



Newsletter

SPRING 2018



Senior living that is comfy, cozy and never more affordable

Greetings!

Feeling that spring in your step yet, as we shake off the winter doldrums and experience the rejuvenation that March seems to welcome? Springtime is a time of newness, when we encourage our residents—and ourselves!—to step out of our comfort zones: **to learn a new skill, pick up a new hobby, and make a new friend.** The ideas are limitless! And since time marches on, as they say, now is the perfect time to embrace all that life has to offer.

We hope you enjoy the articles in this month's newsletter in the spirit of education and cooperation in which they were sent. **Please mark your calendar to join us for some of our upcoming activities;** we always enjoy having family and friends at our events. *All are welcome!*

Happy spring!

Lunch is on us!

Schedule a tour with Kay at **815-344-0246** and have lunch on us with your friends at McHenry Villa.

Find out why so many call this home!

How to Age with Optimism

(NewsUSA) – Having a glass half full approach to life has long been considered important for overall wellness. But evidence suggests that there may be truth in this folk wisdom. Humana recently surveyed 2,000 people aged 60 and over, and found that 87 percent of seniors who identify themselves as most optimistic reported their health as good to excellent. This is compared to 44 percent for those who said they're least optimistic. Seniors who rated themselves as most optimistic also reported positively on other attributes linked to health, including sleep, confidence and overall happiness

Having an optimistic mindset is often easier said than done. The stresses of life, social stereotypes and one's natural temperament can all impede approaching aging with optimism. Dr. Yolangel Hernandez Suarez, Humana vice president, has the following advice for anyone struggling to stay on the sunny side of life:

- 1. Take ownership and recognize that your health is your own.** To achieve your best health, you need to set personal goals – just for you.
- 2. Engage with your doctor** or other health care professional and build a trusting relationship.
- 3. Find a higher purpose that makes you excited to get up in the morning.** Humana's survey found that the majority of respondents who identify as optimists also rank a sense of purpose as an important attribute for aging.
- 4. Remain socially engaged,** not isolated, and nurture close relationships. 80 percent of optimists say maintaining an active social life is an important motivator to stay healthy.
- 5. Stay active** and remember that physical activity is important. Find something that's right for you and that you like to do. Almost all of the most optimistic survey respondents (97 percent) say remaining physically active is a major motivator for retaining good health.
- 6. Practice gratitude** and make it a habit to look for and appreciate everything you're thankful for in life.

"As a boomer myself, I know that the majority of the decisions about my own health take place outside of a doctor's office," said Dr. Suarez. "With the knowledge that optimism may be linked to health and well-being, I'm focused on making positive health decisions through all aspects of my life." Make it your goal to be empowered to approach health and happiness in the same way.



Welcome to McHenry Villa, Independent Senior Living - full of amenities and services that will make you feel at home.

McHenry Villa Amenities:

- Three meals daily served in our dinner room.
- Linen service with light housekeeping weekly
- Visiting Physicians who make house calls
- Non Medical Home Care Services
- Home Health Skilled Nursing & Physical Therapy
- Wellness Clinic on-site
- Beauty Salon on-site

Our atmosphere is social and easy going. We provide a bus service for shopping and events such as Lake Geneva, Casinos and plays. We have social activities such as games; sing-a-longs, parties with entertainers that provide music and dancing as well as a library and church services.

Exactly where you want to be!

3516 Waukegan Road • McHenry, IL 60050 • **815-344-0246** • **McHenryVilla.com**

Exceptional senior living that is priceless and never more affordable

How to Be A Better Medicare Patient

(NewsUSA) – **The doctor is in.** But are you prepared to make the most of your appointment? One of the most important steps you can take to invest in your long-term health is to develop a strong relationship with your primary-care physician. Yet you might not realize that there are actions you can take to be a better patient that will, in turn, help you get the most out of that doctor-and-patient relationship.

"Start with scheduling an annual checkup," says Donna M. Perisee, M.D., PhD. of Humana. "This is how your doctor gets to know you and your unique medical history. From there you can collaborate on a health plan that includes preventive care as well as a treatment plan." If you have Medicare, that *annual wellness visit* is generally covered in full. A thorough exam allows your primary-care physician to pick up on a variety of illnesses and can catch potentially serious conditions *early on*. Finding, diagnosing and treating problems early may improve your chance of living a healthier, longer life. Your doctor and the practice's staff may also be able to assist with important services such as creating nutrition and exercise goals, as well as scheduling preventive services such as flu shots and cancer screenings.

To maximize every visit with your physician, Dr. Perisee recommends:

1. Always bring all of your medicines to your office visits for review. You can use a clear, zipper-locked bag to keep them together.
2. Think about and write down any medical concerns you have, including how long you have been experiencing

them. Please be as complete as you can.

3. Mark down dates or bring a calendar to show the frequency of problems, such as headaches, stomach, muscle or joint pain problems.

4. Try to arrive for each office visit 10 minutes before to get checked in and update any necessary paperwork.

5. Inform your primary-care doctor of any labs or medical tests from other doctor's visits to allow your primary-care doctor to better coordinate your care.

Investing in your relationship with your primary-care physician can also ensure that you get the most from your 2018 Medicare plan. Your physician can help you complete all your covered annual screenings and coordinate any specialist visits you may need. **The doctor is in. Are you ready?**

Spring Cleaning and Safety Tips

- Get rid of expired, unused medication. Store medicines in a cool, dry, dark place.
- Maintain a clear walkway for seniors to navigate. Get rid of throw rugs or other objects that are on the floor, which can be a tripping hazard.
- Know who to call in an emergency and have your phone programmed accordingly. Know how to use your emergency pull cords.
- Use walking devices if you have one, if you are unsteady on your feet see the physical therapist at the therapy gym located at the end of the 100 wing on the first floor for an evaluation.

Special Events coming up....

New Resident Welcome Social

March 9, April 6, May 4 - 2:00 pm

Pinocle Club 2nd Thursday of the month - 12 pm

Ladies Tea March 14, April 18, May 16 - 3:30 pm

Men's Breakfast

March 31, April 28, May 26 - 8:30 am

In the Kitchen with Andre

March 1, April 5, May 3 - 3:00 pm

Calligraphy with Sam

March 8 & 22, April 12 & 26, May 10 & 24 - 3:00 pm

Card Making with Alyson

March 15, April 19, May 17 - 3:00 pm

MARCH

Music with Edizon March 2 - 2:00 pm

Blarney Birthday Party with Jennifer Silk

March 6 - 2:00 pm

Music with Tony Bernard March 21 - 2:00 pm

APRIL

Music with Gale Rose April 13- 2:00 pm

Birthday Celebration with Eric April 20- 2:00 pm

Country Western Day with Randy Walker

April 25- 2:00 pm

MAY

Ginger Rogers Portrayed by Carol Bradley

May 2 - 2:00 pm

Patriotic Birthday Party

Music by Gary Stowell - May 18 - 2:00 pm

Sock Hop with Sandy Haynes May 22 - 2:00 pm

3516 Waukegan Road

McHenry, IL 60050

815-344-0246

McHenryVilla.com



Come for a tour - stay for lunch!



The McHenry Villa is located on the beautiful McHenry Riverwalk. It's waterfront living at its finest! Enjoy a stroll along the river, feed the ducks and visit downtown shops and restaurants. Schedule a tour... lunch is on us!

Give us a call today! 815-344-0246