



# Empire Ranch

1801 E. Natoma Street • Folsom, CA 95630 • (916) 608-0800

May 2012



### Empire Ranch Alzheimer's Special Care Center Management Team

Administrator ..... Leslie Elowson  
HSD ..... Brian Pawloski  
Business Office ..... Gwen Dirks  
Program Director ..... Leah Martz  
Dietary ..... Tom Hanagan  
Maintenance ..... Mike Gossen



### MOTHER'S DAY POEM

"M" is for the million things she gave me

"O" means only that she's growing old

"T" is for the tears she shed to save me

"H" is for her heart of purest gold

"E" is for her eyes, with love-light shining

"R" means right, and right she'll always be

Put them all together, they spell

"MOTHER"

Happy Mother's Day

## Welcome New Residents



ANNE FRUIT

## Happy Birthday



Residents

|                |      |
|----------------|------|
| Shirley Yates  | 5/7  |
| Mardi Comstock | 5/11 |
| Alfreda Sim    | 5/27 |
| Harry Barber   | 5/29 |

### Staff

|                 |      |
|-----------------|------|
| Suzanne Forgach | 5/18 |
| Diane Powell    | 5/18 |



## Community News

### Alzheimer's/Dementia Support Group

The third Wednesday of each month at 2 p.m.





**FAMILY EASTER GATHERING**

**Coloring Eggs**



Glenn, Shirley, Jan and Ethel



Jacob, Virginia and Shirley



Alfreda with our volunteer Forest



Albertina admiring her egg



Joyce and Loretta



Anne coloring her egg with Pam our volunteer



Dardi with her son



Jan with her daughter and grandkids



Albertina, Chelsea and Quy



Frank, Captain Allen and Staff



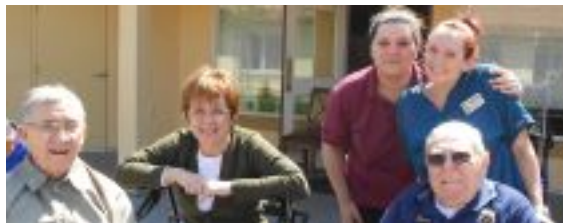
Edna and Quy



Wayne and Debbie



Ken, Sophie and their daughter Sandy



Don and daughter Judy, Cooper, Amber and Karin





# Resident Spotlight



**ALLEN BROWN**

Allen Brown is a delightful and intriguing man whom we adore and love at Empire Ranch. To all of us at Empire Ranch he likes to be called "Captain" and we are proud to call him that. He spent 54 years of his amazing life as an Alaskan Steamboat Captain. He loved the sea so much he would tell us stories of his experience of being a steamboat Captain. He is a proud grandfather of four grandchildren, two great-grandchildren and one great-great-grandchild. You will always find him walking around and greeting everyone with a hug or a handshake. Thank you, Captain, for your great smile and hugs!



# Health & Fitness

Your body's drive to drink is not nearly as powerful as its drive to eat and the thirst mechanism is even less powerful during exercise.

Before Exercise: Drink one to two cups (8 to 16 oz.) of fluid two hours before exercise. Then drink another one-half to 1 cup immediately before exercise.

During Exercise: Drink one-half to 1 cup every 15 to 20 minutes during exercise. Although this might seem tough at first, once you schedule it into your regular training routine, you will quickly adapt to having fluid in your stomach. In fact, the fuller your stomach is, the faster it will empty.

After Exercise: Replace any fluid you have lost. Drink 2 cups of fluid for every pound of body weight you lose during exercise.

## SIGNS OF DEHYDRATION

Early signs include:

1. Fatigue
2. Lightheadedness
3. Appetite loss
4. Dark urine with a strong odor
5. Flushed skin
6. Heat intolerance

Severe signs include:

1. Difficulty swallowing
2. Sunken eyes and dim vision
3. Stumbling
4. Painful urination
5. Clumsiness
6. Numb skin
7. Shriveled skin
8. Delirium
9. Muscle spasms



## Future Events

### service *Times*

#### **COMMUNION**

Every Tuesday with St. John's Catholic Church at 10:45 a.m.

#### **Lakeside Church**

Every Monday with Pastor Ben at 10:45 a.m.



#### **MUSIC WITH MARVIN**

The first Thursday of each Month at 2:30 p.m.

#### **BIRTHDAY CELEBRATION**

The first Thursday of each Month at 2:30 p.m.



#### **PET THERAPY WITH TOBY**

The 2nd and 4th Thursdays of each month at 11:00 a.m.

#### **PET THERAPY WITH ROXIE**

The second and Last Sunday of each month at 11:00 a.m.

# May



## Word Search

- |          |             |
|----------|-------------|
| Barbeque | Grandmother |
| Birthday | May         |
| Camping  | Memorial    |
| Child    | Mother      |
| Color    | Picnic      |
| Family   | Proud       |
| Flowers  | Roses       |
| Food     | Sunshine    |

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