

May 2024

"A mother is the person you can always call to see how long chicken lasts in the fridge."

"It's not easy being a mom. If it were easy, fathers would do it." – Betty White

"When my kids become wild and unruly, I use a nice, safe playpen. When they're finished, I climb out." – Erma Bombeck

"The quickest way for a parent to get a child's attention is to sit down and look comfortable."
– Lane Olinghouse

HAPPY
Mother's Day

The Deerfield

Easter pictures



Deerfield resident birthdays

We wish you all a happy birthday and blessed year!

Jean H.- 3rd

LuAnne M.-3rd

Kathryn C-10th

Bill L.-12th

Gladys H.-13th

Naomi B.-17th



Laverne H.-20th

Greg P.-24th

Gwen A.-24th

Thomas I.-26th

Leroy W.-26th

Therapy thoughts: a spotlight on speech therapy

May is National Speech-Language-Hearing Month. The following are a few disorders that our on-site speech language pathologist can help you address to improve your confidence and quality of life:

Common speech, language and swallowing disorders

Aphasia: Problems speaking or signing, understanding, reading and writing.

- Does not affect intelligence.
- Commonly caused by stroke.

Cognitive communication disorders:

Problems thinking that can impact communication attention, memory, problem solving and thought organization.

Apraxia of speech: Problems with planning and coordinating movements required for speech.

Dysarthria: Problems with muscles and nerves used for speech and/or breathing.

Dysphagia: Problems with swallowing. Can be caused by a variety of illnesses and injuries.

Voice disorders: Problems with voice involving pitch, loudness and vocal quality impacting ability to communicate.

Speech therapy can address these disorders and more through various exercises, activities and adaptive techniques. To work with speech therapy, ask your doctor to send orders to the Deerfield rehab department (Fax # 715-243-3931).

Please join us this month to thank Maddie, our on-site speech language pathologist, for her great work and commitment to our community!

***Occupational Therapy, Physical Therapy, Speech Therapy
(715) 243-3940***



The Deerfield

Wellness: four types of exercise

Balance, endurance, flexibility, and strength are four types of exercise that encompass a well-balanced exercise program and contribute to one's overall health and physical abilities. Last month, we highlighted endurance; did you utilize the Rate of Perceived Exertion Scale with your cardiovascular activities? Read on to learn more about flexibility!

Flexibility

Flexibility allows us to move joints through a normal range of motion. As we age, flexibility decreases, which may contribute to changes in gait patterns, difficulty with reaching or tying shoes and/or stiffness with general mobility.

So how do we maintain our flexibility? We stretch! Stretching improves range of motion, promotes good blood circulation, aids in better posture and relieves muscle tension. Always be sure to stretch when your body is warm — do a little movement, such as walking, to get your muscles warm before stretching. Once the body is warm, stretches should be held for about 30 seconds. It is normal to feel tension in the muscles being stretched, but it should never be painful.

Try these stretches:

Seated hamstring stretch: Sit towards the edge of a firm chair. Extend one leg keeping the heel of the foot on the ground and the toes pointed upward. Take a breath in. On your exhale, hinge at your hips, leaning forward, and reaching down your extended leg towards your toes. Hold for 20-30 seconds.

Shoulder stretch: Raise one arm across the body at chest height. Pull that arm into your chest with your opposite hand. Hold for 20-30 seconds.

Lateral neck stretch: Keeping your shoulders relaxed, drop your right ear towards your right shoulder. A stretch will be felt on the left side of the neck. Be sure to keep the shoulders from shrugging up toward the ears. Hold for 20-30 seconds.

Be sure to perform these stretches to both sides of the body! If you are unsure where to get started or need assistance with learning stretches for specific muscle groups, contact your fitness instructor.



Spiritually speaking: Contentment

To my dear friends at The Deerfield, Do you remember the old kids' song, "If You're Happy and You Know It?" The verses would say that if you are happy-and you know it- you should clap your hands, stomp your feet and shout hurray! A fourth verse even says you should do all three!

I ask you sincerely today, "Are YOU happy?" and, "Do you know it?" If you are happy, and you do know it, have you told your face? Is there a joyful smile to let everyone know you're happy and that you know it? In the book of Philippians, Paul speaks about a key life skill for our modern day, **contentment**.

"I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. " Philippians 4:11-12

Perhaps contentment can best be explained as simply, "I am very happy and I know it." Contentment is not a temporary condition, depending on our immediate circumstances. It is rather **a learned state of being**. What a challenge for us here and now to say, like Paul, "I have learned the secret of being content, whatever my circumstances."

Maybe you're wondering now, But HOW do I stay content, come what may?

Good question. Here is my answer to that.

I am content because ALL of the following statements are true:

- **Life is good because God is good.**
- **I am very much blessed by God.**
- **I have many, many things to be thankful for.**
- **By my faith in Jesus Christ, my eternal destiny, life in heaven with God, is safe and secure.**

But friends, be aware of these things as well: I can be content even if my life isn't perfect. I can be content even if I'm not feeling well right now. I can be content even if people around me don't seem to be.

Know that contentment **doesn't mean** my life is perfect. It doesn't mean I don't want to change or do things that can make me or my future life better. It simply means that by the grace of God, I'm happy and I know it- and I've told my face and my mind!

Hoping and praying for your contentment,
Pastor Keith



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DeerfieldPHS.org

Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

How to find this newsletter online

- Go to DeerfieldPHS.org
- Look at the “At Our Community” navigation menu on the right side of the screen.
- From there you can click on “Newsletter” or “Activities and Events” to find social calendars for the Terrace, Commons, Arbor and Gables.

Vision

To provide more choices and opportunities for more older adults to live well.

Values

Christian Ministry
Ready & Engaged People
Operational Integrity
Service Excellence
Stewardship

We are thrilled to announce the brand-new website!

The Presbyterian Homes & Services website is new and improved. Designed specifically with YOU in mind, the redesigned website is easy to use with simple navigation, abundant resources and a fresh look.

- Get news, stories and updates on PHS communities, residents and employees, plus resourceful information on living well!
- Access your community’s newsletter, social calendar and dining menus all in one place.
- Explore the many different types of support PHS offers including rehabilitative services, home meal delivery and more.



Visit PresHomes.org today!