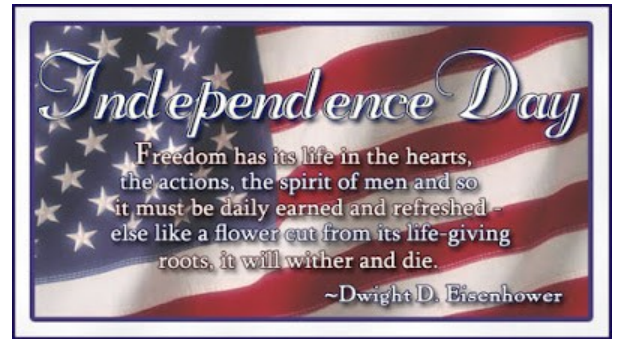


**Morning Star Village**  
**1160 North Mulford Road Rockford IL 61107**  
**(815)484-9500**  
**www.livewithmorningstar.com**  
**July 2020 Newsletter**



## **Administrative Staff**

**Executive Director**  
Jane Stivers

**Director of Nursing**  
New Hire to Start Soon

**Food Service Director**  
Rob Bennick

**Facility Operations Director**  
Michael Cal

**Recreation Director**  
Latonya Thomas

**Community Relations Coordinator**  
Marianne Drost

## **Faith, Determination and Perseverance in Her Most Difficult Days**

Philippians 4:13 "I can do all things through Christ who strengthens me". This has been Linda Lee's favorite Bible verse since her teenage years. Little did she know how this comforting verse, along with her faith and determination, would one day help her survive a seemingly hopeless ordeal. Linda was prepared to share her story with our residents and families last April, but she could not when all group activities were suspended due to Covid. Here is her story:

In April of last year, I was in the process of recovering at home from spinal fusion surgery. My basement happened to flood two times in two weeks and I was trying my best to deal with that issue as well. In my exhaustion, believing a good night sleep would make for a better day the next day, I headed to bed but somehow got my feet tangled up and did not make it all the way. After several unsuccessful attempts to get myself in bed, I decided to lower myself to the floor. I was unable to call for help as my cell phone battery was exhausted after making numerous calls regarding my flooded basement.

I laid on my floor all night. The next morning I decided I needed to help myself stay alert and active. I started praying,

singing and reciting Bible verses I learned years before. I did my home exercises assigned to me by my physical therapist. This continued to be my routine several times a day for the next several days. Hunger and thirst began. I tried to crawl out of my room but my knees became sore and my legs were still very weak from surgery.

Hunger and thirst continued to be powerful opponents. Still, I had no fear because I knew the Lord was with me. I knew I had to remain conscious. I am thankful teachers taught me to memorize Bible verses years before. I was comforted by this verse in Philippians: "God is my refuge and strength and He gives me peace and comfort". My hunger seemed to subside by the fourth day but my thirst intensified; it felt as if my throat was closing. Psalm 23 came to mind, and I wondered if I was "in the shadow of death". I decided I was ready to accept whatever the outcome, but felt sad thinking I might not be able to say goodbye to my loved ones if He called me home. I remember seeing a beautiful wall of white and wondering if angels were coming to me. I felt a sense of peace come over me— nothing like I ever felt before. I continued to try to stay focused and

conscious, but each day was more difficult as I was so dehydrated. I could not even cry as I had no tears.

My therapist called in a welfare check for me after I missed my second appointment. This happened on my seventh day on the floor. That afternoon I was rescued, weak and dehydrated, but alive by the Grace of God. The singing and reciting kept my mind alert and the exercises helped prevent blood clots in my legs. My kidney function tests came back normal, which is a miracle in itself as kidneys tend to shut down after 4 days with no liquids. I am a true believer that things happen for a reason, including my being alive. I believe God still has plans for me in this life.

After all I had been through, I lost 20 pounds and my hair began to fall out. I still had a lot of recuperating to do, and I could not go home. My daughter, Rebecca, got on the phone and I believe the Lord led her to Morning Star Village. They had a room for me once I finished rehab, and I have been so blessed with good caring and encouraging staff and residents who have helped me through my recovery. Today I am much stronger and my appetite is back.. I get around well and drive to my appointments. I do tire more easily, but I keep my

mind busy reading a lot and my hands busy with sewing, knitting and crocheting. I would give this advice to anyone facing diversity of any kind in their lives: Trust in the Lord and diligently seek Him. Drink plenty of water and exercise regularly- however you can. Pray often and be thankful that God is good— every day.



We



Our Staff

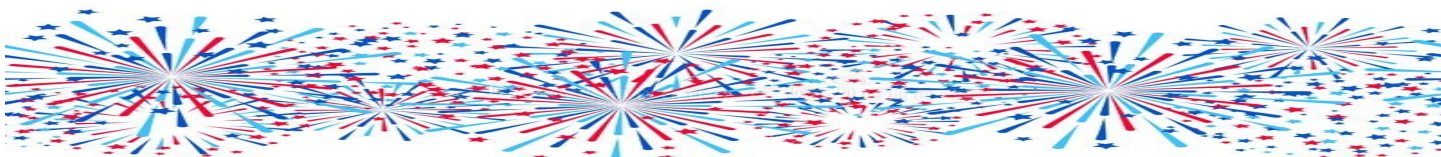
### *Staff Celebrating Work Anniversaries in July*

**Latonya Thomas- 11 Years**  
**Kristin Colloton- 9 Years**  
**Tina Greenwood- 5 Years**  
**Shameka Hart- 4 years**  
**Val Carr- 4 years**  
**Sherrylynn Piper- 3 years**  
**Dianne Guerrero- 2 years**  
**Kayla Ousley- 1 Year**

See more photos  
on our  
Facebook page



We typically hold a fun “birthday party” for Morning Star Village in July for residents and families to celebrate together. Due to current restrictions we cannot hold that party in July– however we do plan to postpone that party until a time when it is safe for all of us to gather and celebrate together. Thank you for your understanding and watch future newsletters for the new date!



## News From Our Therapy Department



Exercise has benefits for those of all ages., including a healthier heart, stronger bones and improved flexibility. Here are some health benefits that older adults can receive from exercising.

- Exercise is one of the most crucial options for **arthritis management**. Regular activity helps lubricate the joints and can help reduce overall pain and stiffness.
- Exercising later in life can help reduce **heart disease** through the management of blood pressure and blood glucose, and by decreasing cholesterol.
- **Type II diabetes** and obesity are two closely related diseases in which the body is in metabolic dysfunction. Regular exercise can help maintain proper body weight and help regulate

blood glucose and insulin levels to make the body more efficient.

- Exercise can help lower systolic **blood pressure**.
- Exercise can have a beneficial effect on one’s **mood** and can reduce symptoms of **depression**, especially in seniors.
- **Dementia** is a disabling condition affecting many older adults. Exercise is one prevention strategy that can help slow the mental decline.
- Certain medications and life events can prevent the body from getting proper sleep. Physical activity can help tire the body, setting the stage for a restful and lasting sleep.

### How can you become more active?

- Join Latonya and staff for the FitWell Exercise Program, held at 10 am Monday through Friday. If you can’t make the class, ask Latonya or anyone in therapy for exercises you can do in your room.
- Walk outside and enjoy the beautiful plants and flowers while you do. Take a friend with to make the walk more enjoyable. Walking the hallways with a friend can be fun too!
- If you use a wheelchair, use your arms and legs to help propel yourself. This is a great way to maintain your muscles and get your heart pumping.

**Be active and stay healthy!**