



CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

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

August 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



WELCOME!

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

JUNE

John Payne

Alberta Maddox

Phil Minyard

Mattie Suttle

Ioma Dean

Leon Douglas

Don DeLorenz, Sr.

JULY

Roy and Lottie Hogue

Jimma Traweek

Laveren Carlie

Loraine Sarkey

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.



Seasonal Selections

Summer weather often requires plenty of hydration. Why not mix some of the season's best produce with a little carbonated water to make the perfect, refreshing soda? Try limes, blueberries, cherries, raspberries or strawberries. All are in season and offer many combinations to please any palate.

A Sensible Suggestion

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind." —Dr. Seuss

Happy Birthday, Mr. President

Barack Obama celebrates his 49th birthday on Aug. 4.

Positive Thought

"The future belongs to those who believe in the beauty of their dreams." —Eleanor Roosevelt

We Love Lucy!

Comedienne Lucille Ball was born on Aug. 6, 1911, in Jamestown, N.Y. Best known for her role as Lucy Ricardo on the sitcom "I Love Lucy," she died on April 26, 1989.

Wanna Fight?

Kiss-and-Make-Up Day is Aug. 25.

Peace, Love and Rock 'n' Roll

The most famous rock festival of the 1960s, Woodstock Music and Art Fair, opened Aug. 15, 1969. A crowd estimated at more than 400,000 people gathered for the three-day event in upstate New York.

COOLER DAYS ARE COMING. AUG. 3, NATIONAL WATERMELON DAY



Trivia Whiz

Top Secret

Mention of the U.S. Secret Service usually conjures images of men in black suits, wearing dark sunglasses and scanning the landscape for shady characters. In reality, the Secret Service was created as a division of the Treasury Department in July 1865 to fight the production and use of counterfeit currency. More U.S. Secret Service tidbits:

Follow the leader.

After the assassination of William McKinley in 1901, the Secret Service assumed responsibility for protecting the President.

On your own.

Presidents elected to office after Jan. 1, 1997, receive Secret Service protection for 10 years after leaving office. Bill Clinton (last elected in 1996) will be the final former president to receive lifetime protection.

Join Us for the Memory Walk

Walk with us toward a world without Alzheimer's disease! We're getting ready for this fall's Alzheimer's Association Memory Walk events, and we want you to get in on the action. Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research—and it calls on people of all ages to take action in the fight. Sign up today! Contact the office for details.

Classic Cars

Its cars are no longer produced, but Oldsmobile survived for more than 100 years. The company opened for business Aug. 21, 1897, and lasted until 2004. The Cutlass is one of its most memorable models.

Smile!

August is Happiness Happens Month, sponsored by the Secret Society of Happy People (www.SOHP.com).



Monthly Celebrations

Smile a while because August means Happiness Happens Month. During that span, try and take advantage of these options that should make your world joyous:

- National Relaxation Day (Aug. 15)
- Be An Angel Day (Aug. 22)
- Kiss and Make Up Day (Aug. 25)
- Be Kind to Humankind Week (Aug. 25-31)

My Eyes and Myopia: Am I at Risk?

According to a study by the National Eye Institute, myopia, or nearsightedness, is more prevalent today than even just 30 years ago. Myopia is a condition in which close objects appear clearly and objects at a distance appear blurry. It is a common condition and costs Americans billions of dollars a year, indicating a greater need for cost-effective prevention and treatment.

Why is myopia more prevalent today than ever before? Researchers believe the reason could be linked to consumers saturating their eyes with computers and other technology devices. Instead of spending time outdoors and training our eyes to

focus on the distance, many of us spend our days in front of a computer screen, focusing only on things within arm's reach.

Though the American Optometric Association states that the exact cause of myopia is not known, two factors seem to be responsible for its development: heredity and visual stress. The risk is higher for individuals having one or both parents with myopia, or spending considerable time on a computer, reading or in front of the television. Another risk factor may be underlying health issues, such as diabetes.



Historic Events in August

1848: Congress creates the Oregon Territory.

1890: Baseball great Cy Young pitches his first professional game.

1893: Whitcomb Judson receives a patent for the zipper.

1900: "The Wonderful Wizard of Oz" by L. Frank Baum is copyright-registered.

1909: The Ford Motor Corp. registers the trademark for Ford.

1912: Arthur R. Eldred of Oceanside, N.Y., becomes the first person to achieve the rank of Eagle Scout.

1930: Philo Farnsworth patents an electronic television system.

1935: William Coolidge obtains a patent for the cathode ray tube, a critical ingredient of TV and other electronic applications.

1950: The American Broadcasting Co. begins airing Saturday morning TV shows for children.

1951: Oral B, the famous line of dental products, is trademark-registered.

1966: The United Farm Workers union is formed.

1968: The song "Hey Jude" by John Lennon and Paul McCartney is copyright-registered.

1984: IBM releases MS-DOS, version 3.0.

1994: IBM announces it will not oppose Microsoft's attempt to trademark the name "Windows."

Garfield's Best Friend

Odie, Jon's faithful dog and Garfield's dopey companion, was first introduced on Aug. 8, 1978.

Talk About It: Before A/C

Use this discussion topic to reminisce about your past. Talk with friends and learn how everyone's experiences were similar or different.

- The idea of circulating cool air through a building dates back to the Chinese Han Dynasty, in the 2nd century, but it was not until the 1940s and '50s that air-conditioning window units became widely available. Did your past homes have A/C?
- What did you do to stay cool during summer days? Swim? Sip lemonade in the shade? Relax on the porch swing?
- Willis Carrier developed the first commercial A/C system and convinced Paramount Pictures Corporation in the 1920s to install it in the Rivoli Theater on Times Square. This started the summer box-office boom, as thousands flocked to experience the cool-air comfort. Do you remember seeing a movie for the first time in an air-conditioned theater?



Some Sun Safety

Avoid a sunburn using the "slip-slop-slap" method: Slip on a long-sleeved shirt, slop on some SPF and slap on a hat.

Forever Friends

Show your buddies how special they are on Friendship Day, the first Sunday in August.



Wit & Wisdom

"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires."
—William Arthur Ward


"You are rewarding a teacher poorly if you remain always a pupil."
—Friedrich Nietzsche

"The teacher who is indeed wise does not bid you to enter the house of his wisdom but rather leads you to the threshold of your mind."
—Kahlil Gibran

"A man should first direct himself in the way he should go. Only then should he instruct others."
—Buddha

"When you teach your son, you teach your son's son."
—The Talmud

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	10:00 Exercise 10:45 Current Events 11:15 Reading with Cheryl 2:30 WATERMELON PARTY	Wii Game 10:00 Exercise 11:00 Reading 1:00-4:00 Errand Day 3:00 Joy's Game	10:00 Exercise 11:00 Reading with Cheryl 2:00 JUSTIN CHUMBLEY 3:00 Manicures	10:00 Exercise 11:00 TEXAS WINDS 2:00 Table Games 5:30 WOMEN OF EXCELLENCE	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		10:00 Exercise 10:45 Current Events 11:15 Reading with Cheryl 2:30 Bingo 4:30 Music	Wii Game 10:00 Exercise 11:00 Reading 1:00-4:00 Errand Day 3:00 Joy's Game	10:00 Exercise 11:00 Reading with Cheryl 1:30 Bingo 3:00 Manicures 4:00 Music Hour	10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender	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	10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	10:00 Exercise 10:45 Current Events 11:15 Reading with Cheryl 2:30 Bingo 4:30 Music	Wii Game 10:00 Exercise 11:00 Reading 1:00-4:00 Errand Day 3:00 Joy's Game	<div style="font-size: 2em; font-weight: bold;">08.19</div>  <div style="font-size: 1.5em; font-weight: bold;">Aviation Day</div>	10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender	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	10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	10:00 Exercise 10:45 Current Events 11:15 Reading with Cheryl 2:30 Bingo 4:30 Music	Wii Game 10:00 Exercise 11:00 Reading 1:00-4:00 Errand Day 3:00 Joy's Game	10:00 Exercise 11:00 Reading with Cheryl 1:30 Bingo 3:00 Manicures 4:00 Music Hour	10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender	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	10:30 PERRY NORRIS 2:00 WALMART 6:00 Residents' Music Selections	10:00 Exercise 10:45 Current Events 11:15 Reading with Cheryl 2:30 Bingo 4:30 Music	<div style="font-size: 3em; font-weight: bold; letter-spacing: 0.5em;">August</div> 			



August

Word Search

- | | |
|----------|------------|
| Beach | Popsicle |
| Bike | Sand |
| Garden | Summer |
| Hot | Sun |
| Hot dogs | Swimsuit |
| Park | Travel |
| Picnic | Vacation |
| Pool | Watermelon |

W	Y	R	D	V	M	T	H	L	R	F	F	O	Q	C
A	X	W	X	F	V	X	O	S	E	W	Y	V	E	R
T	B	E	A	C	H	O	T	P	A	R	P	K	S	G
E	L	C	I	S	P	O	P	I	C	N	I	C	G	Z
R	H	O	P	T	G	K	T	N	U	B	D	D	W	F
M	G	K	R	A	P	R	S	D	N	U	Q	T	V	H
E	M	V	R	D	A	P	N	U	O	K	B	O	H	M
L	E	D	A	V	S	A	S	O	M	G	I	W	S	T
O	E	S	E	O	R	W	S	W	I	M	S	U	I	T
N	V	L	L	N	J	D	L	J	C	T	E	U	E	B
I	T	S	L	S	I	A	Z	F	C	G	A	R	T	Y
A	V	H	I	M	A	A	E	A	Z	I	X	C	N	B
H	R	V	V	Z	B	D	F	R	E	J	V	Y	A	N
C	A	D	L	A	T	V	E	Y	W	F	I	T	K	V