



Gazebo Gazette

Greer Management
Services

Volume 4, Issue 4
April 2013

Is There a Solution for Insomnia Caused by Waking up to Use the Bathroom?

As we get older, our bodies' ability to hold fluids for long periods decreases, thanks to a decline in antidiuretic hormones. So even though we're drinking the same amount, we have to go the bathroom more often. This is why middle-of-the-night bathroom runs become common as we age. (According to the National Sleep Foundation, 65 percent of older adults have sleep deprivation resulting from waking up frequently to use the bathroom.)

Since our bodies are losing the ability to hold fluids -- and since aging also makes it more difficult to fall back asleep after we wake up -- the best solution to this problem is to try not to wake up in the first place.

Here are strategies that can help relieve pressure on the bladder and prevent other digestive symptoms:

- *Don't drink liquids for three hours before bedtime.
- *Cut down consumption of coffee and tea, which irritate the bladder.
- *Don't eat foods with high liquid content, such as soup or fruit, for dinner or after dinner.
- *Don't eat for the three hours before going to sleep if you're prone to heartburn or gastric reflux.

A prescription antidiuretic can cut down on nighttime urination if this is the only problem. However, it's also possible that a separate health condition is leading to the nocturnal bathroom problem. In men, frequent urination at night is often a sign of prostate trouble. Inflammation of the prostate, benign prostatic hyperplasia (BPH), and prostate tumors can all cause this symptom, so call your doctor for a prostate exam and PSA test if nighttime waking to urinate suggests a possible prostate condition. In women, frequent urination can go hand in hand with urinary issues such as incontinence, overactive bladder, urinary tract infections, or cystitis. So, women, you'll also need to see your doctor for a checkup if you suspect any of these problems.

Once you're awake, a separate set of issues ensues. You may have developed some habits that work against your return to slumber. Here are some suggestions for getting back to sleep quickly:

Keep the room dark. Don't give in to the temptation to turn on the TV or computer. Don't eat unless you're truly hungry. Keep a pen and paper next to your bed. Do a simple isolation and relaxation exercise. Use an eye mask and ear plugs if noise and shadows are keeping you awake.

Happy Sleeping,

Cindy Rapp



Inside this issue:

A Note from the Administrator

[Recipe of the Month](#)

Welcome New Residents

Craig Farms

Barbara Cantrall
Delphine Girard
Betty Hall
Rosalie Rathert

Jerseyville Estates

Vera Dunham
David Seymoure

Mason Woods

Janet Kimmel

Salem Woods

Thelma Allen

Employee Spotlight



Angie Hazelwood

CNA

Jerseyville Estates

Jan 2012

[\[Read more about Angie→\]](#)

A Note from the Administrator

April is a very busy month for us. We have some new musical entertainment with Grace Church Ministries from Chester & St. Luke's Church from Campbell Hill. The local library is offering a "Trip Back in Time" on the 11th highlighting the days of Chester on the river. Rita has implemented "Manor Money" to be earned by the residents when they attend activities. This money will then be spent at the end of every month on select items. April 22-26th we will be celebrating Supportive Living Week (SLF). This year's slogan is "Happiness is Spelled SLF". We have received many generous donations from our community supporters. To highlight a few activities:

22nd- Employee appreciation will be celebrated with donuts & chocolate milk in the morning. Then we will have a pizza party for everyone at lunch.

23rd- Staff and residents will play Family Feud. Kim has been busy gathering our Manor "survey says" answers for our questions. RSVP musical group will be here in the afternoon.

24th- Homemade pie & ice cream social will be provided in the afternoon.

25th- The Pianoman will be here at 10am to play the piano and sing. We will also be serving McDonald's cheeseburgers and making our own "Happy Meals" with fries and homemade cookies from our local bakery.

26th- We wrap up the week with Family Fun Night. From 4pm-6pm we will be grilling hamburgers and hot dogs with sides for our residents and their families. We also welcome The Worthington Family at 6pm. They are a bluegrass band and come very highly recommended. Please come out and enjoy this evening with us!

We are very blessed and HAPPY to celebrate our residents every day.

Shelley Bollman

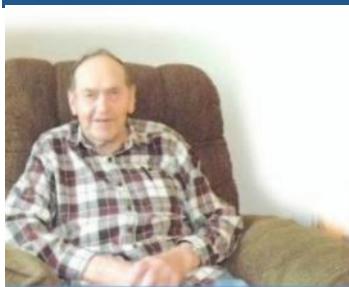


This Month in History - April

(1) Dexter Mason Ferry and partners found Gardener, Ferry & Church Seed Company, now called Ferrry-Morse, the oldest seed company in America (1856)

(6) Twinkies hit the market. The first twinkies were banana-filled.(1930)

(27) Senior citizens take note, the first Social Security checks were distributed on this day in 1937.



Resident of the Month



Jack Schulte

Ninety-year-old Jack Schulte gets up every morning at 5:00 a.m. and enjoys a cup of hot chocolate.

He earned a Bronze Star among other medals for his service in WWII. He spent 195 days on the frontline as a member of 114 Infantry Division.

Jack worked many years on the river busting barge tows. He worked a number of years at Chester Mental Health, walking to work daily. He retired from there.

He is still an avid walker and enjoys going shopping weekly and attending the ice cream social.



A note from the Administrator

March already and where is spring? I guess even Punxsutawney can be wrong about the weather. The residents had a great time at our St. Patrick's Day party and had a lot of laughs with our "Truth or Blarney" trivia. The cooking club made sugar cookies which everyone enjoyed along with our green sherbert punch. A big thank you to Angie, our CNA, who makes three to four trips to the local Dairyland on Saturdays for the best ice cream in town. Remember to sign up and don't miss out on the special treats!

The residents are getting ready for our Easter Egg Hunt, stuffing eggs, dyeing eggs and decorating the facility. The Easter Bunny will be here for pictures March 29th at 2pm, remind the grandkids. We are looking forward to April, spring flowers, warmer weather and fresh cut grass. Watch your calendars for the many new and exciting activities planned for April.

SLF week is April 22-26th and we'll have lots of activities, food, entertainment and fun. Get your teams ready for the favorite "Scavenger Hunt." We are excited to welcome Senator McCann, who will be here April 22nd at 10 am for a ribbon cutting to kick off the week. He will hold a meet and greet after the ribbon cutting and will also have lunch with the residents. The families and community are welcome for the ribbon cutting and our open house on Wednesday April 26th. Everyone is also welcome to come and have some fun SLF week. Hope to see you all!

Amy Chapman



April 2013



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Jerseyville Estates



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Resident of the Month

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Mavis Hunt

Mavis Hunt, resident of the month. Mavis made Jerseyville Estates her home in November 2012. Mavis was married for 46 years and has two sons. Mavis worked at Amoco in Grafton, Illinois for 18 years and enjoyed her job. Mavis enjoys reading and spends most days lost in a good book. Mavis is very happy at Jerseyville Estates and says she loves everything about it, especially the food, the cleaning and the people.



A Note from the Administrator

Bring on the sunshine and let us finally have some spring. The weather might be chilly outside but things are warm and welcoming inside. After five years our Administrative Assistant, Donna Bagley has moved on to another job and she will be greatly missed by all BUT I'm happy to welcome Patti Carns as our new office manager. Patti has shown that she is going to be a great asset to The Manor. She is a very caring person and will be here to help out anyway she is needed. Check out the calendar for upcoming events and stop by to join us. We look forward to seeing you.

Brooke Fox

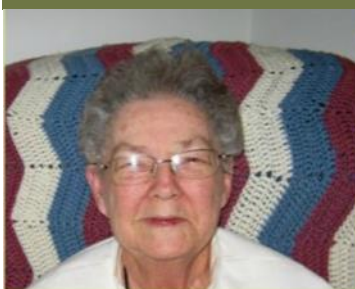


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Resident of the Month

Donna McClurken

Donna McClurken has been named Resident of the Month. Donna grew up in the Elkhaville Illinois area and moved to Pinckneyville when she married her husband Alan. They were married for 54 years and have 3 sons and 1 daughter. She is also a very proud Grandmother and Great Grandmother!!!

Donna worked as a Registered Nurse for many years in St. Louis and also in Pinckneyville and DuQuoin.

Donna attends First Baptist Church in Pinckneyville and also enjoys playing bingo and quilting.



A Note From the Administrator

Dear Residents, Family, Staff, and Friends of Salem Woods,

We cannot help but be grateful for our community here at Salem Woods. All of the residents are special to us in so many ways. We are all very proud of our Salem Woods' Super Strikers Wii Bowling Team. The statewide Wii Bowling Championship is well underway to celebrate Supportive Living Week in April. The Salem Woods' Super Strikers are a part of the Red Division and in sixth place. We are just one of numerous communities across the state participating in the Wii Bowling Championship this year.

I would also like to introduce you to one of our newest residents, Joan Webster. Our Life Enrichment Director, Norm Gruenwald, is to feature her as April Resident of the Month.

"Joan Webster is the Manor at Salem Woods' April Resident of the Month. Joan is settling in to our community, though she has already made many new friends. Joan's favorite activities are Bingo, and the music groups that come to the Manor. All of us at Salem Woods are so thankful for Jan, and to have the privilege of calling her a neighbor and friend."

As you can see, we are all very blessed and happy to be a part of The Manor at Salem Woods.

Have a safe and happy Easter everyone!

Debbie Artis



April 2013

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Salem Woods



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Joan Webster

Resident of the Month

Joan Webster is The Manor at Salem Woods' Resident of the Month. Joan is still settling in to our community, though she has already made many new friends. Joan says her favorite activities are Bingo, and the music groups that come to The Manor. All of us at Salem Woods are so thankful for Joan, and to have the privilege of calling her a neighbor and friend.

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!

