



CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

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

July 2011

CAMBRIDGE COURT STAFF

Administrator

Joy Pepper

Community Relations

Fran Dowell

Resident Care

Chasity Goins, LVN

Business Office

TBA

Activity Director

Cheryl Sternberg

Dietary Supervisor

Jose Vazques

Maintenance

Bruce Smith

Director of Admissions

Glenda Moses

Weekend Manager

Brittany Huff



Seniors Shine

July 23 is Gorgeous Grandma Day.

Positive Thought

"A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes."—Hugh Downs

Holiday ABCs for July

F is for our Founding Fathers and the land of the Free

R is for the Red, white and blue

E is for Establishing a more perfect union

E is for Everyone's right to life, liberty and the pursuit of happiness

D is for Domestic tranquility

O is for O say, can you see?

M is for the Many soldiers who fight for freedom

Born on the Fourth of July

Abigail Van Buren, Neil Simon and Geraldo Rivera



Happy Birthday, America

Celebrate your liberty! Display the flag. Wear red, white and blue. Sing patriotic songs. However you spend Independence Day, make sure you have some fun!

CAMBRIDGE COURT 4TH OF JULY

WE PLAN TO CELEBRATE TOGETHER, FAMILY AND FRIENDS WELCOME AS ALWAYS. THE DAY IS FILLED WITH SOME PHYSICAL GAMES; SUCH AS WHEELCHAIR RACES, EGG RACE AND DISC TOSS. AND WE WILL ALSO HAVE WATERMELON AND BINGO TO HELP US COOL OFF!

Bedtime Snacks

To promote a good night's sleep, pay particular attention to your evening food intake. If you need a snack before bedtime, make it something light, such as crackers and milk or yogurt.

Hey, Good Lookin'

July 3 is Compliment Your Mirror Day.

Welcome New Residents

The residents and staff would like to welcome our newest family member,

MARVIN ACKERMAN

Summer Appetites

Your appetite may decrease during hot summer months, but continue to eat regular meals, even if you choose smaller portions. Skipping meals causes your metabolism to slow down, which leads to a sluggish feeling.



HUMOR

Wit & Wisdom

“Summer afternoon, summer afternoon. To me, those have always been the two most beautiful words in the English language.”

—Henry James

“Ah, summer! What power you have to make us suffer and like it.”

—Russell Baker

“Deep summer is when laziness finds respectability.”

—Sam Keen

“Of all the wonders of nature, a tree in summer is perhaps the most remarkable—with the possible exception of a moose singing ‘Embraceable You’ in spats.”

—Woody Allen

“The dandelions and buttercups gild all the lawn. The drowsy bee stumbles among the clover tops, and summer sweetens all to me.”

—James Russell

Happy Birthday

HAPPY BIRTHDAY, JULY BABIES

July 3	Martha Heinsheimer
July 3	Robert Lenzer
July 9	C.J. Soules
July 12	James McLeod
July 13	Jack Duke
July 27	Alice Kessler
July 28	Anthony Wheeler

Resident Party

July 20, Wednesday 2 p.m.

Activities

Motivational Tip

Feel-Good Fitness

Don't feel like working out? Do it anyway. Exercise releases endorphins—brain chemicals that help create a euphoric state. You'll feel better physically and mentally.

Exercise is held daily Monday through Friday in the Dining Room at 10:15 a.m. (Unless another program is scheduled.)

Health & Wellness



Natural Smiles

Replacing missing teeth is important to overall oral and medical health and can dramatically improve the shape of your face, your smile and your ability to chew.

When missing teeth need to be replaced, many seniors are opting for dental implants instead of crowns, bridges or dentures.

An implant is a replacement tooth root that provides a strong foundation for a permanent or removable replacement tooth that is made to

match natural teeth. Implants can replace a single tooth or multiple teeth.

Candidates for dental implants need to have healthy gums and adequate bone to support the implant.

If you're considering a dental implant, talk to your general dentist first. Implant placement is not a dental specialty in itself, and often a team of specialists provides the treatment. One specialist may perform the surgery to place the implant, while another places a crown on top of the implant to complete the restoration.

If you have dental insurance, be sure to determine what your policy covers for dental implants.

Team Member Spotlight

Welcome!!

If you haven't noticed, the weekends are "hoppin'." Thanks to our new Weekend Manager Brittany Huff.

She hails from Oklahoma City. Moved to Texas in October 2010. She is proud of her five-year-old son, Darion (D.J.); loves spending time with him. They enjoy traveling, bowling and playing pool.

Introduce yourself, if you haven't already. She has a beautiful smile and an infectious laugh.

Avoid Cell Yell

July is Cell Phone Courtesy Month.

Keep Your Cool

Health concerns, as well as the normal effects of aging, can make hot weather risky for seniors. In the summertime, it's wise to limit outdoor activities to early morning or late evening and try to stay in the shade. Keep cool by wearing loose-fitting clothing in light colors, and drink plenty of fluids.



Blend a Smoothie Sensation

Beat the heat this summer with a cold, refreshing beverage that's good for you, too. WebMD offers a list of healthy ingredients to help you create your favorite concoction. Just pick a combination of the liquids and mix-ins from the list below, or use other nutritious items, and whirl them together in a blender for a sweet treat:

Liquids: orange juice, apple juice, yogurt, ice chips or water.

Mix-ins: bananas, grapes, strawberries, blueberries, oranges, raw or cooked veggies, papaya, apples, nuts, tofu or goat cheese.

Extras: powdered milk, honey or cocoa powder.

Pretend Play: American Pride

A game of charades is a no-frills way to get moving and have fun with friends. Take a look at the following situations and act them out for an audience, or come up with ideas of your own.

- Soar through the sky: You're a bald eagle.
- Sit down and sew an American flag: You're Betsy Ross.
- Slice and dice apples; roll out the dough: You're making an apple pie.
- Let freedom ring: You're the Liberty Bell.
- Point and let "oohs" and "ahhs" abound: You're watching a fireworks display.
- Grab your tablet; raise your torch: You're the Statue of Liberty.
- Chop down a cherry tree: You're George Washington.



Wit & Wisdom

"Freedom is not something that anybody can be given. Freedom is something that people take, and people are as free as they want to be."
—James Baldwin

"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."
—Nelson Mandela

"To enjoy freedom we have to control ourselves."
—Virginia Woolf

"Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed."
—Martin Luther King Jr.

"I wish that every human life might be pure transparent freedom."
—Simone de Beauvoir

July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 2:30 Social Hour 6:30 Rodeo Music Hall	1:00 Era Music 1:30 Wii Bowling 2:30 Ice Cream Social 3:00 Movie (residents Choice) 6:30 Night Bingo
10:00 Exercise 1:30 Bingo 3:00 Lakepointe Bible Study 4:00 Games/Social Hour	Independence Day	10:00 Exercise 11:15 Reading 2:30 Bingo 4:30 Music 6:00 Northside Baptist Church	Wii Game 10:00 Exercise 10:45 Current Events 11:00 Reading 2:00 Minute to Win It	10:00 Exercise 11:00 Reading With Cheryl 1:30 MISD Bingo 3:00 Ice Cream Sundaes 4:00 Music Hour	10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 2:30 Social Hour 6:30 Rodeo Music Hall	1:00 Era Music 1:30 Wii Bowling 2:30 Ice Cream Social 3:00 Movie (residents Choice) 6:30 Night Bingo
10:00 Exercise 1:30 Bingo 3:00 Lakepointe Bible Study 4:00 Games/Social Hour	9:00 WALMART 10:00 Exercise 11:00 Reading 2:00 Games 6:00 Residents' Music Selections	10:00 Exercise 11:15 Reading 1:30 Food Meeting 2:00 Resident Meeting 2:30 Bingo 4:30 Music		10:00 Exercise 11:00 Reading With Cheryl 1:30 MISD Bingo 3:00 Manicures 4:30 Out to Eat	10:00 Exercise 11:00 Reading/Trivia 2:30 Wheel Chair/Walkers and Scooters WASH DAY	1:00 Era Music 1:30 Wii Bowling 2:30 Ice Cream Social 3:00 Movie (residents Choice) 6:30 Night Bingo
10:00 Exercise 1:30 Bingo 3:00 Lakepointe Bible Study 4:00 Games/Social Hour	9:00 WALMART 10:00 Exercise 11:00 Reading 2:00 Games 6:00 Residents' Music Selections	10:00 Home Made Ice Cream 2:30 Bingo 4:30 Music	Wii Game 10:00 Exercise 10:45 Current Events 11:00 Reading 2:00 July Birthday Party	10:00 Exercise 11:00 Reading With Cheryl 1:30 Bingo 3:00 Manicures 4:00 Music Hour	10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 2:30 Social Hour With Gary Freeman	
10:00 Exercise 1:30 Bingo 3:00 Lakepointe Bible Study 4:00 Games/Social Hour	9:00 WALMART 10:00 Exercise 11:00 Reading 2:00 Games 6:00 Residents' Music Selections	10:00 Dashboard Cookies 2:30 Bingo 4:30 Music	Wii Game 10:00 Exercise 10:45 Current Events 11:00 Reading 2:00 Minute to Win It	10:00 Exercise 11:00 Reading With Cheryl 1:30 Bingo 3:00 Manicures 4:00 Music Hour	10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 2:30 Social Hour	1:00 Era Music 1:30 Wii Bowling 2:30 Ice Cream Social 3:00 Movie (residents Choice) 6:30 Night Bingo

Word Search

Today's Category: Words that Rhyme with "Hair"

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

1. Ere
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

- Word Search Solutions:
1. Air
 2. Bear
 3. Care
 4. Chair
 5. Ere
 6. Fair
 7. Glare
 8. Hair
 9. Pare
 10. Pear
 11. Prayer
 12. Rare
 13. Share
 14. Square
 15. Stair
 16. Tear
 17. Their
 18. There
 19. Wear
 20. Where

