

Wedgewood Writings

September 2017

“Wedgewood Estates, the area’s premier senior residential community.”

September Activities *Kerstin Feasel*

Can you believe that Fall is just around the corner? Personally, it is my favorite season, so I am always ready for Fall! To celebrate, I’m having an Apple Hill Cider and Donut social. Be sure to join me in the Ice Cream Parlor on Wednesday, September 27th at 2:00pm.

Breakfast Bunch, we will enjoy breakfast at Cracker Barrel on September 13th, leaving at 8:30am. Lunch bunch we will head out to Malabar Farm Restaurant on Wednesday, September 20th at 11:00am.

Be sure to join us for a Hymn Sing

Along on Tuesday, September 19th at 2:00pm. I’ve had a few people tell me they enjoy singing, so this would be great for you! The Country Memories Duo will be here on Wednesday, September 20th at 2:00pm and don’t forget Music with Becky, every Thursday at 2:45pm. A Wedgewood Favorite!

If you enjoy Ice Cream, we have two socials this month, on September 5th at 2:00pm and then September 13th at 2:45pm. Then on September 21st we will serve Root Beer Floats at 2:15pm in the Ice Cream Parlor.

If you are one of my avid Bingo players

and you enjoy playing cards, I really think you would enjoy POKENO as well. Why not come try it out? We’ll play on Saturday, September 30th, at 2:00pm this month. And as a final thought, I am so excited with the success of our Bridge Club. If you’re are curious and want to check it out, they meet most every Tuesday, at 9:30am, in the back of the 100 hall. Come join them and learn!



At a Glance....

- *Labor Day, Monday, Sept. 4th*
- *Exercise each Monday, Wednesday, & Friday at 9:30am*
- *Wedgewood Worship September 10th & 24th at 9:30am*
- *Grandparents Day, September 10th*
- *Music with Becky every Thursday*
- *Bridge Game & Instruction Tuesday mornings*
- *Garden Home Celebration of Life September 21st*

Birthday & Anniversary Celebrations

Resident Anniversaries

Bill and Bonnie Knepper 9/10

Resident Birthdays

Joyce Kulka 9/1

Jim Burford 9/1

John Sgro 9/3

Del Krueger 9/5

Rudolph Bauer 9/12

Luverne Hinkle 9/14

Ginny Ellis 9/16

Joyce Weidig 9/17

Glen Kiger 9/17

Char Hutchison 9/18

Shirley Sgro 9/24

Dave Pavkov 9/26

Merrillie Hock 9/29

Peggy Lee 9/30

Employee Birthdays

Juanita Lewis 9/5

Crystal Holbrook 9/11

Rosa Fields 9/1

Employment Anniversaries

Crystal Holbrook 16 years

Juanita Lewis 3 years

Jennifer Schoenman 3 years



SAVE THE DATE

Thursday, September 21st, at 5pm we will host our first ever "Celebration of Life" dinner for our Garden Home residents who have lost their spouse. More information, along with menu, will accompany a special invitation. If you are interested in attending, please save the above date!

GARDEN HOME

RESIDENTS

Does Age Make Diabetes Harder to Control?

Paris Roach, MD, responds:

Several aspects of aging—moderate [insulin resistance](#), less physical activity, weight gain, and certain illnesses and the medications they require—may be associated with higher blood glucose levels and increased medication requirements in people with diabetes.

What to Know: As people age, they may develop moderate insulin resistance, a situation in which the body doesn't effectively use the insulin it produces. The beta cells in the pancreas usually make enough insulin to compensate, and the blood glucose stays normal. If the beta cells can't fully compensate, diabetes may result. Many people become less active as they age, and this can result in weight gain. Both physical inactivity and weight gain can contribute to higher glucose levels. Finally, with aging comes an increased prevalence of illnesses such as inflammatory conditions, infections, and cancer, all of which may lead to an increase in blood glucose. A sustained rise in blood glucose levels may be the first sign of one of these conditions. A number of medications can lead to higher glucose levels, the main offender being steroids (prednisone and similar drugs), which are often injected into joints and spinal areas to treat inflammation and arthritis. This can cause marked elevations in blood glucose.

Takeaway: Aging can be associated with increases in blood glucose and a need for more antidiabetic medication for a variety of reasons. Talk to your health care provider if you experience an unexplained and sustained increase in blood glucose so he or she can look for underlying causes. *(Diabetes Forecast: Healthy Living Magazine)*