



CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

711 Matador Lane • Mesquite, TX 75149 • (972) 285-9800

May 2010

Your Friendly Staff at Cambridge Court

Administrator

Joy Pepper

Community Relations

Fran Toarmina

Resident Care

Paulette Williams, LVN

Business Office

Jackie Arredondo

Activity Director

Cheryl Sternberg

Dietary Supervisor

Jose Vasques

Maintenance

John Michell

Receptionist

Glenda Moses



A Burst of Energy

You don't have to work out for 45 minutes straight to get positive results, according to the American Heart Association. It says 15-minute bursts of exercise, like climbing stairs, jumping rope or running, are the equivalent of playing volleyball for 45 minutes or walking nearly two miles.

WELCOME!

THE RESIDENTS AND STAFF OF
CAMBRIDGE COURT
WOULD LIKE TO WELCOME
THE NEWEST MEMBERS
OF OUR FAMILY:

LULA MAE ANDERSON,

GENE LUNA,

RHEBEL BUSH,

HOMER SANDLING. SR.

AND DARLENE OWENS.

If you see someone new,
please introduce yourself.

Show them around, meet
new friends.

Show our good
'Ol Mesquite hospitality!

Hospitable Quote

"You are as welcome as the
flowers in May."—Charles Macklin



OUTINGS

MONDAY 2:00 WALMART

WEDNESDAY 1:00 4:00

RESIDENTS' ERRANDS

TUESDAYS AND THURSDAY

DOCTOR APPOINTMENTS

WITHIN 10 MILE AREA

IF YOU NEED TO ARRANGE YOUR
OWN TRANSPORTION,
MTED PACKETS ARE AT THE
FRONT DESK.

Onions Cause Tears of Joy

Vidalia onions, loved by
foodies for their mild, sweet taste,
are in season from May through
Labor Day. May honors the
aromatic onions with its
designation as National Sweet
Vidalia Month.



Wisdom Measured by the Year

May is Older Americans Month.

May Birthday Stars

Taurus (April 21–May 21): David
Beckham, Toni Tennille, Stevie
Wonder, Grace Jones

Gemini (May 22–June 21):
Drew Carey, Patti LaBelle,
Annette Bening, Ken Follett

Pedal Power!

May is National Bike Month.



Trivia Whiz

Wildflowers in Bloom!

National Wildflower Week is the first full week in May, and spring wildflowers are in bloom. Just take a walk and enjoy the variety of plants sprouting up along roads, trails and stream banks. If you want to make a day of it, some of the best places to see wildflowers are in national forests, sanctuaries, state parks and the millions of acres of public lands across the United States. For more information about wildflowers, including photos and descriptions, go to www.WildflowerInformation.org.



Settle Down With a Good Book

May is Get Caught Reading Month.

Employee Spotlight



WELCOME!

Glenda Moses is our receptionist. She is married and has a two-year-old son. Glenda enjoys her time with Douglas and Jaxon. Glenda grew up in Terrell, TX. And, can you believe, she is the middle child of thirteen!? Her hobbies are reading, Renaissance fairs, cooking and traveling.

Please go to the front desk if you have not met Glenda. She answers the phone, takes your work orders, schedules doctor's appointments with the driver, assists the staff with filing, typing and office needs. Glenda is always available to help you or direct you to the person who can.

WELCOME!

Paulette Williams, LVN, is your Resident Care Director.

She is always on the go and is the one in the hall with that awesome smile. She intends to meet each of you and your loved ones, in order for you to get the best possible care. She is very easy to talk and will listen to your needs.

She loves to travel and plans to visit every continent before she "kicks the bucket."

Ask her about her grandbaby!

One in a Million

Houston's Bob Watson scored Major League Baseball's one millionth run on May 4, 1975.

Health & Fitness



Month of May Puts Focus on the Seriousness of Arthritis

May is Arthritis Awareness Month. Now, more than ever, it's the perfect time to take arthritis seriously. That's because a study by the Mayo Clinic says that rheumatoid arthritis patients have not been showing improvement in survival rates over the last four to five decades. (In comparison, studies indicate dramatic improvement in the overall rate of mortality among the general U.S. population.)

More than 46 million adults have

some form of arthritis, which causes chronic joint inflammation and progressive destruction of the cartilage at the end of bones. The disease can result in the inability to use the affected joints. Left untreated, it can cause permanent disability. By 2030, experts project that 67 million U.S. citizens ages 18 and older will have doctor-diagnosed arthritis. Among those are likely to be middle-aged men and women who perform high levels of physical activity.

If you are trying to manage the pain of arthritis and want to avoid prescription medications, some soothing, nonmedical solutions include acupuncture, massage, ultrasound, meditation, hypnosis and biofeedback. Ask your doctor for more information.



Memorial Day Remembrance

On Memorial Day, we honor the men and women who have sacrificed their lives for our country. We want to take this opportunity to recognize all our residents and their family members and friends who are serving or have served our country, both at home and abroad. So that our staff can observe the holiday with friends and family, our office will be closed on the holiday. Happy Memorial Day!

Holiday ABCs for May

- M is for Maternal instincts
- O is for Outward signs of love
- T is for saying Thank you
- H is for Honoring mom
- E is for Everything she's done
- R is for Remembering her support
- S is for Sacrifices she made
- D is for her Dedication
- A is for Always being there
- Y is for Youthful memories together



Think Positively

What You Think Upon Grows Day, May 31, gives us 24 hours to pause and reflect on the power of positive thinking. Researchers believe that a positive outlook will improve your life.

Celebrate Cinco de Mayo

Cinco de Mayo is celebrated in many areas of the United States with rowdy and colorful parties, but do you know the history behind the holiday? Frequently confused with Mexico's Independence Day (Sept. 16), it's actually a celebration of the Mexican victory over the French in the Battle of Puebla on May 5, 1862. An underdog Mexican force, led by Gen. Ignacio Zaragoza, defeated the well-trained forces of Napoleon III's French Army. The victory symbolized Mexico's resistance to foreign occupation, its patriotism and unity. Happy Cinco de Mayo to all residents who are celebrating this year!

Happy Mother's Day!

"A mother's love for her child is like nothing else in the world."
—*Agatha Christie*

Mother's Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us in the office, we wish all the moms who call our community home a very happy Mother's Day!

Good Works

Get involved in this month's causes: **Military Appreciation Month.** This month, take a moment to honor members of the U.S. military and recognize their sacrifices for our country. To find ways to help the soldiers and their families, visit www.NMAM.org.

"Stamp Out Hunger" Food Drive (May 8). Mail carriers across the United States will be collecting nonperishable food items to be delivered to food pantries in all 50 states. Details: www.NALC.org.

Bumper Sticker Snicker

Nostalgia isn't what it used to be.



Wit & Wisdom

"On thy grave, the rain shall fall from the eyes of a mighty nation!" —*Thomas William Parsons*

"The legacy of heroes is the memory of a great name and the inheritance of a great example."
—*Benjamin Disraeli*

"Perform, then, this one act of remembrance before this day passes. Remember, there is an army of defense and advance that never dies and never surrenders but is increasingly recruited from the eternal sources of the American spirit and from the generations of American youth."
—*W.J. Cameron*

"And they who for their country die shall fill an honored grave, for glory lights the soldier's tomb, and beauty weeps the brave."
—*Joseph Drake*

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<i>May</i> 						1 	
12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	2 10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	3 10:00 Exercise 11:30 Reading with Cheryl 2:30 Bingo 4:30 Music	4 10:30 SUNNYVALE BAPTIST CHURCH CHOIR 2:30 Bingo 4:30 Music	5 Wii Game 10:00 Exercise 11:00 Reading 1:00-4:00 Errand Day 3:00 Joy's Game 4:30 Music	6 10:00 Exercise 11:00 Reading with Cheryl 1:30 MISD Bingo 3:00 Manicures 4:00 Music Hour	7 10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender	8 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS
9 	10 10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	11 10:00 Exercise 11:30 Reading with Cheryl 2:30 Bingo 4:30 Music	12 Wii Game 10:00 Exercise 11:00 Reading 1:00-4:00 Errand Day 3:00 Joy's Game 4:30 Music	13 10:30 MUSIC ON THE MOVE! 1:30 MISD Bingo 3:00 Manicures 4:00 Music Hour	14 10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender	15 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS	
12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	16 10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	17 10:00 Exercise 11:30 Reading with Cheryl 2:30 Bingo 4:30 Music	18 Wii Game 10:00 Exercise 11:00 Reading 2:00 MAY BIRTHDAY PARTY 6:00 Resident's Music	19 10:00 Exercise 11:00 Reading with Cheryl 1:30 MISD Bingo 3:00 Manicures 4:00 Music Hour	20 10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender	21 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS	
12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	23/30  MEMORIAL DAY MAY 31	24/31 10:00 Exercise 11:00 TEXAS WINDS 2:30 Bingo 4:30 Music	25 Wii Game 10:00 Exercise 11:00 Reading 1:00-4:00 Errand Day 3:00 Joy's Game 4:30 Music	26 10:00 Exercise 11:00 Reading with Cheryl 1:30 Bingo 3:00 Manicures 4:00 Music Hour	27 10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender	28 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS	

"This Month In History" MAY

1792: Twenty-four brokers meet under a tree on Wall Street in New York, signing the "Buttonwood Agreement" and establishing the New York Stock Exchange.

1872: Victoria Woodhull becomes the first woman nominated for president of the United States.

1885: The first issue of Good Housekeeping magazine goes on sale.

1897: Irish author Bram Stoker publishes his classic horror fiction novel, "Dracula."

1904: Boston Red Sox's Cy Young pitches the first perfect game in the modern era of baseball against the Philadelphia Athletics.

1916: The Saturday Evening Post publishes its first cover featuring a Norman Rockwell painting.

1930: Ellen Church becomes the first airline stewardess on a flight from Oakland to Chicago.

1933: The first modern-day sighting of the Loch Ness Monster is reported when a couple spots

the creature while driving around the large loch.

1954: Sir Roger Bannister is the first to run a mile in less than 4 minutes: 3 minutes, 59.4 seconds.

1962: Marilyn Monroe sings her infamous rendition of "Happy Birthday" to President John F. Kennedy.

1992: After 30 years, Johnny Carson is host of "The Tonight Show" for the last time.

1998: The finale of the hit TV show "Seinfeld" airs with 76 million viewers tuning in.