



CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

December 2010

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

CAMBRIDGE COURT STAFF

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What's NEW! New?

On Dec. 4, Cambridge Court will have a booth at the "Annual Forney Christmas on the Square," 9 a.m. to 5 p.m.

Dec. 9: We will be having a 'Long Term Care Seminar', here at Cambridge Court at 7 p.m. This will give you the opportunity to ask questions and hopefully receive a good deal of knowledge regarding our future in long term care. Please invite your family and friends.

Cambridge Court Assisted Living and Memory Care will also stay close to our backyard and join Mesquite Chamber in their toy drive this year. The drop off box will be in front of the lobby.



Winter Workouts Can Keep You Cozy

Chilly winter days provide a good excuse to stay wrapped up under a blanket. But that's even more reason to get moving and exercise. Even 20 minutes of working out can warm you up and keep you warm well after the session is over.

Frame by Another Name

The assistive device that most Americans know as a walker, the British call a Zimmer frame, after a major manufacturer of the device.

WIN IT IN A MINUTE

WATCH "WIN IT IN A MINUTE" ON DEC. 7 AT 7:00, channel FOX 4. We will be playing the game Wed, Dec 8. Fun to watch and fun to play. You take everyday household items and have one minute to complete a task. You will surely want to watch those up to the challenge.

Positive Thought

"Our greatest glory is not in never falling, but in rising every time we fall." —Confucius

Fairy Godfather

Walt Disney, who made children's dreams come true, was born Dec. 5, 1901.

Welcome New Residents

Henry Geldmeier
Elaine Dilworth
Elizabeth Ellis
Anna Belle Aycok
Linda Aaron

Let Your Loved Ones Know, Tours Are Welcome Anytime, Contact Fran



ACTIVITIES

Christmas Time at Cambridge Court

Cambridge court has several trips out this month.

We will be going to see the Christmas lights here in Mesquite and also on a later date in Rockwall.

We'll take trips out to eat at Golden Corral and Ryans.

Best of all we are having "HOME FOR THE HOLIDAYS" on Dec. 18. Family and friends are invited to join our residents for a Christmas party. Lots of desserts and entertainment. Doc Gibbs, a well known pianist and singer, will be here.

On Dec. 21, the residents will be dining together with staff in black tie attire with champagne and other delicious treats.



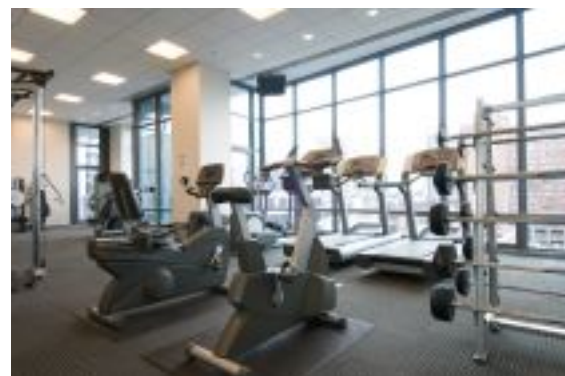
Exercising Safely With Osteoporosis

Protecting your fragile bones by putting them under stress may seem contradictory. But when practiced safely and carefully, stressing your bones through weight-bearing exercises is one of the best ways to help minimize the damage osteoporosis can cause.

That doesn't mean you can literally run out and start exercising. Because your bones are fragile, you'll need a fitness routine that protects your bones while building them up. Your routine will vary depending on what stage of the disease you're in, so be sure to talk with your doctor.

Exercises that target the back and chest can be especially beneficial. Because osteoporosis increases the likelihood of stress fractures in the spine, strong upper body muscles can help support your spine and preserve your posture. Tai chi and yoga, which are

both weight-bearing and flexibility exercises, can also help you maintain good posture. Talk with your doctor and yoga instructor before starting a yoga class, as some of the postures can be risky for someone with advanced osteoporosis.



Top Toys Through the Years

With so many new toys and games hitting the shelves each year, it may be a little surprising that many of the most popular toys have been around for a while. In 1903, Crayola Crayons made their debut. Kids today still enjoy the View-Master 3-D viewer, introduced in 1938, and Candy Land, which first delighted children in 1949.

Mr. Potato Head, made in 1952, was the first toy advertised on television. Originally the toy consisted only of the parts (eyes, ears, nose, hands, feet,

etc.), and parents had to supply a real potato. Other hits from the '50s are Legos (1953) and Barbie (1959). Barbie is still a top-seller—an astounding 1.5 million dolls are sold each week. That's two dolls per second!

As members of Generation Y become parents, toys such as Cabbage Patch Kids and Care Bears, both from 1983, are making a comeback. In 1996, normally sane parents went crazy trying to land a Tickle Me Elmo for their little ones. Beanie Babies spurred a collecting craze in the mid '90s, while the Razor Scooter got kids out on the roads in 2000. In 2006, people lined up for the Wii gaming console, which remains a top-seller today.



Responding to Invitations

The hustle and bustle of the holiday season makes everything seem busier these days ... including social calendars. If your mailbox is packed with party invitations, are you required to reply to each one? That depends on four little letters most people recognize but might not know the meaning of: R.S.V.P. This is short for the French phrase "Répondez, s'il vous plaît," or "Please reply."

How exactly should you reply to each one? Etiquette experts at The Emily Post Institute offer some insight in handling party responses. Simply put: Reply in the manner indicated on the invitation.

A formal invitation with a response card. If a host went to the trouble of providing an R.S.V.P. card, it would be rude not to send it back. Clearly, the host is looking for an accurate head count.

A formal invitation with no response card. Look for directions on the invitation itself. If a phone number is given, call the number and respond to a person—do not leave your response on an answering machine and do not text your response.

By email. If you receive an invitation electronically, it is absolutely appropriate to accept or decline electronically, too.

Regrets only. In this instance, reply only if you do not plan to attend.

Other advice to keep in mind: Respond promptly, within a day or two of receiving an invitation, if possible. If the invitation is clearly addressed to certain recipients, don't ask to bring additional guests.



Wit & Wisdom

"You give but little when you give of your possessions. It is when you give of yourself that you truly give."
—Kahlil Gibran

"Life is a gift, and it offers us the privilege, opportunity and responsibility to give something back by becoming more."
—Anthony Robbins

"The value of a man resides in what he gives and not in what he is capable of receiving."
—Albert Einstein

"You get the best out of others when you give the best of yourself."
—Harvey S. Firestone

"It is better to give than receive—especially advice."
—Mark Twain

"To give without any reward, or any notice, has a special quality of its own."
—Anne Morrow Lindbergh



Team "CAMBRIDGE COURT" "CAPPING THE CURE" to stomp out Alzheimer's. The 2010 Annual Memory Care Walk was held at the Dallas Zoo on Saturday, Nov. 13, 2010. Cambridge Court staff and residents raised money by hosting many events such as a garage sale, bake sale, Frito pie sale, wear your jeans to work day and competing with other team members to raise the most donations.



De-stress Your Holidays

For many of us, the holidays come with a dose of extra stress. Here's a one-minute stress reliever that you can do anywhere, anytime: mindful breathing. Take deep breaths that expand your entire abdomen (stomach, sides and lower back) while focusing solely on your breath.



December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Wii Game 1 10:00 Exercise 11:00 Reading 3:00 Joy's Game Decoration for Christmas	2 10:00 Exercise 11:00 Reading 1:30 MISD Bingo 4:00 GOLDEN CORRAL Christmas Decoration	3 10:00 Exercise 11:00 Reading With Cheryl 11:30 Music TPC With Erin Happy Hour 3:00	4 NATIONAL COOKIE DAY 2:30 Ice Cream Social 3:00 Movie: HAPPYNESS FAMILY VISITS
5 12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	6 10:00 MUSIC ON THE MOVE 2:00 WALMART Employee Hall Decorating	7 10:00 Exercise 10:45 Current Events 11:00 PEARL HARBOR DAY 2:30 Bingo 4:30 Music	8 Wii Game 10:00 Exercise 11:00 Reading 3:00 Win It in a Minute 6:00 Christmas Lights	9 10:00 Exercise 11:00 Reading 1:30 MISD Bingo 3:00 Manicures STAR'S ANNUAL SALE IN THE Beauty Shop	10 10:00 Exercise 11:45 Hanby Elementary Choir 2:00 Table Games 4:30 Weekender	11 1:00 Gina Mobile Sale 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS
12 10:00 Cowboy Church 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	13 10:00 Satin Hands With Mary Kay 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	14 10:00 TEXAS WINDS 1:30 Food Meeting 2:00 Resident Council 3:00 Bingo	15 Wii Game 10:00 Exercise 11:00 Reading 1:00 Avon Sales 3:00 Joy's Game	16 10:00 Exercise 11:00 CHRISTIAN FAMILY H.E.A.D. Choir 1:30 MISD Bingo 3:00 Manicures 4:00 OUT TO EAT	17 10:00 Exercise 11:00 Reading With Cheryl 11:30 Music 2:00 Hot Chocolate Happy Hour	18 2:00 HOME FOR THE HOLIDAY CHRISTMAS PARTY With DOC GIBBS
19 10:00 Poetry Baptist Church 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	20 10:00 Exercise 11:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Christmas Lights in Rockwall	21 10:00 Exercise 11:15 Reading 2:00 Bingo With VITAS 6:00 "From Us to You" Dinner	22 Wii Game 10:00 Exercise 11:00 Reading 2:00 December Birthday Party With Lee Wolfgang	23 10:00 Exercise 11:00 Reading With Cheryl 1:30 Bingo 3:00 Manicures 4:00 Music Hour	24 10:00 Exercise 11:00 Reading 2:00 Residents' "Tis the Eve Before Christmas Party"	25 
26 12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	27 10:00 Exercise 11:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	28 10:30 Chuck Cagel the Senior Moments 2:30 Bingo 4:30 Music	29 BINGO'S BIRTHDAY 10:00 BINGO 1:30 BINGO 3:00 BINGO	30 10:00 Exercise 11:00 Reading With Cheryl 1:30 Bingo 3:00 Manicures 4:00 Music Hour	31 10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 NEW YEARS EVE PARTY with Wayne	

"This Month In History" December

1776: George Washington and his Continental Army cross the Delaware River to attack British troops.

1823: "A Visit From St. Nicholas (The Night Before Christmas)" by Clement C. Moore is published.

1865: Slavery in the United States is abolished upon the ratification of the Constitution's 13th Amendment.

1871: Mark Twain is granted a patent for an "improvement in adjustable and detachable straps for garments" (suspenders).

1884: Construction of the Washington Monument is completed.

1901: Animator, filmmaker and theme park developer Walt Disney is born.

1903: The Wright Brothers pilot the first successful powered and controlled airplane flight.

1911: Explorer Roald Amundsen and his expedition team discover the South Pole.

1924: Wrigley's gum is trademark-registered.

1939: "Gone With the Wind" has its film premiere in Atlanta.

1956: The first gorilla is born in captivity at the Columbus, Ohio, zoo.

1967: Christiaan Barnard performs the world's first successful heart transplant.

1991: The end of the Union of Soviet Socialist Republics (USSR) occurs.

2003: Saddam Hussein, former leader of Iraq, is captured.