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**Month At a Glance**

**May 2-Omelet Breakfast**

**May 3- 90+ Recognition Social/Evonne Seifert**

**May 4- Summit Pre-miere**

**May 5-Sing-A-Long-with Beth**

**May 8- True Light Kids**

**May 10-Tenant Council**

**May 11-Pizza Night**

**May 12-Guy & Guitar**

**May 17- Birthday's with Bruce**

**May 19- History Club**

**May 23- Games w/ Hope Harbor**

**May 24- DOS Off Beats**

# The Boulder Reminder

May 2017

## Did you know that May is Blood Pressure Awareness Month ?

High blood pressure often has no symptoms. Over time, if untreated, it can cause health conditions, such as heart disease and stroke. High blood pressure is often referred to as the **"Silent Killer"**. If you ignore your blood pressure because you think a certain symptom or sign will alert you to the problem, you are taking a dangerous chance with your life.

The best evidence indicates that high blood pressure does not cause headaches or nosebleeds, except in the case of a hypertensive crisis, a medical emergency when blood pressure is 180/110 or higher. If your blood pressure is unusually high and you have headache or nosebleed and are feeling unwell, wait five minutes and retest. If your reading remains high call 911. If

you are dizzy that is not from high blood pressure. It can however be caused by blood pressure medications. Blood spots are more common with Diabetes, and facial flushing is usually triggered by something other than blood pressure.

The rule of thumb is to get checked regularly. If in doubt or you have questions contact your physician. **Every Thurs. in the Red Baron room at 12:30 you can get yours checked. Be safe. Don't wait until it's too late.**

### How do I manage my high blood pressure?

**Check your blood pressure regularly**

**Get on Medications and take them as prescribed**

**Eat healthy**



**Control sodium intake**

**Lose weight/watch your waistline**

**Exercise**

**Limit the amt of Alcohol you drink**

*Happy Memorial Day-To Members of the United States Armed Forces we thank you for your service.*



It seems like the media and stores have turned Memorial Day into the day that kicks off "Grilling Season", going to the lake, and the Indy 500 or Senior PGA Championship. Well Memorial Day is about none of these things. It's a Federal holiday honoring members of the Armed Forces who have died in war or while otherwise serving their country. It began as decoration day following the Civil War, because the living

would honor the dead by decorating their graves. This tradition still endures, especially at military cemeteries like Arlington National Cemetery where an American flag is placed on every single grave. The traditional time to visit cemeteries or war memorials is at 3pm local time on Memorial Day. This is usually followed by a moment of silence. Flags are to be flown at half staff until noon. Memorial Day used to be held on the 30th of May

until 1968 when it was moved to the last Monday in May to make a 3 day weekend. Although we all certainly enjoy a long weekend, we still need to remember why we are celebrating.

**Meet your new neighbors! We are so proud to have so many wonderful residents here at Boulder Estates! You get a special feeling when you see so many friendly faces. If you see one of our new residents, stop and say hello. Anyone can be a neighbor, but it takes a special person to be a friend.**

It gives us great pleasure to introduce to you Bob and Verdina Molstad in Apt. # 302



**May Birthday Celebrants- Count your life by smiles, not by tears. Count your age by friends not by years. Happy Birthday to all of our residents celebrating this month!**

**Rose Lanoue May 6  
Sherry Johnson May 6  
Madeline Timmerman May 12  
Clarence Gilb May 16**

**Myron Jerzak May 16  
Violet Berg May 26  
Barb Lindemann May 26  
Merna Thomsen May 28  
Lillian Larson May 29**



**90+ Recognition Social- May 3rd**



Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, **Age Out Loud**, to give aging a new voice—one that reflects what today's older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is the perfect opportunity to recognize and celebrate what getting older looks like today.



