



# CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

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

## October 2010

### CAMBRIDGE COURT STAFF

**Administrator**

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### 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.

### Official Holiday in October

Government offices will be closed the second Monday in October in honor of Columbus Day.

### Thought for the Month

Remember the power of positive thinking.

### Positive Thought

"Happiness is a form of courage." —Holbrook Jackson

### Fitness Tip: Stress the Stretch

Not working out today? Go ahead and stretch anyway to keep limber and possibly prevent injuries down the road.

### Good Grief!

The first "Peanuts" comic strip, written by Charles M. Schulz, appeared in seven newspapers on Oct. 2, 1950. Schulz originally wanted to call the strip "Li'l Folks," but United Feature Syndicate changed it to "Peanuts," a name Schulz never liked.



### Friendship Advice

"Truly great friends are hard to find, difficult to leave and impossible to forget."  
—Author Unknown



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

GEORGE PEOPLES  
VERA HANKS  
PAULINE DUNN

### Can We Help?

Our staff is here to serve you. If there is anything we can do for you, call or stop by the office. You are our No. 1 concern.

### World Record Fact: Vital Donation

Not only was a Guinness World Record set in April 2010 in Mumbai, India—it also set the bar high for coming together for a good cause. In a 12-hour span, 25,065 people donated blood, which broke the record of 17,921.





## Trivia Whiz

### A Monster Hit

The Frankenstein monster is known by many as big, bad and green. However, the literary character's skin was actually yellowish. In any case, this oversized fictional figure has gripped imaginations for decades.

British author Mary Shelley, challenged to write a ghost tale, breathed life into Frankenstein's monster with her 1818 novel.

In his book "In Search of Frankenstein," Radu Florescu deduced that Shelley's inspiration for the title of her tale can be credited to Burg Frankenstein, a German castle.

In 1931, Universal Studios brought Frankenstein to the big screen, and its success helped launch the horror movie genre.

### Holiday ABCs for October

P is for Picking the Perfect one at the Patch

U is for finding a Unique design

M is for drawing the design with a Marker

P is also for Picking out Pumpkin seeds

K is for adults carving carefully with a Knife

I is for Illuminating your pumpkin with light

N is for Neatly displaying your creation

### Monday Night Football

Football season is here, and we're ready to go with Monday Night Football parties! Join us at the clubhouse to watch the game on our big-screen TV and cheer for your favorite teams. We'll meet every Monday night in time for the game. Bring your own refreshments and a friend if you wish. We'll provide the munchies. Hope to see you there!

### Your Holiday Newsletter

Our newsletter is your communications link to all the festive upcoming holiday activities we have planned! We will have a variety of exciting events going on, and we want to make sure you plan to attend all of them.

Rely on your newsletter and mainly the daily wipe-off board. If you have ideas of your own to suggest, let us know!

### Take Turns Turning Pages

Grab some friends and start a book club during National Reading Group Month in October.

### Look It Up!

Oct. 16 is Dictionary Day.



### October Is Talk About Prescriptions Month

Modern medicine has made it possible to live a long and productive life, with medications to manage many chronic health conditions. But just as medications can have powerful beneficial effects on your health, too much of a good thing—or even too many good things in combination—can wreak havoc on your health.

Your doctor may not be aware of all

the medications you're taking. She may have prescribed the statin for your cholesterol, but did you mention the aspirin you're taking because a friend recommended it? What about that ginkgo biloba you started taking after reading an article about brain health? Or the weight-loss supplement you picked up at your drugstore?

When drugs are taken in combination, the likelihood of an adverse reaction increases dramatically. In observance of National Talk About Prescriptions Month, make a list of all the drugs and supplements you take (yes, even the fish oil capsules). The next time you visit your doctor, take this list and talk it over.



# Health & Fitness

## The Magic of ‘Junking’

One person’s old junk is another’s ticket to a trip down memory lane. Scouting out garage and estate sales is about more than just finding a bargain. It’s also a way to reconnect with your past as you discover a favorite childhood toy, a loved-but-forgotten LP or a set of salad plates in your mother’s china pattern.

There’s also a vicarious thrill in rifling through another’s belongings and getting a glimpse of someone’s taste in books or talent for hobbies. You may discover that a stranger has a lot in common with you.

To locate treasure amid the trash at sales, it helps to be prepared. Knowing which woods were favored in which periods can help determine whether a piece is legitimate. Flip over glass and ceramic items. Antiques often will bear a manufacturer’s name. If you’re a fan of old costume jewelry or vintage clothing, brush up on the popular brand names of the past and look for those labels.

Who knows? You might find that rare collectible that’s worth a tidy sum.



## Study Supports Brain Exercise for Mental Health

Scientists have long speculated that exercising the brain—performing puzzles, learning new things or participating in events—may help protect it from the ravages of diseases such as Alzheimer’s. While no conclusive evidence has been found, a recent study has given more weight to this hypothesis.

The study enlisted 17 older adults to participate in the Experience Corps program in Baltimore. The program partners older adults with students and teachers to help improve students’ academic performance.

Eight of the 17 participants were volunteers who were at risk for developing cognitive impairment. The study authors gauged the success of the intervention by comparing brain activity, which they measured by functional magnetic resonance imaging, before and after the intervention. The volunteers worked with students from kindergarten through third grade for 15 hours a week for six months.

At the completion of the study, scientists found that brain activity measurably increased and volunteers’ executive functioning—planning, responding appropriately, cognitive flexibility and other functions that are often victimized by disease—improved.

While the results are encouraging, this study was small. However, a larger study has been launched to attempt to duplicate the results.



## Wit & Wisdom

“We must not make a scarecrow of the law, Setting it up to fear the birds of prey, And let it keep one shape till custom make it Their perch, and not their terror.”

—William Shakespeare

“I feel a little like the scarecrow in the ‘Wizard of Oz’ who suddenly discovers he had a brain all along. He just didn’t have a piece of paper to prove it.”

—Barbara Bush

“Logical consequences are the scarecrows of fools and the beacons of wise men.”

—Thomas Henry Huxley

“Better to smile on all that smile, and show there is a comfortable kind of old scarecrow.”

—William Butler Yeats

# October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00 Exercise 11:00 Reading 11:30 Music 2:30 <b>OKTOBERFEST and HAPPY HOUR</b>	1:00 Era Music 2:30 Ice Cream Social 3:00 Movie <b>FAMILY VISITS</b>
<b>FIRE PREVENTION WEEK</b> 3	10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	4 <b>DO SOMETHING NICE DAY</b> 5 10:00 Exercise 11:00 Trivia/Reading 2:30 BANANA BINGO	6 <b>Wii Game</b> 10:00 Exercise 11:00 Reading 1:00-4:00 OUT and ABOUT 3:00 Joy's Game	7 <b>World Smile Day</b> 10:00 Exercise 11:00 Reading With Cheryl 1:30 MISD Bingo Time TBA State Fair	8 10:00 Exercise 11:00 Reading 11:30 Music 2:00 Table Games 3:00 Happy Hour	9 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie <b>FAMILY VISITS</b>
10:00 COWBOY CHURCH 1:30 Bingo 3:00 Lakepointe Bible Study <b>FAMILY VISITS</b> 10	11 <b>BRING YOUR TEDDY BEAR to WORK</b> 10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 ROSS STORE	12 10:00 Exercise 10:45 Current Events 11:15 Reading With Cheryl 2:30 Bingo 4:30 Music	13 <b>Wii Game</b> 10:00 Exercise 11:00 Reading 1:00-4:00 Zombie Manor 3:00 Joy's Game	14 <b>NATIONAL DESSERT DAY</b> 10:00 Exercise 11:00 Reading With Cheryl 1:30 MISD Bingo 2:00 Pie Contest	15 10:00 Exercise 11:00 Reading Cheryl 11:30 Music 2:00 Table Games 3:00 Happy Hour	16 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie <b>FAMILY VISITS</b>
12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study <b>FAMILY VISITS</b> 17	18 10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	19 10:00 Exercise 10:45 Current Events 11:15 Reading With Cheryl 2:00 <b>Norris Perry</b> 4:30 Music	20 <b>Wii Game</b> 10:00 Exercise 11:00 Reading <b>2:00 October Birthday Party</b> With Lee Wolfgang	21 10:00 Exercise 11:00 Reading With Cheryl 1:30 MISD Bingo 3:00 Manicures	22 10:00 Exercise 11:00 Reading 11:30 Music 2:00 Table Games 3:00 <b>Magic Show</b>	23 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie <b>FAMILY VISITS</b>
12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study <b>31st - HAPPY HALLOWEEN</b> 24/31	25 <b>NATIONAL PIZZA DAY</b> 10:00 Exercise 1:00 Reading/Cheryl 2:00 DOLLAR STORE	26 10:00 Exercise 10:45 Current Events 11:15 Reading With Cheryl 2:30 Bingo 4:30 Music	27 <b>Wii Game</b> 10:00 Exercise 11:00 Reading 1:00-4:00 OUT & ABOUT 3:00 Joy's Game	28 10:00 Exercise 11:00 Reading With Cheryl 1:30 MISD Bingo 3:00 Manicures 4:00 Music Hour	29 <b>10:00 Costume Parade With Head Start Children</b> 11:00 Reading 2:00 Table Games 3:00 <b>Spooky Happy Hour</b>	30 1:00 Era Music 2:30 Ice Cream Social 3:00 Movie <b>FAMILY VISITS</b>

## "This Month In History"

### October

**1000:** Leif Erikson discovers Vinland (a site identified anywhere from northern Newfoundland south to Cape Cod).

**1792:** The cornerstone of the White House is laid.

**1793:** Queen Marie Antoinette is beheaded.

**1859:** Abolitionist John Brown and a group of armed men take dozens of hostages and seize the federal arsenal at Harpers Ferry.

**1871:** The "Great Chicago Fire," also known as the "Great Conflagration," occurs.

**1892:** Most of the Dalton gang is killed during the simultaneous daylight robbery of two banks in Coffeyville, Kan.

**1919:** Congress passes the Volstead Act (the National Prohibition Act) prohibiting the "manufacture, sale or transportation of intoxicating liquors."

**1944:** German Field Marshal Erwin Rommel accepts an offer of suicide by cyanide rather than a trial (and the possible murder of his family) for conspiring against Hitler.

**1978:** President Jimmy Carter signs a bill restoring U.S. citizenship to Jefferson Davis.

**1979:** The United States allows the deposed Shah of Iran to visit for medical reasons, precipitating the Iran hostage crisis.