Spring: a time of renewal

Spring time awakens thoughts of longer days, warm breezes, and extra time outdoors. We also anticipate the arrival of tulips and daffodils along with thoughts of planting gardens and reaping the benefits of fresh vegetables as we move into the Summer months.

Spring can also promote goals of either continuing or beginning a healthy lifestyle that includes better eating habits and keeping physically, socially and mentally active.

This Spring, consider the following tips as you begin to formulate your own ideas to renew your spirit:

**BE ACTIVE**

Aim for about 30 minutes of activity most days: all at once, or in three ten-minutes sessions. Pick a regular time of the day for activity. Start with 5 to 10 minutes a day and build slowly. Do something: any activity is better than no activity. Ask your doctor for advice before starting a formal exercise program.

**STAY CONNECTED**

Discuss your feelings, hopes, concerns and goals regularly with family and friends. Schedule social activities you enjoy at regular times during the week. Make time for coffee with friends, classes or activities, or services at a place of worship.

**EAT SMART**

Limit red meat, butter, regular cheese, whole milk, and foods with hydrogenated fats on the label. Eat 2 to 3 servings of low-fat or fat-free milk, yogurt or cheese a day. Include lean meat, poultry, fish, dry beans, egg whites, or nuts in your daily diet. Replace processed white breads and pasta with whole grain, high-fiber foods. Eat 2 to 3 servings of fruit and 3 to 5 servings of a variety of colored vegetables and fruits. Use plant oils such as olive, soy, corn, and sunflower. Remember to limit portion size.

**GET INVOLVED**

Choose daily activities that you enjoy to keep your mind sharp and provide you with feelings of accomplishment and purpose. Try volunteering, a hobby, a class, a part-time job — or another activity that keeps you busy. One idea: Consider a coloring group. Coloring has become very popular for adults of all ages. People who partake in this activity agree coloring is a great stress release and keeps a person focused on a relaxing activity. Best of all — it’s FUN.

Spring Blessings from Compassionate Care!
Super Foods have super health benefits

**ALMONDS**
Packed with calcium, they contain heart-healthy fat. Not too many, though, they’re high in calories.

**BLUEBERRIES**
Lots of antioxidants which help prevent cancer and improve mental performance in older adults.

**OATMEAL**
Full of fiber, oatmeal can help lower cholesterol.

**TOMATOES**
Bursting with lycopene, which may help reduce cancer risk, heart disease, and macular degeneration.

**OLIVE OIL**
Choose for its monounsaturated fat, which can help lower cholesterol.

Add these to your diet, or talk to your nutritionist/healthcare provider to see if they’re right for you. Find More healthy food information & tips at www.myplate.gov

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**Grandma’s Pearls of Wisdom**

I’ve traveled paths you’ve yet to walk
Learned lessons old and new
And now this wisdom of my life
I’m blessed to share with you

Let kindness spread like sunshine
Embrace those who are sad
Respect their dignity, give them joy
And leave them feeling glad

Forgive those who might hurt you
And though you have your pride
Listen closely to their viewpoint
Try to see the other side

Walk softly when you’re angry
Try not to take offense
Invoke your sense of humor
Laughter’s power is immense

Express what you are feeling
Your beliefs you should uphold
Don’t shy away from what is right
Be courageous and be bold

Keep hope right in your pocket
It will guide you day by day
Take it out when it is needed
When it’s near, you’ll find a way

Remember friends and family
Of which you are a precious part
Love deeply and love truly
Give freely from your heart

The world is far from perfect
There’s conflict and there’s strife
But you still can make a difference
By how you live your life

And so I’m very blessed to know
The wonders you will do
Because you are my grandchild
And I believe in you.

“You are brighter than the sunlight and bolder than a rainbow.
You are the reason Spring was created in the first place.”

— Toni Sorenson

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**Shedding Light on Dementia**

**Tuesday, April 19, 2016**

**Assembly of God Church**

**3821 Abbott Dr. ~ Willmar MN**

The West Central Dementia Awareness Network is excited to bring guest speaker Lori LaBey to this year’s Spring event.

Lori is the founder of Alzheimer’s Speaks, a Minnesota-based advocacy company providing education & support for those living with Alzheimer’s disease.

- **1:00—3:15 p.m.** Lori will share about dementia around the world: perceptions, stigmas, services and movements.
- **3:30—5:00 p.m.** Lori will share how to make a difference and finding balance when caregiving.
- **5:00—5:45 p.m.** Visit displays & enjoy a light supper
- **5:45—7:15 p.m.** “His Neighbor Phil” film. Learn how and why the small town of Zumbrota, MN came together to make this film.
- **7:15—8:00 p.m.** Discussion about film and Q & A time.

Cost for entire event is $15

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**GIVE AWAY:**
If you happen to be looking for a single, newer hospital bed:
Call 231-2793.