

# Front Porch NEWS

FEBRUARY 2011



## *Tanner Therapy*

Have you seen the new young blonde on campus? His name is Tanner. And he is a REALLY cute therapist who recently joined the Green Hills team.

Tanner is a beautiful Yellow Lab. Yes, he is a dog that is just over three years old and he has earned the title of Pet Therapist.

Most of the time, he is either with his master, Marc Kasler, the Director of Environmental Services, or anyone else who needs a companion at the moment. Tanner started coming to work with Marc about three months ago. I guess that means Tanner has passed his 90-day probation period.

A typical day for Tanner includes a walk around the campus, greeting people as they approach him, sitting upon command and offering a paw to those who want to shake it. You always know where he is because he is typically surrounded by a group of people making over him.

Research shows that “pet therapy” dates back to the 1790’s, when it was learned that having a pet can decrease overall health problems. Pets can help ease anxiety, reduce stress, loneliness and depression. Pets are known to promote socialization, increase one’s self-esteem and can aide in short and long-term memory. Pet therapy can help improve motor skills, balance and speech. And while spending time with a pet, the focus shifts to the animal instead of the pain that someone might be experiencing.

Tanner knows no strangers as everyone is his friend. Residents love to visit with and talk to him. When he is with the children at the Child Care Center, he rolls over so they can take turns scratching his belly. He has also been found lounging with some of the residents.

He has a quiet disposition that is soothing. His eagerness to visit is refreshing. And his enthusiasm for enjoying the moment is contagious. All of those are key elements that make for a great therapist.

Recently, he was in The Emerald and a resident enlisted his help in a little project. The two had just met – but they instantly created a bond with each other.

The toughest part for Marc is keeping up with Tanner’s social calendar, “Where did that dog go now?”

Just look for the crowd, Marc. Tanner is probably in the middle of it.



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## February is Awareness Month

### Heart Health in Older Adults

#### What is Heart Disease?

Heart disease is a term that encompasses several heart conditions with the most common being coronary artery disease (CAD). CAD occurs when the arteries that supply blood to the heart muscle become hardened and narrowed due to the buildup of plaque, this is called atherosclerosis. This buildup reduces blood flow and oxygen to the heart muscle. This can lead to heart attack. Other heart conditions include angina, heart failure and arrhythmias.

#### What are the symptoms of heart attack?

*The National Heart Attack Alert Program notes these major symptoms of a heart attack:*

- ♥ Chest discomfort.
- ♥ Discomfort in other areas of the upper body.
- ♥ Shortness of breath.
- ♥ Other symptoms—breaking out in a cold sweat or experiencing nausea or lightheadedness.

#### Heart Disease Prevention:

##### What Can You Do?

- ♥ Prevent and control high cholesterol
- ♥ Prevent and control high blood pressure
- ♥ Prevent and control diabetes
- ♥ No tobacco
- ♥ Moderate alcohol use
- ♥ Maintain a healthy weight
- ♥ Regular physical exercise
- ♥ Diet and nutrition

### High Blood Pressure

High blood pressure is a major risk factor for heart disease and the chief risk factor for stroke and heart failure, and also can lead to kidney damage. It affects about 50 million Americans—one in four adults.

Treatments seek to lower blood pressure to less than 140 mm Hg systolic and less than 90 mm Hg diastolic for most persons with hypertension (Less than 130 systolic and less than 80 diastolic for those with diabetes and chronic kidney disease).

High blood pressure is unhealthy because:

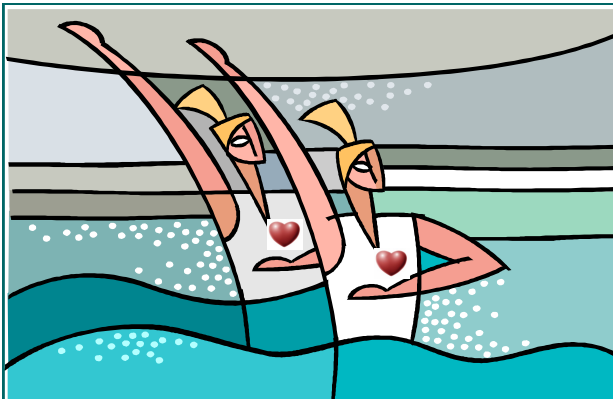
The heart can become enlarged (congestive heart failure).

The arteries can become scarred and less elastic. Hardened, narrowed arteries may be unable to carry the amount of blood the body's organs and tissues need.

Blood clots may form or lodge in a narrowed artery. Blood clots are one of several causes of heart attacks and strokes.

For more information on how to control your blood pressure please visit the Fine & Dandy Wellness Clinic within the Community Center at Green Hills or call 650-2818.

Information and services provided in partnership with



### Swimtastic Exercise

Green Hills is offering a 2 week aquatics class designed to get the heart pumping while being low impact on the body.

Susie Smithers will lead the group each Monday, Wednesday, and Friday starting February 14th at 9 a.m.

Those interested should sign up for the class at the Aquatic & Fitness Center or the Reception area by February 9th.

## *Look at the difference your contributions make!*



Remember this from the December edition of *Front Porch News*? We reported that the funds of the 2009 Holiday Wreath Project were earmarked to upgrade the Mac-O-Chee bathing area.

Today, the project is nearly complete and this is the space our residents now enjoy.

Green Hills extends its gratitude for all those who contributed to this project and to all those who support Green Hills on a regular basis. Your contributions make a difference!



## *West Liberty United Methodist Church*

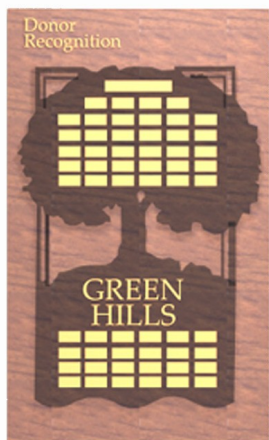
### *Newest Donor Society Member*

Green Hills is pleased to announce that West Liberty United Methodist Church has been added to its Donor Society. The Donor Society is a group of donors who have an accumulated giving to the organization of \$10,000 or more.

Once a donor has reached this level of giving, their name is added to a plaque which is proudly displayed within the Community Center at Green Hills. There are 37 now who grace the wall.

Green Hills appreciates the steadfast generosity of our Donor Society. Their gifts have been used to enhance the lives of older adults and provide caring services which encompasses all generations.

The Donor Society includes:



The Tamplin Trust	Oak Grove Mennonite Church	Mary Vaugh Smith
The Columbus Foundation	Thomas & Marker Construction Co.	Kathy Boling-Murrell
Margaret Stockton	Mr. & Mrs. Richard L. Yoder	Bemis Lavonne Kauffman
Green Hills Auxiliary	North Greenfield United Methodist Church	Jeanette Martin
Bethel Mennonite Church	West Liberty United Church of Christ	Clyde Roby
Dr. & Mrs. Harry Graber	Peoples Savings and Loan Co.	Charles Sharp
South Union Mennonite Church	Mr. & Mrs. Robert Erwin	Vincent Hilll
Honda Foundation	Mr. & Mrs. Warren Kauffman	Fred Brackney
Attorney & Mrs. Steve Fansler	AGC Automotive	Grace Brackney
Mr. & Mrs. Robert Godwin	Mr. & Mrs. Max Evans	Mary V. Smith
Dr. & Mrs. Douglas Beach	First Christian Church	West Liberty United
Church of the Brethren	Edward & Frances Thompson	Methodist Church
Dr. Bardarah McCandless	Belle Center United Presbyterian Church	

## ***Beating the Fear of Water***



Have you always wanted to learn to swim, but you couldn't get past the fear of water? We have an aquatic program for you!

The Green Hills Aquatic & Fitness Center is pleased to offer Water Magic. Water Magic is aquatic therapy using imagery and relaxation activities in water, which will create an inner trust in the environment. The program is designed for adults of any age who share a common fear of water.

The program will be offered by Pamela Jackson, Certified Recreation Therapist who has thirty years experience in the field of aquatics. This experience included training instructors for the Red Cross in adapted aquatics, life guarding and water safety.

Pam's own education and training started with a Bachelor of Education from the University of Toledo and a Master degree in Clinical Psychology from the Center for Humanistic Studies in Detroit, Michigan.

The Water Magic Program is an integration of Pam's educational, psychological and aquatic skills and training.

Classes will meet at the Green Hills Aquatic & Fitness Center twice a week for 4 weeks, beginning March 8th. Class size is limited to the first 10 registrants. A fee will apply.

To register, contact the Green Hills Receptionist at 465-5065.



## ***Beware of "Easy Money"***



You may think you would never fall prey to a check scam, but more and more people are taken advantage of every day. Green Hills wants to protect you and your hard-earned money from "easy money" scams. Below is just a sampling of the most common scams.

### **Sudden Riches**

- \$ A notice comes by mail, phone, fax or email saying you are being awarded money. The truth is, if you had won a cash prize or inherited money, you would be notified by certified mail.
- \$ You are sent a check or money order as an "advance" and you're asked to send money to get the rest. But that's not how legitimate contest promoters or law firms operate. You would pay taxes directly to the government, not to them.
- \$ To gain your trust, scammers use the name of a well-known sweepstakes company. Get the company's number from directory assistance and call directly to verify.
- \$ You're told you've won a foreign lottery sweepstakes, but that's impossible unless you traveled to that country to enter. It is illegal to buy or sell tickets across the U.S. border.
- \$ The scammers say you've been selected for a cash grant. But real grant givers don't contact individuals unexpectedly offering free money.

## *Come, Little Children*



The chaplain and the Child Center have begun a new joint adventure. Twice a month we will get together for some faith-based sharing. We might learn a new song, make a craft, hear a Bible story, and certainly share a prayer. The children came down to Foundation Hall for our first session, and we learned about the light of God—how it shines in the sun, how it glows in the moon, and how it twinkles in the stars—but most of all how Jesus is the light of the world and rests in our hearts. We marched and sang and had a great and rowdy time. It was marvelous!

It is in our baptisms that we are joined to Jesus Christ. I often wonder if we truly realize the responsibility we shoulder when we make baptismal promises on behalf of the child or as an adult and certainly as the embracing community of faith welcoming a new worker in the kingdom. In discussions during various Bible studies conducted here at Green Hills, I hear time and time again stories of how residents' mothers made certain there was Bible reading or Sunday school attendance in their lives, or how fathers were the ones to offer grace around the kitchen table at meal times.

What was planted then by parents and pastors and faithful mentors is still bearing fruit as evidenced by those who attend chapel or Sunday afternoon worship in Foundation Hall. I hear it in the prayers said in residents' rooms. I experience it each time a resident asks a faith question or opens up a theological issue once more. What a marvelous gift our faith is as it provides a constant even as our lives change or offers up a more peaceful perspective on what comes next! It never fails to remind me of the passage in Hebrews when the writer lists all the faithful who have gone before who "died in the faith without having received the promises" yet who leave us "surrounded by so great a cloud of witnesses."

And then there are these children of ours here at Green Hills, for they are as much a part of our community here as anyone else. I've seen many of you smile as they move through the halls hand-in-hand or you've heard them giggling or chattering. I watch you watching them as they play in the Child Center playroom. You beam when they come to sing at a gathering or participate at the Inn or DayBreak in a craft or sing-along. They are part of us, and just as Jesus did, let us say to them, "Come, little children." It is true that we are all God's children, and we can thank God for that.

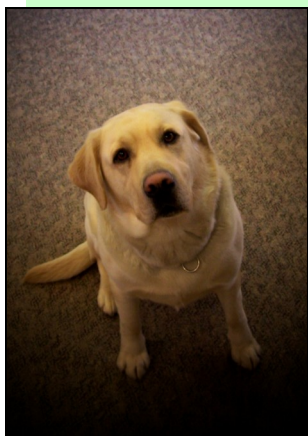
*Pastor Cheryl*

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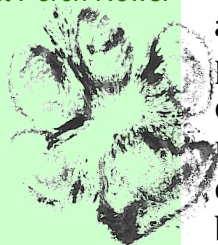
## *Spiritual services regularly offered at Green Hills*

Our Daily Bread Reading—daily—The Emerald  
 Bible Study—Mondays —Recreation Center  
 Children's Moments—2nd & 4th Mondays—various locations on campus  
 Worship Service—Wednesdays —Foundation Hall  
 Bible Study—Every other Thursday—Inn Dining Room  
 Bible Study—Fridays —Foundation Hall  
 Worship Service—Sundays —Foundation Hall  
 Devotion & Hymn Sing—Sundays—The Emerald  
 Pastor Visits—weekly—throughout the campus





*I'm dog-gone excited about sharing a spot in the Front Porch News.*



### Whoa Doggy!

February 23 is International Dog Biscuit Appreciation Day. You're not a dog, so what's to appreciate, you ask? Plenty! Many dog biscuits are safe for humans to eat and healthier than most junk food. But you should probably leave doggy biscuits for me and my four-legged friends.

On Dog Biscuit Appreciation Day, many dog lovers will bake homemade biscuits for their puppies. Don't want to slave away in the kitchen? Dog bakeries are popping up all over the place. Here you can buy treats that taste like bacon, peanut butter, and sweet potato. Or, if your dog has been really special, you can even buy an entire dog cake.

Whoa doggy!

**Open Monday - Friday**

**10 a.m. to noon**

**Fine & Dandy  
Wellness Clinic**

Stop in to check your blood pressure, blood sugar level, and weight. Bring in doctor's order when blood draws are needed.

Located in the  
Community Center at Green Hills  
across from the Bakery

**Call 650-2818**

### February Birthdays

Marshall Sparrow	DayBreak	02
Betty Deardurff	Apartments	02
Joanne Vogel	DayBreak	03
Marilyn Powell	Apartments	03
Betty Smith	Center	05
Gene Inskeep	Apartments	06
Pauline Clement	Center	07
Ruby Webb	Inn	07
Joan Secrist	Inn	07
Russell Prater	Homes	08
Anna Godwin	Center	09
Phyllis Young	Apartments	11
Clarabelle Heath	Homes	11
Jacob Leichty	Homes	11
Sheila Brown	Apartments	12
U.J. McGinnis	Center	12
Elinor Dowden	Apartments	13
Kathleen Robinson	Center	13
Judy Craig	Center	13
Mary Joan Yoder	Center	14
Arnie Regier	Homes	15
Merlin Kress	Center	18
Barbara Markin	Apartments	19
Carl Beard	Center	21
Leah Cook	Inn	24
Wilma Krouskop	Center	27
Marion Hemphill	Homes	28