# senior living/health

Home delivered meals

Wed., Jan. 8 - Beef chow

Thurs., Jan. 9 - Pork

are available. Menus subject

to change due to product

availability. Please call 685-

4709 by 9:00 a.m. to order or

mein, white rice, carrots,

roast, mashed potatoes/

gravy, mixed veggies, bread

warm cinnamon apples.

cancel your meal.

pudding.

# **DANCING SKY AREA AGENCY ON AGING**

# The healing power of pets

• News and information from **Karin Haugrud** Senior LinkAge Line Specialist

Throughout history and all over the world, animals have brought love, laughter and companionship to the people whose lives they share. Today, many doctors, social workers, and other health care professionals believe that companion animals are important in helping many people lead healthy, happy lives, especially elderly people. Many researchers are finding that the most serious disease for older persons is not cancer or heart disease -- it's loneliness. Love is one of the most important health tonics we have, and pets are one of nature's best sources of love.

Dogs and cats help everyone overcome the pain of loneliness by supplying companionship and affection. For anyone who is consistently left alone pets can also supply a sense of security and protection. Pets can make you laugh and divert your mind away from troubles. They also broaden your circle of friends and encourage good health through exercise. Studies show that pets can aid relaxation, lower one's blood pressure, promote health, and prolong life.

Some pet programs at nursing homes are credited with enabling patients to reach out beyond their own pain and isolation and start caring about the world around them once again. A lot of these patients have many losses, personal as well as some physical health problems. It's important for them to have something like a puppy that's so accepting, that doesn't care if you are in a wheelchair or if you can't walk, or if you've had an amputation. The puppy loves everybody and it

means a lot to the patients. Many studies also show that pets are psychologically important to the elderly, as they help stimulate socialization by providing a topic of conversation with others where stories of happy moments with pets are shared.

Although animals make great companions for people of any age, pets can have important benefits for seniors. But before adopting a new companion, seniors need to understand the amount of dedication that goes into caring for an animal. Seniors need to be sure they have the time and the means to care for a pet, both physically and financially.

It's also important to consider the kind of pet to adopt. Animal care professionals often advise seniors to consider adopting an adult dog or cat. An older animal may be a better fit for their lifestyle than a puppy or kitten.

If you are thinking about owning a pet, think carefully about how it will affect your life. Know how you will provide for the animal before you bring it home. Be honest with yourself. Don't take a pet because someone else feels that you should have one. And don't let well-meaning but overly protective friends or relatives convince you that you should not have a pet.

You know better than anyone else what you want, and what your abilities are. It's your decision!

This article is made possible with Older Americans Act dollars from The Dancing Sky Agency on Aging. The Senior LinkAge Line<sup>®</sup> makes it easy for older adults and their fami*lies to find services in their* 

#### Pullman House in Herman

For reservations call the Pullman House in Herman at 320-677-3358 by 9:00 a.m., and leave a message for the date you plan to dine.

Meal tickets can be purchased as a gift for a senior by calling 320-677-3358 or at the Pullman House from 12-12:30 p.m. Menu is subject to change.

Wed., Jan. 8 - Pork roast, mashed potatoes/gravy, peas, bread pudding.

Thurs., Jan. 9 - Beef chow mein, white rice, carrots, warm apples.

Fri., Jan. 10 - BBQ riblet, oven browned potatoes, coleslaw, cookie.

Mon., Jan. 13 - Sloppy Joe/bun, baked beans, potato salad, pudding.

Tues., Jan. 14 - Baked ham, scalloped potatoes, squash, bar. Wed., Jan. 15 - Beef stew,

dinner roll, fruited jell-o. All meals served with skim or 1% milk and bread and margarine. Menu subject to change due to food availability. Nutrition Services, Inc. provides this service through a contract with the West Central Area Agency on Aging with funding from the Federal Older Americans Act through the Minnesota Board

## Hoffman & Kensington Senior Nutrition

on Aging.

Hoffman and Kensington Nutrition Services, Inc. Dining Menu. Dining Manager in Hoffman is Kari (320-986-2058) - call this number the day before or by 9:30 a.m. the day of for meal reservations-no exceptions). In Kensington, Dining Manager is Sharon Stevens (320-965-2440).

Wed., Jan. 8 - Beef chow mein, white rice, carrots, warm cinnamon apples.

Thurs., Jan. 9 - Pork roast, mashed potatoes/ gravy, mixed veggies, bread pudding. Fri., Jan. 10 - BBQ riblet.

tri-taters, beets, cookie.

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Mon., Jan. 13 - Sloppy Joe/bun, baked beans, potato salad, pudding/topping.

Tues., Jan. 14 - Baked ham, mashed potatoes/gravy, baked squash, whipped jello. Wed., Jan. 15 - Potato

soup, egg salad sandwich, fruit cup, cookie.

Other events: Wednesday: Rolls and coffee, and pool from 8:00-10:00 a.m. Friday: (Lic.#33884) Cards at 1:00 p.m., BBQ and hot dogs at 6:00 p.m., Bingo at 7:00 p.m. Monday: 500 card playing at 1:00 p.m. Need a ride? Call Volunteer Drivers at 218-685-4417.





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### Elbow Lake Meals on Wheels

Fri., Jan. 10 - BBQ riblet, tri-taters, beets, cookie.

Mon., Jan. 13 - Sloppy Joe/bun, baked beans, potato salad, pudding/topping.

Tues., Jan. 14 - Baked ham, mashed potatoes/gravy, baked squash, whipped jello.

Wed., Jan. 15 - Potato soup, egg salad sandwich, fruit cup, cookie.





community. Call the Senior LinkAgeÒ at 800-333-2433 to speak with an information specialist, or check out our website at <Minnesota-Help.info>.

#### **Caring Suites of Elbow Lake**

**3RD MONTH** Kant & Saynga



**Caring Suites of Elbow Lake** is a division of Morris Health Services, a wholly owned subsidiary of St. Francis Health Services of Morris. You can count on Caring Suites of Elbow Lake to provide the highest level of care for your loved one in a unique homelike environment.

We provide care for those with memory loss, dementia and related disorders. Our 24 hour on-site caregivers provide round-the clock care and are specially trained in all types of dementia. Our Housing Coordinator, Kelsey, is certified as a Dementia Care Practitioner and has many years of experience in the care of your loved one with these diseases.

We offer six private rooms. Families are encouraged to personalize each tenant's room to enhance the feeling of home. There are also three bathrooms, and an inviting whirlpool bath and tub room. Activities are tailored toward individual preferences, offering customized living. Meals are prepared in our household kitchen and served family style at our large dining room table. Our living room, dining room, and family room offer tenants and families comfortable and relaxing spaces

OUR MISSION puts your loved one first, giving them the personal attention clients and families desire.

**Caring Suites** of Elbow Lake 1110 2nd Street NE Elbow Lake, MN 5653

Call today to schedule a tour! (218) 685-2188

Call Chris Ray about a story idea at

218-685-5326

or email

#### gcnews@runestone.net

Grant County

Herman Review 🍆 Hoffman Tribune

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