

April 2025

# Western Prairie Human Services Senior Services Newsletter

211 E Minnesota Ave, Glenwood, MN | 320-634-7755  
15 Central Ave N, Elbow Lake | 218-685-8200



## Grant County Coffee with a Cop & Back-Up

**Thursday April 10, 2pm**

AJ's – Emergency Management  
& Weather Preparedness

**Wednesday May 7, 9:30am**

Elbow Lake Senior Center –  
Fraud Alert, Eagle Bank

## Pope County Coffee with a Cop

**Thursday April 17, 12:30pm**

Farwell Community Center –  
Emergency Management &  
Weather Preparedness

**Thursday May 22, 2pm**

Villard Community Center – Fire  
Safety

## Caregiver Support Group

For those caring for a loved one  
with chronic medical conditions  
and/or dementia/Alzheimer's.

**Hoffman, Senior Center**

100 3<sup>rd</sup> St S.

4<sup>th</sup> Tues of the Month 10am

**Glenwood, Western Prairie**

Human Services

211 E Minnesota Ave

2<sup>nd</sup> Thurs of the month 2pm

4<sup>th</sup> Tues of the month 2pm

**Wheaton, Ambulance Garage**

401 12<sup>th</sup> St N.

3<sup>rd</sup> Mon of the month 1:30pm

**Virtual**

2<sup>nd</sup> Tuesday of the Month

5:30pm

For details of online meeting and  
other questions, call 320-424-0018  
or email

[dianekittelson@wphsmn.gov](mailto:dianekittelson@wphsmn.gov)

## National Foot Health Awareness Month

National Foot Awareness Month is observed in April to raise critical awareness regarding our foot health. It is the initiative of the American Podiatric Medical Association (A.P.M.A.). Although our feet enable us to see the world and stand tall on our own, it is somehow one of the most frequently ignored parts of our anatomy. From wearing good shoes to getting regular care, the holiday promotes the general well-being of our feet.



### 15 FOOT FACTS

- 1. Foot Structure** There are 26 bones in each foot, a total of 52 bones in both feet. There are 206 bones in the body, that means more than 1/4 of all of our bones in our bodies are in our feet. Fourteen of the 26 bones are found in the toes. Each toe has 3 bones, except the big toe, which has two.
- 2. Foot Related Medical Problems** About 60% of all foot and ankle injuries, reported by those over age 17, were sprains and strains of the ankle. Lower backache, hip, knee and lower leg pains can sometimes be traced to problems with your feet.
- 3. Gait Pattern** When you are walking normally, the whole foot is never flat on the ground. The gait pattern of your right foot does not usually match that of our left.
- 4. Structural Alignment** If your feet are well-aligned, your toes will point straight ahead when you are walking. The first point of contact is your heel, then the outside border of your foot, then the ball of your foot, and finally the big toe.
- 5. Flat Feet** Flat feet are not always problematic – if flat feet are well aligned, they enable a person to stand for longer periods of time, as the weight is distributed over a larger area.
- 6. Standing vs. Walking Fatigue** Standing in one spot is far more tiring than walking. The reason for this is that demands are being made on the same few muscles for a length of time.

## 15 Foot Facts cont..

**7. Walking, distance statistics** The average person walks up to about 115,000 miles in their lifetime, enough to walk around the earth 4 times. That works out to around 4 miles a day. During a typical day, the average person spends about 4 hours on their feet and take between 8,000 – 10,000 steps.

**8. Foot Step, force dynamics.** While walking, each step can exert a pressure on your feet that exceeds your body weight and when you are running it can be three or four times your weight which adds up to a cumulative force of over 500 tons a day. With certain sporting activities this force can go up to 7 times your bodyweight.

**9. Nerve and Sensory Information** There are more nerve endings per square centimeter in the foot than any other part of the body. Our feet constantly supply us with information about the surface we walk on, without our even being aware of it. They tell us whether the surface is hot or cold, or rough or smooth, which side it slopes to, ect.

**10. Sweat Glands** The soles of your feet contain more sweat glands and sensitive nerve-endings per square centimeter than any other part of your body. There are about 250,000 sweat glands in the feet. The average person will lose about a cup of moisture a day through the feet.

**11. Bone Development Process** At birth the bones in the foot are mostly cartilage and slowly harden as the foot grows. The bones in the foot will only be completely ossified (hardened) at around 21 years of age.

### 12. Gender Propensity for Foot Problems

Women have about four times as many foot problems as men. Lifelong patterns of wearing high heels often are the culprit.

### 13. Pathology, Progression of Foot Problems

Heredity plays only a minor role in the early development of foot problems, as only a small percentage of the population is born with foot problems. It's neglect, and lack of awareness of proper care – including ill-fitting shoes – that bring on the problems. A lifetime of wear and tear, plus neglect, accounts for the fact that most practitioners serve an older population.

**14. Income and Foot Health** As a person's income increases, the prevalence of foot problems decreases.

## Mind Teasers

1. I speak without a mouth and hear without ears. I have no body, but I come alive in the wind. What am I?
2. You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I am fat. The wind is my enemy.
3. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
4. What is seen in the middle of March and April that can't be seen at the beginning or end of either month?
5. You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. Why?
6. The first two letters signify a male, the first three letters signify a female, the first four letters signify great, while the entire word signifies a great woman. What is the word?
7. What English word has three consecutive double letters?
8. What disappears as soon as you say it's name?
9. I have keys but no locks and space, and no rooms. You can enter, but you can't go outside. What am I?
10. What gets wet while drying?



**15. Insect Bites** The foot is the most common body part bitten by insects.

Understanding the value of healthy feet is essential. It's important to check them regularly for abnormalities such as sores, cuts, or infections. This April, pledge to keep your feet happy and healthy as part of your daily routine. After inspection, it is recommended that you wash your feet with warm water. At the end of a long day, it is a good idea to wash your legs and apply fast-absorbing lotion on the top and undersides of your feet before you climb into bed. Other advice includes regular nail trimming, wearing socks with shoes, and avoiding wearing high heels for longer than four hours.

Source: <https://nationaltoday.com/national-foot-health-awareness-month/> and <https://southvanphysio.com/15-interesting-foot-facts/>

## Dementia and Caregiving

Caregivers are the unsung heroes in the lives of those with Alzheimer's and other dementias. They frequently report experiencing high levels of stress. Too much stress on caregivers can be harmful to both care partners.

### 10 Symptoms of Caregiver Stress

1. **Denial** – about the disease and its effect on the person who has been diagnosed (“I know they are going to get better.”)
2. **Anger** – at the person with the illness or frustration that he or she can't do the things they used to be able to do. (“He knows how to get dresses – he's just being stubborn.”)
3. **Social Withdrawal** – from friends and activities that used to make you feel good. (I don't care about visiting with neighbors anymore.”)
4. **Anxiety** – about the future and facing another day. (“What happens when he needs more care than I can provide?”)
5. **Depression** – that breaks your spirit and affects your ability to cope. (“I just don't care anymore.”)
6. **Exhaustion** – that makes it nearly impossible to complete necessary daily tasks. (“I'm too tired for this.”)
7. **Sleeplessness** – caused by a never-ending list of concerns. (What if she wanders out of the house or halls and hurts herself?”)
8. **Irritability** – that leads to moodiness and triggers negative responses and actions. (“Leave me alone!”)
9. **Lack of Concentration** – that makes it difficult to perform familiar tasks (“I was too busy; I forgot my appointment.”)
10. **Health Problems** – that begin to take a mental and physical toll. (“I can't remember the last time I felt good.”)

If you have experienced any of these signs of stress on a regular basis, make time to talk to your doctor, reach out to family members, or attend a caregiver support group. Ignoring these symptoms can cause your physical and mental health to decline. Call Diane for more information 320-424-0018

## On This Date

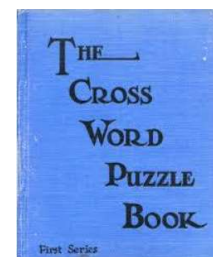
April 6, 1980 – 3M first sold Post-it Notes in American stores. Created from a unique adhesive that didn't leave a residue, these sticky squares became a must-have tool for reminders, notes and ideas.



April 10, 1849 – The safety pin was patented by Walter Hunt, an inventor from New York. Designed with a spring mechanism and clasp to prevent accidental pricks, the simple yet innovative invention quickly became a staple in household and remains a practical tool to this day.

April 17, 1982 – Jonny Cash hosted Saturday Night Live and shared the stage with Elton John. The duo had the audience in stitches when they unexpectedly swapped outfits, with Cash in sparkles, a pink feather boa, and outrageous glasses and John in black cowboy garb.

April 18, 1924 – Dick Simon and Max Schuster published *The Cross Word Puzzle Book*, the first collection of crossword puzzles, leading to the puzzles becoming a beloved pastime.



April 26, 1941 – Organist Ray Nelson played for a crowd of 18,000 before the day's game at Chicago's Wrigley Field. Though he had to cut the music before the first pitch, the love organ music at baseball games became a tradition that would spread to stadiums nationwide.

### New Senior Meeting in Starbuck

Beginning April 16, 2pm Starbuck Airport

For years, people have been gathering monthly across Grant and Pope Counties. However, attendance has gradually declined over time. Let's work together to change that! Next month, bring a friend to your favorite monthly gathering and help boost participation.



## Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box?



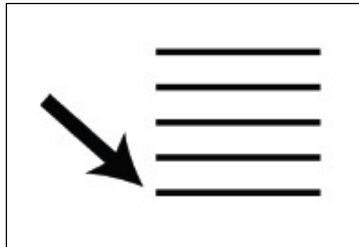
1. \_\_\_\_\_



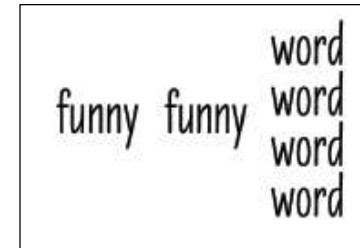
2. \_\_\_\_\_



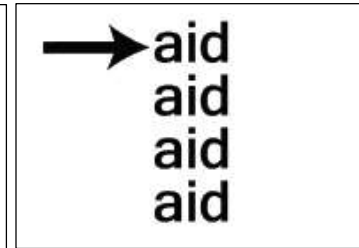
3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



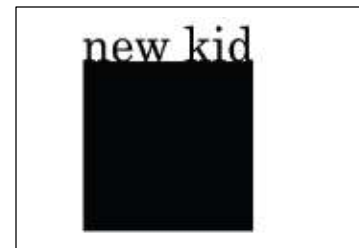
7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_

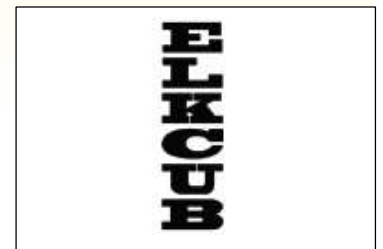


10. \_\_\_\_\_

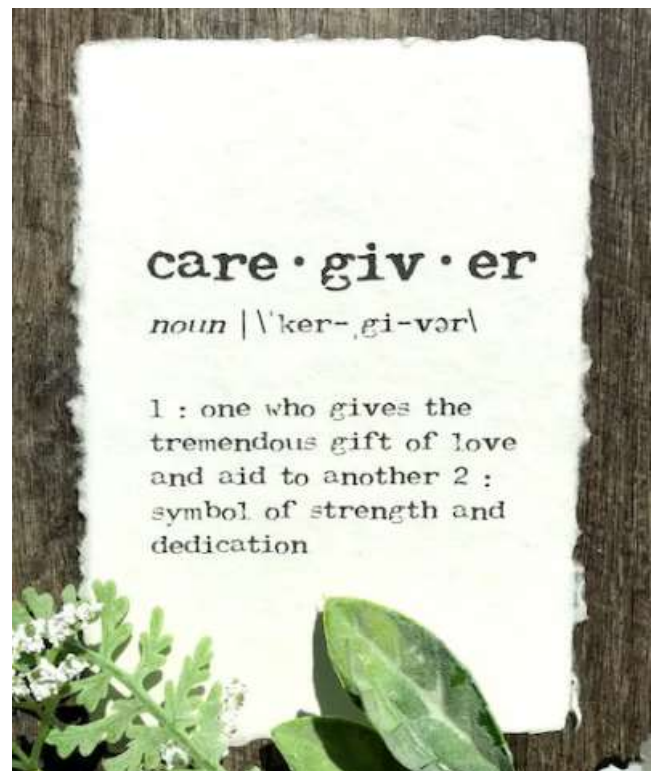
## Steps to Happier, Healthier Feet



11. \_\_\_\_\_



12. \_\_\_\_\_



**Produce Word Blocks** – Combine blocks of the letters to create names of vegetables. Each block is used only once, and some words use more than two blocks.  
**For example:** po + ta + to = potato

eg	co	zuc	cu	gus	gar
pø	gpl	lo	wer	ry	ets
sp	on	rn	lic	le	be
ta	ach	pep	ce	car	ber
in	rot	pers	ini	if	ara
ant	nip	ans	cum	ion	ul
Te	ca	be	asp	tur	ch



### Word Scramble

Use the clue to unscramble the letters

- LRLOEBTS \_\_\_\_\_  
A marine crustacean
- GERCA \_\_\_\_\_  
Simple elegance
- SMIOTC \_\_\_\_\_  
A television series where the same set of characters are involved
- PHOSLI \_\_\_\_\_  
To make the surface of something smooth
- CDONRORPES \_\_\_\_\_  
Have close similarity
- FNUONICT \_\_\_\_\_  
A purpose intended for a person or thing
- ZZZZPIA \_\_\_\_\_  
An attractive combination of vitality and glamour
- FYATCLU \_\_\_\_\_  
Inherent mental or physical power
- VTINBAR \_\_\_\_\_  
Full of energy and enthusiasm
- IENRSIP \_\_\_\_\_  
To motivate
- DNIOGOETS \_\_\_\_\_  
The process of breaking down food

1. potato \_\_\_\_\_
2. eg \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_

### BUY A VOWEL

Use the clues to fill in the blanks with vowels to create the word

- \_\_D\_\_ \_\_L\_\_ \_\_\_\_\_  
Satisfying one's conception of what is perfect
- \_\_Q\_\_ \_\_V\_\_ \_\_L\_\_ \_\_N\_\_ T \_\_\_\_\_  
Equal in time
- \_\_ \_\_ G\_\_ R \_\_\_\_\_  
Want to do or have something very much
- \_\_ C\_\_ \_\_ \_\_ N \_\_\_\_\_  
A very large expanse of sea
- V\_\_ L\_\_ \_\_ \_\_ \_\_\_\_\_  
The importance or worth of something
- P R \_\_ \_\_ S \_\_\_\_\_  
Express warm approval or admiration of
- V\_\_ R S \_\_ T \_\_ L \_\_\_\_\_  
Able to adapt or be adapted
- \_\_ N\_\_ R G \_\_ Z \_\_\_\_\_  
Give vitality and enthusiasm to
- F \_\_ M \_\_ \_\_ S \_\_\_\_\_  
Known by many people
- P \_\_ R S \_\_ \_\_ T \_\_\_\_\_  
The action of pursuing someone

**Losing your Keys? -- Losing your Filter?  
Forgetting why you walked into the room?  
Is this NORMAL Aging?**

- **What is normal along this aging journey?** Normal aging includes occasional forgetfulness, slower recall, and minor distractions, such as misplacing items like keys or glasses.
- **Is there a test for that?** Yes – simple cognitive tests like the Animal Fluency Test can provide quick and practical insights into cognitive functions.
- **How can I trust my instincts when the things I notice come and go?** Your instincts are valuable. Subtle changes might fluctuate, appearing one day and fading the next. Trusting yourself and sharing these observations with professionals can be crucial in getting timely support and care.

**JOIN US on Tuesday April 29**

1:00-3:00pm

St. Paul's Lutheran Church  
201 Maple St, Lowry MN

**FREE**

For more Information and Registration Contact  
Blenda at 218-685-8207  
Presented by: Krisie Barron, LSW  
Caregiver/Human Specialist

Brought to you by Western Prairie Human Services

**Find a Longer Word**

Line up each of the words on the left with one of the words on the right to make longer words. Write them on the lines and cross them out as you find them.

Example: Under+Water=Underwater

UNDER _____	BURN
LIFE _____	STORM
SUN _____	SPAN
GEM _____	MAN
FOOT _____	CORN
CAT _____	STEP
POP _____	FISH
THUNDER _____	CREAM
LAWN _____	STONE
SUPER _____	WATER
ICE _____	MOWER



- Produce Word Blocks**
1. potato
  2. spinach
  3. corn
  4. beans
  5. zucchini
  6. carrot
  7. asparagus
  8. beets
  9. celery
  10. eggplant
  11. turnip
  12. cauliflower
  13. peppers
  14. garlic
  15. onion
  16. cucumber



- |                      |                     |
|----------------------|---------------------|
| <b>Word Scramble</b> | <b>Mind Teasers</b> |
| 1. LOBSTER           | 1. An echo          |
| 2. GRACE             | 2. A candle         |
| 3. SITCOM            | 3. A map            |
| 4. POLISH            | 4. The letter R     |
| 5. CORRESPOND        | 5. All the people   |
| 6. FUNCTION          | 6. Heroine          |
| 7. PIZZAZZ           | 7. Bookkeeper       |
| 8. FACULTY           | 8. Silence          |
| 9. VIBRANT           | 9. A keyboard       |
| 10. INSPIRE          | 10. A Towel         |
| 11. DIGESTION        |                     |

- Find the Longer Word**
- |                          |               |
|--------------------------|---------------|
| 1. No big deal           | 1. IDEAL      |
| 2. Case in point         | 2. EQUIVALENT |
| 3. Head to toe           | 3. EAGER      |
| 4. Bottom Line           | 4. OCEAN      |
| 5. Too funny for words   | 5. VALUE      |
| 6. First aid             | 6. PRAISE     |
| 7. Wet behind the ears   | 7. VERSATILE  |
| 8. Sliced bread          | 8. ENERGIZE   |
| 9. White Elephant        | 9. FAMOUS     |
| 10. New kid on the block | 10. PURSUIT   |
- Wacky Words**
- |            |              |
|------------|--------------|
| UNDERWATER | THUNDERSTORM |
| LIFESPAN   | LAWN MOWER   |
| SUNBURN    | SUPERMAN     |
| GEMSTONE   | ICECREAM     |
| FOOTSTEP   | POPCORN      |
| CATFISH    |              |