



CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

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

July 2010

CAMBRIDGE COURT STAFF

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



Official Holiday in July

You get more bang for your buck when it comes to the holiday weekend: Government offices will be closed on Monday, July 5, in observance of the Fourth of July. A three-day weekend is sure to bring oohs and ahhs every time.

WELCOME!

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

Mary Burk

Please refer to your Welcome Book for information. Ask residents and staff to answer questions you may encounter; we want to make you feel at home.



Friendship Advice

"Silences make the real conversations between friends. Not the saying but the never needing to say is what counts."
—Margaret Lee Runbeck



That's 234 Candles

On July 4, all across the land of the free and the home of the brave, the U.S. commemorates the adoption of the Declaration of Independence by the Continental Congress in 1776. Happy birthday, America! Remember to celebrate safely.

July Is ...

- National Anti-Boredom Month
- National Tennis Month
- National Ice Cream Month
- National Picnic Month
- National Recreation and Parks Month

GARAGE SALE!

The Resident Council is still planning a Garage Sale as a fund raiser project. Please bring items that you no longer need. Clean out your closets. Bring these items to Cheryl in Activities.

If you would like to volunteer for that day, let me know. Details will be posted soon.

Bring Your Meds List

Always bring a current medication list to every doctor's appointment, including prescriptions, over-the-counter medicines, herbal remedies and vitamins. Your doctor can review the list with you, look for potential drug interactions and better diagnose medical issues.

(972) 285-9800 - CALL FRAN FOR A TOUR ANYTIME!



Trivia Whiz

Happy Birthday, America!

It's the party of the year! All across the country, in every city and small town, people are celebrating with parties, fun and community get-togethers. Celebrate your liberty! Display the flag; wear red, white and blue; sing patriotic songs. Just make sure you have some fun!

BEWARE of THE HEAT!

MANY OF OUR RESIDENTS ENJOY SITTING OUTDOORS. IT IS VERY EASY TO BECOME OVERHEATED BEFORE YOU ARE "FEELING HOT."

PLEASE MAKE SURE YOU WEAR LIGHT CLOTHING AND STAY IN THE SHADE.

PLEASE DRINK PLENTY OF WATER.

AND MOSTLY, KEEP AN EYE ON EACH OTHER AS WE ENJOY THE SUMMER.

Activities



OUTINGS IN JUNE GREAT FUN!

SEVERAL RESIDENTS PUT ON THEIR COWBOY HATS AND WENT TO THE RODEO ON SENIOR RODEO NIGHT, FRIDAY, JUNE 11. IT BROUGHT BACK A LOT OF MEMORIES.

**OUT TO THE BALL GAME
FRISCO ROUGHRIDERS vs. MIDLAND
WE WENT MONDAY NIGHT, JUNE 14,
AT THE DR. PEPPER BALLPARK. WOW!**

WE ALSO WENT TO WALMART AND THE DOLLAR STORE ON MONDAY AFTERNOONS, AS WELL AS OUR SCHEDULED DOCTOR APPOINTMENTS.

RESIDENT COUNCIL

THE CAMBRIDGE COURT RESIDENT COUNCIL SELECTED:

PRESIDENT LOLETTA LEEDER

VICE PRESIDENT MARTHA

HEINSCHIMER

GOOD NEIGHBORS: JOHN DAVIS

PHYLLIS SCOGGINS and GENE LUNA

TREASURER DILLARD BROADNAX

CONGRATULATIONS TO ALL!!

**AND A SPECIAL THANK-YOU TO
MAYBELLE SCHNITZUIS FOR KEEPING THE
RESIDENT COUNCIL GOING FOR
SEVEN YEARS.**

Where'd the Year Go?

July 2 marks the halfway point of 2010.

Health & Fitness



SilverSneakers Helps Seniors Get Fit

The benefits of being physically fit are hard to escape; every headline you read touts a reduced likelihood of falls, a better quality of life and, of course, weight loss. SilverSneakers is a nationwide program designed to address the fitness needs of senior adults and make achieving these benefits simple.

The goal of the SilverSneakers' program is to improve health by increasing access to fitness.

SilverSneakers has created a series of classes—offered at participating locations—specifically designed to meet the health and fitness needs of senior adults: balance, flexibility, endurance and strength. Because SilverSneakers is covered by many insurers, the membership at facilities that offer SilverSneakers is also typically covered by insurance. So in addition to classes designed for your needs, you also get free access to the amenities offered at participating fitness centers.

Physical fitness is important to your quality of life. To find participating facilities in the area or to learn if your insurance covers the program, visit the SilverSneakers web site at www.SilverSneakers.com or call (888) 423-4632.

Independence Day Q&A

1) In July 1776, how many people were estimated to live in the newly independent nation? A) 575,000, B) 2.5 million, C) 5 million, D) 304 million

2) There is a law that says you can be arrested if you don't salute during the national anthem. *True or False?*

3) What year did George Washington make his first Fourth of July address? A) 1776, B) 1777, C) 1784, D) 1791

4) Only one President, Calvin Coolidge, was born on the Fourth of July. Three Presidents died on that date. *Who were they?*

Answers:

1) B. About 2.5 million people populated the 13 colonies when America declared its independence. Today, the U.S. population is about 306 million.

2) *False.* But U.S. Code does dictate patriotic customs for the occasion, which state that when the song is played, all present should stand at attention facing the flag with the right hand over the heart.

3) D. That was the only time Washington ever gave an address on Independence Day. It took place in Lancaster, Pennsylvania.

4) *Presidents John Adams, Thomas Jefferson and James Monroe* all died on the Fourth.



Body Knowledge: The ABCs of CPR

Cardiopulmonary Resuscitation involves two steps: chest compressions and mouth-to-mouth breathing. However, involvement in CPR should depend on comfort level and experience, according to the American Heart Association. You should not attempt mouth-to-mouth unless you are trained in CPR and fully confident in your ability. Before beginning CPR, call 911. Then, remember the "ABC" method recommended by The Mayo Clinic: Airway, Breathing and Circulation. Clear the airway by tilting the head back slightly and lowering the chin to open the mouth. Second, if trained, begin mouth-to-mouth. Finally, use chest compressions to restore blood circulation. Place one hand between the nipples, and place the other hand over it. Keeping arms straight and shoulders above your hands, use your upper body weight to press down on the chest. Compress the chest two inches, and continue to push hard at a rate of 100 compressions per minute until medical personnel arrive.

Oldies but Goodies

Happy birthday to some folks you may recognize:

July 1, 1957: Dan Aykroyd

July 4, 1927: Neil Simon

July 5, 1950: Huey Lewis

July 6, 1937: Ned Beatty

July 8, 1951: Anjelica Huston

July 11, 1931: Tab Hunter

July 12, 1938: Bill Cosby

July 13, 1942: Harrison Ford

July 15, 1946: Linda Ronstadt

July 17, 1935: Diahann Carroll

July 20, 1938: Diana Rigg

July 24, 1936: Ruth Buzzi

July 26, 1943: Mick Jagger

July 28, 1948: Sally Struthers

July 30, 1941: Paul Anka



Wit & Wisdom

"The secret of happiness is freedom. The secret of freedom is courage."
—*Thucydides*



"Well, if crime fighters fight crime and fire fighters fight fire, what do freedom fighters fight? They never mention that part to us, do they?"
—*George Carlin*

"There is no such thing as a little freedom. Either you are all free, or you are not free."
—*Walter Cronkite*

"Freedom is, first of all, the chance to formulate the available choices, to argue over them—and then, the opportunity to choose."
—*C. Wright Mills*

"You can only protect your liberties in this world by protecting the other man's freedom. You can only be free if I am free."
—*Clarence Darrow*

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00 Exercise 1 11:00 Reading with Cheryl 1:30 Bingo 3:00 Manicures 4:00 Music Hour	10:00 Exercise 2 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender	1:00 Era Music 3 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS
4 Independence Day	5 Independence Day (Federal Holiday)	6 10:00 Exercise 10:45 Current Events 11:15 Reading with Cheryl 2:30 Bingo 4:30 Music	7 	8 10:00 Exercise 11:00 Reading with Cheryl 1:30 Bingo 3:00 Manicures 4:00 Music Hour	9 10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender	10 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS
11 12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	12 10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	13 10:00 Exercise 10:45 Current Events 11:15 Reading with Cheryl 2:30 Bingo 4:30 Music	14 Wii Game 10:00 Exercise 11:00 Reading 1:00-4:00 Errand Day 2:00 "Two R More"	15 10:00 Exercise 11:00 Reading with Cheryl 1:30 Bingo 3:00 Manicures 4:00 Music Hour	16 10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender	17 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS
18  3rd Sunday	19 10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	20 10:00 Exercise 10:45 Current Events 11:15 Reading with Cheryl 2:30 Bingo 4:30 Music	21 Wii Game 10:00 Exercise 11:00 Reading 1:00-4:00 Errand Day 2:00 Birthday Party	22 10:00 Exercise 11:00 Reading with Cheryl 1:30 Bingo 3:00 Manicures 4:00 Music Hour	23 	24 11:00-2:00 CAR SHOW FAMILY DAY
25 12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	26 10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	27 10:00 Exercise 10:45 Current Events 11:15 Reading with Cheryl 2:30 Bingo 4:30 Music	28 Wii Game 10:00 Exercise 11:00 Reading 1:00-4:00 Errand Day 3:00 Joy's Game	29 10:00 Exercise 11:00 Reading/Trivia 1:30 Bingo 3:00 Manicures 5:30 Happy Hour/Doc Gibbs	30 10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender	31 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS

"This Month In History" JULY

1776: The first public reading of the Declaration of Independence occurs in Philadelphia.

1804: Vice President Aaron Burr kills Secretary of the Treasury Alexander Hamilton in a duel.

1854: The U.S. Republican Party holds its first convention.

1865: The children's story "Alice's Adventures in Wonderland" is published.

1874: The first U.S. zoo opens in Philadelphia.

1885: Louis Pasteur successfully tests his rabies vaccine on a boy bitten by a rabid dog.

1914: Babe Ruth takes the field at Fenway Park in his first Major League Baseball game.

1923: The famous Hollywood sign is dedicated in the hills above Los Angeles. It first read "Hollywoodland," but the last four letters were removed in 1949.

1937: Foods Corp. introduces Spam, the luncheon meat, to the world.

1946: The bikini debuts during a runway show in Paris. A year later, Americans are wearing the skimpy swimsuit.

1955: Disneyland opens with more than 28,000 people visiting the first day and 90 million watching on television.

1963: ZIP codes are introduced in the United States to speed up the transit of mail.

1976: The Viking I lands on Mars and takes its first picture of the red planet.

1997: The restored U.S.S. Constitution ("Old Ironsides") sails again after 116 years.