



CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

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

May 2011

Bumper Sticker Snicker

I'm in shape. Round is a shape, isn't it?

Welcome New Residents

WELCOME, NEW NEIGHBORS!

The residents and staff of Cambridge Court would like to welcome the newest members of our family:

Lorene Tramell
Mary Lucas
Steve Porter
Mary Watkins
Ray Smith
Maxine Atkinson
Pat Jewel
Tony Waggoner
Maryann Robinson



Remember Mom

Mother's Day is May 8.

Happy Mother's Day!

"A mother's love for her child is like nothing else in the world." —
Agatha Christie

Mother's Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us in the office, we wish all the moms who call our community home a very happy Mother's Day!

CAMBRIDGE COURT STAFF

Administrator

Joy Pepper

Community Relations

Fran Dowell

Resident Care

Chasity Goins, LVN

Business Office

Jackie Arredondo

Activity Director

Cheryl Sternberg

Dietary Supervisor

Jose Vazques

Maintenance

Bruce Smith

Director of Admissions

Glenda Moses

May's Weekly Celebrations

Nurses Week - First week of month

Wildflower Week- Week two

National Bike Week- Third week

National Police Week - Third week of month

Emergency Medical Services Week- Fourth week of the month

Memorial Day Remembrance

On Memorial Day, we honor the men and women whom have sacrificed their lives for our freedom. We will take this opportunity to recognize our residents who have served their country freely, both at home and abroad.

WALL OF HONOR

Have you seen our Wall of Honor in the lobby area? If you haven't, please bring a picture of your loved one who served in the United States military. We will return your copy. Please include their official rank. We would love to honor them on our wall.



Family Fun

Trivia Whiz

Happy May Day

May Day, May 1, is a festive occasion to mark the peak of spring, and many cultures celebrate with music and dancing. Here's a bouquet of facts about May Day:

Maypoles. The pole was thought to symbolize reverence for sacred trees. Maypoles typically were trees cut from the forest and stripped of their branches. Colorful ribbons were attached to the tops, and children would grab the streamers and dance in a circle.

May queens. In some European villages, a May queen was selected from among the young women of the community to preside over May Day festivities. May queens were crowned on flower-covered thrones and drawn through town in decorated carts.

CAR SHOW
SAVE THE DATE
MAY 21
SATURDAY
11 A.M. to 2 P.M.

2ND ANNUAL CAMBRIDGE COURT CAR SHOW
"ASSISTED LIVING AND MEMORY CARE COMMUNITY"
INVITE ALL YOUR FAMILY AND FRIENDS TO JOIN US FOR THIS BIG EVENT. WE WOULD JUST LIKE FOR YOU TO COME AND REMINISCE WITH OUR RESIDENTS. WE WILL HAVE ALL TYPES OF CLASSICS AND FUN HOT RODS. NO ENTRY FEE. FREE TO ALL WHO COME!

Happy Birthday

HAPPY BIRTHDAY!!

| | |
|--------|------------------|
| MAY 3 | LORETTA BUTLER |
| MAY 9 | MELBA PRESTRIDGE |
| MAY 11 | MORRIS MILLER |
| MAY 12 | LOTTIE HOUGE |
| MAY 18 | LAVERNE CARLILE |
| MAY 18 | HENRY GELDMEIER |
| MAY 21 | NITA CALLAWAY |

Happy Birthday, May Babies

Warm wishes to those celebrating in May.

Web Wonders

Cambridge Court now has a resident computer, donated by a family member. It is in the TV room.

Come down and play games on it to get used to the mouse and keyboard. We will try to have it hooked up to the Internet soon. That way you can "wow" your family and friends with your letters. You can also look up questions, seek helpful information and just be informed of some fun facts.

If staff has a few minutes, ask them to get you started. Trust me, it is easy to do.

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?



Grapevine News

SHOE SHINE

Mr. John Davis will shine your shoes and make them sparkle like new. Please bring him your shoes or boots and the polish. He will certainly put a shine on them.

GARDEN AREAS

Please check out the tomatoes and freshly planted flowers in Memory Care courtyard. Very pretty and a pleasant place to sit and enjoy the good weather.

Also, a rock garden has been added with tomatoes, peppers and flowers outside the dining room area, as well as several hummingbird feeders. We are anxiously waiting for the birds to claim us as their new home.

WII GAME

Cambridge Court has a Wii game that is kept in the Activity Office. Wednesday is the day designated to set it up for the day. It is available to all on any day; it does not necessarily have to be Wednesday. Ask Cheryl to set it up for you anytime you would like to play.

It is a lot of fun. Bowling is the most popular, but there are other games as well—tennis, golf and boxing.

If you have never played the game, it takes just a few attempts to master the controls. You may be a pro.

Giving Back to Nature

What better time than summer to enjoy the great outdoors? When you're relaxing on your favorite park bench taking in the sights, think about the broad-tail hummingbird. Year after year, it returns not only to the same region, not only to the same tree, but to the very same branch it nested on the year before. The Nature Conservancy's mission is to ensure that branch endures from one year to the next ... along with other natural habitats on a global basis.

Founded in 1951, The Nature Conservancy is the leading conservation organization working to protect ecologically important lands and waters around the world. Since then, it's protected more than 119 million acres of land and 5,000 rivers worldwide. The organization works in all 50 states and more than 30 countries.

The Nature Conservancy could use your help, and so could animals such as the northern jaguar. Deforestation and hunting have led to the decline of the northern jaguar population. The only way to save these majestic cats is to save their habitat. Monetary donations help preserve their threatened homeland. You can also adopt an acre of land in certain areas around the world, which, for example, protects and restores grasslands and savannas in Africa, where lions, cheetahs and wildebeests roam.

Want to donate time instead of money? Log on to www.Nature.org to view a list of volunteer opportunities in your area.

BE GREEN

Outside the Activity Office is a box provided to place your old newspapers. Once a week, Cheryl will take them to be recycled.



Wit & Wisdom

"People from a planet without flowers would think we must be mad with joy the whole time to have such things about us."
—Iris Murdoch

"If your heart is a volcano, how shall you expect flowers to bloom?"
—Kahlil Gibran

"It's so nice to get flowers while you can still smell the fragrance."
—Lena Horne

"A cynic is a man who, when he smells flowers, looks around for a coffin."
—H.L. Mencken

"Weeds are flowers too, once you get to know them."
—A.A. Milne

"Big doesn't necessarily mean better. Sunflowers aren't better than violets."
—Edna Ferber

May 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|---|
| <p>1</p> <p>1:30 Bingo 3:00 Lakepointe Bible Study</p> <p>FAMILY VISITS</p> | <p>2</p> <p>10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections</p> | <p>3</p> <p>10:00 Exercise 10:45 Current Events 11:15 Reading With Cheryl 2:30 Bingo 4:30 Music</p> | <p>4</p>  | <p>5</p> <p>10:00 Exercise 11:00 Reading With Cheryl 2:00 Cinco de Mayo Party With Latino Cowboy Roy</p> | <p>6</p> <p>10:00 Exercise 11:00 Reading/Trivia 2:30 Social Hour With Heart Beat 7:30 Radio City Music Hall</p> | <p>7</p> <p>2:30 Ice Cream Social 2:00 Gaither Family Concert in Ft. Worth</p> <p>FAMILY VISITS</p> |
| <p>8</p>  <p style="text-align: center;"><i>Mother's Day</i></p> | <p>9</p> <p>10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Norris Perry</p> | <p>10</p> <p>10:00 Exercise 10:45 Current Events 11:15 Reading With Cheryl 2:30 Bingo 4:30 Music</p> | <p>11</p> <p>Wii Game 10:00 Exercise 11:00 Reading 2:00 Stages of Grieving With Joni Henson T.E. Rehab</p> | <p>12</p> <p>10:00 Exercise 11:00 Reading With Cheryl 1:30 MISD Bingo 3:00 Manicures 4:00 Music Hour</p> | <p>13</p> <p>10:30 Anderson School of Dallas Music Performance 2:30 Social Hour/ Snacks</p> | <p>14</p> <p>1:00 Era Music 2:30 Ice Cream Social 3:00 Movie</p> <p>FAMILY VISITS</p> |
| <p>15</p> <p>1:30 Bingo 3:00 Lakepointe Bible Study</p> <p>FAMILY VISITS</p> | <p>16</p> <p>WEAR PURPLE FOR PEACE DAY 10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART</p> | <p>17</p> <p>10:00 Exercise 10:45 Current Events 11:15 Reading With Cheryl 2:30 Bingo 4:30 Music</p> | <p>18</p> <p>Wii Game 10:00 Exercise 11:00 Reading 2:00 MAY BIRTHDAY PARTY With Patti and JD</p> | <p>19</p> <p>10:00 Exercise 11:00 Reading With Cheryl 1:30 MISD Bingo 3:00 Manicures 4:00 Music Hour</p> | <p>20</p> <p>10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 2:30 Social Hour/with Mary of Forney</p> | <p>21</p> <p>Cambridge Court 2nd Annual Car Show</p> <p>FAMILY VISITS</p> |
| <p>22</p> <p>1:30 Bingo 3:00 Lakepointe Bible Study</p> <p>FAMILY VISITS</p> | <p>23</p> <p>10:00 Exercise 1:00 Reading/Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections</p> | <p>24</p> <p>10:30 SENIOR MOMENTS 2:30 Bingo 4:30 Music</p> | <p>25</p> <p>Wii Game 10:00 Exercise 11:00 Reading 2:00 Minute to Win It 3:00 Popcorn</p> | <p>26</p> <p>10:00 Exercise 11:00 Reading With Cheryl 1:30 MISD Bingo 1:00-3:00 SALE Swanky Janes Jewelry</p> | <p>27</p> <p>10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 2:30 Social Hour</p> | <p>28</p> <p>1:00 Era Music 2:30 Ice Cream Social 3:00 Movie</p> <p>FAMILY VISITS</p> |
| <p>29</p> <p>1:30 Bingo 3:00 Lakepointe Bible Study</p> <p>FAMILY VISITS</p> | <p>30</p> <p style="text-align: center;">Memorial Day</p> | <p>31</p> <p>10:30 AGNEW MIDDLE SCHOOL BAND 2:30 Bingo 4:30 Music</p> |  | | | |



Word Search

- | | |
|----------|-------------|
| Barbeque | Grandmother |
| Birthday | May |
| Camping | Memorial |
| Child | Mother |
| Color | Picnic |
| Family | Proud |
| Flowers | Roses |
| Food | Sunshine |

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