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## **Management Team**

Lisa Harvey
Britney Rice
Brent Rupinski
Beth Evers
Faith Maupin
John Womak

Executive Director
Wellness Director
Assist. Wellness Director
Business Director
Regional Maintenance Dir.

Deanne Covington
David Trentham

Regional Maintenance Di
Assist. Dietary Director
Regional Dietary Dir.



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A husband and wife enjoying some good music and time together..... Patsy is our resident, and her husband Clifford visits her every day with a smile on his face and love in his heart

# August 2015



#### The Power of Flowers

You've probably heard the old saying "Stop and smell the roses." Researchers confirm that taken literally, it's good advice. The scent of fresh flowers or floral scents in general can boost your mood, lower stress and even encourage friendliness. If you don't favor these fragrances, simply taking in the color of flowers can kindle positive emotions. Pastel-colored varieties tend to make people feel more relaxed, while bold colors are energizing.

## **Classroom Care Package**

Do you have grandkids or other youngsters in your life heading back to school soon? Consider putting together a small care package of school supplies and other treats—a welcome gift for students of any age, from kindergarten through college. Scope out back-to-school ads from major retailers, as well as the aisles at the dollar store for some bargain-priced goodies.

## **Quick Getaway**

"Laughter is an instant vacation." —Milton Berle



#### **LAKEWOOD**

8-17 Marilyn Croft8-20 Marie Webb8-27 Jeanette Miller

8-30

#### **RIVER OAKS**

Rolland Albertson



Lakewood girls having some fun dressing up for Caregiver Week!







#### **Summertime Sweet Eats**

Nothing is more satisfying on a hot summer day than a refreshing frozen snack. Here's the scoop on some popular options:

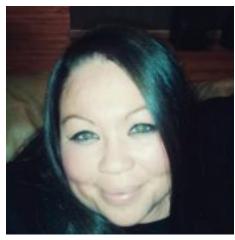
Ice cream. The classic frozen treat, ice cream is made of cream, sugar and added flavors churned quickly together to create a sweet, light texture. In the U.S., ice cream must have at least 10 percent milk fat and be no more than 50 percent air.

Gelato. This Italian dessert is made with whole milk without additional cream, resulting in less milk fat than regular ice cream. It's also churned more slowly, so it's denser and has a more intense flavor.

Frozen custard. The extra-rich taste of custard comes from egg yolks, which help this treat stay colder longer. Like gelato, frozen custard is churned more slowly, so it's very thick and creamy.

Frozen yogurt. Made with cultured milk, "fro-yo" is usually lower in fat and calories than ice cream. Its flavor is often described as tart, and it has a uniquely thick texture thanks to yogurt cultures.

Sherbet. With more of an icy texture than ice cream, sherbet is a low-fat dessert option. It's found in tart, fruity flavors like orange and lime.



Ashley Silverburg was voted employee of the month by her coworkers at Lakewood Place for the month of July! Thank you, Ashley, for all your hard work.





Tana Boring was voted employee of the month for July at River Oaks Place by her coworkers. Thank you, Tana, for all your hard work!





Residents enjoying some S'mores for the 4th of July...









Una and Louise having a good time shopping in the bingo store.





Residents in both buildings enjoyed some music from Roger Bache.



Mary really had a good time roasting her marshmallow for her S'more.

### Man's Best Friend

You've probably heard the saying "Every dog has its day," and that is indeed the case on Aug. 26, National Dog Day. Celebrate man's best friend by giving your pooch a special treat and belly rub. Don't have a dog? Those in local animal shelters would love a visit and a scratch behind the ears!



#### **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			

#### **ACROSS**

- 1. Persian Gulf War missile
- 5 Vice
- 10. Latvian capital
- 14. Score too few points
- 15. Come afterward
- 16. Actress Moran
- 17. Augury
- 18. Make reparation
- 19. King or queen
- 20. Clergymen
- 22. Goes to
- 24. Hypotheses openers
- 25. Was sore 26. Meager
- 29. Put forth effort
- 30. Pee Wee, for one
- 34. Reduce
- 35. Lobbying group, for short
- 36. Ledger column
- 37. S. A. nation
- 38. Gruesome
- 40. Decompose
- 41. Of the nervous system
- 43. Female animal
- 44. Flooring piece
- 45. Guide
- 46. Miss, coming out
- 47 Gladness
- 48. Mideast breads 50. Cochlea's location
- 51. Kangaroo, for one

- 54. Side by side
- 58. Eins und eins und eins
- 59 Ritter
- 61. In the matter of
- 62. Lab item
- 63. French pension
- 64. Neckwear
- 65. Lounging
- 66. Curved
- 67. Dummies

#### DOWN 1. Make a mess

- 2. Near-death condition
- 3. \_\_ up; spends
- 4. Part of a tooth
- 5. Is apprehensive about
- 6. Crawling insects
- 7. GI dance sponsor
- 8. Craziness
- 9. Canines and others
- 10 Goes back
- 11. Middle East nation
- 12. Surround
- 13. "No ifs, \_\_ or..."
- 21. Poet's contraction
- 23. Rudely brief
- 25. Video game paradises
- 26. Reaches across
- 27. Insertion mark
- 28. Dispute
- 29. Toe's predecessor, in game name
- 31. Spine-chilling

- 32. Wrap
- 33. Organic compound
- 35. Comrade
- 36. Common verb
- 38. "West Side Story" role
- 39. Hope, for one
- 42. Adder or asp
- 44. Signs of imminent danger
- 46. Troupe member
- 47. Means of transportation 49. Crown
- 50 Lessened
- 51. CCIII doubled
- 52. Parched
- 53. Loud ringing
- 54. "Laugh-In" regular
- 55. 11 Down's location
- 56. Word with son or ladder
- 57. Pitch
- 60. Business letter abbr.



# "This Month In History" **AUGUST**

1846: An act of Congress establishes the Smithsonian Institution. The museum and research complex was named for British scientist James Smithson, who begueathed his \$500,000 estate to the U.S.

1902: Theodore Roosevelt becomes the first U.S. president to make a public appearance riding in a car.

1909: The Indianapolis Motor Speedway holds its first race. The track is home to the annual Indy 500, called the "Greatest Spectacle in Racing."

1926: At the age of 19, American Gertrude Ederle becomes the first woman to swim the 21 miles of the English Channel.

1932: Famed pilot Amelia Earhart flies from Los Angeles to Newark, N.J., making her the first woman to fly solo from coast to coast.

1959: President Dwight D. Eisenhower signs an executive order proclaiming Hawaii the 50th state of the union.

1961: Singer Patsy Cline records the ballad "Crazy" in Nashville.

1969: More than 500,000 people attend the three-day Woodstock Music and Art Fair at a farm near Bethel, N.Y. The Who, Jimi Hendrix and the Grateful Dead were among the festival's famous acts.

1996: Sprinter Michael Johnson breaks the world record in the men's 200-meter and wins a gold medal at the Summer Olympic Games in Atlanta.

2009: The U.S. Senate confirms Sonia Sotomayor as the nation's first Hispanic Supreme Court justice.

