

THE BOULDER REMINDER



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When it's more than just a broken heart?

As older adults live longer, they may have more than one chronic disease. Or, they may have a health problem that can lead to another condition or injury if not properly managed. The older adult may also experience health care in various settings, such as the hospital, assisted living facility, or at home. These situations can affect the health and function of the older adult and therefore require careful management to ensure proper care and improve or maintain quality of life.

Urinary Incontinence & Heart

Failure: If you have heart failure, you may experience urinary symptoms such as a lack of control over urination, a sudden strong urge to urinate, passing urine more than eight times in a day, urinating more than twice at night. More than half of all older adults with heart failure have problems with urinary incontinence. Fluids tend to build up in your body when you have heart failure. Your bladder may fill up quickly and excessively. Your

healthcare provider will probably prescribe diuretic medicines (known as "water pills") and other medications to help your body get rid of the excess fluid. These fast-acting medications stimulate your kidneys even more and will probably make you urinate more often. They may produce urgency and frequent nighttime urination.

Urinary incontinence can affect your quality of life and your mood. You may become depressed and be afraid to go out and enjoy your usual activities because you worry about not finding a bathroom in time and having an "accident." Having to get up several times every night can leave you feeling even more tired than before. If you have urinary incontinence, let your healthcare provider know. The diuretic medi-

cations are very helpful for chronic heart failure and your provider will probably want you to continue taking them. But there are many things that you can do to help you manage your incontinence. One of the common conditions that occurs along with heart failure is renal (kidney) insufficiency. This is a situation where your kidneys are not able to filter your blood in comparison to normal kidneys. Renal insufficiency can contribute to heart failure getting worse. Or heart failure itself can lead to renal insufficiency. Impaired kidney function can cause your health to worsen and this also puts more of a strain on your heart. Your healthcare provider will measure your kidney function with other blood and urine tests. If you have heart failure, you may develop swelling, especially in your feet, ankles and lower legs. This happens because your kidneys are no longer able to maintain normal water levels in your body. If you are experiencing any of these please consult your doctor.

Love Locks



The history of love padlocks dates back at least 100 years to a melancholic Serbian tale of World War I. A local schoolmistress named *Nada*, fell in love with a Serbian officer named *Relja*. After they committed to each other *Relja* went to war in Greece where he fell in love with a local woman. As a consequence, *Relja* and *Nada* broke off their engagement. *Nada* never recovered from that devastating

blow, and after some time she died due to heart-break from her unfortunate love. Young women wanted to protect their own loves, they started writing down their names, with the names of their loved ones, on padlocks and affixing them to the railings of the bridge where *Nada* and *Relja* used to meet. In

the rest of Europe, love padlocks started appearing but the reason was unclear. Love locks are a sweet gesture but that is all. True love is locked in ones heart. It's strength comes from the love, commitment, time, effort, and frankly hard work the people put into. When that happens the bonds of love are stronger than any lock could ever be.

February 2018



Month At A Glance

- Feb 2– Sing A long w/ Beth
- Feb 7– Tenant Council
- Feb 9– History Club
- Feb 12– Sing-A-Grams
- Feb 14– Key to My Heart Trivia
- Feb 16– Pete & Ross
- Feb 21– Bday's w/ Bruce
- Feb 23– Dr. Clarissa/Heart Health
- Feb 26–Wii Bowling w/ Hope Harbor
- Feb 28– Armchair Adventures—We are going to "France".



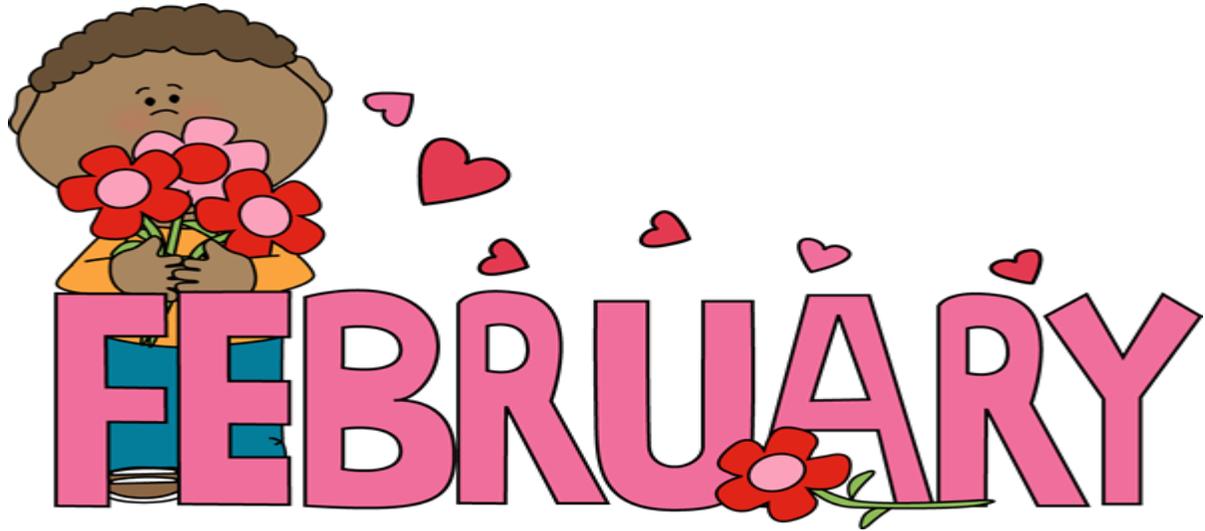
House Calls w/ **Dr. Clarissa**
Tues in a.m.

Wellness Clinic Thurs @ 12:30
sign up w/Georgette

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

Avera Eyewear Clinic – 1st
floor activity room. See calendar in lobby

Town & County hearing aid
clinic – 1st floor activity room.
See calendar in lobby



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:

Delores & Frank Arends # 225

Jim & Julia Claeys #240

HAPPY BIRTHDAY!

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

George Dubbeldee-Feb 1

Edna Miller -Feb 5

Vivian Person-Feb 7

Phyllis Carr-Feb 11

Myra Colburn- Feb 13

Vince VanOverbeke-Feb 16

Elmer Johnson- Feb 17 Donna Neuharth- Feb 18

Mike Skoblik- Feb 20

LouAnn Colvin- Feb 20 Lew Weeks - Feb 21

Delores Manke-Feb 24

Boulder is now selling the cookbook "Seasoned with Love". The cost is \$10.00. All proceeds will go to the local Hospice. If you are interested in purchasing one please check with Tenant Services.



Join us for Movie Night at the Quarry Theater.

The Quarry will be showing

Friday Feb 2 – Groundhog Day at 7pm in the Quarry (Ardys)

Friday Feb 9 - An Affair to Remember at 7pm in the Quarry(Ardys)

Sunday Feb 18 – Casablanca at 2pm in the Quarry (?)

Friday Feb 23- Hot Lead & Cold Feet at 7pm in the Quarry(Sandi)

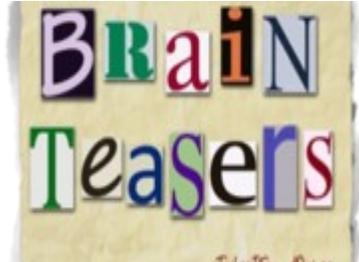
Bonus Movie: Feb 7th at 5:30pm. Love Comes Softly (Jan) (no ticket needed)

We would like to send out a big thankyou to all of our movie night/matinee volunteers. You are very appreciated. We are still looking for Tenant Volunteers to help cover if someone is unable to be there. Please contact Tenant Services if you are interested.

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

Extra Extra read all About it. A Random Act of Kindness was spotted: Delores Manke and Darlene Mattke stopped and helped another tenant put on his coat. Thank you both for your kindness.

Armchair Adventures- This month we will be traveling to Europe on our 2nd armchair adventures around the world. This month we will be going to Paris, France. Premier will be a French themed meal. The 28th we will be going to explore Paris which they say is the city of love.



You've heard of the game "Where's Waldo"....Well each month we will have something hidden in the newsletter that you must find. The first person to find it and let Tenant Services know will receive a prize. Duane Wyffels found the hidden Cardinal last month. (**Clue: The correct one can open doors, and help a map make sense**). I know its fun to find but we've decided to be kind. All of you eagle eyes can only win once every three months to give others a chance. Happy Hunting.