

THE TAMBREE TIMES

Finding Joy in the Journey



National Assisted Living Week

NATIONAL CENTER FOR ASSISTED LIVING

“Capture the Moment” is this year's theme for National Assisted Living Week, which hopes to inspire residents to realize their dreams and seize the day. Simultaneously, the theme also supports reflection, as residents may look back on the pivotal moments in their lives. With the theme’s word play referencing photography, residents may refer to pictures or videos from their past.

The theme also aims to remind assisted living staff that often the little, everyday interactions with residents can deliver high quality, person-centered care. Assisted living communities across the country are encouraged to organize activities and events during NALW that help residents celebrate their past while also enjoying the present.

In the announcement of the theme, NCAL Executive Director Scott Tittle said, “We want this year’s National Assisted Living Week to help overcome the stigma that older adults in assisted living communities, and other settings for that matter, don’t have a purpose in life anymore. No matter your age, we should all be living life to its fullest. Assisted living caregivers help seniors realize this by supporting them with everyday tasks, while maximizing their independence and honoring their individuality.”

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Janet Roper

SEPTEMBER EMPLOYEE OF MONTH

JANET, THANK YOU SO MUCH FOR BEING SUCH A VALUABLE AND IMPORTANT MEMBER OF THE TEAM. YOU ARE A PHENOMENAL CAREGIVER AND ALL OF THE RESIDENTS LOVE YOU! YOU GIVE 110% WHILE YOU ARE WORKING AND THAT IS ADMIRABLE.

-ASHLEY RODGERS

**CAPTURE
THE MOMENT**

NATIONAL ASSISTED LIVING WEEK®
SEPTEMBER 9-15, 2018



Resident Birthdays

- 1st - Karen M.
- 5th - Gale
- 16th - Jean
- 22nd - Jim

Employee Birthdays

- 4th - Kayla
- 5th - Zach
- 18th - Selina
- 19th - Janet
- 21st - Monica
- 30th - Alaina

Move-In Anniversaries

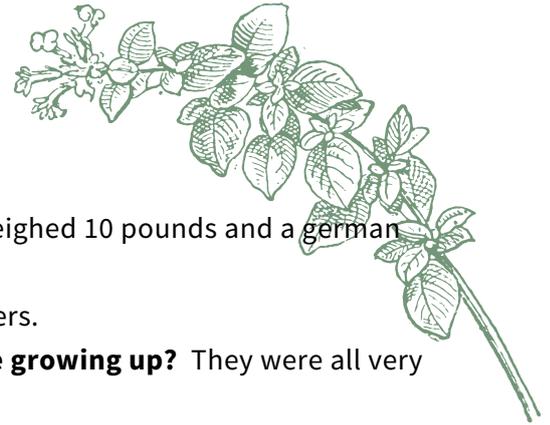
- 25th - Gwen
- 1 YEAR

Employee Anniversaries

- 1st - Monica
- 1 YEAR

Resident Spotlight of the Month

ALL ABOUT JEAN DAY



Did you go to college? Junior College, Beauty School.

Did you have any pets growing up? Yes, I had a yorkie that only weighed 10 pounds and a german shepherd that was very protective.

How many brother and sisters do you have? 2 sisters and 4 brothers.

What big world events were the most memorable while you were growing up? They were all very memorable.

When you were younger what did you want to be when you grew up? I wanted to be a hairdresser, I used to do my sisters hair all the time.

What do you remember most about your parents? Mom and dad would sit on the other side of our house so that they could eat chocolate all to themselves.

What do want your children and grandchildren to remember about you? I want them to look and act their best.

What advice would you pass along to your grandchildren? To be caring to others.

What were your favorite hobbies and games? Painting, hopscotch, basketball (I am a huge jazz fan).

What was your first job? Working at the local grocery store.

What was your favorite job? Making women look beautiful as a hairdresser. I also enjoyed volunteering my time at Blackfoot South.

What is your favorite book or movie? My favorite movie is Sound of Music. My favorite book is All Dressed in White.

Where were you born? Lorenzo, Idaho

Who were your heroes or role models when you were younger? I looked up to everyone.

What were you involved in, in high school? Sports and designing clothes.



Rockin' Riddle of the Month

rid·dle *noun* a question or statement intentionally phrased so as to require ingenuity in ascertaining its answer or meaning, typically presented as a game.

I HAVE A TAIL AND A HEAD BUT NO BODY. WHAT AM I?

1. CROSS OUT SIX THINGS THAT YOU SEE IN THE SKY
2. CROSS OFF THE NAMES OF 6 DESERTS
3. CROSS OUT THE NAMES OF 8 DESSERTS
4. CROSS OUT 7 STYLES OF MUSIC
5. CROSS OUT 8 MUSICAL INSTRUMENTS
6. CROSS OUT 6 SPRING FLOWERS

Sahara	Rock	Piano	Pavlova	Daffodil	Cake
Primrose	Clouds	Bluebell	Violin	Gobi	Jazz
Trifle	Clarinet	Namib	Country	Stars	Oboe
Pansy	Classical	Moon	Flute	Crocus	Ice Cream
Apple Pie	Cello	Kalahari	Mousse	Coin	Folk
Plane	Camellia	Colorado	Guitar	Blues	Sun
Reggae	Simpson	Bassoon	Birds	Custard	Soufflé

Trees of the World Word Search

W V P I N E N Q D G W X M N R Y H J Z K
 I B A N Y A N U I H A W T H O R N E L V
 L W Q T T E Y Q R O S E W O O D H L O Q
 L O F K X A S F Y M L Z Y A H K L M O O
 O L F Q F S E Q U O I A W L G S W P L G
 W L W J Q P E E P A L T Y N W Q N R T K
 B E N F G O D E X L Q C Y P R E S S X J
 K M B V R P V A Y N M A H O G A N Y E Q
 K I B C E L F S Q R Z B E S E Z S M Y N
 S I S P Z A L S S Y C A M O R E L F W B
 R S J Y L R W E S H U J M A G N O L I A
 E Y U U Q Z Z U Y M S T G Y P D V O R P
 A I N I E P U C V A P A S D H C E T L O
 A T I A P H R A T P R A Z V W O A T T Z
 L H P J B E X L Y L U W H W S A T R F G
 L Z E C L W Z Y Z E C R O D P P J S I Q
 G K R W T N O P I I E O J T B F S X Y V
 B A N K S I A T B G S P Q Q C N L Q M Z
 E N K T H B D U F R C A S U A R I N C G
 Y A T F I C U S K N I B P R C Y T T I G

BANYAN

SYCAMORE

SEQUOIA

SPRUCE

CYPRESS

MAGNOLIA

EUCALYPTUS

JUNIPER

HAWTHORN

MAPLE

ELM

WILLOW

POPLAR

FICUS

PINE

PEEPAL

MAHOGANY

ROSEWOOD

BANKSIA

CASUARIN

The Life and Legacy of John McCain, in Photos

BY VANITY FAIR



Future senator John S. McCain III as a young boy with his grandfather Vice Admiral John S. McCain Sr. and father Commander John S. McCain Jr.



McCain is welcomed home by President Richard Nixon on May 24, 1973, in Washington, D.C. Upon his return, McCain became an ardent supporter of Nixon's management of the war, and used his celebrity to support the administration. He made his first foray into politics by working for Ronald Reagan's 1976 Republican primary campaign, before launching his own campaign for an open seat in Arizona's 1st congressional district in 1982.



McCain, here in his late 20s, poses with his U.S. Navy squadron in 1965.



McCain being examined by a Vietnamese doctor in 1967 after his Navy warplane was shot down during the Vietnam War. McCain, who broke both arms when he ejected from his plane, said that he was beaten by an angry mob and bayoneted in the groin upon his capture.

The Life and Legacy of John McCain, in Photos

BY VANITY FAIR



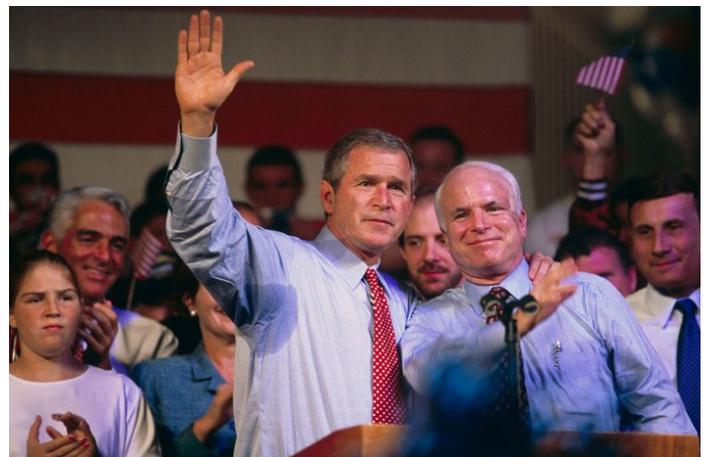
Vice President George H.W. Bush swears in McCain and his family.



McCain campaigns for president in front of a Dartmouth College frat house, on January 31, 2000, in Hanover, New Hampshire. His campaign was known as the "Straight Talk Express."



Presidential candidate John McCain manning the barbecue at the McCain family ranch, March 9, 2000, near Sedona, Arizona.



Senator McCain joins presidential candidate George W. Bush after losing to him in the Republican primary in 2000.



Flanked by their wives, Cindy McCain and Michelle Obama, Senators and presidential candidates John McCain and Barack Obama shake hands following their debate in Hempstead, New York, on October 15, 2008.

B

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G

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Guess what?

We have hired a cosmetologist to do resident hair services. Yay!
 Her name is Tracy and she will be here on Wednesdays & Fridays.



Tambree Meadows Salon

PRICES

MEN'S HAIRCUT	\$8
WOMEN'S HAIRCUT	\$10
NO WASH, JUST CURL	\$8
SHAMPOO & SET	\$14
SHAMPOO, BLOW DRY & CURL	\$16
PERM	\$30

If you have a question or want to know more about a service, call the cosmetologist Tracy 208-821-2948

*Do you want to make an appointment?
 Call or stop by and see Ashley 208-970-5198*

Tambree Meadows
 Assisted Living

Preventing Muscle Loss Among the Elderly

BY JANE E. BRODY, NY TIMES

“Use it or lose it.” I’m sure you’re familiar with this advice. And I hope you’ve been following it. I certainly thought I was. I usually do two physical activities a day, alternating among walking, cycling and swimming. I do floor exercises for my back daily, walk up and down many stairs and tackle myriad physical tasks in and around my home.

My young friends at the Y say I’m in great shape, and I suppose I am compared to most 77-year-old women in America today. But I’ve noticed in recent years that I’m not as strong as I used to be.

Loads I once carried rather easily are now difficult, and some are impossible.

Thanks to an admonition from a savvy physical therapist, Marilyn Moffat, a professor at New York University, I now know why. I, like many people past 50, have a condition called sarcopenia — a decline in skeletal muscle with age. It begins as early as age 40 and, without intervention, gets increasingly worse, with as much as half of muscle mass lost by age 70. (If you’re wondering, it’s replaced by fat and fibrous tissue, making muscles resemble a well-marbled steak.)

“Sarcopenia can be considered for muscle what osteoporosis is to bone,” Dr. John E. Morley, geriatrician at Saint Louis University School of Medicine, wrote in the journal *Family Practice*. He pointed out that up to 13 percent of people in their 60s and as many as half of those in their 80s have sarcopenia.,

As Dr. Jeremy D. Walston, geriatrician at Johns Hopkins University School of Medicine, put it, “Sarcopenia is one of the most important causes of functional decline and loss of independence in older adults.”

Yet few practicing physicians alert their older patients to this condition and tell them how to slow or reverse what is otherwise an inevitable decline that can seriously impair their physical and emotional well-being and ability to carry out the tasks of daily life. Sarcopenia is also associated with a number of chronic diseases, increasingly worse insulin resistance, fatigue, falls and, alas, death.

A decline in physical activity, common among older people, is only one reason sarcopenia happens. Other contributing factors include hormonal changes, chronic illness, body-wide inflammation and poor nutrition.

But — and this is a critically important “but” — no matter how old or out of shape you are, you can restore much of the strength you already lost. Dr. Moffat noted that research documenting the ability to reverse the losses of sarcopenia — even among nursing home residents in their 90s — has been in the medical literature for 30 years, and the time is long overdue to act on it.

In 1988, Walter R. Frontera and colleagues at the Department of Agriculture Human Nutrition Research Center on Aging at Tufts University demonstrated that 12 previously sedentary men aged 60 to 72 significantly increased their leg strength and muscle mass with a 12-week strength-training program three times a week. Two years later in *JAMA*, Dr. Maria A. Fiatarone and colleagues at the Tufts research center reported that eight weeks of “high-intensity resistance training” significantly enhanced the physical abilities of nine frail nursing home residents aged 90 and older. Strength gains averaged 174 percent, mid-thigh muscle mass increased 9 percent and walking speed improved 48 percent.

So, what are you waiting for? If you’re currently sedentary or have a serious chronic illness, check first with your doctor. But as soon as you get the go-ahead, start a strength-training program using free weights, resistance bands or machines, preferably after taking a few lessons from a physical therapist or certified trainer.

Proper technique is critical to getting the desired results without incurring an injury. It’s very important to start at the appropriate level of resistance. Whether using free weights, machines, bands or tubes, Dr. Moffat offers these guidelines:

“Start with two repetitions and, using correct form through the full range of motion, lift slowly and lower slowly. Stop and ask yourself how hard you think you are working: ‘fairly light,’ ‘somewhat hard’ or ‘hard.’ If you respond ‘fairly light,’ increase the weight slightly, repeat the two reps and ask yourself the same question. If you respond ‘hard,’ lower the weight slightly and do two reps again, asking the question again.

“If you respond truthfully ‘somewhat hard,’ you are at the correct weight or machine setting to be exercising at a level that most people can do safely and effectively to strengthen muscles. Continue exercising with that weight or machine setting and you should fatigue after eight to 12 reps.”

Of course, as the weight levels you’re working at become easier, you should increase them gradually or increase the number of repetitions until you fatigue. Strength-training will not only make you stronger, it may also enhance bone density.

The fact that you may regularly run, walk, play tennis or ride a bike is not adequate to prevent an incremental loss of muscle mass and strength even in the muscles you’re using as well as those not adequately stressed by your usual activity. Strengthening all your skeletal muscles, not just the neglected ones, just may keep you from landing in the emergency room or nursing home after a fall. Dr. Morley, among others, points out that adding and maintaining muscle mass also requires adequate nutrients, especially protein, the main constituent of healthy muscle tissue.

Protein needs are based on a person’s ideal body weight, so if you’re overweight or underweight, subtract or add pounds to determine how much protein you should eat each day. To enhance muscle mass, Dr. Morley said that older people, who absorb protein less effectively, require at least 0.54 grams of protein per pound of ideal body weight, an amount well below what older people typically consume.

Thus, if you are a sedentary aging adult who should weigh 150 pounds, you may need to eat as much as 81 grams (0.54 x 150) of protein daily.

To give you an idea of how this translates into food, 2 tablespoons of peanut butter has 8 grams of protein; 1 cup of nonfat milk, 8.8 grams; 2 medium eggs, 11.4 grams; one chicken drumstick, 12.2 grams; a half-cup of cottage cheese, 15 grams; and 3 ounces of flounder, 25.5 grams. Or if you prefer turkey to fish, 3 ounces has 26.8 grams of protein.

“Protein acts synergistically with exercise to increase muscle mass,” Dr. Morley wrote, adding that protein foods naturally rich in the amino acid leucine — milk, cheese, beef, tuna, chicken, peanuts, soybeans and eggs — are most effective.

Do You Have Sarcopenia?

To help doctors screen patients for serious muscle loss, Dr. John E. Morley and Theodore K. Malmstrom devised a simple questionnaire that anyone can use. It asks how difficult it is for you to lift and carry 10 pounds, walk across a room, transfer from a chair or bed or climb a flight of 10 stairs. It also asks how often you have fallen in the past year. The more challenging these tasks and more often you’ve fallen, the more likely you have sarcopenia.





September 2018

Activities & Events

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
2	10:00am - LDS Sacrament Services	3	10:00am - Balloon Exercise (MC) 11:00am - Bowling Toss (AL) 1:30pm - Bingo Bucks (AL) 2:30pm - Reminisce with Me (MC)	4	10:00am - Cup of Conversation (AL) 11:00am - Mexican Train (MC) 1:00pm - Trivia Tuesday (AL) 2:30pm - School Days Reminisce (MC)	5	9:30am - Resident Shopping Service 1:30pm - Bingo Bucks (AL) 2:30pm - Aromatherapy (MC)	6	10:00am - Wii Bowling (MC) 11:00am - Hand and Foot (AL) 1:00pm - School Days Reminisce (AL) 2:30pm - Music Therapy (MC)	7	10:00am - Chair Aerobics (MC) 12:15pm - September & Sevens (MC) 12:45pm - September & Sevens (AL) 2:30pm - Art Therapy (MC)	8	10:00am - Manicures	1	10:00am - Manicures
9	10:00am - LDS Sacrament Services	10	Labor Day 10:00am - Tie Dye Craft (MC) 11:00am - Tie Dye Craft (AL) 1:30pm - Bingo Bucks (AL) 2:30pm - Rockin' Riddles (MC)	11	10:00am - Cup of Conversation (MC) 11:00am - Rockin' Riddles (AL) 1:30pm - Reminisce 1966 (AL) 2:30pm - Alphabet Game (MC)	12	9:30am - Resident Shopping Service 1:30pm - Bingo 1940's Edition (AL) 2:30pm - Bead Art (MC)	13	10:00am - Wii Sports (MC) 11:00am - Canasta (AL) 1:00pm - 1950's Sports Trivia (AL) 2:30pm - Sport Matching (MC)	14	10:00am - Fairytale Fun (MC) 10:30am - Fairytale Fun (AL) 12:15pm - Fun Fact Friday (MC) 12:45pm - Fun Fact Friday (AL) 2:30pm - Art Therapy (MC)	15	10:00am - Manicures		
16	10:00am - LDS Sacrament Services	17	SUPERHERO DAY 10:00am - Balloon Exercise (MC) 11:00am - Bowling Toss (AL) 1:30pm - Bingo Bucks (AL) 2:30pm - Reminisce with Me (MC)	18	WACKY HAIR DAY 10:00am - Cup of Conversation (AL) 11:00am - Mexican Train (MC) 1:00pm - Trivia Tuesday (AL) 2:30pm - Aromatherapy (MC)	19	TIE DYE DAY 9:30am - Resident Shopping Service 1:30pm - Bingo Bucks (AL) 2:30pm - Fall Craft (MC)	20	SPORTS TEAM DAY 10:00am - Wii Bowling (MC) 11:00am - Hand and Foot (AL) 1:00pm - Fishing Trivia (AL) 2:30pm - Kitchen Trivia (MC)	21	HAWAIIAN DAY 10:00am - Hula Hoop Exercise (MC) 12:15pm - Fun Fact Friday (MC) 12:45pm - Fun Fact Friday (AL) 2:30pm - Art Therapy (MC)	22	10:00am - Manicures		
23	10:00am - LDS Sacrament Services	24	10:00am - Balloon Exercise (MC) 11:00am - Bowling Toss (AL) 1:30pm - Bingo Bucks (AL) 2:30pm - Rockin' Riddles (MC)	25	10:00am - Cup of Conversation (MC) 11:00am - Rockin' Riddles (AL) 1:00pm - Trivia Tuesday (AL) 2:30pm - Fall Word Scramble (MC)	26	9:30am - Resident Shopping Service 1:30pm - Bingo Raffle (AL) 2:30pm - Name that Celebrity (MC)	27	10:00am - Wii Sports (MC) 11:00am - Canasta (AL) 1:00pm - Name that Celebrity (AL) 2:30pm - Music Therapy (MC)	28	World Gratitude Day 10:00am - Chair Aerobics (MC) 12:15pm - Fun Fact Friday (MC) 12:45pm - Fun Fact Friday (AL) 2:30pm - Art Therapy (MC)	29	First Day of Autumn 10:00am - Manicures		
30	10:00am - LDS Sacrament Services														

NATIONAL WINO WEEK