 pm (closed Sun/Mon).

~Shiloh Farmer's Market, Shiloh Church on No. Main St, Englewood/Dayton starting May 20, 2017

~Ginghamsburg Church Farmers Market, Saturdays from May through October.

~2nd Street Market in Dayton, Ohio. Saturdays & Sundays 10 am–5 pm.

~Fulton Farm has The Happy Box. Call 937-572-7529 for more info.

~Aullwood Farm in Englewood has assorted products including eggs, dressed chickens, sausage, beef cuts, turkey and maple syrup. Call for updated inventory. 937-890-7360.

On September 20<sup>th</sup> for the GBV Open House at 2 PM in the Community Room, I will be speaking on the topic of 'Let's Talk Sugar.' I hope you can and will attend this presentation. I also look forward to meeting many of you personally whether at this Open House Presentation or sometime in the near future.

~submitted by Mike

Beginning in the 1850's in countries of Scotland, Ireland, Russia, Denmark, the U.S.A and in rural areas with small populations, small school buildings were useful. Also, the only means of travel was walking and horse power. In the hills of Kentucky, West Virginia and southern Ohio, these little schools were built about every 20 miles. Some intelligent farmer got together with a carpenter friend and drew plans to build a one room school house.



The school house was to be twenty feet wide by forty feet long and big enough to accommodate 20 desks and benches to seat 20 children. There were three tall windows for each side of the building and the building would face north, close to a country road with parking areas for horses and buggies. In the back of this large room was a raised platform about 6 inches high from one wall to the other for teacher's desk. Behind the teacher was a wall to wall slate blackboard for teacher to write lessons on with chalk.

On the inside wall were long benches for the students to set lunch buckets. Above were hooks for hanging coats.

In the middle of the school room stood a very large metal coal burning heat stove for winter heat.



The school house's shaped top was roofed with tin roofing material. On top of the school building's front roof was a belfry that held a big iron bell. A rope hung down inside the school building which was pulled to ring the bell, a signal that classes had begun for the day.

Lessons were taught in a serious manner in these little schools so that everyone could learn.

I know these things because I attended a one room school house for eight years in order to learn readin', ritin' and 'rithmetic!

~Alice

Point of interest!

Alice told us that two of these little school houses have been saved in Adams County and are used as museums. They contain some of Alice's old McGuffey Readers, and a pencil box (with her name printed on it in gold letters). It was a gift from her father.

~This is wonderful and interesting to know!~

**1010 Taywood Road Office- 836-4011  
Englewood, Ohio 45322 Nurses Station- 836-8140  
www.gbvillage.com Fax- 836-7230**

**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!**

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**If you can't be thankful for what you  
have received, at least be thankful for  
what you have escaped.**

**Cottage Move-ins**  
**#3 Elizabeth**  
**-any day now!**  
**#102 Ed & Roberta**  
**-move in Sept. 7**  
**Judith has a new  
phone #**

**Diabetes Support Group**  
**Due to the passing of our friend,  
Jim, there will be no more Diabe-  
tes Support Group until further no-  
tice.**

**BUS GARAGE**  
**FUND**  
**\$13,369.10**