

## Notable Quotable

*"Women's liberation is just a lot of foolishness. It's the men who are discriminated against. They can't bear children. And no one's likely to do anything about that."*

~ Golda Meir  
(born May 3, 1898)



## Elk Grove Festival Parade/Mothers Day BBQ 'Local Celebrities'

Blossom Ridge Care Home invites all our families to join us at the Elk Grove Festival Parade on Saturday May 1<sup>st</sup>, 2010. The parade starts at 10:00am at 'Old Elk Grove' and will end at the Elk Grove High School parking lot.

Our Blossom Ridge Care Home Veterans will be joining in the parade as part of the local VFW veterans!

Please join us in honoring

### History of Elk Grove Western Day Parade

In 1957 there were about 2,000 people living in the greater Elk Grove area. The Elk Grove Elementary School Mothers' Club needed to raise funds to assist their children and their school. To do so, they organized the first Western Festival. The committee chose the first weekend in May to celebrate the beginning of Summer.

During the week prior to the festival, weeds were pulled in the cemetery, the trees lining Elk Grove Boulevard were whitewashed, western apparel was sold in local stores, and businesses encouraged employees to dress western. The festival parade had 60 entries. Anyone could enter and there were lots of

their service to our country and celebrating 10 years of Elk Grove 'Cityhood'. After the parade Blossom Ridge Care Home will host a Mothers Day BBQ lunch at our facility (10143 Blossom Ridge Drive, Elk Grove CA 95757).

If you plan to attend our Mother's Day BBQ after the parade please give me a call at 916-284-4129.

students riding bicycles they had decorated. After the parade, all the festival activities were held in the high school cafeteria. The event was a great success. After paying festival expenses, the club was able to buy glasses, give medical assistance to needy students, purchase record players, records, rainy day games for the classrooms, and new furniture for the teachers' room. This year will mark Elk Grove's 53rd Annual Western Festival and today there are approximately 150,000 people living in the greater Elk Grove/Wilton/Franklin area.

(www.ElkGroveWesternFestival.com/history; April 22, 2010)

May 2010 Issue

# Blossom Ridge

Care Home



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## Common Diabetes Tests

For those individuals, and residents, who have type 2 diabetes, you may notice that your physician request more reoccurring lab test. These lab tests help determine how well your diabetes is being managed. We have listed a couple of the common lab test and why they are important.

**Glycated hemoglobin test (A1c).** The A1c blood test measures how well you are maintaining blood sugar control. Your doctor takes a blood sample to check your *hemoglobin* (a protein in red blood cells). A healthy level is between 6% and 7%. Test should be taken 3 to 6 months.

**Blood Pressure Test** This test measures the pressure in the walls of your blood vessels. Your blood pressure should be tested at least once a year and should be less than 130/80.

**Lipid Profile Test** This blood test measures the amount of fat in your blood. The two kinds of cholesterol are HDL, the "good cholesterol," and LDL, the "bad cholesterol." Your total cholesterol should be less than 200mg/dL. Your LDL should be less than 100. For women, your

HDL should be over 50; for men it should be over 40. Triglycerides should be less than 150. Your doctor will recommend this test annually.

**Urinary Microalbuminuria Test** Diabetes can damage your kidneys. This yearly test looks at your kidneys by checking for protein in the urine. Your doctor may also perform a yearly GFR test (*glomerular filtration rate*), which looks at how well your kidneys are filtering a waste called *creatinine*, which is produced by muscles.

**Dilated Eye Exam** The blood vessels in your eyes can become damaged due to high blood sugar and high blood pressure. It is important to see an eye doctor each year to test your vision.

**Foot Exam** When blood sugar is not under control, it can lead to nerve damage in the feet. It is important to visit a foot doctor each year; they will check the nerves and blood flow in your feet. Inspect your feet for cuts, bruises and sores. Most importantly, keep your feet clean. (HealthMonitor.com excerpt)

Elk Grove  
Festival Parade  
May 1st

Mother's Day  
BBQ  
May 1

Elk Grove  
Western Day  
Festival  
May 2-4

Cinco de Mayo  
May 5

Mother's Day  
May 9

Tulip Day  
May 13

Visit Your  
Relatives Day  
May 18

Memorial Day  
May 31

## Diabetes friendly recipe

### White Bean and Collard Green Soup

In order to encourage a healthier lifestyle for our residents at Blossom Ridge Care Home, we are introducing a new recipe to our menu. This meal is “diabetes” friendly and BIG on taste! Try it at home or join us for a meal and let us know what you think. If you have any recipes you would like to share with us, leave a copy of it with Toni and/or Natisha.

White Bean and Collard Green Soup  
Yield: 6 servings

2 tablespoons olive oil  
3 cloves garlic, peeled, trimmed and finely diced  
2 ribs celery, well washed, peeled and finely diced  
1 cup diced onion Salt to taste  
1 (28-ounce) can crushed tomatoes  
1 bay leaf  
2 pounds fresh collard greens, well washed and chopped  
6 cups low-sodium chicken broth or water  
4 (15.5-ounce) cans cannelloni beans, well-drained  
2 teaspoons freshly ground black pepper, or to taste  
2 teaspoons LaBelle Pepper Clear Mild Pepper Sauce  
¼ cup grated Parmesan cheese  
2 tablespoons chopped fresh flat-leaf parsley, optional

1. Place the oil in a Dutch oven over low heat. When hot, add the garlic, carrots, celery and onion. Season with salt and cook, stirring occasionally, for 5 minutes. Add the tomatoes and bay leaf, raise the heat to a bare simmer, cover and cook for 20 minutes, or until the vegetables are very tender.
2. Blanch the greens by cooking in boiling salted water for 5 minutes. Drain and cool under cold running water. Squeeze dry.
3. Add the broth and the beans, stirring to combine. Season with lots of pepper and hot sauce. Cover and cook for about 10 minutes. Stir in the collard green and continue cooking for another 20 minutes or until very flavorful. Taste and if necessary, add salt and pepper.
4. Remove from the heat and pour into soup tureen. Sprinkle with cheese and parsley, and serve piping hot.

## Questions To Ask Your Doctor

### For those Individuals with Diabetes

Next time you have a doctor appointment, be sure to ask the following questions.

1. What do my test results tell us about my diabetes?
2. How often should I be checking my blood sugar levels?
3. What are the three or four things I should be doing to change my lifestyle and diet in a way that will be healthy?
4. What treatments should we consider? I want to learn more about medications such as short-acting and long-acting insulin.
5. What are my options for taking insulin? I want to learn more

about using a syringe vs. an insulin pen vs. a pump.

6. Are my blood pressure and cholesterol levels healthy?
7. Do my feet look healthy?
8. When should I make my next appointment to see you?
9. Can you recommend a diabetes education program or a diabetes educator for me to meet with?

Feel free to ask us about the response's we received during your loved one's last physician visit.

## Favorite Website of the Month

### [www.DiabetesEducator.org](http://www.DiabetesEducator.org)

I would like to invite our Blossom Ridge families to visit the Diabetes Educator website at [www.diabeteseducator.org](http://www.diabeteseducator.org).

Various downloads geared towards improving self-management of diabetes are available. The following can be downloaded:

Self-Care Behaviors Handouts  
Videos and Guidebooks

Certified Diabetes Educators can also be located from this website.

If you have any favorite websites to share with other Blossom Ridge Care Home families, please let us know.