



Hill Street Place Happenings

Volume 14, Issue 2
February 2017

Musings from the Manager...

I know that we are well into the beginning of a new year when TAXES become the topic. I am passing out your Certificate of Rent Paid (CRP) form for anyone who lived here in 2016. Please keep this document with the rest of your tax papers as you will need it when you file your taxes. Some of you do not use it until later in the year so be sure to store it where you will be able to find it when needed.

February is Heart Healthy Month and I am happy that we have so many activities and programs in place to help anyone do what they can to improve their heart health.

In January I spoke about many of the opportunities we offer on our calendar to exercise individually or in a group. We have also brought back our annual heart healthy walks for the month of February. You are welcome to join any of these whenever it is convenient for you.

Another way we are heart healthy is the caring community we have. I always brag about how welcoming you tenants are. I watch you move over and make room for anyone who wants to join at the coffee table rather than saving seats. I hear you help each other out with questions, concerns, and support. I see new friendships blossom and old friendships flourish. There are almost 100 people living here and it amazes me how accepting our atmosphere is. We all do and think in our individual way but it is so refreshing to see acceptance rather than criticism and judgment. I appreciate how respectful everyone is with the public areas and the community as a whole. I know that I will not always make everyone happy with my decisions but I do appreciate how understanding you are that we are doing the best we can to maintain this wonderful place to live. Thank you all. You fill my heart with joy.

Susie Sammons 

Upcoming Events in February	
HEART HEALTHY WALKS at 3:15	1, 8, 15, 23
Foot & Blood Pressure Clinic	1, 22
National "Wear Red Day" for Heart Health Awareness	3
1st Friday Mass at Hill Street Place	3
"500" Open Card Party	3
Lunch Outing to the Hitching Post	6
HRS 6th Grade Music Students	10
Pokeno	10
TAAC	15
Foot Clinic	15
Musical Entertainment: The Music Makers	16
HRS 2nd Graders Visit & Read	17
Wii Bowling	17
Piano Recital by Renee Peterson's Students	19
Chautauqua- David Johnston on the Civil War	20
February Supper	22
Painting Class	24
February Birthday Party	27

Meet Your New Neighbors



Mona Westera
Apt. 217A



Don & Carlene Otterson
Apt. 236



Mable Andres
Apt. 216



BECCA'S BLURB

February is Heart Health Month! We are going to have a Heart Health Walk once a week. Our Heart Health walks will begin in the office area, (see calendar for days and times) and we will walk as a group to the north entrance of Avera and back again. There are chairs along the way if you need a spot to rest. Join us for these Heart Health Walks.

A Bone Builders Class will be starting February 2nd.. The class will be offered on Mondays and Wednesdays from 11:00-11:45 a.m. in the Day Room. The instructors for this class are Rebekah Reynolds and Sharon Fried.

In February, we will head to the Hitching Post for our lunch outing. The date will be February 6th. Sign up on the bulletin board if you are interested in going on the lunch outing.

The HRS Music Students will be back in action at Hill Street Place in February. The sixth grade students will be here to sing for us on February 10th at 8:30 a.m. Also, on that musical note, "The Music Makers" will be here to entertain us on February 16th, at 2:30 p.m.

President's Day is Monday, February, 20th. In honor of President's Day, our Chautauqua speaker this month will be of a patriotic theme. Our guest, David Johnston is going to do a re-enactment lecture on the MN 1st Volunteers and their role in the battle of Gettysburg. It sounds very interesting so make sure to mark your calendars. You won't want to miss this activity!

During this week we will feature our February President's Supper on Wednesday, February 22nd.

And to wrap up the month we have our February Birthday and Anniversary Celebration on February 27th. It's going to be a great month!

Becca Badgett

TENANT'S CORNER

Submitted by an anonymous tenant

When a wife will wash her husband's back,
Then get a towel from off the rack,
That's love!

And when at night he warms her feet,
Although he shudders when theirs meet,
That's love!

Or when she makes his favorite cake,
Though the day is far too hot to bake,
That's love!

But of all the signs depicting love,
There are few that can compete
With the man-of-the-house remembering to
Put down the toilet seat!

GRATITUDE

Just a small note to say a HUGE thank you to all of you for the many things you do to make Hill Street Place a great community.

NOTICE

Take Note- The March 1st Blood Pressure Clinic and Foot Clinic will take place on February 22nd. Please stop by the office to sign up for these clinics.

3 Amazing Facts About Heart Health and Heart Disease



By Stephanie Watson An Excerpt from WebMD

1. How the human heart functions

Every day, your heart beats about 100,000 times, sending 2,000 gallons of blood surging through your body. Although it's no bigger than your fist, your heart has the mighty job of keeping blood flowing through the 60,000 miles of blood vessels that feed your organs and tissues. Any damage to the heart or its valves can reduce that pumping power, forcing the heart to work harder just to keep up with the body's demand for blood. So how do you make sure your heart is in tip-top shape? "Keeping your body in good health helps keep the heart a more efficient organ," Krasuski advises. In other words, eat healthy, well-balanced meals and don't skip on the exercise.

2. Male heart attack symptoms, female heart attack symptoms

When it comes to matters of the heart, men and women definitely aren't created equal. For instance, a man's heart weighs about 10 ounces, while a woman's heart weighs approximately 8 ounces. Not only is a woman's heart smaller than a man's, but the signs that it's in trouble are a lot less obvious. When women have a heart attack -- and more than a half million do each year -- they're more likely to have nausea, indigestion, and shoulder aches rather than the hallmark chest pain. Heart disease is the biggest killer of both men and women. And both genders should heed this healthy advice: Don't smoke, keep your blood pressure and cholesterol levels in check, and watch for the obvious and the more subtle warning signs your heart could be in trouble.

3. Laughter: The good heart medicine

Health experts now have proof that laughter is good medicine. A good belly laugh can send 20% more blood flowing through your entire body. One study found that when people watched a funny movie, their blood flow increased. That's why laughter might just be the perfect antidote to stress.

When you laugh, the lining of your blood vessel walls relaxes and expands, Krasuski says. So have a good giggle. Your heart will thank you.