



AMC News for the New Year

January/February 2019

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PO Box 450, Ashley ND

Resident Birthdays

Adeline Heupel	1/11
Leona Volk	1/12
Lorenz Sackmann	1/18
Mary Ann Wolf	1/20
Phyllis Golz	1/22
Hildegarde Baumann	2/4
Pete Helfenstein	2/26
Milton Baumann	2/27

Wellness Committee Tip

20 Ways to Beat Post-Holiday Weight Gain

Guilty of overeating during the holidays? Here are 20 simple ways to beat weight gain.

Drink Water

People often mistake thirst for hunger, so next time you feel like noshing, reach for water first. Drinking also helps you feel full. Some experts suggest sipping water (or iced tea) just before you sit down to a meal. Continue drinking as you eat to add volume and weight to your meal.

Set Realistic Goals

One or two pounds a week maximum is doable. Top weight-loss programs advocate stopping after the first ten pounds and maintaining that loss for about six months before trying to lose any more.

Build In Splurges

If you allow yourself to eat whatever you want for two meals out of every 21, you won't inflict enough damage to subvert your weight loss. And you'll feel less deprived.

Count To 10

Studies suggest that the average craving lasts only about ten minutes. So before caving into your urge, set your mental timer for a 10 minute time-out. Use the time to tackle an item on your to-do list; choose one that will give you a sense of accomplishment-and get you out of the kitchen.

Eat More Often

People who have kept their weight off for more than a few years tend to eat an average of five times a day. Light, frequent meals curb your appetite, boost your energy, improve your mood and even speed your metabolism, since the process of digestion itself burns calories.

Make Weekly Resolutions

Don't try to overhaul your diet overnight. If you make too many changes at once, chances are you'll get frustrated and throw in the towel. Instead, make one change, such as eating at least one piece of fruit daily, every week.

Start With 10 Percent

People who start by focusing on achieving just 10 percent of their long-range weight loss goal may have the best chance of ultimate success. Losing those first pounds yields the biggest health gains, too, since belly fat is usually the first to come off and is the most dangerous.

Spike Your Meals with Salsa

This spicy condiment can stand in for mayo to deliver plenty of flavor without the fat. Mix it with a bit of low-fat yogurt to make tuna salad. Spread it on a veggie burger, or serve it with chicken or fish.

Take 1/3 Off

When you eat dinner out, reduce the temptation to clean your plate by setting aside one-third of your meal. Ask the server for a doggie bag and take it home for lunch the next day. Try serving yourself one-third less at home too. This simple tactic could subtract more than 500 calories a day.

Go Easy On the Alcohol

Remember that alcohol is a source of calories. A 12-ounce beer has 150 calories; a 3.5-ounce glass of wine, 85. A margarita packs a bigger caloric punch. Even worse offenders are creamy cocktails, such as mudslides-equivalent to drinking a rich dessert. The bottom line: If you're trying to lose weight, stick with water.

Write Notes to Yourself

To help you stay on track, post notes to yourself on the fridge and the pantry. Put up a little stop sign or make tags with questions like "Do you want this food enough to wear it?" and "Are the calories worth the consequences?"

Stay Away From Sodas

Soft drinks are a major source of empty calories in the American diet. We drink twice as much soda as milk and nearly six times more soda than fruit juice. But fluids don't satisfy your appetite as solids. A study at Purdue University found that when people were fed 450 calories daily as jelly beans or as soda, the soda drinkers gained a significant amount of weight, but the jelly bean-eaters compensates for the extra calories by cutting back on other food. So if you crave something sweet, you're better off chewing it than gulping it. If you're truly thirsty, reach for water or unsweetened iced tea instead of soda.

Don't Just Eat-Dine

Eating on the run or in front of the tube invites mindless munching. Instead, set the table every time you eat. Make a conscious choice to sit down and savor every bite. Placing a portion of chips on your best china helps focus your attention so you don't eat the whole bag.

Up Your Protein (A Little)

Research suggests that protein prolongs the feeling of fullness better than carbohydrates or fats do. Studies in Scotland, Denmark, Sweden and England found that people who ate a high-protein breakfast or lunch were less hungry at their next meal. Protein also requires a few more calories to digest. Just don't go overboard. Stick to low-fat protein sources like low-fat yogurt or cottage cheese, low-fat soy drinks or snacks, or thinly sliced turkey breast.

Learn How to Measure

It's easy to misjudge portion sizes. Pull out the measuring spoons and cups, especially for full-fat salad dressings, dairy foods and mayo.

Make Smart Substitutions

Look for nutritious low-calorie alternatives to sugary, high-fat treats. Try frozen grapes instead of candy. Use air-popped popcorn instead of oil-popped. Dip fresh strawberries in fat-free fudge sauce for a sensuous chocolaty treat.

Have A "Party Plan"

When attending a party, offer to bring a plate. Arriving armed with chopped fresh veggies and a low-fat dip—or any other low-calorie snack—ensures that you'll have something to snack on without feeling guilty.

Think Positively

Experts note that low self-esteem is a major cause of overeating. Train yourself to focus on your best points rather than your weak spots. Buy clothes that fit and flatter you at your current weight.

Give Yourself a Break

No one says you have to reach your goal without making mistakes along the way. Tell yourself you can succeed in losing weight by taking things one step at a time and starting fresh whenever you slip up. If you overate one night, just get back on track in the morning by focusing on what's worked for you in the past.

Relax!

Some people binge when they are stressed. A Yale University study found that women who secreted the most cortisol (a hormone released during stress) ate the most high-fat food after stress. The combination of cortisol and insulin prompts the body to store fat in preparation for possible starvation---just what you don't need. If stress has a stronghold on your life, try learning yoga, meditation, or simple breathing exercises.

~Kennedy Helfenstein, Wellness Committee Member~

Activity Avenue

Greetings from the AMC Activity Department! We have been very busy through the holiday season. We wrote and sent Christmas cards for our residents to their family members and friends and decorated the halls to create a more festive atmosphere.

We want to thank everyone who helped us in any way during the Christmas season, which we will try to summarize here.

The Ashley Baptist Church ladies came and decorated our Christmas tree on December 5th. We held our Annual Hanging of the Greens on December 6th. Thanks to the families for coming and decorating their loved one's rooms and enjoying coffee and cookies while they were here. On December 16th two groups came to sing Christmas carols, the Flickertail 4-H Club and the Ashley Baptist Church. On December 20th we held our Christmas Party. The Ashley Community Choir, under the direction of Charles Garness, presented a cantata entitled "The Heart of Christmas". The group consisted of about 35 adults and young adults who love to sing. After the performance we enjoyed lunch. Before the event ended Santa appeared to distribute gifts from families. Families are to be commended for their participation in providing gifts. Santa also handed out bags of goodies from the Ashley Chamber of Commerce. Also a group of AMC employees "adopted" a resident for Christmas and brought a gift for their resident. It was an idea born shortly before the party but came together nicely as each resident received 1 or 2 gifts. Thanks AMC staff, families and the city of Ashley for your generosity! Another party, a New Year's party was planned for December 27th. The weather changed the AMC Auxiliary's plans to attend and provide entertainment. They still, however, provided the food for a substitute event, the ever-popular Happy Hour! Thank you Auxiliary!

We also celebrated Christmas through our weekly chapel/worship services with communion being offered on December 21st.

We ventured out to look at Christmas lights around town on our Tour of Lights on the 17th and took in the Ashley School 7-12th grade Christmas Program on the 18th. Our activity staff would like to thank everyone who helped with these events; the school for letting us unload and load at a convenient spot, the AMC staff who helped and weren't on duty and the family members of who helped get everyone safely back home that evening and when we were out looking at Christmas lights. Everyone's efforts over the holidays were appreciated.

Now, we made an "onion calendar" on the 31st to help predict moisture for the new year. Hopefully we'll see how this old-fashioned way of forecasting holds out!

In January, we'll be playing Bingo 2 times a week and playing games to keep up our activity level to chase away the winter blues. We're already seeing longer days, which is good for everyone.

Keep warm and healthy this winter so that you'll have a "cool" winter!

-Charles Dockter, Heidi Beach, Shirley Schumacher, Sharron Meidinger-



Business Office News Bytes

Thank you to the following friends and families of AMC for the donations and memorials made in honor of loved ones!

Memorials In Honor Of

Nancy Schnabel
 Hildegard Weisser
 Larry Stugelmayer
 LeMar Haas
 Sandra Gjerde
 Jerome Rott

Donations

Zion Lutheran Church-
 Women of the ELCA
 Bismarck State College
 James Goettle
 Kenneth & Marsha Retzer
 Jeff & Angelia Finnegan
 Pat & Gwen Finnegan
 Charles & Ethel Puhlmann

Donations from McIntosh County Bank

Nancy Schnabel
 Hildegarde Weisser
 Jean Pfeifle
 Bernice Wolf
 Larry Stugelmayer
 LeMar Haas

Your continued support means a lot to us! Thank you to all who donate to AMC!
 Remember to utilize Amazon Smiles and contribute to AMC. Your contributions help us to serve the public to our best ability.

~Mary Lehr, Marisa Meidinger, Sue Goettle & Rhonda Platz~

Infection Control Tip

Cold Remedies: What Works, What Doesn't, What Can't Hurt

There's no cure for the common cold. But what about cold remedies that claim to make you feel better faster? Find out what's effective---and what's not. Cold remedies are almost as common as the common cold, but are they effective? Nothing can cure a cold, but there are some remedies that might help ease



your symptoms and keep you from feeling so miserable. Here's a look at some common cold remedies and what's known about them.

If you catch a cold you can expect to be sick for one to two weeks. That doesn't mean you have to be miserable. Besides getting enough rest, these remedies might help you feel better:

Stay Hydrated. Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration. Avoid alcohol, coffee and caffeinated sodas, which can make dehydration worse.

Rest. Your body needs to heal.

Soothe a sore throat. A saltwater gargle—1/4 to 1/2 teaspoon salt dissolved in an 8 oz. glass of warm water—can temporarily relieve a sore or scratchy throat. Children younger than 6 years are unlikely to be able to gargle properly. You can also try ice chips, sore throat sprays, lozenges or hard candy. Use caution when giving lozenges or hard candy to children because they can choke on them.

Combat stuffiness. Over-the-counter saline nasal drops and sprays can help relieve stuffiness and congestion. In infants, experts recommend putting several saline drops into one nostril, then gently suctioning that nostril with a bulb syringe.

Sip warm liquids. A cold remedy used in many cultures, taking in warm liquids, such as chicken soup, tea, or warm apple juice, might be soothing and might ease congestion by increasing mucus flow.

Add moisture to the air. A cool-mist vaporizer or humidifier can add moisture to your home, which might help loosen congestion. Change the water daily, and clean the unit according to the manufacturer's instructions.

Try OTC cold and cough medications. For adults and children older than age 5, OTC decongestants, antihistamines and pain relievers might offer some symptom relief. However, they won't prevent a cold or shorten its duration, and most have some side effects.

The list of ineffective cold remedies is long. Some of the more common ones that don't work include:

Antibiotics. These attack bacteria, but they're no help against cold viruses. Avoid asking your doctor for antibiotics for a cold or using old antibiotics you have on hand. You won't get well any faster, and inappropriate use of antibiotics contributes to the serious and growing problem of antibiotic-resistant bacteria.

OTC cold and cough medications in young children. OTC cold and cough medications may cause serious and even life-threatening side effects in children.

In spite of ongoing studies, the scientific jury is still out on some popular cold remedies, such as vitamin C and Echinacea. Here's an update on some common alternative remedies:

Vitamin C. It appears that for the most part taking vitamin C won't help the average person prevent colds. However, taking vitamin C before the onset of cold symptoms may shorten the duration of symptoms. Vitamin C may provide benefit for people at high risk of colds due to frequent exposure---for example, children who attend group child care during the winter.

Echinacea. Study results on whether Echinacea prevents or shortens colds are mixed. Some studies show no benefit. Others show some reduction in the severity and duration of cold symptoms when symptoms are taken in the early stages of a cold. Different types of Echinacea used in different studies may have contributed to the differing results. Echinacea seems to be most effective if you take it when you notice cold symptoms and continue it for seven to ten days. It appears to be safe for healthy adults, but it can interact with many drugs. Check with your doctor before taking Echinacea or any other supplement.

Zinc. There's been a lot of talk about taking zinc for colds ever since a 1984 study showed that zinc supplements kept people from getting as sick. Since then, research has turned up mixed results about zinc and colds. Some studies show that zinc lozenges or syrup reduce the length of a cold by one day, especially when taken within 24 hours of the first signs and symptoms of a cold. Zinc also has potentially harmful side effects. Talk to your doctor before considering the use of zinc to prevent or reduce the length of colds.

Although usually minor, colds can make you feel miserable. It's tempting to try the latest remedy, but the best thing you can do is take care of yourself. Rest, drink fluids and keep the air around you moist. Remember to wash your hands frequently.

~Kathy Jenner, Infection Control Nurse~

CLINIC CONNECTION

WE ARE EXCITED TO ANNOUNCE THAT WE ARE NOW OFFERING VITAMIN B12 INJECTIONS HERE IN THE CLINIC! FEELING TIRED, WEAK, TROUBLE WITH CONSTIPATION OR DIARRHEA, OR NUMBNESS AND TINGLING IN YOUR NERVES? VITAMIN B12 INJECTIONS CAN HELP WITH ALL OF THESE ISSUES! CALL TODAY TO GET SCHEDULE FOR YOUR INJECTION!

WE ARE ALSO VERY EXCITED TO WELCOME CORI RANDALL, FNP-C TO OUR STAFF HERE AT THE CLINIC! DO YOU HAVE SKIN ISSUES YOU WOULD LIKE TO HAVE CHECKED? CORI SPECIALIZES IN DERMATOLOGY AND WOULD LOVE TO HELP YOU WITH ANY CONCERNS. IN THE NEAR FUTURE, CORI WILL BE OFFERING BOTOX INJECTIONS IN THE CLINIC. WELCOME CORI, YOU ARE A GREAT ASSET TO OUR CLINIC!

~JEN KASEMAN, CLINIC MANAGER~

HOSPICE HELP from Hospice of the Red River Valley

Palliative Care Vs. Hospice Care

While both palliative care and hospice care seek to relieve an individual's pain and symptoms of chronic disease, there are significant differences.

Palliative care:

- Can be provided earlier in the disease process than hospice care and does not require six-month prognosis
- Can be utilized alongside curative care and therapies

- Includes consultations with the palliative care registered nurse or NP

Hospice care:

- Is provided when an individual has a life expectancy of six months or less
- Is intensive comfort care, rather than curative care; individuals choose to focus on quality of life and forego curative treatments
- Provides medications for the terminal diagnosis and related conditions, equipment and supplies
- Includes 24/7 access via phone to a team of health care professionals
- Offers volunteer support to patients for companionship by playing cards, reading a newspaper, having coffee, taking walks, giving wheelchair rides or whatever the patient finds most comforting.

Social Services Scoop

Hello and Happy New Year everyone! We hope you all had a great holiday season and spent time with your loved ones. We saw many visitors here over the last few weeks coming to spread some holiday cheer to the residents and we are so thankful for those of you who came to visit. The residents love to have visitors and will tell us stories for days about who came to see them and how much fun they had! It really does make their day!

With the new year we have a few reminders and changes that we'd like to pass on so that everyone is on the same page.

- Please remember that residents are not to have power strips or extension cords in their rooms. We realize that this is a little inconvenient as the outlets in rooms are not always in the best spot, but this is a state regulation that we must follow.
- We have changed our "guest dining" procedure and will now be taking guest meal requests via the Dietary Department. If you would like to eat a meal with a resident and/or reserve the Sun Room or Conference Room, please contact the kitchen at 701-288-5284.
- When bringing in outside food for the residents to have at a party or activity, please contact the Dietary Manager, Denny Hoffman, as we must document what is being brought in and ensure that it meets safety/quality standards. Regulations are becoming more strict in regards to food safety and we want to make sure that we follow guidelines and keep the residents safe.

As always, thank you to all of you who continue to show up and support the residents here at SNF. Whether that is volunteering for an activity or making sure your loved one has new shoes when needed. It not only means something to the residents to have you involved, but it also helps our staff as well.

We hope you are off to a great start of 2019!

~Tia Kiefer, LSW & Virginia Kaseman, SSD~

