



New treadmill at Davis West “unweights” users

Davis Life Care Center residents experiencing painful or limited walking issues now have a new way to exercise pain-free: The new AlterG Anti-Gravity treadmill. The AlterG allows the user to walk at 20% to 100% of their body weight.

The treadmill lifts the user off the floor of the treadmill to a tolerable percentage of body weight at a walking speed that is individually appropriate. “It is truly an amazing device,” says Lori Johnson, director of the Davis Life Care Center rehabilitation program. “The residents who are using the AlterG enjoy it because it allows them to walk and exercise comfortably, something they could not do previously.”

The AlterG is based on technology developed by NASA to train astronauts in weightless conditions. The treadmill is also available to non-residents according to Johnson. Call her at 870.850.0020 to arrange a free demonstration

That weightless feeling The new AlterG Anti-Gravity treadmill at Davis West allows exercise at as low as 20% of body weight. It’s like dialing away pain.



Pear tree alert Spring is just a few weeks away. Keep an eye peeled for the Bradford Pear trees at Davis West.

Margie Jasper Jones turns 104

Davis East resident Margie Jasper Jones turned 104, January 10, 2013. Debe Hollingsworth, mayor of Pine Bluff and County Judge Dutch King were joined by dozens of family, friends and staff to wish her a happy birthday at Davis East.

Mrs. Jones was born on the Hoover Plantation at Gould, Arkansas, January 10, 1909. She was the seventh of 11 children. Margie and her late husband Floyd Jones were married in 1924 when she was 16. They were married 48 years when Floyd died in 1972.

She worked in private homes until her retirement. Articulate and opinionated, she says, “You have to live right. By not

living right, you can cut your own life short.” Apparently she takes her own advice and it runs in her family. Her mother lived to 103.



Margie Jones Spends a few moments visiting with a relative before her 104th birthday party at Davis East.

RECIPE OF THE MONTH



Apple berry cobbler

This fruit cobbler is a lighter, fresher version of the fat-laden, biscuit-topped dessert. Serves six.

Ingredients:

For the filling:

- 1 cup fresh raspberries
- 1 cup fresh blueberries
- 2 cups chopped apples

- 2 tablespoons brown sugar
- 1/2 teaspoon ground cinnamon
- 1 teaspoon lemon zest
- 2 teaspoons lemon juice
- 1 1/2 tablespoons cornstarch

For the topping

- Egg white from 1 large egg
- 1/4 cup soy milk
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla
- 1 1/2 tablespoons brown sugar
- 3/4 cup whole-wheat pastry flour

Directions:

Preheat the oven to 350 F. Lightly coat six individual oven-proof ramekins or soufflé dishes with cooking spray.

In a medium bowl, add the apples, raspberries, blueberries, lemon zest sugar, cinnamon, and lemon juice. Stir to mix evenly. Next, add the cornstarch and stir until it dissolves. Set aside.

In a separate bowl add the egg white and whisk until lightly beaten. Add the

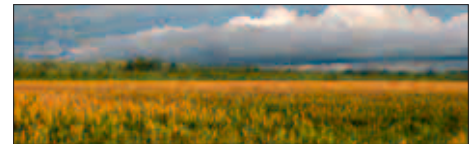
soy milk, salt, vanilla, sugar and pastry flour. Stir to mix well.

Divide the berry mixture evenly to the prepared dishes. Pour the topping over each. Arrange the ramekins on a large baking pan and place in oven.

Bake until the berries are tender and the topping is golden brown, about 30 minutes. Serve warm.

Nutritional analysis per serving:

Calories	128
Sodium	115 mg
Total fat	trace
Total carbohydrate	29 g
Saturated fat	trace
Dietary fiber	4 g
Monounsaturated fat	trace
Protein	3 g
Cholesterol	0 mg



★ FIND THE PRESIDENTS ★

Find and circle all of the president names in the grid, look up, down, sideways, and diagonally

E Y D E N N E K N T N G E Z R R H N
 R B T D S B O O T O L G R E C A M E
 O U R R U E T B T A D E V A R M O R
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ADAMS JOHNSON
 ARTHUR KENNEDY
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 CLEVELAND MONROE
 CLINTON NIXON
 COOLIDGE OBAMA
 EISENHOWER PIERCE
 FILLMORE POLK
 FORD REAGAN
 GARFIELD ROOSEVELT
 GRANT TAFT
 HARDING TAYLOR
 HARRISON TRUMAN
 HAYES TYLER
 HOOVER VANBUREN
 JACKSON WASHINGTON
 JEFFERSON

Respite care spells relief for stressed out home caregivers



Respite care gives home care givers a break from the heavy responsibilities of caring for a disabled or elderly relative in the household.

When caring for an elderly loved one becomes stressful or you need a break from watching over your loved one, Davis Life Care Center has the solution: Respite care for your loved one in one of our senior living facilities.

In our respite care program, your loved one is admitted to one of our senior care facilities for a few days, up to two weeks, while you catch your breath, go on a vacation, catch up on chores, take care of your own health care needs, appointments, school meetings, or dozens of other reasons you may need some personal time.

Your loved one gets:

- A private or semi-private room with individual half-bathroom
- Observation and help with daily living skills as needed
- Medication management
- Planned activities, social and educational events
- Three nutritious meals a day,

served in our dining room or in your loved one's room, plus snacks

- Special diets as ordered by your loved one's doctor
- A caring staff of registered nurses, licensed practical nurses, and certified nursing assistants
- Opportunity to meet and relate with new friends

You get:

A chance to regroup, recoup, and recharge. Behavioral specialists tell us that occasional breaks from your caregiver routine are healthy for you, your family, and your loved one.

You may initiate respite care by contacting our admissions coordinator, Donna Eathely at 870-850-2916. She will give you all the information to get a period of respite care underway.



Blue Sky Band doing their part for more than 20 years



The Blue Sky Band Seated from left: Bud Cason, Carlton Thompson and Jim Torres. Standing from left: Earl Gover, Bobby Henderson, Jerri Henderson, Reba Torres and Lynn Thompson.

The Blue Sky Band, one of the favorites among residents in Davis Life Care facilities, have been putting smiles on faces and making feet pat in nursing homes, at family reunions, and more for nearly twenty years according to Bobby Henderson lead guitarist and group spokesman.

They do about 20 songs with music from Rock and Roll to Gospel, depending on their audience makeup. The most requested songs are: *Amazing Grace* and *You Are My Sunshine*.

"We're all retired and members of RSVP. We enjoy doing our part in the volunteer program," says Henderson – with a big smile on his face.



Davis East • Davis West
 Garden Pointe Assisted Living
 Whispering Knoll Assisted Living
 The Gardens Assisted Living



**Skilled nursing
 Rehabilitation
 Veterans skilled care
 Assisted living**



DAVIS **March 2013** LIFE CARE CENTER **News Letter**

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Low and moderate income assisted living apartments available at Davis Life Care Center

Not every assisted living center offers apartments to low-to-moderate income residents who are on Medicaid, but here at Davis Life Care Center, all three of our assisted living facilities offer space to low-to-moderate income residents. “It’s part of our mission,” says Joe D. Ratliff, executive director of Davis Life Care Center. “As a not-for-profit charitable organization, we reach deep in the community to provide our services.”

There is no difference between the apartments offered to private pay residents and low-to-moderate income residents according to Donna Eathely, admissions coordinator for Davis Life Care Center. “They’re all the same,” she says.

There’s more to assisted living than nice accommodations. “A lot of services come with the house,” says Deshona Collins, administrator at The Gardens. According to Collins these services include (but are not limited to):

- Housekeeping services
- Linen service
- Medication support
- Help with dressing
- Help with bathing
- Planned activities

“We take the word ‘assisted’ seriously,” says Olivia Jones, administrator at Whispering Knoll Assisted Living. “When



Roomy bedrooms Garden Pointe bedrooms have enough space to accommodate a full size bedroom suite.

a resident needs help, someone will be there to provide that help. It’s what we do.”

Residents at all three Davis Life Care Center assisted living facilities enjoy three nutritious meals a day prepared on campus, plus snacks for in-between meal treats. A registered dietitian oversees menus and special nutritional requirements which residents may have.