



Gazebo Gazette

Greer Management Services

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May 2012

Exercise: Staying Motivated



How do you stay on track?

If you've started a program to get more active but are having trouble keeping it going, it may help to figure out what's getting in your way. Then you can decide how to work around those barriers.

Illness, travel, work, and just having a bad day are a few of the things that may keep you from staying on track. Your goal is to get back in the habit and find a way to make physical activity a routine part of your life.

Remember that you can't create a habit overnight. Keep at it, even if you slip up along the way. It can take at least 3 months of repetition to form a habit. So every day that you follow your plan to be more active, you take a step in the right direction.

How can you make activity a habit?

Have your own reasons

Think about why staying active is important to you. For example:

- Do you exercise to stay healthy?

- Do you like how exercise makes you feel?

- Do you enjoy being active as a way to spend time with family and friends?

- Do you think being more active will help you control your weight?

Set goals

Include short-term and long-term goals that you can measure easily. For example:

- Is your long-term goal to reach a healthy weight or walk or run a 5K race?
- Is your long-term goal to lower your blood pressure or cholesterol?
- Could you set a short-term goal to walk the dog 3 times this week or sign up for dance lessons?

Think about what might get in your way, and prepare for slip-ups

When you slip up, don't get mad at yourself or feel guilty. Figure out what happened. Learn from your slip-ups.

- Do you feel that you don't have time to exercise? Look at other people who are active and busy. Talk with them about how they fit in physical activity.
- Does the weather get in your way? Try a variety of indoor activities.
- Are you bored with your routine? Watch a movie while you exercise at home. Listen to a podcast while you go for a walk or a run. Take a dance or yoga class.

Submitted by: © 2007-2012 Healthwise, Incorporated.

Cindy Rapp
Vice President of Operations



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Welcome New Residents

Craig Farms

Jerseyville Estates

Sandra Baker
Geraldine Becker
Frank Clinton

Mason Woods

Salem Woods

Employee Spotlight



Melissa Cotner
CNA

The Manor at Craig Farms

October 2007

A Note from the Administrator

At this writing we have kicked off our Supportive Living Week with chocolate milk and donuts then off on a scavenger hunt we go! Tomorrow we put on our "Pink Laced Diamond" murder mystery luncheon theatre. A HUGE thank you to our acting crew that includes: myself, Barb Wilson, Kim Knop, Rita Edwards, Stan Newby, Beth Ellet, Karolyn Schmidt, & Susie Gaertner. You should have seen the odd looks we have received as we tried to secretly practice. Be sure to see the pictures on our new website - <http://manoracraigfarms.com>.

On May 11th we will have a booth set up for a Senior Expo at the American Legion. We will be taking a few residents to promote our home. The theme this year is Seniors on Vacation. In honor of Mother's Day we will be hosting a Ladies Appreciation luncheon on May 14th. Invitations will be sent out.

Join me again for donuts and cappuccino on May 24th. Last month when I hosted this, most of the resident's had never tasted a cappuccino. Well, let's just say they loved it because we ran out!

Then finally on May 25th we welcome for the 1st time Mr. Bob Airtime. He will play/sing us a mix of music including some Tony Bennett from 6:30pm -7:30pm.

May is a busy month that brings many of our families planning or attending graduations and beginning summer plans. Hope everyone has a wonderful Memorial Day as we remember those who have served our nation.

Shelley Bollman



May 2012



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Craig Farms



This Month in History - May

"Cheerios" hits store shelves. (1941)

Slugger Mickey Mantle hits his first home run (1951)

Big band leader Glenn Miller records the "Chattanooga Choo Choo". (1941)

Nylon stockings hit the market for first time (1940)



Resident of the Month



Geri Speith of Ava has been a resident at the Manor at Craig Farms since October 2007.

"I enjoy the privacy of having my own room and bathroom. I also like having a kitchenette. I keep my favorite ice cream in my own freezer and can have it when I want. I also enjoy being with the other residents, the good meals that are served and being able to control the temperature in my room, I like it cold!"

Greer Management Services

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Senior Resources Links

- [AARP](#)
- [Alzheimer's Disease Education & Referral Center](#)
- [Illinois Dept on Aging](#)
- [Illinois Health & Wellness](#)
- [Illinois Healthcare & Family Services](#)
- [Illinois Supportive Living Program](#)
- [National Council On Aging](#)
- [Social Security](#)
- [Senior Corps](#)

Jerseyville Estates is especially designed to assist mature adults in maintaining an independent lifestyle. You'll delight in the many amenities of our community.



The Manor at Mason Woods is an attractive community in a beautiful, serene setting that provides comfort, safety and security for mature adults. We're proud to make The Manor at Mason Woods affordable and we welcome everyone.

The Manor at Craig Farms is located in a beautiful wooded setting and comes complete with a gazebo for relaxation and enjoyable conversation.



The Manor at Salem Woods is a safe, secure environment and we try to eliminate the worries which come with living alone. You and your family will have comfort in knowing that you live in this community—built just for you and your needs.

You'll be proud to call
The Manors
your new home too!

