

# The Park Bench

June 2016

**June Birthdays**

- Eugene M- 2nd
- Orval B- 6th
- Shirley B- 15th
- Bob P- 19th

**Inside this issue:**

**Maintenance Minute with Mark** 2

**Chef Chat with Brandon** 2

**Nursing Notes with Julie** 2

**From the Exec. Director's Desk** 3

**Activities with Nikki** 3

**Meet the New Tenants** 3

**Summer Crossword** 4

## Boot Scootin' Bingo was a Blast!

Last month we held a Boot Scootin' Bingo Invitational. Tenants and the community were invited to join us playing Bingo games, winning prizes, and western dress up! We had western themed decorations and encouraged those attending to put on their best western attire!

Lavern and Larry W won best dressed cowboy and cowgirl! A big thank you to the two of them for having such great spirit!



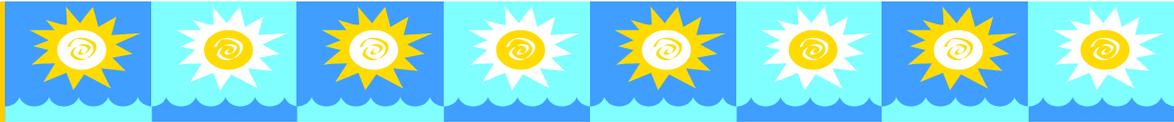
Our next event will be held Monday, June 20th. We will be doing a Father's Day Grill Out for noon meal. Later, in the evening hours, Mona will be doing a sing-a-long and Smores roast over the fire pit. Families and friends are invited to attend. We are also looking for volunteers to assist us that evening. Come join us in celebrating those special men in our lives!! Hope to see you all there!

## Employee of the Month

Our Employee of the Month award goes to Angelica Diaz.

Angelica was nominated for being a friendly Home Health Aide, picking up shifts and doing her very best in everything she does. Thank you Angelica for all of your hard work!





## Chef Chat with Brandon



All good things must come to an end...Although I was just getting settled and finally learning everybody's names, I am regretful to announce that my last day as Chef Manager at Park Gardens is going to be June 6th, 2016. I have very much enjoyed meeting and visiting with each and every tenant and employee but life has granted me a great opportunity to return to school and broaden my horizons. I will be attending Alexandria Community and Technical College, studying in their Interior Design Department.

New Horizon is currently in the process of seeking a new Chef Manager as my replacement. When a decision is made, we will be sure to let everyone know of the upcoming change and when it will take place. We thank you for your patience in this time of transition and we hope to continue serving you to the best of our abilities.



## Maintenance Minute with Mark



Recycling is a very important habit we should all make a priority in our lives. In addition to prolonging our natural resources, it also prevents literally tons of non-degradable products from filling up our landfills. At Park Gardens, we already offer containers for recycling paper and cans, but plastic, especially water bottles, are becoming an increasing problem in our world today. It can take at least 450 years for one plastic water bottle to biodegrade. Because of this, we will soon be adding containers in the refuse/recycling rooms to dispose of plastic bottles and jugs. Thank you to Lynda Glick for bringing this issue to our attention, and start saving those bottles and jugs to recycle!



## Nursing Notes with Julie



Summer is finally here!! We all made it through the cold winter months and now it is time to enjoy the outdoors! Everyone needs a little sunshine—if nothing else, for the relaxing warmth and some extra Vitamin D. However, we need to remember to protect ourselves against the damaging effects of the sun which can lead to melanoma. Most people don't do enough to protect aging skin. Instead of a dollop of sunscreen smeared on the face as you're heading out of the door, you should be applying a shot-glass size amount about 30 minutes before you leave. If you're sweating, you should reapply the sunscreen every two hours. The sunscreen should be a water-resistant, broad-spectrum product that protects against both UVA (ultraviolet short-wave) and UVB (ultraviolet long-wave) rays, with an SPF or sun protection factor of 30 or higher. It should be applied before you get dressed, so you can be sure that you haven't missed any spots. Lip balm with an SPF at least 30 should also be used, and reapplied after eating. Dark clothing with a tight weave can also protect the skin, but may not be the best choice for seniors. This type of clothing can actually be warmer than loosely woven, lighter-colored clothes. Top the outfit off with a broad-brimmed hat and dark sunglasses, and you're ready for your place in the sun!

## From the Executive Director's Desk

Don't forget about our Employee Excellence Program! Our Employee Excellence Program is designed to reward our employees that demonstrate superb service in three categories: Customer Satisfaction, Quality Care Giver, and Teamwork. If you feel any staff member demonstrates any of these three qualities please take the time to recognize them by filling out an Employee Excellence award nomination sheet that can be found on a bulletin board by the main office area. Please indicate which category you would like to recognize them for and a little description. Awards winners are recognized in front of their peers twice a year (January and July) and are awarded a \$200 bonus. Thank you for continuing to support our great staff and recognizing them for the wonderful work they do.



## Activities with Nikki

Finally, some warmer weather! I have a lot of fun activities set up for June; outings to Granny's pantry, fishing, pontoon rides, lunch at Mabel Murphy's and more! We will be driving the bus in the Summerfest Parade on Saturday, June 11. I will hang a sign-up sheet for those interested in attending. Mona and I will be planning a Weenie/S'more roast for an evening event. Mona has offered to do a sing-a-long prior to the bonfire as well. Keep an eye on your calendar for all of the fun dates!



## Meet the New Tenants



**Earl & Anna May Ames**  
Room # 204

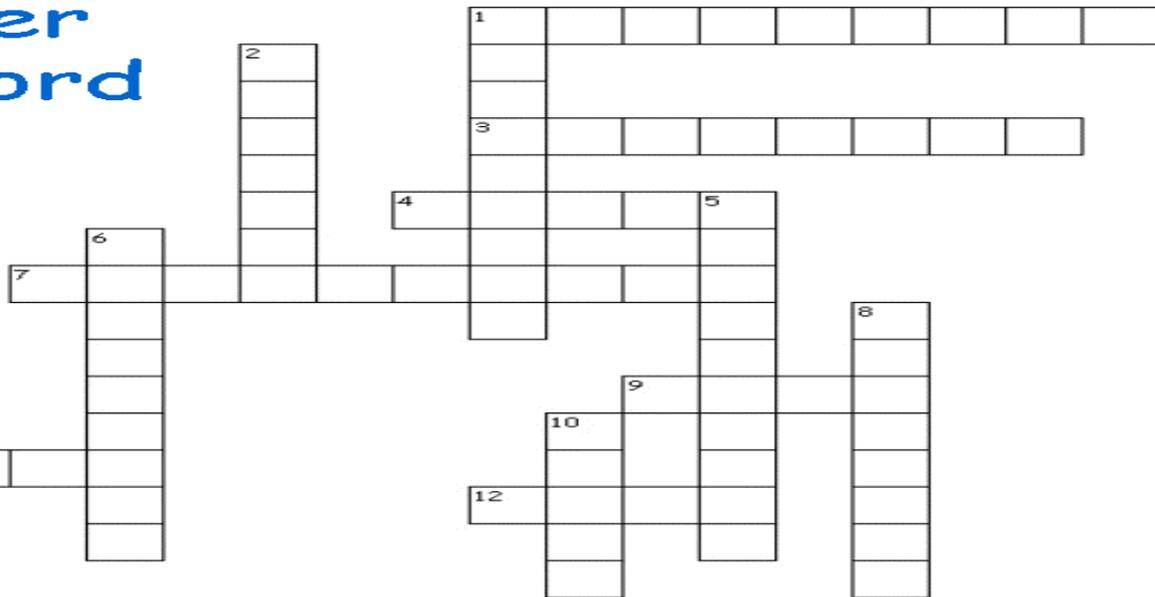


**Donald & Orpha Raun**  
Room # 106



**Bernie Hartman**  
Room # 220

# Summer Crossword



**Across**

- 1. From caterpillar to \_\_\_\_\_.
- 3. dad's grill
- 4. A gardener's worst enemy.
- 7. pink juicy fruit
- 9. In the summer, the weather is \_\_\_\_\_.
- 11. I have a rod and reel. Let's go \_\_\_\_\_.
- 12. A long walk.

**Down**

- 1. Insect with yellow and black stripes.
- 2. Healthy summertime transportation.
- 5. Protective eyewear.
- 6. A patty and a bun. Yum!
- 8. Favorite drink of young salespeople.
- 10. Playground toy you swoosh down.

**Word List:** barbeque, bicycle, bumblebee, butterfly, fishing, hamburgers, hike, lemonade, slide, sunglasses, warm, watermelon, weeds