



CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

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

October 2011

CAMBRIDGE COURT STAFF

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All Smiles

Don't be crabby; the first Friday in October is World Smile Day.



HAPPY BIRTHDAY!!!!

10/1	Judith DeLong
10/8	Anna Rowell
10/10	Doris Grisham
10/19	Charles Barton
10/19	Jack Thompson
10/20	Irene McCoy
10/26	ED DeLong
10/26	Maryanne Robinson

Take in the Sights

October is one of the prettiest months Mother Nature brings us. Take time to enjoy the changing leaves in all their brilliant colors.



Fall for Autumn

This October, take in the beautiful colors of this glorious season.

Welcome New Residents

Welcome

Wilda Stevens
Kenneth Eubanks
Earnestine Hamilton
Betty Clark
Jim Palmer
Helen Omodt
Gail and Carl Bass

Prepare for Colder Nights

Keep an extra blanket near your bed to prevent shivering in your sheets, as autumn night temperatures can drop drastically.

Positive Thought

"Nothing is impossible; the word itself says 'I'm possible!'"
—Audrey Hepburn

Seasonal Selections

While some fruits and vegetables—such as beets, broccoli and pears—are wrapping up their prime season, others are just getting started. October is when apples, cranberries, leeks, celery and sweet potatoes are in their prime.

An Important To-Do: Protect Against the Flu

According to WebMD, flu season can start as early as mid-October and run through the end of May. That makes this month prime time for a flu shot.

Bumper Sticker Snicker

Take everything in moderation, including moderation.

Fran Dowell Welcomes You and Your Friends to Tour Our Beautiful Home Anytime



Discussion

Create a Story: Fill-in-the-Blank

Ask friends to provide nouns (*n.*), verbs (*v.*), and adjectives (*adj.*) to fill in the blanks below. (PT=past tense.) Then read the story out loud for an outlandishly funny tale.

My friend and I were getting ready for the (*adj.*)___ game in our hometown. I packed a cooler full of (*n.*)___, (*n.*)___ and (*n.*)___ and filled it with ice. I thought it might be chilly at the game, so I stuffed (*n.*)___ in my pockets and wore an extra pair of (*n.*)___ under my clothes. My friend told me he wore two extra pairs, which made me (*v.*)___. We walked into the stadium and saw (*adj.*)___ fans crowding around the railing. It looked like the (*adj.*)___ team just (*v. PT*)___ a (*n.*)___. Now that was a (*adj.*)___ surprise!

Columbus Day

Thanks to the rhyme we learned in elementary school—"In 1492, Columbus sailed the ocean blue"—most of us know the year Columbus reached America. If you aren't sure about the actual date, don't worry. Columbus and his companions landed in the new world on Oct. 12, 1492, but we celebrate the arrival of Europeans in the Americas on the second Monday in October. This year, take a moment to recognize one of the most important moments in our global history. Happy Columbus Day!

Environmental Advice: In the Bag

Looking for something eco-friendly to hand out to trick-or-treaters? Instead of candy that is wrapped in plastic, which clogs landfills, offer seed packets. That will teach children how to grow things. Other options are pencils and bookmarks.

Protein Preserves Muscle

We know that exercise is vital for retaining muscle tissue as we age. However, recent studies have highlighted the importance of dietary protein as well.

Researchers at the University of Texas Medical Branch at Galveston found that even physically active seniors had about 26 pounds less muscle mass than younger people. This indicates that exercise alone won't prevent muscle loss. Adequate dietary protein can help seniors preserve their muscles and stay strong.

How much? The U.S. Department of Agriculture recommends about seven grams of protein a day for every 20 pounds you weigh.

What foods? According to the Centers for Disease Control and

Talk About It: Fall Leaves

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

- Do you have a favorite place to enjoy the trees as the leaves change colors in the fall?
- Did your childhood home have many trees on the property?
- Do you have any stories about raking leaves?
- Did you ever own a leaf blower?
- Do you think a rake or blower works better for leaf removal?
- Did you ever get to jump in a pile of leaves?

Prevention, the highest quality proteins come from animal sources—fish, poultry, meat, eggs and dairy. These are "complete" proteins, meaning they contain all the amino acids your body needs to build muscle. Vegetarians can combine complementary proteins, such as those in beans and rice, to form complete proteins.

Any risks? Eating foods high in saturated fat can raise cholesterol levels, so choose lean meats and low-fat dairy products.





Connect Near or Far With Collective Crafts

Making memories with grandchildren doesn't have to happen face-to-face. Don't let miles come between you and your grandkids—close the gap by providing ways you can interact together, such as long-distance craft projects. Send special packages that include all the items kids need so you can do the project "together." Here are some activities that create bonds and can be done near or far:

Snowman in a box: After a snowfall, send your grandchildren all the "ingredients" they need to assemble the perfect snowman. Pack up an old hat, scarf, some buttons for eyes and a mouth and other accessories. Include a special note from you and ask them to send you a picture of the snowman you built together.

Multi-step masterpiece. Sketch a scene on a blank canvas or poster board and mail it, along with an assortment of washable paints and paintbrushes to create a collaborative work of art.

Joint photo album. Buy a photo album and fill the first spread with recent pictures of you with friends and family or you doing things you enjoy. Mail the album to your grandchildren and ask them to fill the next spread and send it back. Keep rotating until the book is full.



Wit & Wisdom

"Football is a game played with arms, legs and shoulders but mostly from the neck up."
—Knut Rockne

"Sure, luck means a lot in football. Not having a good quarterback is bad luck."
—Don Shula

"Baseball is what we were, and football is what we have become."
—Mary McGrory

"The reason women don't play football is because 11 of them would never wear the same outfit in public."
—Phyllis Diller

"I don't understand American football at all. It looks like all-in wrestling with crash helmets."
—Sting

"Football doesn't build character. It eliminates the weak ones."
—Darrell Royal



Threaded Ribbon Bookmarks

A carefully chosen book can be a great gift. Make it even more special by pairing it with a handmade ribbon bookmark from *MarthaStewart.com*. Or, just make these charming keepsakes for yourself.

Materials:

- Scissors
- 2 1/4-inch-wide ribbon
- 1 1/2-inch-wide ribbon
- Ruler
- Pencil
- Utility knife (adults only)
- Needle
- Thread

Instructions:

Using scissors, cut both ribbons to the desired length of the bookmark. On the back side of the wider ribbon, use a ruler and pencil to make evenly spaced horizontal lines 1 1/2 inches long (or as wide as your thinner ribbon).

Using the utility knife and ruler to cut straight lines, carefully cut slits along your pencil marks. Take the smaller ribbon and weave through the slits in the larger ribbon.

Stitch straight across the bottom and top of the ribbons with a needle and thread to hold the bookmark together. Then, place inside a book for an attractive, stylish placeholder.



October 2011

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NATIONAL CRIME PREVENTION MONTH



						1:00 Era Music 1 1:30 Wii Bowling 2:30 Ice Cream Social 3:00 Movie (Residents' Choice) 6:30 Night Bingo
10:00 Exercise 2 1:30 Bingo 3:00 Lakepointe Bible Study 4:00 Games/Social Hour	9:00 WALMART 3 10:00 Exercise 11:00 Reading 2:00 Games 6:00 Residents' Music Selections	10:00 Exercise 4 10:45 Current Events 11:15 Reading With Cheryl 2:30 Bingo 4:30 Music	<i>Wii Game</i> 5 10:00 Exercise 10:45 Current Events 11:00 Reading 2:00 "Joy's Game"	6 10:00 MISD Bingo 3:00 Manicures 4:30 Out to Eat	10:00 Exercise 7 10:30 Current Events 11:00 Reading/Trivia 2:30 Social Hour 6:30 Radio City Music Hall Gospel	1:00 Era Music 8 1:30 Wii Bowling 2:30 Ice Cream Social 3:00 Movie (Residents' Choice)
10:00 Exercise 9 1:30 Bingo 3:00 Lakepointe Bible Study 4:00 Games/Social Hour	Columbus Day 10 9:00 WALMART 10:00 Exercise 11:00 Reading 2:00 Games	10:30 Senior Moments 11 2:00 Resident Council 3:00 Bingo	<i>Wii Game</i> 12 10:30 Music on the Move 2:00 Minute to Win It	10:00 Bingo 13 1:30 Sale "Combinations by Diane" 3:00 Manicures 4:00 Music Hour	14 10:30 Cowboy Church 2:30 Social Hour	1:00 Era Music 15 1:30 Wii Bowling 2:30 Ice Cream Social 3:00 Movie (Residents' Choice) 6:30 Night Bingo
10:00 Exercise 16 1:30 Bingo 3:00 Lakepointe Bible Study 4:00 Games/Social Hour	9:00 WALMART 17 10:00 Exercise 11:00 Reading 2:00 Games 6:00 Norris Perry	10:00 Exercise 18 10:45 Current Events 11:15 Reading With Cheryl 2:30 Bingo 4:30 Music	<i>Wii Game</i> 19 10:00 Exercise 10:45 Current Events 11:00 Reading 2:30 October Birthdays	20 9:00 Fair Day 10:00 MISD Bingo 2:00 Music	10:00 Exercise 21 10:30 Current Events 11:00 Reading/Trivia 2:30 Social Hour	1:00 Era Music 22 1:30 Wii Bowling 2:30 Ice Cream Social 3:00 Movie (Residents' Choice)
10:00 Exercise 23/30 1:30 Bingo 3:00 Lakepointe Bible Study 4:00 Games/Social Hour	9:00 WALMART 24/31 10:00 Exercise 11:00 Reading 2:00 Games 31st 2:00 Costume Parade	10:00 Exercise 25 10:45 Current Events 11:15 Reading With Cheryl 2:30 Bingo 4:30 Music	<i>Wii Game</i> 26 10:30 Paul Anderson 2:00 Minute to Win It	27 Pumpkin Feast 10:00 MISD Bingo 3:00 Manicures 4:00 Music Hour	10:00 Exercise 28 10:30 Current Events 11:00 Reading/Trivia 2:30 Social Hour	1:00 Era Music 29 1:30 Wii Bowling 2:30 Ice Cream Social 3:00 Movie (Residents' Choice) 6:30 Night Bingo

Crossword Puzzle

	1	2	3		4	5	6	7		8	9	10	11	12
13					14					15				
16					17					18				
19					20					21			22	
23										24			25	
					26		27	28		29				30 31
32	33	34	35			36		37			38			
39					40						41			
42					43						44			
45					46			47		48				
			49				50			51		52	53	54 55
56	57				58			59	60					
61					62			63				64		
65								66				67		
68								69						

ACROSS

1. Pronoun
4. Difficult child
8. Long-legged bird
13. Tater
14. Mysterious quality
15. Integrity
16. Subdue
17. Close
18. Word on a shop door
19. Cheese varieties
22. Public transportation systems
23. Ruling body
24. Bumpkin
26. Reason to bathe
29. Leg coverings
32. ___ whale
36. Skimpy garb
38. Mideast alliance: abbr.
39. Ditty
40. Mr. Johnson
41. South American nation
42. Perry Mason's creator
43. Small appliance
44. Put in a new lawn
45. Table surface protector
47. Item taken back from a delinquent buyer
49. First, neutral and reverse
51. Student assignments
56. ___jongg
58. Stood for

61. Made of a cereal grain
63. Part of a slangy denial
64. Casa pot
65. Alpine crest
66. Handbag
67. Stop and refuse to budge
68. Caruso or Pavarotti
69. Suffix for gang or mob
70. Viper's greeting

DOWN

1. Garden tool
2. Person
3. Swelling
4. Forbidden
5. Was remorseful about
6. Graceful horse
7. Linger
8. Impudent
9. Presidential nickname
10. Horned animals
11. Christmas concert number
12. Miscalculates
13. Holy milles.
20. Particle
21. Of an electrically charged 20 Down
25. Shun a big ceremony
27. Actor Epps
28. Severity
30. Pianist Peter

31. Type of missile
32. Editor's note
33. Sound of contentment
34. Inform
35. Actor Christopher
37. Playing card
40. Brit. bishop's topper
44. Fragrant flower
46. Breadwinner
48. Annoy
50. Quarrels
52. Patronizing individuals
53. Reference book
54. Raises one's voice
55. Pierre's place: abbr.
56. Broad ditch
57. River in Switzerland
59. Noisy disturbance
60. Being: Sp.
62. WWII scene of action

