

Did you know this about the Earth?

There are 400 trees for every person on Earth.

Close to 8 million metric tons of plastic go into the ocean annually

The Earth isn't round

The U.S. generates 4.0 pounds of waste per person per day

There have been 377 climate disasters since 1980



Employee's Birthdays & Residents Birthdays

Trisha S. April 16

Shannon W. April 19



Cheryl H. April 2

Curtis H. April 4

Ednalee L. April 12

Michael D. April 13

Employee of the month

For your...

- ✓ **Work Ethic**
- ✓ **Passion**
- ✓ **Being Coachable**



Lupe Beltran
Dining Services



Spring Ridge Newsletter

April 2024



"STRAIGHT FROM THE KITCHEN"

Hello Residents, Families, and Friends,
I'm Shanequa Lanier, your Food Service Director. I have worked in this industry for 12 years and it is an honor to be here at Spring Ridge Retirement with you all. Since coming on board, I have made some BIG changes to our menus, our services, and our recipes. I try my best to implement my resident's "favorites" in my menus and want to provide you with the options you most want.

Let me introduce you to the team... Cooking in the kitchen is Chuy, Lupe, and Ledey. All three are experienced cooks that love what they do! I admire and appreciate the creativity each one of them brings to their meals. Your Dining Room Aides are Davon and Jean, and they both are favorites of our residents. I am confident that we have a great team and they're learning and growing each day.

We were very excited to introduce our Spring and Summer menus, on March 19th! We have also started our Guest meal tickets which can be purchased at the Front Desk.

Please drop by the dining room and let us know if there's anything you think we could do better.

We look forward to serving you and we Thank You for all your support!



Walmart
April 2



Spring Ridge
Marathon

April 3



Olive Garden

Out to lunch

April 2



Wapato Walk
& Picnic

April 16



Ruston Point
Walk & Lunch

April 30



Birthday
Celebration!

April 24



Earth Day

April 22



April Highlights



St. Patrick's Day Shenanigans



Our Annual EASTER HUNT with a special appearance!



Living Well with Diabetes

Diabetes is a medical condition in which sugar, or glucose, levels build up in your bloodstream. Having high blood glucose can cause problems like eye, kidney, nerve, and foot disorders. People with diabetes are also at higher risk for high blood pressure, heart disease and stroke, and other serious conditions.

As you age, your risk for type 2 diabetes increases. In the United States about one in four people over the age of 60 live with diabetes. It is important to learn how to prevent or manage diabetes so that you can avoid complications and live a long and active life. There is currently no cure for diabetes, but it can be managed. Balancing the food you eat with exercise and medicine (if prescribed) can help prevent complications associated with diabetes. Diet is an important tool to keep your heart healthy and blood sugar levels within a safe range. In the past, diets for people with diabetes were very restrictive. With a little planning, you can still include your favorite foods. You can start making healthier food choices by incorporating the following ideas:

- Eat meals and snacks on schedule.
- Be careful not to overeat
- Choose a variety of foods that are high in nutrition and low in empty calories
- Read food labels closely

In addition, talk to your doctor or dietician about your personal nutrition. Together, you can come up with a nutrition plan that tastes great and that will work for you.

Being physically active is another part of managing diabetes. Physical activity will help lower your blood glucose levels. All types of exercise are good for people living with diabetes, but aerobic exercise and strength training are critical in the management of diabetes. Aerobic exercise reduces your risk for heart disease by lowering blood glucose and blood pressure and improving cholesterol levels. Strength training makes your body more sensitive to insulin and can lower blood glucose. The American Diabetes Association recommends 30 minutes of moderate-to-vigorous intensity aerobic exercise at least 5 days a week and some type of strength training at least 2 times per week.

How Can Rehab Help You? Seeking professional therapeutic advice to analyze your unique situation can often result in simple solutions. For instance, a therapist can check the sensation in your feet and develop a plan to protect them. Therapy can also work on physical, visual and auditory impairments, and maximize your self-care independence, all of which are affected by diabetes and its complications.

In addition, therapists can educate persons at risk for or who currently have diabetes to modify habits to promote a healthier lifestyle and minimize the disease progression. Finally, your rehab team can provide practical and helpful information and resources in order to assist in health promotion such as healthy food choices, diabetic foot care and wellness in your community. Consult your Select Rehabilitation Physical, Occupational and Speech therapists today if you think they can help you prevent or live well with diabetes.

