



# CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

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

## September 2011

### **CAMBRIDGE COURT STAFF**

#### **Administrator**

Joy Pepper

#### **Community Relations**

Fran Dowell

#### **Resident Care**

Chasity Goins, LVN

#### **Business Office**

Nicolette Crowell

#### **Activity Director**

Cheryl Sternberg

#### **Dietary Supervisor**

Jose Vazques

#### **Maintenance**

Bruce Smith

#### **Director of Admissions**

Glenda Moses

#### **Weekend Manager**

Brittany Huff



### **Time to Recognize National Assisted Living Week**

The National Center for Assisted Living established National Assisted Living Week to provide a unique opportunity to bring together residents, families, employees, volunteers and the surrounding community to celebrate residents and recognize the unique needs of those living within assisted living residences. NCAL dedicates continuous improvement in the delivery of professional compassionate care and services for the elderly and disabled. Take time to celebrate this event! It occurs annually Sunday the 11th through the following Saturday.

#### **WATCH THE CALENDAR**

Something is planned SPECIAL every day. Beginning with a Kick Off with singer Paul Anderson on Sunday, Sept. 11.



### **HAPPY BIRTHDAY!!!**

Sept. 9	Pauline Chinske
Sept. 8	Marie Donelson
Sept. 8	Billie Shields
Sept. 14	Kathryn Miller
Sept. 15	Mary Mitchell
Sept. 15	Dorothy Austin

### **SEPTEMBER BIRTHDAY PARTY**

SEPT. 21 AT 2:30 p.m.

#### **Woman of Mystery**

Author Agatha Christie was born on Sept. 15, 1890.

#### **Bumper Sticker Snicker**

Everyone says I'm in denial, but really, I'm not.

#### **Appreciation**

The Veterans of Foreign Wars was established Sept. 29, 1899.

### **WELCOME OUR NEW NEIGHBORS!!**

Spread some shine. Make a special effort to smile and say a kind word to at least one of your neighbors today. It probably will be appreciated more than you can imagine. Remember: Kindness is contagious!



### **Glad You're Here!**

Kathy Tidwell	Sarah Perkins
Odean Lavender	Sybil Mathews
E. Underwood	John Morris

### **Positive Thought**

"Once you replace negative thoughts with positive ones, you'll start having positive results."  
—Willie Nelson

### **Roses Are Red**

Love Note Day is the fourth Friday in September.



## Trivia Whiz

### Hard-Core About Apples

Apples appear as the archetypal symbol of health, and for good reason. They are an excellent source of antioxidants, fiber and potassium. Apples may lower the risk of asthma, lung cancer and other diseases, and they also combat tooth decay. Here are some other facts about the fruit:

*Doctor deterrent.*

One of the earliest printed instances that “an apple a day keeps the doctor away” can be found in an 1866 edition of the Oxford Journal, Notes and Queries. It states: “Eat an apple on going to bed, and you’ll keep the doctor from earning his bread.”

*It’s official.* The apple is the official state fruit of Rhode Island, New York, Washington, West Virginia, Illinois, Minnesota and Vermont.

### Monthly Celebrations

This month kicks off the beginning of fall and serves up some other reasons to celebrate:

- Save the stress for another day and enjoy Labor Day on Sept. 5.
- Save some cash and use a coupon in honor of National Coupon Month.
- Savor moments and memories with grandparents on National Grandparents Day, the Sunday after Labor Day.
- Salute the heroes of 9/11 on Patriot Day, Sept. 11.

### Not Just a State of Mind

September is Healthy Aging Month. To have better health in later years, people of all ages are encouraged to participate in activities that are physically and mentally challenging and to maintain positive social relationships.

## Team Member Spotlight

My name is Nicolette Crowell and I am the new Business Director at Cambridge Court. I have worked in various fields from finance to health care. I have a strong accounting background and look forward to being a part of the Cambridge team.

I moved to Texas six years ago from San Diego, CA. I was born and raised in Southern California. I have two dogs, Bebe and Deegan and they are adorable.

## Manager's Corner

### From Joy Pepper, ED

AS I COME TO THE HOMES OF OUR RESIDENTS, I REALIZE THAT IS NOT JUST ANY HOME. IT IS THE HOME OF MEN AND WOMEN WHO HAVE SERVED AND SACRIFICED SO THAT I CAN ENJOY THE RIGHTS AND FREEDOMS TODAY IN THIS GREAT COUNTRY OF OURS. I OWE A DEBT I CAN NEVER REPAY.

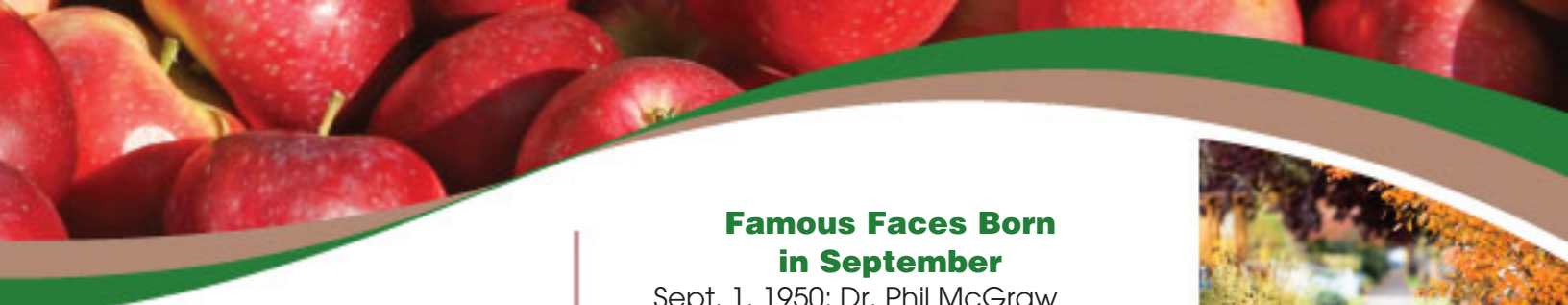
IT IS LIKE BEING IN A MUSEUM, BUT UNLIKE A MUSEUM, THESE **AMERICAN TREASURES** CAN BE TOUCHED AND HUGGED... BUT THEN LIKE A MUSEUM, THESE **AMERICAN TREASURES** ARE

UNIQUE AND SPECIAL AND ONCE THEY ARE GONE, THERE IS NO REPLACING THEM. IT IS AN HONOR AND PRIVILEGE TO SERVE YOU AND YOUR LOVED ONES.



### A Salute to American Workers

Honor the efforts of America’s workforce. Happy Labor Day!



## Famous Faces Born in September

- Sept. 1, 1950: Dr. Phil McGraw
- Sept. 2, 1966: Salma Hayek
- Sept. 5, 1929: Bob Newhart
- Sept. 9, 1951: Michael Keaton
- Sept. 15, 1984: Prince Harry
- Sept. 18, 1939: Frankie Avalon
- Sept. 19, 1949: Twiggy
- Sept. 21, 1950: Bill Murray
- Sept. 26, 1948: Olivia Newton-John
- Sept. 29, 1948: Bryant Gumbel



## Wit & Wisdom

“All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.”  
—Martin Luther King Jr.

“Laziness may appear attractive, but work gives satisfaction.”  
—Anne Frank

“By working faithfully eight hours a day, you may eventually get to be boss and work 12 hours a day.”  
—Robert Frost

“Nothing will work unless you do.”  
—Maya Angelou

“Far and away the best prize that life has to offer is the chance to work hard at work worth doing.”  
—Theodore Roosevelt

“Opportunities are usually disguised as hard work, so most people don’t recognize them.”  
—Ann Landers



## Unusual Chili Choices

Heat up a chilly night with a steaming bowl of savory chili. America’s favorite stew is simmering with possibilities as unusual ingredients crop up in recipes across the country. From the traditional blend of beans and spices to the over-the-top additions of fruit, noodles or seafood, chili stirs up lots of attention this season. Here are some unconventional flavors found in different chili concoctions:

*Tropical.* Hawaiian-inspired recipes put a sweet spin on a savory favorite. Fruits such as pineapple and mango make their way into this variation, often with rice, ginger and spicy pork.

*Pumpkin.* Pureed pumpkin puts a slight twist on the traditional recipe and adds a mild, sweet flavor.

*Pasta.* Some chili recipes resemble a soup more than a stew, but these thinner consistencies are no slouch when served over a bed of noodles.

*Seafood.* A twist to the popular white chicken chili variation now includes seafood. Shrimp, scallops and pieces of white fish get caught up in this concoction, usually with sautéed garlic and bell peppers.

*Chocolate.* Bacon, sausage, barbecue sauce and chocolate mingle to make a statement for your sweet tooth in chocolate chili.

## Raise Some Awareness: World Alzheimer’s Day

World Alzheimer’s Day is Sept. 21. Alzheimer’s organizations from around the world work together to raise awareness of the disease.

Some facts about the disease:

- As many as 5.3 million people in the United States are living with Alzheimer’s.
- Alzheimer’s and dementia triple healthcare costs for Americans 65 and older.
- Every 70 seconds, someone develops Alzheimer’s.
- Alzheimer’s costs more than \$148 billion each year to Medicare, Medicaid and businesses.

The Alzheimer’s Association is the leading voluntary health organization providing support to families facing Alzheimer’s and funding research that will get us closer to a cure.

For more information, visit [www.ALZ.org](http://www.ALZ.org).



