

**DELLS  
NURSING  
& REHAB  
CENTER**

1400 Thresher Drive  
Dell Rapids, SD  
57022

605-428-5478

**Upcoming  
Events:**

- Spring Fling: May 14th @ 2pm
- National Nursing Home Week: May 14th—20th
- Linsey Duffy Piano Recital: May 15th and 16th
- Memorial Day: May 29th
- Trent River Campground: June 14th
- Quarry Day's Parade and Men's Patio Picnic: June 24th
- Jack Williamson: June 28th
- Fireworks: July 4th at 6pm
- Family Picnic: August 20th at 5pm

# Bifocal Bugle

## **These Are the Health Benefits of Raw Garlic**

Touted for its antimicrobial and antioxidant activity, as well as its ability to improve immunity and lower both blood pressure and cholesterol, garlic has become a staple in most every home cook's kitchen for good reason. Here we identity the active functional components of garlic, as well as the most effective ways to consume it.

Allicin is one of the primary phytochemicals in garlic that is considered to be the most biologically active. Garlic contains other substances that are now being studied for their anticancer effects, including allixin, allyl sulfides, quercetin and organosulfur compounds.

In most cases, fresh herbs and spices contain higher levels of antioxidants than dried or processed products. Fresh garlic is no exception, as it is 1.5 times more powerful than dry garlic powder. When garlic is chopped or crushed, the allinase enzyme is activated which produces allicin from alliin (a derivative of the amino acid cysteine present in raw garlic). Because alliin and allinase are stored in separate compartments of a garlic clove, only after crushing a clove does the process of forming allicin start. To maximize garlic's benefits, crush or chop the garlic and allow it to sit for 10 to 15 minutes before using it.

Many studies have revealed that the functional components of garlic can be severely diminished, if not lost completely, upon heating. The negative influence of heating is related to the activity suppression of the enzyme allinase. One study, in particular, showed that as little as 60 seconds of microwave heating or 45 minutes of oven heating could block some of garlic's potent antioxidant activity. However, allowing crushed garlic to stand for 10 minutes before heating showed some reservation of functional activity.

**Bottom Line:** To reap the most benefits of garlic, try shaving raw cloves into salad dressings or adding it towards the very end of cooking.

Jamie Vespa MS, RD / Cooking Light  
10:51 AM ET  
TIME HealthFor more, visit TIME Health.

## Hello from the Administrator's office...

I hope this newsletter finds you well and preparing for the upcoming summer. Personally, this time of the year is my favorite and like yours, my schedule is already starting to look overwhelming. At DNRC, we too are preparing for a busy summer, with many events and activities planned. As your schedule allows, I hope you are able to join in on some of the activities.

Progress continues to be made at the facility, with a large project upcoming this summer. Please accept our sincere apologies for any inconvenience this project causes, but we intend for the work to progress quickly. Another year of ballgames at "DNRC Field" will take place in June and we look forward to hosting the community on our property. This is the baseball field on the northwest corner of the property, so be sure to stop out in the evening to catch a game.

The staff at Dells Nursing & Rehab cares to make a difference and in those ambitions we may miss something important to you. Please let us know what we can do to make something better for you or your loved one.

Blessings,

Jadin Wendland, Administrator

## Resident Spotlight

### Wheelchair Assessable Trolley:

I am happy to announce that our fundraising efforts and generous donations are getting us closer to the goal of \$5,500. Our total is currently at **\$2,877.31!** We are thankful for everyone who has donated and a special thanks to the **Hallelujah Hooligans** for their fundraising performance! Our fundraising efforts will continue until our goal is met with the hope of getting to use the trolley this coming summer! If you have any questions please contact Marissa at 605-428-5478.

**Ruth Merry** has lived at DNRC for the past 5 years and was most recently from the Dell Rapids area. Ruth was born in the small town of Hawarden, IA. When Ruth was 10 years of age, her family moved to a farm in Dell Rapids. Ruth called this a "general farm" with sheep, cattle, and pigs. Ruth had three other siblings who helped out at the farm. Ruth then married her husband and moved to another farm in Dell Rapids. They were married for 52 years, however a couple days ago, it would have been their 70th Anniversary! In 1970 Ruth and her family moved to town, and she worked at the school cafeteria for 18 years. She was known very well by her family for her famous oatmeal cookies! Even when visiting her family in Wisconsin she knew to bring a batch for them!



**Fun Fact:** Ruth joined some new activities while here at DNRC. Ruth enjoys painting, coloring, and bead work. She stated these are things she never would have done if she was at home!

## Update from Environmental Services

Dells Nursing and Rehab Center will be re-surfacing the rear parking lot early this summer. This will be a significant project and will have the Clark Street entrance and parking lot closed for 2 weeks. Access to the rear entry will be closed during this time. The parking in the front (Thresher Drive) will be available, however will likely fill up fast. Street parking will be the best choice and foot traffic to the rear entrance will be limited at best. Thank you in advance for your cooperation, DNRC and the contractors will be making every effort to reduce the impact and look forward to a much improved parking lot after completion.

Scott Grant  
Environmental Services Director  
Dells Nursing and Rehab Center

## Social Services

*This is just a friendly reminder that when your loved one gets a new pair of glasses, please stop by the Social Services office so I can take a photograph of them for a description to have on hand in case the glasses would ever go missing or need to be identified. A photo is a quick and easy way to have a reference for your loved ones glasses.*

*Also, please remember to mark your loved ones new clothing or blankets that come into the facility. This will help laundry return the clean items to the correct person.*

*Thanks so much!*

*Beth Koedam*



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*We Care to Make a Difference*

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