

CAMPUS CORNER!

Easy bruising: Common as you age

When does easy bruising indicate a more serious problem?

Easy bruising sometimes indicates a serious underlying condition, such as a blood clotting problem or a blood disease. Consult your doctor if you:

~Have unusually large or painful bruises, especially if your bruises seem to develop for no known reason

~Have easy bruising and abnormal bleeding elsewhere, such as from your nose, gums or intestinal tract

~Suddenly begin bruising, especially if you recently started a new medication

~Develop bruising during an illness in addition to fever or confusion

These signs and symptoms can indicate low levels of or abnormally functioning platelets — components of blood that help it clot after an injury — or problems with proteins that help the blood clot. To diagnose the cause of your bruising, your doctor might check your blood platelet levels or do tests that measure the ability of your blood to clot.

Other serious causes of bruising include domestic violence or abuse. If a loved one has an unexplainable bruise, particularly in an unusual location such as around the eye or face, ask about the possibility of abuse.

How can I prevent or treat bruises?

To prevent minor bruising, eliminate household clutter that could cause bumps or falls. Long sleeved shirts and pants can provide an extra layer of protection for your skin. Limit prolonged exposure to the sun to help you avoid its aging effects and a resulting increased risk of bruising.

Once a bruise has formed, however, not much can be done to treat it. Most bruises eventually disappear as your body reabsorbs the blood — although healing may take longer as you age. If the bruise is swollen, it might help to apply a cold compress and elevate the affected area. After the swelling decreases, a warm compress might speed removal of the blood. If the sight of a bruise bothers you, cover it with clothing or makeup. You might not be able to eliminate easy bruising. However, taking simple steps to protect your skin and avoid injury can go a long way toward keeping you bruise free.

By Mayo Clinic staff



North Shore Health & Rehab Facility

NEWSLETTER



COOKIE AND ICE CREAM SOCIAL

We now have ice cream and cookies together, on **Thursdays at 3:30 pm** in the Courtyard Café

MAY BIRTHDAY PARTY

Each month we honor those who have a birthday with a special party. Join us **Thursday, May 29th at 2:30 pm** for this month's birthday party. Charlie Mitze will entertain us.



Mother's Day Reservations

If you would like to reserve a lounge for a family gathering on **Mother's Day Sunday, May 13th** please contact Luann at the front desk by **May 4th**. Family and friends are always welcome to share a meal with your loved ones. Tickets may be purchased from Luann at the front desk.

NATIONAL NURSING HOME WEEK

May 13th – May 19th is National Nursing Home Week! North Shore will be celebrating all week long with a variety of different theme days. Please join us for this celebration.

- **Monday, May 9th** – Resident Appreciation
- **Tuesday, May 10th** – Staff Appreciation
- **Wednesday, May 11th** – Family Appreciation
- **Thursday, May 12th** – Fun Day
- **Friday, May 13th** – Residents, Family members and Staff BBQ at **10:30 am - 12:30 pm**
More details to come!

OUTINGS

Friday May 4th -

Lunch at Olive Garden

Tuesday May 8th -

Shopping trip to KMART

Wednesday May 16th -

Wii Tournament in Ft. Collins

Tuesday May 22nd -

Dinner at Applebee's



NEW ACTIVITIES!

We will be having our different departments teaching/leading some of our activities. This month join us for: Book Club on the 9th & 30th, Craft Club on the 10th, Health Care for You on the 23rd, Tea Club on the 28th and Sewing Club on the 31st.

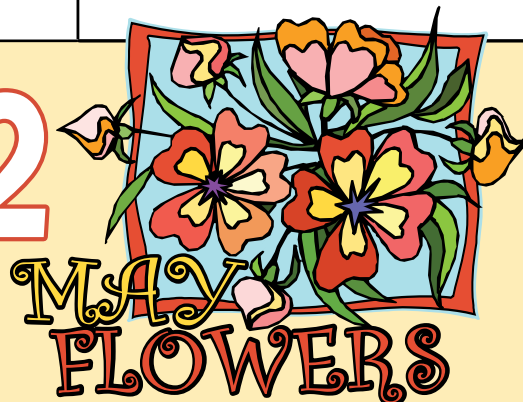
WHITE HAIR IS NO JOKING MATTER!

One day, a little girl is sitting and watching her mother do the dishes at the kitchen sink. She suddenly notices that her mother has several strands of white hair sticking out in contrast to her brunette hair. She looks at her mother and inquisitively asks, "Why are some of your hairs white, Mom?" Her mother replied, "Well, every time you do something wrong and make me cry or unhappy, one of my hairs turns white." The little girl thought about this revelation for a while and then asked, "Momma, how come all of grandma's hairs are white?"



North Shore
Health & Rehab Facility
1365 West 29th Street
Loveland, Colorado 80538



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>MAY</h1>		1 9:00 AM Nail Salon 10:00 AM Catholic Communion 11:00 AM Don's Green Thumb 1:00 PM Activity Cart 2:00 PM Music w/ Carol 3:30 PM Happy Hour	2 9:00 AM News/Views 10:00 AM Serendipity 10:00 AM Timber Time 10:00 AM Biblical Discussion 1:30 PM Music Therapy 3:00 PM Crossword Puzzle	3 9:00 AM News/Views 10:00 AM Bible Study 10:45 AM Resident Council 2:00 PM Jeopardy 3:30 PM Cookies and Ice Cream 7:15 PM Bingo	4 9:00 AM News/Views 9:30 AM Lawrence Welk Show 10:15 AM Bingo 11:30 AM Lunch Outing@ Olive Garden 3:00 PM Moutianview Nieghborhood Meeting	5 9:00 AM News/Views 10:00 AM Devotions 11:00 AM Movers & Shakers 2:00 PM Wii
6 9:00 AM Room Visits 10:00 AM Church Service 1:30 PM Guitar Ensemble 1:30 PM Movie	7 9:00 AM News/Views 9:30 AM Singing Sensations 10:15 AM Sensory Group 11:00 AM Movers & Shakers 2:30 PM Music w/Roberta & Mary 3:30 PM Science w/ Loveland High	8 9:00 AM Nail Salon 10:00 AM Catholic Communion 11:00 AM Don's Green Thumb 1:00 PM Shopping Trip 3:30 PM Happy Hour 4:45 PM Poker	9 9:00 AM News/Views 10:00 AM Serendipity 10:00 AM Timber Time 10:00 AM Biblical Discussion 11:45 AM Lunch Inning 2:00 PM Book Club 3:00 PM Music w/Scott Bussen	10 9:00 AM News/Views 10:00 AM Bible Study 1:00 PM Activity Cart 1:00 PM Reflections Group 2:15 PM Crafters Club 3:30 PM Cookies & Ice Cream 7:15 PM Bingo	11 9:00 AM News/Views 9:30 AM Dean Martin 10:15 AM Bingo 2:00 PM Wii 3:30 PM Parkview Neighborhood Meeting	12 9:00 AM News/Views 10:00 AM Devotions 11:00 AM Movers & Shakers 11:00 AM Nail Salon 2:00 PM Trivia w/Don
13 9:00 AM Church Service 10:00 AM Church Service 1:00 PM Music w/Bethany 1:00 PM Flower arranging w/Calvary Church 1:30 PM Movie 2:00 PM Outing/Van Ride	14 9:00 AM News/Views 9:30 AM Singing Sensations 10:15 AM Sensory Group 11:00 AM Movers & Shakers 1:30 PM Red Hatter's Meeting 3:00 PM Music with Jim	15 9:00 AM Nail Salon 10:00 AM Catholic Communion 11:00 AM Don's Green Thumb 2:30 PM Fiddlin Bill 3:30 PM Happy Hour 4:45 PM Poker	16 9:00 AM News/Views 10:00 AM Serendipity 10:00 AM Timber Time 10:00 AM Biblical Discussion 1:30 PM Wii Bowling Tournament Outing 2:00 PM Music w/Carol	17 9:00 AM News/Views 10:00 AM Bible Study 1:30 PM Activity Cart 2:30 PM Music w/Mel Berg 3:30 PM Cookies & Ice Cream 7:15 PM Bingo	18 9:00 AM News/Views 9:30 AM Lawrence Welk Show 10:15 AM Bingo 10:30 AM Nursing Home Week BBQ w/entertainers Tom & Brian 3:30 PM Room Visits	19 9:00 AM News/Views 10:00 AM Devotions 11:00 AM Movers & Shakers 2:00 PM Wii
20 9:00 AM Room Visits 10:00 AM Church Service 1:30 PM Movie 2:00 PM Outing/Van Ride	21 9:00 AM News/Views 9:30 AM Singing Sensations 10:15 AM Sensory Group 10:45 AM Dining Committee 11:00 AM Movers & Shakers 2:30 PM Music w/Jerry 3:30 PM Parachute	22 9:00 AM Nail Salon 10:00 AM Catholic Communion 11:00 AM Don's Green Thumb 2:00 PM Music w/ Carol 3:30 PM Happy Hour 4:30 PM Dinner Outing	23 9:00 AM News/Views 10:00 AM Serendipity 10:00 AM Timber Time 10:00 AM Biblical Discussion 2:00 PM Music w/Steve 3:30 PM Health Care & You	24 9:00 AM News/Views 10:00 AM Bible Study 11:30 AM Red Hatter's Lunch 2:30 PM Music w/Marc 3:30 PM Cookies & Ice Cream 7:15 PM Bingo	25 9:00 AM News/Views 9:30 AM Dean Martin 10:15 AM Bingo 2:00 PM Garden Club 3:30 PM Timberview Neighborhood Meeting	26 9:00 AM News/Views 10:00 AM Devotions 11:00 AM Movers & Shakers 2:00 PM Wide World of Sports 3:00 PM Activity Cart
27 9:00 AM Room Visits 10:00 AM Church Service 1:30 PM Movie 2:00 PM Outing/Van Ride	28 9:00 AM News/Views 9:30 AM Singing Sensations 10:15 AM Sensory Group 11:00 AM Movers & Shakers 2:00 PM Music w/Ardelle 3:30 PM Tea Club	29 9:00 AM Nail Salon 10:00 AM Catholic Communion 11:00 AM Don's Green Thumb 2:30 PM Birthday Party w/Charlie 4:30 PM Dinner Outing	30 9:00 AM News/Views 10:00 AM Serendipity 10:00 AM Timber Time 10:00 AM Biblical Discussion 2:00 PM Book Club 3:00 PM Rocky Mtn. Rangers	31 9:00 AM News/Views 10:00 AM Bible Study 11:00 AM North Shore Store 2:00 PM Sewing Club 3:30 PM Cookies & Ice Cream 7:15 PM Bingo	<div style="display: flex; align-items: center; justify-content: center;"> <div style="font-size: 4em; margin-right: 20px;">2012</div>  </div>	