



New Hope Valley COMMUNITY VOICES

A Century in the Making: Ellen Celebrating 100th Birthday



Ellen Barnett is celebrating 100 years of life this June!

June 1st marks a very special day for New Hope Valley resident Ellen Barnett - she will be celebrating her 100th birthday!

Ellen Boergert was born in Saginaw on June 1st, 1914, and is a lifelong resident of Saginaw. The daughter of a bookkeeper and homemaker, she describes her parents as "simple, but good" people. In 1942, she married Neil Barnett. Ellen certainly had her hands full, raising seven

children: Kathleen, Michael, Neil, Mary Ellen, Bob, Tim, and Rick.

On Sunday, June 1st, Ellen will celebrate her birthday at Apple Mountain surrounded by an intimate group of friends and family. Ellen will also celebrate the milestone with her friends at New Hope Valley on Thursday, June 5th at 1:30 pm. We are thrilled to share in this wonderful occasion, as Ellen becomes a centenarian!

Happy Birthday!

New Hope Valley has a lot of birthdays to celebrate in June! Please wish these residents and employees a special birthday.

- Ellen B. - June 1st
- Billie J. - June 5th
- Gus S. - June 7th
- Lisa K. - June 16th
- Kayla Y. - June 21st
- Kim H. - June 21st
- Jill S. - June 25th
- Ruth K. - June 30th

Father's Day Celebration

Mark your calendars! To honor the fathers in our community, New Hope Valley will be hosting a Father's Day barbecue on Wednesday, June 11th, from 4 to 6 pm.

Because of space constraints, each resident is limited to two guests. Please register for the dinner with Dori Anthor, Front Desk Manager, by the end of the day on Monday, June 9th.



Upcoming Events and Reminders

Father's Day Celebration

New Hope will host a barbecue to celebrate Father's Day on Wednesday, June 11th from 4 to 6 pm. Each resident may have up to two guests. Please register with Dori Amthor, Front Desk Manager, by Monday, June 9th.

Staff Meeting

There will be a staff meeting on June 5th at 2:30 pm. Employees are also welcome to come early for Ellen's birthday party at 1:30 pm.

Japanese Cultural Center

Later this month, we will be taking a resident trip to the Japanese Cultural Center in Saginaw. Stay tuned for more details!

Resident Council Meeting

The monthly Resident Council Meeting will be on June 18th at 2 pm.

Father's Day Quote

"A man never stands so tall as when he stoops to help a child."

- Unknown

Access Keys

Families and visitors, please make sure to return any memory care access keys to the front desk after using them. When they are not returned, we are forced to deactivate them. Thank you for helping keep New Hope secure!

Movers and Shakers: The Importance of Senior Exercise

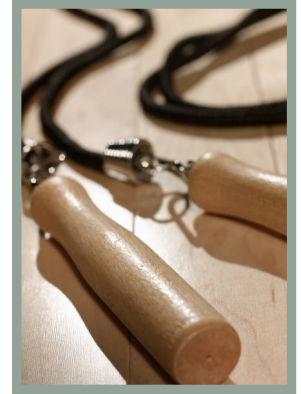
Though aging inevitably causes our bodies to change, recent studies suggest that there is a way to counteract that process: regular exercise and movement.

A new study found that seniors who exercise, even if their ability to do so is limited, have improved health and quality of life. One significant benefit of senior exercise was a reduced risk of physical disabilities or frailty over time.

Other benefits include increased mobility and independence, heightened mental capacities, better balance, an improved sense of wellbeing, and a lower risk of illness.

While the benefits of exercise have long been established, researchers are now turning their attention to its effects on seniors. This wave of research has promising findings for senior health. For instance, even seniors who had never exercised in the past were able to improve their health and quality of life by exercising. The exercise also does not have to be strenuous - simply walking or engaging in light to moderate exercise several times a week can make a difference.

When beginning a new exercise routine, start small to avoid overexerting yourself or causing injury. Attend a morning workout session, or walk for fifteen minutes. Be consistent, and enjoy the benefits of a healthier mind and body!



Go Casual for a Cause!

On Fridays, Saturdays, and Sundays, employees may purchase a "Casual for a Cause" sticker at the front desk. Those with a sticker can wear more casual clothes to work, such as personal scrubs. All clothes must still be work-appropriate.

Proceeds will go to the 2014 Saginaw Walk to End Alzheimer's. If you would like to learn more about the Walk to End Alzheimer's, or are interested in participating, please contact Jamie Jager, Deputy Director, at (989) 498-4000.

