



The Boulder Reminder

Nutritional Tips for Seniors— Increase Your Hydration

We rely on our doctors for advice. Yet when it comes to nutrition sometimes there is a gap or misunderstanding in how we should put these recommendations into effect.

“Increase your hydration”, is one of the recommendations seniors often hear at the doctors office...But rarely are we given the information to understand why and how to do this.

So let's explore the why and the how....

If you take in less fluid than your body needs, you are at risk of dehydration. Dehydration is common in seniors due to decreased feelings of thirst, medications and disease that increase your fluid needs, and decrease in overall food and beverage intake. Dehydration can cause confusion, fatigue, hot or cold sensations, muscle cramping, headache, dry mouth, eyes and skin, constipation, dangerous changes to blood pressure, and abnormal blood chemistry (ex: blood sugar, electrolytes).



How much fluid is this exactly?
Remember: 1 glass= 8oz.

If you are 65 or older, your mission is to get in 2 liters per day or 9 –8oz glasses of fluid a day. If you have kidney or heart problems, please ask your doctor for specific amounts. Remember that all liquid counts (milk, soup, coffee and tea, pop-sicles) and some fruits and vegetables too.

How do we physically plan to

reach this goal?

Drink 1 glass with each meal and one in between meals to make sure you get enough. Keep fluid in arms reach throughout the day and stash one in the car or your bag when you leave the house.

Your urine should be light in color, as the darker it is, the more dehydrated you are. Good Luck!



Join us for A Taste of Autumn Celebration
Sept 29th in the Summit at 2:30pm. Apple pie eating contest & sampling of Apple delights .

Sept 2017

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

Wellness Clinic- Thurs @ 12:30. 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

Month At A Glance

Sept 1—Sing-A long w/ Beth

Sept 6— Ron Prorok— All about honey

Sept 8— Spelling Bee

Sept 13—Tenant Council

Sept 15— History Club

Sept 20— B-day's w/Patrick Rasmussen

Sept 22— Clarissa Dumdei, CNP Code Status

Sept 27— Author James Zarzana

Sept 29— A Taste of Autumn

Johnny Appleseed Spread More than Seeds



“Our old friend Johnny Appleseed was a bit of a kook all agreed. Always wore a tin pot on his head, kept himself dry and well fed.”

Johnny Chapman Appleseed was an American pioneer nurseryman who introduced apple

trees to large parts of Pennsylvania, Ontario, Ohio, and Illinois, as well as the northern counties of present day West Virginia. He became an American legend while still alive, due to his kind, generous ways, his leadership in conservation. Chapman was born on Sept 26,

1774 in Leominster, Massachusetts. He not only spread the seeds of apples, but did you know he also would spread God's word while he traveled, and converted many Native American's whom he admired very much. He was a conservationist and a missionary.

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. *If you are interested in volunteering on Friday night or Sunday afternoon please let Tenant Services know.*

Sept 1- A League of Their Own

Sept 8- Grease

Sept 17- Remember the Titans

Sept 22- Charade

Sept 29- Maverick



Vikings Game Day's



There will be a gathering in the Quarry for the games with a ½ time snack served. On Movie Matinee Days, game will be shown in the First Floor Activity Room.

Sept 11th 6pm Saints - Quarry

Sept 17th 12pm Steelers – 1st floor Activity Rm

Sept 24th 12pm Buccaneers - Quarry

Football Friday's: Every Friday wear your favorite team's jersey or colors. This can be anything from pee wee on up to the pros.



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 by and say hello. Anyone can be a neighbor, but it takes someone special to be a friend. It gives us great pleasure to introduce to you:

Betty Fust – rm # 241

Warren Snyder- rm # 205

Don & Lois Kraft – rm # 208

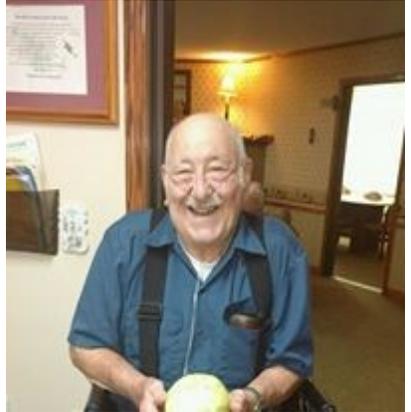
TENANT LED DONATION

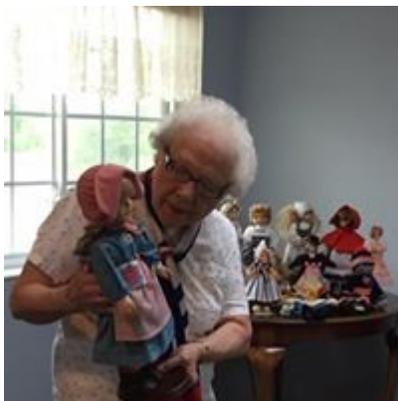
For the Victims of Hurricane Harvey

If you would like to donate cash & or some words of encouragement to be given to the Red Cross to be used to help those in need. Please put donations in the bucket on Georgette's desk.

“People helping people makes this world a better place!”

This is a great example of people “Aging Out Loud”!





September Birthday Celebrants:

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

Carol Kerr 9/2

Mavis Grimes 9/4

Evon Marquardt 9/9

Annabelle Claeys 9/11

Jeanette Kotval 9/12

Myron Thielges 9/21

Hugh Kerr 9/21

Edna Skuya 9/23

Mavis Boushek 9/24

Curt Clausen 9/26

Harlan Schwerin 9/29



Father Paul will be starting an Adult Education Class every Thursday from 4-5 pm in the Quarry Café. First Class will be on Sept. 7th.

“A Taste of Autumn”

On Sept 29nd We will be having “A Taste of Autumn” in the Summit. This will consist of samples of apple delights (made by the staff) to be voted upon. The winner will receive a golden apple. We will also have an ugly fall sweater/sweatshirt contest, and an apple pie eating contest with one person from each department. Don't miss out. It might just upset the apple cart.



Attention! A Random Acts of Kindness was spotted!!!! Dolores Hebig was spotted making a pot of coffee in the Quarry and she helped people who needed some. She went around to everyone at the table and helped them as needed. ☺ Thank you Dolores!

No act of kindness,
no matter how small,
is ever wasted.
- Aesop



Have you heard of the game “Where is Waldo?”? Well each month we will be hiding an image on the newsletter with a clue. The first person to bring the correct answer to Tenant Services will get a prize. (I’m made of rubber and I can help when you make a mistake). It could be obvious or not...Sandi Rettmer found the sunflower in last month’s newsletter.

Music Word Search

Name _____ Class _____

O	Z	S	S	M	D	S	R	E	X	W	M	G	T	D
N	C	E	G	N	E	E	C	Y	T	A	D	N	S	R
A	V	K	A	N	T	L	L	A	L	O	E	Y	E	U
I	F	B	C	R	O	O	O	L	L	M	N	N	R	M
P	F	L	A	H	P	S	E	D	U	E	K	O	R	N
W	S	U	H	H	G	T	R	R	Y	P	D	M	H	O
O	Q	I	O	R	W	A	T	E	R	B	U	R	Y	I
O	G	N	X	N	S	S	H	Y	N	R	L	A	T	T
D	E	N	Q	T	N	E	I	G	H	T	H	H	H	A
B	H	N	O	I	E	L	G	N	A	I	R	T	M	P
L	E	I	P	S	N	E	K	C	O	L	G	A	D	O
O	N	X	G	U	K	S	N	R	I	F	O	N	P	C
C	L	H	W	H	O	L	E	T	O	S	U	Q	O	N
K	S	U	R	O	H	C	O	R	H	O	U	W	C	Y
H	M	Q	L	N	F	K	M	F	R	M	R	M	G	S

BAND
 CHORUS
 DRUM
 EIGHTH
 FOLKSONG
 FORM
 GLOCKENSPIEL
 HALF
 HARMONY

INSTRUMENT
 MALLET
 MELODY
 MUSIC
 NOTE
 PARTNER SONG
 PIANO
 QUARTER
 REST

RHYTHM
 ROUND
 SCALE
 SIXTEENTH
 SYNCOPATION
 TRIANGLE
 WHOLE
 WOODBLOCK
 XYLOPHONE