May 2017

Joyful Memorial Season
On April 11, all our residents were able to celebrate the Lord’s Evening Meal, either with their congregations or at Legacy Place. Those attending the Brookside & Central congregations’ event at Cedar Crest College travelled in style in a specialized bus from Easton Coach that allowed wheelchairs and walkers to enter & exit without a step!

Hawaiian Feast!
On Friday, April 14, Chef Dennis treated all to a delicious Hawaiian dinner: roast pork with bananas, wild rice with pineapple, and tropical slaw. This was preceded by finger-licking spare ribs and pan fried dumplings from Hunan Springs and followed by Dennis’ three different desserts! ... And how can we forget Bartender Darbin’s Blue Hawaiians! Thanks to all!

Remember When:
Singing Telegrams
When a fan sent Hollywood star Rudy Vallee a birthday message via telegram in 1933, Western Union public relations director George P. Oslin decided to have some fun with it. He asked an operator to sing the greeting over the telephone, and the business of singing telegrams was born. At that time, many people didn’t have phones, so the messages were often delivered in person by costumed performers. The popularity of the singing telegram hit its high note in the decades that followed.

Emerging Monarchs
A new generation of monarch butterflies will emerge and start fluttering about in May. Easily recognized by their brilliant black, orange and white-patterned wings, the monarchs’ main task is searching for milkweed plants on which to lay eggs, which will hatch as caterpillars and transform into the next generation to take flight.

Daydream Away
Folks who daydream can rejoice in this research: Studies show that daydreaming may be a vital cognitive tool that is linked to improved problem-solving, creativity and better social skills.

Eat for Allergy Relief
Do seasonal allergies have you sniffling and sneezing? Certain foods may provide some relief by reducing inflammation and strengthening the immune system. Try broccoli, onions, garlic, pineapple, oranges, watermelon and tomatoes.
How to Talk to Your Parent’s Doctor

Goyer’s mother and father have always been grateful she has wanted to be involved with their care. But there are many parents who are less enthusiastic when their adult child asks to go to appointments or talk to their doctor. “Stop butting in, I’m fine!” they say. They may not be fine, though. They may be missing medication, “forgetting” to report symptoms or conditions, or start to fail in other ways.

Understanding Your Parent

Experts say that if you understand and acknowledge a parent’s perspective, they are more likely to see that you’re not trying to control them or become their parent. Something like this can go a long way: “We want you to maintain your independence but also make sure there is no risk and that you are getting the best possible care. These are your decisions but we really want to help you.”

“Treating parents like children only reinforces the sense that they’re losing status, control and independence,” says Carol Levine, co-author of “The Family Caregiver Guide to Doctor Visits.” Plus, how would you like it?

“I’ve always been clear that I’m at the doctors to advocate and care for Dad and Mom, not to take over their lives,” says Goyer, author of “Juggling Life, Work and Caregiving.”

& Make Sure to Talk About

Ask your parents to sign the federal Health Insurance Portability and Accountability Act (HIPAA) form at doctors’ offices or hospitals. It gives health care professionals permission to share medical information about your parent with you. Some doctors will divulge information if the patient gives oral approval, but having the HIPAA form ensures you’ll get answers. While you’re at it, make sure Dad has filled out a health care power of attorney in case he becomes cognitively or physically unable to make decisions for himself and an advance directive regarding end-of-life care.

When Mom Says “No”

Think about why your parent is resisting. Might Dad be self-conscious and not want you in the room during the exam? That’s why there are waiting rooms! You don’t need to be there for every minute of the visit. If you think it’s important that you have access to the doctor, persist. Try:

“I respect and support your privacy and independence. I only want to be involved because I love you and want you to get the best care possible.”

Clearly, if it’s a safety or life or death issue, “you have to do what you have to do,” says Levine.

Being Involved in Your Parent’s Care

Before the visit, do a verbal dry run. “How about if we talk to the doctor together, then I’ll step out and talk to her, then you can have time with her yourself, then we’ll all get back together briefly?” If your parent doesn’t want you to have time without them, then respect their decision. You can bring up the issue with Mom in the room or email the physician in advance. Decide together what questions you want to ask and who will ask them. Let Mom or Dad take the lead. Don’t take over! Then after the visit, rehash how it went and what was said.

Regardless of which way they’re leaning — for or against your involvement — they need to know you are listening to them.
Our Wonderful Caregivers & Staff

It takes many hands and hearts to operate Legacy Place and we are blessed with many fine employees. Over the last few months, many new staff members have been added and we are grateful for them! Many have years of experience and all are learning the unique needs of our dear residents.

Our new Administrator, Jessica Robbins, has spent most of her life in senior care. Her mother was in facility management for over thirty years and Jessica has been managing for over 15 years. We thank Joe Cimerola for recruiting her to our team!

Baking Cookies!
Marie Scully, our Activities Director, is an amazing ray of sunshine, keeping all sharp and busy!

Winning Words
What do the words nunatak, feuilleton and stichomythia have in common? They have all been winning words in the annual Scripps National Spelling Bee, which begins during the last week of May.

Time to Bloom
“Cheerfulness, like spring, opens all the blossoms of the inward man.” —Jean Paul Richter

Simple Start to a Good Day
Want to start every morning with a smile? Make your bed. Studies show that completing tasks that are “keystone habits”—which also include cooking dinner and exercising—has a positive effect on your life. A made bed can lead to increased productivity and happiness throughout the day, especially since finishing one task motivates you to do another. By the end of the day, you’ll feel more accomplished and less stressed thanks to this simple morning chore.

“How do you feel about Legacy Place?”
......from our residents:
Lorraine: “it’s a place to meet all your friends”
Frank: “I like the residents!”
Margaret: “it’s better than living alone...great association; good activities”
Betty: “Legacy Place has won the race!”
Evelyn: “When it rains hard, we have a beautiful waterfall in the backyard!”
Miggs: “I like being very close to my God Jehovah: one foot in the Kingdom and one here!”
Betty: “It’s a very happy place that makes everyone smile”
David: “Excellent service - across the board!”
Lillian: “I appreciate it 100% - I wouldn’t know where else to go”
Lisa: “I love it here...we’re with family”
Raymonde: “It’s so bright - you don’t feel like you are in a home”
Craig & Mary: “This is a wonderful place to be and we are recommending it to all our friends!”
Companies often advertise their products by creating catchy jingles, and the most popular ones live on for decades and become part of pop culture. See if you find yourself singing along to these.

<table>
<thead>
<tr>
<th>Year</th>
<th>Product</th>
<th>Jingle</th>
</tr>
</thead>
<tbody>
<tr>
<td>1963</td>
<td>Oscar Mayer hot dogs</td>
<td>“Oh, I wish I were an Oscar Mayer wiener …”</td>
</tr>
<tr>
<td>1971</td>
<td>McDonald’s</td>
<td>“You deserve a break today …”</td>
</tr>
<tr>
<td>1975</td>
<td>Alka-Seltzer antacid</td>
<td>“Plop, plop, fizz, fizz, oh what a relief it is!”</td>
</tr>
<tr>
<td>1976</td>
<td>Band-Aid bandages</td>
<td>“I am stuck on Band-Aid brand, ‘cause Band-Aid’s stuck on me …”</td>
</tr>
<tr>
<td>1984</td>
<td>Folgers coffee</td>
<td>“The best part of wakin’ up is Folgers in your cup.”</td>
</tr>
<tr>
<td>1986</td>
<td>Kit Kat candy bar</td>
<td>“Give me a break… give me a break… Break me off a piece of that Kit Kat bar!”</td>
</tr>
</tbody>
</table>