

Welcome to The
Towne Crier Quarterly

HAVE A SAFE AND EXCITING
MONTH!

Lori and Sarah at The Towne House



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The Prairie Landing neighborhood continues to take shape and we expect to have a busy spring filled with excited neighbors moving in to their new homes. The model homes are open, and we welcome people to make an appointment for a visit, or drop by Monday through Saturday, 10 am to 5 pm or Sunday, 1 pm to 5 pm. The neighborhood entrance is located at 9119 Illinois Road. Most of the roads are completed,

making it possible to drive around the 60-acre community, however, please be aware that there is a good deal of construction traffic. The clubhouse, featuring an indoor pool, is also well on its way, scheduled for completion mid-summer. The clubhouse will also include a professional quality fitness center, changing rooms and large indoor and outdoor gathering areas. For those of you wanting more information regarding Prairie Landing, you may go to www.prairielanding.org or call 260.236.0498.



Did You Know?

Did you know that The Towne House is a continuing care retirement community? Our campus is an active, vibrant community which provides a full continuum of service and care: independent living in spacious apartments and our lovely Chapman's Crossing homes; assisted living services provided in our apartments; memory support in The Towne Square Memory Center, long term nursing care, and rehabilitative services in our Medicare certified health and rehab center. So regardless of what you or your loved one may need, now or in the future, we have you covered.



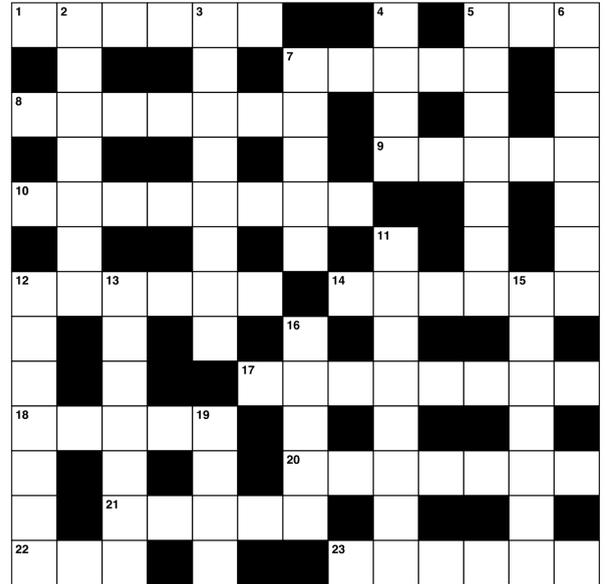
Happy Spring!

Across

- 1 -Spring back
- 5 -Work of creativity
- 7 -Noble gas
- 8 -Forgive
- 9 -Arms and legs
- 10 -Forms of payment
- 12 -Farmer
- 14 -Tall structures
- 17 -Moan
- 18 -Connective tissue
- 20 -Robbers at sea
- 21 -Unpleasant giants
- 22 -Male offspring
- 23 -Chooses

Down

- 2 -Space shuttle
- 3 -Educational institutions
- 4 -Hero
- 5 -Excite
- 6 -Thin papers
- 7 -Dares (anag)
- 11 -Bodily
- 12 -Chats
- 13 -Belief
- 15 -Clothing
- 16 -Great successes
- 19 -Thin cable



Welcome!

Welcome to our
New Neighbors who
moved in this winter

Augie Kirchner
Suzanne Hall

Sally Whitten
Clyde Shank
Bernard and Betty Carrigan
Margaret Crosley
Erna Schwartz



Resident Article



*"Spring has sprung. The
grass has riz.
I know where
the posies is!"*

That is because I can see the early spring flowers which are beginning to bloom in Marcia's Garden, the perennial garden created and sponsored by Marcia Adams, a former local television personality as well as a former resident of The Towne House. My apartment has a great view of this garden as various flowers bloom throughout the spring, summer, and fall.

The garden is primarily maintained by resident volunteers. In addition to this garden, several residents have individual plots where they grow vegetables and flowers. It is a well-established fact that gardening is a good way to get some fresh air, sunshine, and exercise. It is also a great excuse to play in the dirt! Eating

a red-ripe
tomato fresh
off the vine is
a special treat,
too.

I know that The Towne House staff have been brain-storming all sort of ideas that will add to our general well-being during the coming months. We will surely have musical concerts to enjoy, day trips to local establishments, informative lectures to stimulate the mind, and many opportunities to socialize right here within our community.

Here's to a more normal year. Let us all enjoy smelling the roses!

*Submitted By: Helen Pyles,
resident since 2011*



Rehab News Daily Stretches for Better Health

Why is hand and grip strength so important? Having a strong grip makes it easier to perform normal daily tasks like holding a coffee cup, carrying grocery bags, or brushing your teeth. Research has shown that a person's grip strength can be an indicator for overall muscle strength, upper limb function, bone mineral density, increased fractures and falls, and overall quality of life.

It's common as we age to see a decrease in grip strength due to natural age-related loss of strength and muscle mass. Additionally, other causes may include scar tissue, carpal tunnel, arthritis, and nerve or tendon damage. As a result, a person may experience trouble holding and opening items and other activities they enjoy.

Now that we recognize why grip strength is so important, below are exercises that can help to improve your overall hand and grip strength.

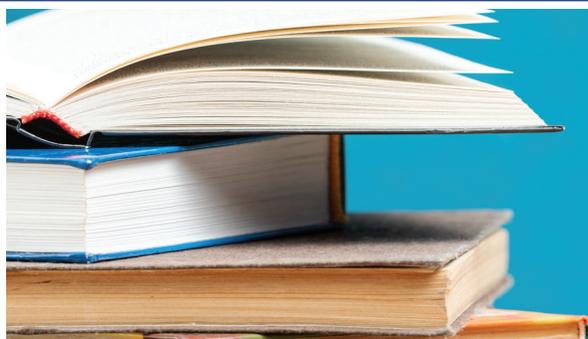
Improve Crush Grip (ability to squeeze something between your fingers and palms) with hand strengthening equipment like stress balls, therapy putty, and hand exercisers.

Improve Finger Strength & Dexterity with a finger-walking exercise. Put your hand on a table, palm facing down. Slowly lift each finger moving toward the thumb.

Improve Support Grip (ability to hold on to an object) with farmer carries. Hold a weight or bag and walk with it across the length of the room, then turn around and walk back.

Improve Pinch Grip (the grip strength between the tips of your four fingers and thumb) by pinching clothespins or using tweezers to manipulate small objects.

Improve Hand Range of Motion with finger stretches. Put your palm down on the table, straighten your fingers, hold the stretch for 30-60 seconds, and release.



Book of the Month Club

The Wonder Boy of Whistle Stop

by Fannie Flagg

The beloved author returns to the small town at the heart of Fried Green Tomatoes at the Whistle Stop Cafe with a heartwarming novel about secrets of youth rediscovered, hometown memories, and everyday magic.

Bud Threadgoode grew up in the bustling little railroad town of Whistle Stop, Alabama, with his mother Ruth, churchgoing and proper, and his Aunt Idgie, the fun-loving hellraiser. Together they ran the town's popular Whistle Stop Cafe, known far and wide for its friendly, fun, and famous "Fried Green Tomatoes." And as Bud often said to his daughter Ruthie, of his childhood, "How lucky can you get?"

But sadly, as the railroad yards shut down and the town

became a ghost town, nothing was left but boarded-up buildings and memories of a happier time.

Then one day, Bud decides to take one last trip, just to see where his beloved Whistle Stop used to be. In so doing, he discovers new friends, new surprises about Idgie's life, and about Ninny Threadgoode, Evelyn Couch, other beloved Flagg characters, and also about the town itself. He also sets off a series of events, both touching and inspiring, which change his life and the lives of his daughter and many others. Could these events all be just coincidences? Or something else? And can you go home again?



“A friend loves at all times.”

Proverbs 17:17

Chaplain's Column

I am often asked for more stories about my little pal and next-door-neighbor Isaiah.

He and his family moved away four years ago, so today our paths never cross. However, the memory of his friendship lingers. He was a daily blessing to me for nearly five years, and our relationship became the source of little stories of the joy of friendship. So today I share a few more while we are on the brink of returning to “a sense of normalcy” and re-engaging to mainstream socialization. Enjoy these short stories of my little buddy, Isaiah.

Our local schools were cancelled for three days due to snow. On Friday about 9:00 a.m., Isaiah showed up and invited me to his house. He and Suzana (his nine-year-old aunt) were going to fix me breakfast or lunch. I asked if taking both to *Culvers* for lunch was okay, and he said, “Suzana was hoping you would say that.” He soon wanted to come over and be together, but I told him I couldn’t until I finished preparing a message for a funeral. After discussing what a funeral was all about and my role as a pastor at one, he said, “Well, I can help with that.” I asked how he would comfort those who felt sad and what words he might say. He didn’t blink an eye: “You all look nice today, and your clothes look nice.” Yes, that would bring comfort to any heart.

After Isaiah, Suzana and I went to Culvers for lunch, we came back to our house to play Uno and enjoy ice cream. I looked in the freezer, and there was a half-empty container of pumpkin ice cream left over from the fall. I opened it and though it was freezer burnt on the top (I didn’t tell them that), it still looked good. I dished up three bowls, and we sat down and feasted. I don’t know if Isaiah was thinking of frozen custard at *Culvers* or vanilla ice cream, but when I asked if he liked it, he said, “This is *perfect-er*.” I couldn’t have said it better myself.

After three days of shoveling our driveway clear of snow, Suzana and Isaiah did a little more work on the front sidewalk before calling it quits. Isaiah then said, “Doug, I want to shovel your yard and make dry space.” I told him he didn’t have to do that and I never shoveled “the yard.” He added, “I promise to stay away from the road.” It then dawned on me what he had in mind. He was clearing a path to our mailbox, and sure enough the next day I had “dry space” to and from the mailbox. Thank you, Isaiah the Master Shoveler.

At almost seven this evening, there was a large knock at our front door. It was Isaiah, proclaiming that he held in his hand something very special. I ushered him in the door, and he proudly showed me a big, black construction paper Letter “D.” It had an added nose, mouth, eyes and ears, which Isaiah had colored green. Of course, his kindergarten class had studied the letter “D” that day, which they made into a dog. Isaiah had given it a name, which was on its collar. He said, “Doug, this is for you, and his name is ‘Beautiful

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All at once,
Summer
collapsed
into fall.

Oscar Wilde

Isaiah, Revisited *Continued*

Doug.” He showed me the collar and these letters: “*Bidfol Dug*.” I said to him, “Isaiah, how did you spell such a big word as ‘beautiful’?” “Doug, I just sounded it out.” Then Isaiah carefully went through each of the three syllables, and slowly sounded out each one. He told me that I could keep the dog, if I wanted or I could give it away. He then reminded me that the sound of beautiful “Doug” was very close to the sound of beautiful “Dog.” That made us both laugh, which I thought was beyond *bidfol*.

Isaiah wanted to play but I needed to go inside to do chores first. I also told him that I needed to go on two errands to the camera shop and the hardware store, and I would do them after my

chores were completed. I told him that I wanted him to go with me and that I would come over to his house to get him after my chores. He promptly said, “Doug, if I help you with your chores, that will go faster and we can go on errands sooner.” What every grown up wants to hear. Thank you, Isaiah Troy.

After many long winter days, today’s temperatures finally got close to 60 degrees with a beautiful blue sky to match. So, Isaiah proudly announced, “It’s a beautiful day, and it is just the right temperature. It’s not cold, and it’s not warm; it’s jussssst right.” I totally agreed.

A friend loves at all times.
~Proverbs 17:17