

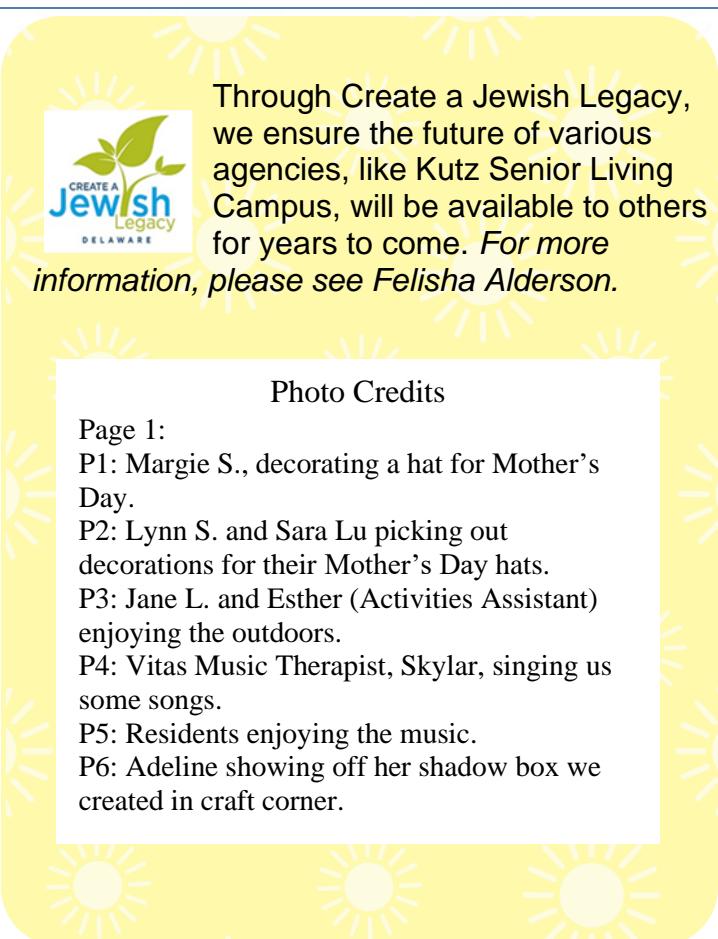
Lodge Lane Assisted Living
and Memory
1221 Lodge Lane
Wilmington, DE 19701

Postage
Information

Your Mailing Address
Street Number and Name
City, State ZIP Code

Lodge Lane Staff Email Addresses

- Felisha Alderson, NHA, Executive Director
◆ falderson@kutzseniorliving.org
Melissa Casperson, Sales and Marketing Director
◆ mcasperson@kutzseniorliving.org
Tim Dulin, Maintenance Director
◆ tdulin@kutzseniorliving.org
Rob Weiss, Director of Dining
◆ yw9@hcsgops.com
Craig Tinley, Executive Chef
◆ ywa@hcsgops.com
Michael Bucella, Housekeeping Director
◆ bkt@hcsgops.com
Danielle Shaw, Lodge Lane Activities Director
◆ dshaw@kutzseniorliving.org



June 2021



Kutz
SENIOR LIVING CAMPUS

Lodge Lane
ASSISTED LIVING & MEMORY CARE

Lodge Lane Assisted Living and Memory | 1221 Lodge Lane Wilmington, DE 19809 | 302-757-8100





Dates to Remember

Flag Day

June 14, 2021

Show your patriotism and wear red white and blue for Flag Day. Take a picture of yourself in your best patriotic attire and post it to our Facebook Page.

Nursing Assistant's Day

June 18, 2021

Nursing assistants are the backbone of healthcare. Show your support for these hard workers. Leave a comment for our CNA staff on our Facebook page.

Happy Father's Day

June 20, 2021

Happy Father's Day. This year we will be celebrating our fathers with a special lunch themed "Beef and Beer."

Special Thanks

Thank you to our volunteers who have been virtually facilitating activities. We greatly appreciate your support and efforts during this time.



Navigating Early-Stage Dementia

Most of us have experienced forgetfulness. We lose our keys and phone or are slow to come up with a person's name even though it's right on the tip of our tongue. We may find multitasking more difficult, or we may react a little slower. If all of these things can be considered part of growing older, how do you know when memory problems become more than just the normal aging process? The simple answer is when memory issues interfere with daily life and related activities. For instance, forgetting where you put your glasses is normal, but forgetting what glasses are used for or how you wear them is not.

People who have progressed to mild cognitive impairment may:

(*Navigating early-stage dementia cont.*)

- forget recent events, repeat questions and stories, forget planned events, or forget the names of close friends and family.
- have difficulty coming up with familiar words.
- have difficulty understanding verbal or written information.
- become easily distracted and unable to complete a task without repeated verbal or written reminders.

A medical evaluation is a critical first step in determining a diagnosis and appropriate interventions. Dementia symptoms can be related to such treatable conditions as medication side effects, thyroid problems, vitamin deficiencies, and depression. After ruling out other causes, a dementia diagnosis means the real work begins. The future may not be as bleak as feared, and the progression from one stage to the next can be slow. Here are some measures to consider:

- Seek professional help for intervention and support. The [Alzheimer's Association](#) is a valuable resource (24/7 Helpline: 800-272-3900) as are local community resources. For people diagnosed with early dementia and their caregivers, the ability to talk to people experiencing the same thing is invaluable. Search for local [support groups](#) or check with your local hospital to see what they have available.
- When memory loss begins, it is important to present the person with those things that are most familiar to them. Maintain physical exercise, hobbies and interests, faith practices, hope, and humor. Music is especially important because key brain areas linked to musical memory remain relatively undamaged.
- Talk about the situation openly and honestly. Don't exclude a person with dementia from the conversation. It's important to remember that intellect usually remains intact even if memory does not.
- Communicate with children in the family to help them understand and prepare for future changes.
- Take care of yourself while caring for and about others.

Food of the Month: Avocados

Avocados are not only delicious, but they are also packed full of health benefits. Check out our Top 3 ways avocados are good for you. Join us in embarking on a healthy eating journey as we indulge in the avocado in the month of June.

1. Protects the Eyes

Avocado contains the carotenoid and antioxidant lutein, which is a key player in eye health. Lutein is deposited into the retina and helps filter out harmful light and protect the eye from free radicals. It shields the cells from damage and encourages the regeneration of healthy eye cells.

2. Lowers Blood Pressure

You may have heard that bananas are a good source of potassium. But did you know that avocado contains even more potassium than bananas? A 150g serving of avocado (1 cup of diced fruit) contains 727mg of potassium.

3. Lowers Cholesterol

You may be asking yourself what it means that avocado contains the "good kind of fat." Avocados are rich in monounsaturated fatty acids, which raise HDL cholesterol levels and lower LDL. In a 1996 study in the *Archives of Medical Research*, 15 healthy and 30 hypercholesterolemic subjects were given an avocado-enriched diet.

Breakfast Burrito To-Go



- Ingredients**
- 3 large eggs
 - Kosher salt
 - 1Tbsp. unsalted butter
 - 1-12" flour tortilla
 - 1oz. coarsely grated sharp yellow cheddar cheese (about $\frac{1}{3}$ cup)
 - $\frac{1}{2}$ avocado, thinly sliced
 - $\frac{1}{4}$ cup cilantro leaves and tender stems
 - Hot sauce and sour cream (for serving; optional)

Step 1

Whisk eggs and a large pinch of salt in a medium bowl until very smooth and a little frothy, about 30 seconds.

Step 2

Melt butter in a 10" nonstick skillet over medium heat. Add eggs and cook undisturbed until almost completely set but still a little runny 2–3 minutes. The idea is to cook them into a flat, round shape about the same size as the tortilla.



LYNN S.

June 04

FLORENCE F.

June 08

HARVEY R.

June 17

DORIS L.

June 17

Celebrity Birthdays

Morgan Freeman (actor) – June 1, 1937

Prince (musician) – June 7, 1958

Frank Lloyd Wright (architect) – June 8, 1867

Judy Garland (entertainer) – June 10, 1922

Jacques Cousteau (explorer) – June 11, 1910

Burl Ives (singer) – June 14, 1909

Lionel Richie (singer) – June 20, 1949

Pat Morita (actor) – June 28, 1932

(*Breakfast Burrito to go cont.*)

Step 3

Meanwhile, lightly toast tortilla over a medium-low flame, turning often with tongs, until warmed and lightly browned in some places, 5–10 seconds (or, toast in a large, dry skillet over medium-high heat until warmed and lightly browned in some places, about 1 minute per side). Transfer to a large piece of foil.

Step 4

Turn eggs with a rubber spatula, then slide out of skillet onto tortilla.

Step 5

Sprinkle cheese over eggs. Top with avocado and cilantro, leaving a 1" border around the edges. Add a few dashes of hot sauce and a dollop sour cream, if you choose. Fold sides of tortilla over filling, then roll up to enclose. Wrap burrito in foil and let sit so cheese can steam and melt, about 3 minutes. Slice in half, if desired.