Meet Danaca Johnson, ZHS Dietary Director

I grew up in Balaton, MN. I completed my undergrad at North Dakota State University with my bachelors in Dietetics and minor in Individual Family Wellness.

My previous work experience as a Dietitian was for the Willmar Public Schools as their Nutrition Coordinator and for NDSU as their Dietary Manager (in high school I was a dietary aid/activities aid in a nursing home).

In my free time I enjoy staying active and being outdoors. I enjoy hanging with friends, playing volleyball, racquetball, walking, hiking, snowboarding, rollerblading, biking, wakeboarding, spending time on the lake, and many other activities! I love to travel- my favorite trip was to Italy for a spring break trip! I also enjoy reading a good book and catching up on my Netflix shows.

Memorial day was May 30th this year. This is a holiday to honor those service men and women who have died while protecting us and our freedoms here in America.

Zumbrota Health Service would like to thank all the families who have had to endured the ultimate sacrifice of the loss of a loved one. We are forever grateful for what has been given us.
Each year, we celebrate Nursing Home Week, the week following Mother’s Day. It is a time to reflect and celebrate the lives of our residents, as well as improving both the talents of the professionals and the public perception of the profession. In other words, to have fun!! Here’s a snapshot of the fun that was had.
FACTS ABOUT AGING AND HEARING LOSS

- Thirty percent of adults age 65 and older have a hearing loss.
- Fifty percent of adults age 75 and older have a hearing loss.

- Presbycusis is the type of hearing loss most often associated with the aging process.
  - It usually:
    - occurs in both ears
    - is worse for the higher pitches
    - gets worse over time
    - involves difficulty understanding speech, especially in noise
    - is not reversible medically or surgically

- Hearing loss can also occur from many other causes unrelated to aging, such as:
  - excessive exposure to loud noise
  - genetic factors
  - accidents
  - illnesses
  - medications
  - impacted ear wax
  - ear infections

Your life is changing because of your hearing loss, and you may not even realize it! You turn up the TV. You ask people to repeat what they say. You answer the wrong question because that is what you thought you heard. You don’t laugh at a joke because you missed the punch line. Conversation is particularly hard to follow at business meetings, parties, or restaurants. Others seem to be mumbling. Telephone conversations are shorter, and you’d rather stay home than go to the movies or the theater.

Although not everyone is affected in the same way by hearing loss, some people may feel bad about themselves, become depressed, or put themselves in danger because they did not hear a warning signal like a car horn. If you suspect that you or family members have a hearing loss, you should consult an audiologist to evaluate your hearing and recommend an appropriate course of action.
Purchase Father’s Day Balloons for your loved one from the Activity Department

3 Balloons for only $5
1 mylar and 2 latex balloons

To be delivered Sunday, June 19
See Lacey in the Activities to order, call 507-732-8409 or lboesen@zhs.sfhs.org

Come watch the Covered Bridge Parade at Zumbrota Care Center Sat. June 18 at 6pm.
Bring a chair or blanket. FREE snacks available!!!