



# CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

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

## August 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



### **Naps Help Your Noggin**

Next time you find yourself nodding off in the middle of the day, don't feel guilty. You're making room in your brain for new information. Researchers at the University of California-Berkeley discovered that a 60-minute snooze significantly boosted learning ability. A previous study by the same researchers indicated that pulling an all-nighter had a negative effect on learning ability.

### **Easy Way to Cut Calories**

Start your morning by slathering your toast with a tablespoon of all-natural fruit preserves instead of butter or margarine.

### **Bumper Sticker Snicker**

You can't have everything ... where would you put it?

### **Sweet Summer**

Savor the season. Summer's in full swing!

### **TAKE ME OUT TO THE BALL GAME!**

We will be going to the Roughriders Baseball Game in Frisco, Texas again this year; courtesy of Town East Rehab. We will be in box seats. You can enjoy the game indoors in the air conditioning or outside under the ceiling fans. Either way it is a lot of fun. The date is tentatively on August 11 with a 5:30 departure. Free!! Sign up at the front desk.



### **Revel but Don't Roast**

We all want to enjoy the warmth of the summer sun, but seniors should remember that moderation is key. Signs of heat exhaustion or heatstroke include fatigue, weakness, nausea, heavy sweating or no sweating, rapid pulse, confusion and fainting.

### **WALMART OUTING**

WALMART SHOPPING TRIPS ARE ON MONDAYS AT 9 a.m. BE SURE TO BE READY TO BOARD THE BUS AT THAT TIME. WE WANT TO HAVE PLENTY OF TIME TO SHOP, BEFORE WE RETURN FOR LUNCH. SIGN UP AT THE FRONT DESK.

### **Drink Up for More Oomph**

If you're feeling sluggish, swig a glass of water. Fatigue is one of the first signs of dehydration.

### **Head Out With a Hat**

Slip on a straw hat or other wide-brimmed beauty to protect your head from the sun's harmful rays.

**TOURS ARE WELCOME AT ANY TIME. TELL YOUR FRIENDS AND LOVED ONES.**



## Trivia Whiz

### Word for the Month: Soak

During lazy, sultry days, many of us don't mind what Merriam-Webster's dictionary describes as "becoming saturated by" our favorite things. Whether you spend your summer days "soaking" up the sun or "soaking" in the cooling waters of a pool or other body of water, one thing is certain: summer's balmy weather and carefree days allow our thoughts to drift away and truly "soak" in some much-needed relaxation.

### 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.

# Life Styles

## We Love Lucy

Consummate comedian and TV pioneer Lucille Ball was born on Aug. 6, 1911. Ball's first TV series, "I Love Lucy," premiered in October 1951, and for the next quarter century she remained a top TV star. In honor of the 100th anniversary of her birth, here is a reel of facts about Ball:

*"Queen of the B Movies."* A rising Hollywood starlet, Ball amassed 43 film roles in the 1930s.

*Loving Lucy.* Ball met Desi Arnaz on a movie set in 1940. "It wasn't love at first sight," Ball said. "It took a full five minutes." Their marriage ended in divorce in 1960, but the two remained close friends until Arnaz's death in 1986.

*Prime-time pregnancy.* "I Love Lucy" was a big hit by the time Ball was expecting her second child, Desi Jr., in 1952. Ball's pregnancy was written into the show, and Ball gave birth the same day her character, Lucy Ricardo, delivered "little Ricky."

*Lasting legacy.* Ball died in 1989, but she continues to appear on lists of the most beloved performers of all time.



## Wit & Wisdom

"Those who bring sunshine into the lives of others cannot keep it from themselves."

—J.M. Barrie

"Far away, there in the sunshine, are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."

—Louisa May Alcott

"Just living is not enough. One must have sunshine, freedom and a little flower."

—Hans Christian Andersen

"He that will enjoy the brightness of sunshine must quit the coolness of the shade."

—Samuel Johnson

"A day without sunshine is like, you know, night."

—Steve Martin

"Wherever you go, no matter what the weather, always bring your own sunshine."

—Anthony J. D'Angelo

"If you spend your whole life waiting for the storm, you'll never enjoy the sunshine."

—Morris West

"What sunshine is to flowers, smiles are to humanity."

—Joseph Addison

"Change, like sunshine, can be a friend or a foe, a blessing or a curse, a dawn or a dusk."

—William Arthur Ward

"We have been friends together in sunshine and in shade."

—Caroline Norton

## Cataract Awareness

August is National Cataract Awareness Month. As we age, cataracts become common: By age 80, more than half of Americans either have cataracts or have had surgery to remove them.

A cataract is a clouding of the eye's lens. Normally, light passes through the eye's transparent lens to the retina. If the lens is cloudy, the retina will receive a blurred image. The eye's lens consists of water and protein arranged in a way that lets light easily pass through. Cataracts occur when protein in the lens clumps together.

Age is the primary risk factor for cataracts, but they also can be caused by injury to the eye or exposure to radiation. Diabetes, long-term steroid use, smoking, drinking alcohol and spending lots of time in the sun also may increase the risk. Cataract symptoms include cloudy or blurry vision, glare from lights, poor night vision, double vision in one eye and frequent eyeglass prescription changes.

How can you protect your eyes? The National Eye Institute suggests wearing sunglasses and a brimmed hat in the sun and eating plenty of antioxidant-rich foods such as fruits and leafy green vegetables. For people 60 or older, the Institute recommends a comprehensive, dilated eye exam once every two years.



### Fill Up on Fiber

Advertisements tout the benefits of dietary fiber. The substance that used to be called "roughage" is now added to crackers, snack bars and even yogurt. The Harvard School of Public Health recommends that women consume at least 20 grams of fiber a day and that men aim for at least 30 grams. Here are some natural ways to include more fiber in your diet:

- *Eat your fruits.* By eating fruits rather than drinking juice, you're consuming the fiber-rich pulp.
- *Go with whole grains.* Avoid white rice and noodles. Choose brown rice and whole-grain pasta instead.
- *Snack on raw veggies.* Vegetables have more fiber than chips, and they're loaded with vitamins.
- *Use your beans.* At least two or three times a week, have legumes in soups and stews instead of meat.
- *Think globally.* Ethnic recipes—such as Indian and Middle Eastern—often center on whole grains or legumes.



## Wit & Wisdom

"When you're hot, you're hot; when you're not, you're not."  
—Flip Wilson

"A woman is like a tea bag. You can't tell how strong she is until you put her in hot water."  
—Eleanor Roosevelt

"If you saw a heat wave, would you wave back?"  
—Steven Wright

"When you can't make them see the light, make them feel the heat."  
—Ronald Reagan

"If you can't stand the heat, don't go to Cancun in the summer."  
—Ben Stein

"One cool judgment is worth a thousand hasty counsels. The thing to do is to supply light and not heat."  
—Woodrow Wilson

"That's hot."  
—Paris Hilton

## August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 WALMART 10:00 Exercise 11:00 Reading 2:00 Games 6:00 Residents' Music Selections	10:00 Exercise 10:45 Current Events 11:15 Reading 2:30 Bingo 6:00 Northside Baptist Church	<b>Wii Game</b> 10:00 Exercise 10:45 Current Events 11:00 Reading 2:00 Minute to Win It	10:00 Exercise 11:00 Reading 2:00 Paul Anderson 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
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	10:30 "Senior Moments" 1:30 Food Meeting 2:00 Resident Meeting 2:45 Bingo	<b>Wii Game</b> 10:30 "Music on the Move" 2:00 Minute to Win It 3:00 Music	10:00 Exercise 11:00 Reading With Cheryl 1:30 Bingo 3:00 Manicures 5:30 Baseball Game	10:00 Exercise 10:30 Current Events 11:00 Reading/Trivia 2:00 Bingo With Abundant Life	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 TLC Music and Dance With Erin	10:00 Exercise 10:45 Current Events 11:15 Reading With Cheryl 2:30 Bingo & Klondike Bars	<b>Wii Game</b> 10:00 Exercise 11:00 Reading 2:00 Joni Henson of T.E. Rehab 5 Stages of Grief/ Death	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
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 10:45 Current Events 11:15 Reading With Cheryl 2:30 Bingo 4:30 Music	<b>Wii Game</b> 10:00 Exercise 10:45 Current Events 11:00 Reading 2:30 August 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	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 Norris Perry	10:00 Exercise 10:45 Current Events 11:15 Reading With Cheryl 2:30 Bingo 4:30 Music	<b>Wii Game</b> 10:00 Exercise 10:45 Current Events 11:00 Reading 2:00 "ALOHA" Party			

# Word Search

Today's Category: Magazine Titles

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

1. The Angelus
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- Word Search Solution:**
1. Bon Appetit
  2. Ebony
  3. Elle
  4. Glamour
  5. Gourmet
  6. Life
  7. McCall's
  8. Money
  9. Newsweek
  10. Parents
  11. People
  12. Prevention
  13. Redbook
  14. Seventeen
  15. Sunset
  16. The Angelus
  17. Time
  18. Vanity Fair
  19. Vogue
  20. Woman's Day

