


10



WARNING SIGNS OF PARKINSON'S DISEASE


Stooped posture


Tremor or shaking


Depression


Muscle stiffness


Difficulty with swallowing & chewing











Trouble sleeping

Loss of smell

Difficulty in walking/ moving

Low or soft voice

Constipation

COMMON SYMPTOMS OF PARKINSON'S DISEASE

"TRAP"

R - RIGIDITY


A - AKINESIA (slow movement)

T - TREMOR

P - STOOPED POSTURE


LIFESTYLE CHANGES TO MANAGE PARKINSON'S DISEASE

1




DRINK ADEQUATE AMOUNT OF FLUIDS

2




EAT FOODS RICH IN HIGH FIBER

3




EXERCISING HELPS STRENGTHEN MUSCLES & BALANCE

4



AVOID CARRYING THINGS WHILE WALKING

5



PERFORM DAILY ACTIVITIES (WRITING, BATHING)

Reference:

http://www.ninds.nih.gov/disorders/parkinsons_disease/detail_parkinsons_disease.htm#3159_0

<http://www.orionpharma.co.uk/Products-and-Services-Orion/Parkinsons-disease/10-facts-about-Parkinsons-disease/>

<https://www.michaeljfox.org/foundation/news-detail.php?two-new-studies-highlight-14-billion-economic-burden-of-parkinson-disease>

<https://www.michaeljfox.org/page.html?what-is-parkinsons-infographic>

<http://www.parkinson.org/understanding-parkinsons/10-early-warning-signs>

<http://www.yourdocabroad.org/yourdocabroad-blog/2016/6/12/understanding-parkinsons-disease>

http://www.pdf.org/en/parkinson_statistics

<http://www.mayoclinic.org/diseases-conditions/parkinsons-disease/basics/lifestyle-home-remedies/con-20028488>

<https://www.parkinsons.org.uk/content/facts-journalists>

[http://www.flaticon.com/ \(using icon - vector\)](http://www.flaticon.com/ (using icon - vector))

www.medindia.net

April Birthdays

In astrology, those born from April 1–19 are Rams of Aries, the first sign of the zodiac. Rams are unafraid to forge ahead with passion, zeal, and confidence. Full of optimism and hope, they are both eager to get the job done and unafraid to confront problems head-on. Those born from April 20–30 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable.

- 1st - Mary Ann (HH)
- 5th - Jane (HH)
- 7th - Ann B.
- 9th - Cheryl S.
- 10th - Danie B.
- 11th - Grace
- 12th - Hannah R.
- 14th - Brian
- 15th - Cheryl L.
- 22nd - Amber L.
- 24th - Becky P.
- 25th - Lee Anna C.
- 26th - Trista
- 30th - Del (HH)
- 30th - Angie K.



Volunteers Needed!

Halstad Living Center is looking for volunteers to help out in the beauty shop making our residents look their best. We need someone who would be able to come in to roller set or curl ladies' hair for about 2 hours one Monday or Tuesday morning a month. No experience necessary! If you have some extra time you are looking to fill with some amazing people please contact Jess Karstens – 218.456.2105 or hlact@rrv.net

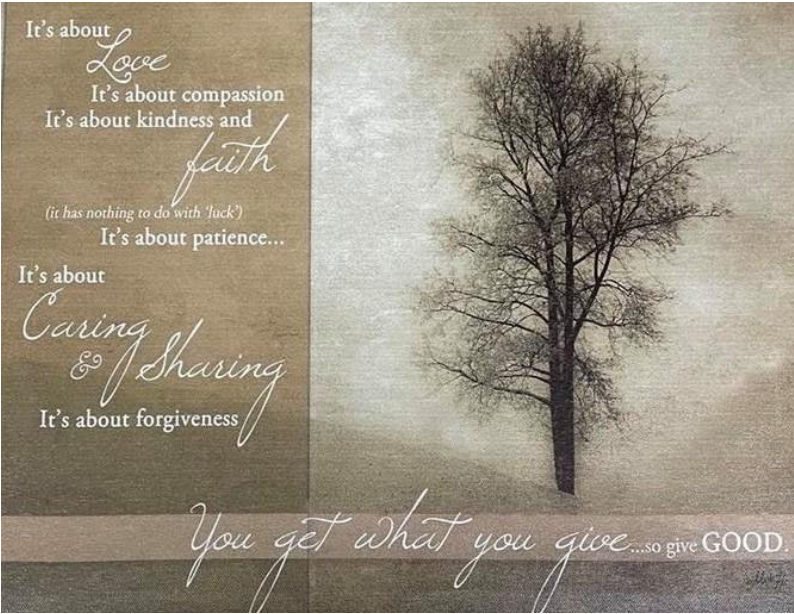
Halstad Living Center & Heritage House

133 4th Ave E, Halstad, MN 56548 phone: 218.456.2105 fax: 218.456.2290

Favorite Easter Treats



What's it About?



The past year has been a doozy. It has been a time of uncertainty, fear, sadness and mourning, but it has also been a time of support, encouragement, gratitude and unity. The people who work at HLC are in the business of taking care and to do that we have to have love, compassion, faith and patience for our residents, co-workers and ourselves so that everyone can continue to live their best life. We also have an opportunity to share in everything we experience daily: happiness, sorrow, excitement, frustration - because trying to carry it all on our own can be overwhelming and self-destructive. With all of the ups and downs, happiness and sadness, gains and losses, we need to try to remember to forgive ourselves and others so that we can move forward and face tomorrow with all the good we have. We know there will never be a time that we won't have to deal with all of these emotions because they are all part of the work we do every day. But we must continue to give good so we can share as much good as we can with one another.

National Volunteer Week April 18-24, 2021



We would like to invite all of our volunteers to join us for a “Back on Track” luncheon on April 20th at 12:00 pm in the Heritage House commons area. We have been given the go-ahead from the state to have volunteers back in the building and we think it is something to celebrate! We will have our annual auxiliary meeting prior to the luncheon. If you would like to join us you must contact Jess Karstens so we can make sure to have space set up for everyone, 218.456.2105 or hlact@rrv.net.



SPRING TIME



Apartments Available: 1 bedroom & 2 bedroom

Apartment Features:

- Retirement community
- Each unit has kitchen, living room, bedroom and ample storage
- One level with garages available
- Continental breakfast served daily
- Community kitchen and living room area
- Commons with fireplace and TV
- Exercise room
- Worship services in-house
- Connected to Halstad Living Center & Sanford Health
- Emergency call system and “I’m OK” program

Visit our website www.halstadlivingcenter.com or call Lorie Paulsrud at 218.456.2105 for more information



A Message from Halstad Telephone Company:

Beginning April 24, 2021, to complete local calls, all customers in the 218-area code will need to dial the area code followed by the 7-digit telephone number. So, if you are calling from Halstad to anywhere local (Hendrum, Shelly, other places in Halstad), you will need to dial 218 and then the number to connect to them. You will not need to dial 1 unless you are calling long distance.

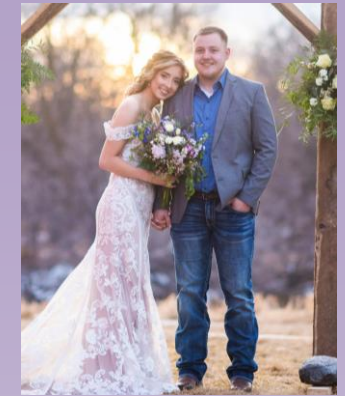
April is Parkinson's Disease Awareness Month



Continued on back page



Making the Difference!



Hannah Solheim, CNA

Hannah started her career with the Halstad Living Center team in 2017 in the dietary department. After getting to know the residents in the dining room, Hannah realized she wanted to provide them with more than just nourishment so she took classes to become a CNA. Besides working with the nursing team, she is currently taking classes to get her LPN degree.

Hannah's smile is a bright light for our residents. She enjoys spending time joking around with them, helping them with anything they may need and listening to their stories.

When Hannah isn't working, she loves spending time with her new husband, Caden and their four dog babies: Tucker, Remmy, Tikka and Piper. They recently purchased a house outside of Crookston and are putting personal touches on it to make it their home.

Thanks, Hannah, for making the difference!