



CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

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

April 2011

CAMBRIDGE COURT STAFF

Administrator

Joy Pepper

Community Relations

Fran Dowell

Resident Care

Paulette Williams, LVN

Business Office

Jackie Arredondo

Activity Director

Cheryl Sternberg

Dietary Supervisor

Jose Vazques

Maintenance

Bruce Smith

Director of Admissions

Glenda Moses



Make Smart Food Choices

If you're less active than you once were, you're not burning as many calories. This means you may not feel hungry as often. But your body still needs nutrients, so make sure the foods you eat are packed with vitamins and minerals. Avoid chips, cookies, soda and other sources of empty calories.

Seasonal Selections

Spring into healthier eating habits by loading up on these delicious, in-season fruits and veggies.

Vegetables: Artichokes, asparagus, lettuce, spinach, peas, broccoli, green beans, rhubarb, collard greens and mustard greens.

Fruits: Strawberries, mangoes, limes and oranges.

Positive Thought

"Perpetual optimism is a force multiplier." —Colin Powell



Monthly Celebrations

April, a jolly month of frivolity, is National Humor Month. **The staff will be telling jokes and humorous anecdotes on April 8 at 2:30 p.m.** Then following that, we will be having our first **Resident Talent Show at 3 p.m.** Time to practice and gather your music, poems, instruments and storytelling: whatever you have to share. Maybe past hobbies like China painting, crochet, sewing, etc. ...

Every Day Is Earth Day

Together, we can work toward a cleaner, healthier environment for all.

Mind Your Medicines

More does not always mean better, especially when it comes to medicine. You should never take over-the-counter drugs in higher doses or for longer periods of time than the label recommends. Persistent symptoms are an indication that it's time to see a doctor.



Community News

SHOESHINE!!

Mr. John Davis shoeshine service. Please bring boots, shoes and polish.

Happy Easter!

It's a time of rebirth and renewal. Whether you're celebrating the arrival of spring, bunnies bearing eggs or the religious significance of Easter, our staff wishes all of you a wonderful holiday.

We will have our Easter Egg Hunt on April 22.

Cambridge Court Invites Your Friends and Family to Tour With Us Anytime!



SPRINGTIME

Talk About It: Spring Fever

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

- What is your favorite springtime memory?
- Did you or your family plant a garden in the spring?
- Do you have a favorite spring flower?
- How did your family spend spring break from school? Did you ever go on a spring break trip?
- Do you enjoy rain? What about thunderstorms?
- Is there anything you don't like about the return of warmer weather?

Happy Birthday

HAPPY BIRTHDAY

April 1	Marilyn Hardisty
April 3	Lotetta Leeder
April 8	Jeff Cromeens
April 17	John Davis
April 20	Gene Luna
April 22	Bette Dyer
April 28	Myrtie Shipley

April Birthday Stars

Aries (March 21-April 20): Eddie Murphy, John Madden, David Letterman, Wayne Newton

Taurus (April 21-May 21): Tony Danza, Al Pacino, Uma Thurman, Christian Lacroix

All That Glitters ...

April babies have expensive taste. Their birthstone is the diamond.

Letter From the Manager

We love our residents and want to make sure that they always receive top-notch service. If there is anything we can do to make your home more comfortable, please let us know. If something is not right, we want to fix it! So stop by the office or give us a call and let us show you how much we appreciate you by providing you with the very best service possible.

Monthly Celebrations

National Poetry Month. If writing isn't your thing, make your mark during these April activities:

- National Decorating Month
- Jazz Appreciation Month
- Reconciliation Day (April 2)
- National Be Kind to Lawyers Day (second Tuesday in April)



Pet Pickup

As warmer weather heads our way and more of our residents head outdoors, we want to remind our pet owners that pets must be on leashes at all times when outside your home and that you are responsible for picking up after them. Your neighbors will appreciate not finding surprises in the grass when they head out for a walk. Thanks!

Welcome New Residents

Marie Donelson
 Patricia Allen
 Eda Webb
 Donald Downey
 Virginia Gates
 Lorene Tramel
 Roy Smith
 Mary Lucas

Please use your WELCOME BOOK that is provided in your room. It contains information that may be helpful.

Business numbers and Cambridge Court staff duties, names and faces.

Resident Spotlight

WALL OF HONOR

Families, please bring a picture of your loved one who has been a member of the United States Military. We would like a picture in their uniform attire if you have one available, and if not, one that represents them in service. During war or peace times, everyone is vital to our nation's principles and safety. They may have served in any war or "police action" including WWII, Occupied Areas, Korean, Vietnam and Desert Storm.

We want to recognize these men and women for serving Americans in the most diligent way.

And say thank you!

Dodging Disaster

The Apollo 13 mission, launched April 11, 1970, was aborted en route when an explosion in one of the oxygen tanks crippled the spacecraft. Astronauts James Lovell Jr., John Swigert and Fred Haise Jr. were forced to orbit the moon and return to Earth without landing. They splashed down safely on April 17.

First Class

Ben Franklin went to school there. So did Samuel Adams and John Hancock. Boston Latin School served as the first public school in America, opening April 23, 1635.

History of the IRS

The Internal Revenue Service comes calling in mid-April when income taxes are due. But do you know much about the history of the IRS?

- President Abraham Lincoln and Congress enacted a tax in 1862 to help pay Civil War expenses, creating a position called commissioner of Internal Revenue.
- Wyoming ratified the 16th Amendment in 1913, meaning enough states made it possible to amend the Constitution, giving Congress the authority to enact income taxes.
- The first Form 1040 was introduced in 1913. It emerged after Congress levied a tax on net personal income. It included a 1 percent tax on incomes of more than \$3,000.
- During World War II, Congress introduced payroll withholding and quarterly tax payments.
- The Bureau of Internal Revenue changed its name to Internal Revenue Service in 1953.

Springtime Blooms

One of the most beautiful potted plants in abundance in spring is the Easter lily. Native to Japan, lily bulbs were introduced in the United States after World War I. Many growers in the Northwest and Canada tried and failed to find the right combination of climate and soil needed to produce the best lilies. Today, 95 percent of the bulbs grown for potted lilies are produced along a stretch of coastline in southern Oregon and northern California.

DALLAS BLOOMS

The Dallas Arboretum has a "Two for Tuesday Special". Tickets are normally \$9.50. I will post the information as it becomes available.



Wit & Wisdom

"A fool thinks himself to be wise, but a wise man knows himself to be a fool."
—William Shakespeare

"A wise man can learn more from a foolish question than a fool can learn from a wise answer."
—Bruce Lee

"Sometimes one likes foolish people for their folly, better than wise people for their wisdom."
—Elizabeth Gaskell

"Despair is the conclusion of fools."
—Benjamin Disraeli

"I have great faith in fools; self-confidence, my friends call it."
—Edgar Allan Poe

"Suffer fools gladly; they may be right."
—Holbrook Jackson

"Any fool can make a rule, and any fool will mind it."
—Henry David Thoreau

April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					APRIL FOOLS' DAY 10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 3:00 Gatlin Entertainment	8:45 Exchange Club Rodeo Parade CC Van 1:00 Era Music 2:30 Ice Cream Social FAMILY VISITS
1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	10:00 Walking Club 11:00 Reading/Cheryl 11:30 Music 2:00 WALMART	10:00 Trip to Arboretum (Pending) 2:30 Bingo 4:30 Music	Wii Game 10:00 Exercise 11:00 Reading 1:45 Staff Poetry Reading 2:30 Minute to Win It	10:00 Exercise 11:00 Reading/Trivia 1:00 Swanky Janes Jewelry Sale 1:30 MISD Bingo 3:00 Manicures	10:00 Exercise 11:00 Reading/Trivia 2:30 Jokes & Pokes 3:00 Resident Talent Show	1:00 Era Music 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS
1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 2:00 Paul Anderson Entertainment	11:00 Texas Wind Harpist 1:30 Food Meeting 2:00 Resident Meeting 2:45 Bingo 4:30 Music	Wii Game 10:00 Exercise 11:00 Reading 2:00 Trip to Library	10:30 Reflections Community Choir 1:30 MISD Bingo 3:00 Manicures 6:00 Girls Slumber Party/Residents & Staff	10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 2:30 Social Hour & Karaoke	1:00 Era Music 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS
2:00 Poetry Baptist Church 3:00 Lakepointe Bible Study FAMILY VISITS	10:00 Walking Club 11:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	10:00 Exercise 11:00 Reading With Cheryl 2:30 Bingo 3:30 Decorate Baskets	Wii Game 10:00 Exercise 11:00 Reading 2:00 April Birthday Party With Lee Wolfgang	10:00 Exercise 11:00 Reading With Cheryl 1:30 MISD Bingo 3:00 Decorate Easter Baskets	10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 2:30 Easter Egg Hunt	1:00 Era Music 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS
10:00 Cowboy Church 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 2:00 Minute to Win It 7:30 Jim Chapman on the Guitar	10:00 Exercise 11:00 Reading 1:30 MISD Bingo 3:00 Manicures 6:00 Men's Bowling Tournament Resident & Staff	10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 2:30 Social Hour	1:00 Era Music 2:30 Ice Cream Social 3:00 Movie FAMILY VISITS

Word Search

Today's Category: Books of the Bible

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

1. Ruth _____
2. _____
3. _____
4. _____
5. _____
6. _____
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20. _____

- Word Search Solutions:
1. Amos
 2. Exodus
 3. Genesis
 4. Hebrews
 5. Hosea
 6. Isaiah
 7. James
 8. Jeremiah
 9. Job
 10. John
 11. Joshua
 12. Judges
 13. Luke
 14. Malachi
 15. Mark
 16. Matthew
 17. Numbers
 18. Proverbs
 19. Psalms
 20. Ruth

