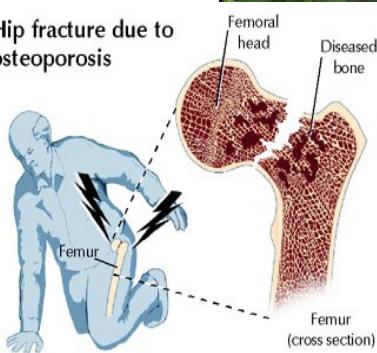


August 2017



Hip fracture due to osteoporosis



Month At A Glance

Aug 2—Show your Collections 2:30

Aug 4—Sing-along w/Beth 2:30

Aug 8- Visit w/ Cooper the Greyhound 12:00

Aug 10—Shades of the Past rides/root beer floats TBA

Aug 11—Guy & Guitar 2:30

Aug 16- Birthday's w/ Ron 2:30

Aug 18—Fun at the Fair 2:00

Aug 23—Boulder Art Exhibit 2:30

Aug 25—Master Gardeners— Steph & Mark Dejaeghere 2:30

Aug 30—Craig Blackstad 2:30

House Calls w/ Dr. Clarissa Tues in a.m.

Wellness Clinic—Thurs @ 1230. Sign up w/Georgette

S Stop hrs—Mon, Wed, Fri 9:00 to 10:30

Fixen Chiropractic visits in the 1st floor activity rm. See calendar in lobby.

Avera Eyewear Clinic—1st floor activity rm. See calendar in lobby.

Town &Country hearing Aid Clinic—1st floor activity rm. See calendar in lobby

Boulder Movie Night starts this month. Look on pg 2 for more details.



The Boulder Reminder

**Boulder Estates Assisted & Congregate Living
601 Village Dr. Marshall, MN 56258**

**phone: 507-537-3834
fax: 507-537-2488**

No Bones About It....

Osteoporosis is a disease where increased bone weakness increases the risk of a broken bone. It is the most common reason for a broken bone among the elderly. Bones that commonly break include the vertebrae in the spine, the bones of the forearm, and the hip. Until a broken bone occurs there are typically no symptoms. Bones may weaken to such a degree that a break may occur with minor stress or spontaneously. Osteoporosis may be due to lower than normal bone mass and greater than normal bone loss. Bone loss increases after menopause due to lower levels of estrogen. Osteoporosis may occur due to a number of diseases or treatments including alcoholism, anorexia, hyperthyroidism, kidney disease, and surgical removal of the ovaries.

Preventions of osteoporosis includes a proper diet during childhood and efforts to avoid medications that can cause the condition. Efforts to prevent broken bones in those with osteoporosis include a good diet, exercise, and fall prevention. Life style changes such as stopping smoking and not drinking alcohol may help.

Osteoporosis becomes more common with age. About 15% of people in their 50's and 70% of those over 80 are affected.

Osteoporosis is an age related disorder that causes the gradual loss of bone density and strength. When the thoracic vertebrae are affected, there can be a gradual collapse of the vertebrae. This results in an excessive curvature of the thoracic region.



Here at Boulder Estates we offer nutritionally balanced meals as well as several exercise opportunities throughout the week. We also have an evidence based class called "Matter of Balance" to help prevent falls a few times a year. Stepping Stones will provide a safety check in your areas. Our maintenance dept will install grab bars in the shower and next to the toilet. If you still need a little extra help Big Stone Therapies comes to our facility and will work with you individually if you have a doctors order. If you have any questions or concerns please contact nursing or your primary care physician.



Yes I am a Senior Citizen and Proud of It....

Hmm let me think, ...why did I send you this...don't tell me it's coming to me....Oh ya....

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not blame others. However, upon reflection, we would like to point out that it was NOT senior citizens who took:

The melody out of music. The pride out of appearance. The courtesy out of driving. The

romance out of love. The commitment out of marriage. The responsibility out of parenthood. The togetherness out of the family. The learning out of education. The service out of patriotism. The Golden Rule from rulers. The nativity scene out of the cities. The civility out of behavior. The refinement out of language. The dedication out of employment. The prudence out of spending. The ambition out of achievement, or the God out of government and school.

I am the life of the party...even if it lasts until 8pm. I'm very good at opening childproof caps..with a hammer. I'm usually interested in going home before I get to where I am going. I'm awake many hours before my body allows me to get up. I'm smiling all the time because I can't hear a thing you are saying. I'm very good at telling stories; over and over and over. I'm aware that other people's grandchildren are not nearly as cute as mine. I'm so cared for--long term care, eye care, private care, dental care. Yes, I am a Senior Citizen and I am proud of it.

What's new at Boulder:

Join us for “Movie Night” at the Quarry Theater. Every Friday night from 7-9 in the Quarry Café a movie will be shown. On the 3rd week of the month we will have a Sunday afternoon matinee instead from 2-4pm. Popcorn and Pop will be served. Please stop by Tenant Services for a ticket. There is no cost to you as a tenant. The ticket will allow us to see how many are participating and also keep food cost in line by not making too much popcorn.

Aug 4th Cheaper by the Dozen 7-9 pm

Aug 11th Westside Story 7-9 pm

Aug 20th To Sir with Love 2-4 pm

Aug 25th McLintock 7-9 pm

Sept 1st A League of their Own 7-9 pm

Football Friday's: Starting August 11th wear your favorite team's jersey or colors. This can be anything from pee wee on up to the pro's.



Boulder Photo Album

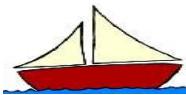


August Birthday Celebrants:

Count your life by smiles, not by tears. Remember to count your age by friends not by years.

Darroll Walling	8/1	Elmer Weibel	8/3	Bernadette Stassen	8/4
Ramona McCorquodale	8/4	Wally Schlemmer	8/5	Vince Stoks	8/7
June Rindelaub	8/8	Fran Lacina	8/9	Arden Berg	8/11
Stella Tutt	8/14	Sandy Opdahl	8/15	Warren Saetre	8/22
Darlene Wersal	8/24	Sue Swanson	8/26	Margaret Haneca	8/28
Bob Molstad	8/29	Shirley Strand	8/31		

On Aug 2nd we will be showing off our “Collections” in the Summit. If you have something you would like to share please let Tenant Services know.



Please don't forget to sign up for the Shetek Boat Outing on August 9th. It's first come first serve. The first 10 ppl signed up will be able to go. Please note we will be returning a little late for lunch but dining has agreed to hold the meal for those attending.

MAFAC Photography Competition Outing August 11th

We will be going to the MAFAC Photo Competition at 1pm. It is a collection of local photographers who will be featured. Watch for the sign-up in the lobby.

“The Boulder Summer Fair” will be on August 18th.

We will be having a Boulder Fair complete with game booths, treats, and prizes. Everyone will get a punch ticket. After going to all the different activities your punch ticket will be filled in. Then put it into the box for a drawing w/ a chance to win the “Big Boulder Basket”. If you would like to volunteer to work a booth please let tenant services know.

Independence Park Outing Augus 21st

We will be having an outing to Independence Park from 12:30-2pm. An ice cream treat will be provided for all those attending. Watch for the sign up.