

Brooking Park & The Willows

Vol. 16, Issue 7 Gazette July, 2018



What the heck is Mahjong?

Mahjong is a tile-based game which was developed in China in the Qing dynasty and has spread throughout the world since the early 20th century. It is commonly played by four players (with some three-player variations found in South Korea, Japan and Southeast Asia). The game and its regional variants are widely played throughout Asia (especially in the Eastern and South Eastern Asia) and have materialized into an Asian culture in relation to its high degree of influence, in addition, they have also been increasingly regarded as a popular pastime and entertainment among Western countries and other parts of the world. Due to its influence and popularity, the game has been adapted into a widespread online entertainment. Similar to the Western card game rummy, Mahjong is a game of skill, strategy, and calculation and involves a degree of chance.

The game is played with a set of 144 tiles based on Chinese characters and symbols, although some regional variations may omit some tiles and/or add unique tiles. In most variations, each player begins by receiving 13 tiles. In turn players draw and discard tiles until they complete a legal hand using the 14th drawn tile to form 4 melds (or sets) and a pair (eye). A player can also win with a small class of special hands. There are fairly standard rules about how a piece is drawn, how a piece is robbed from another player, the use of simples (numbered tiles) and honors (winds and dragons), the kinds of melds allowed, how to deal the tiles and the order of play. Despite these similarities, there are many regional variations to the rules including rather different scoring systems, criteria for legal winning hands and even private table rules which distinguish some variations as notably different styles of mahjong.

Did you play mahjong? Would you like to play again? We have residents that are looking for people to join them in playing this strategic game. Let anyone in the Activity Department know!

DOCUMENTARIES

Sunday, August 5th, 2018-2:00 PM-

Documentary-American Experience:

Walt Disney: Part I-Explore the life of the iconic filmmaker from Mickey Mouse to Snow White, the first animated feature.

(1 hour, 53 minutes)

Sunday, August 19th, 2018, 2:00 PM-

Documentary-American Experience:

Walt Disney: Part II-Explore the life of the iconic filmmaker from Cinderella to Mary Poppins to the theme parks.

(1 hour, 51 minutes)

Sunday, August 26th, 2018, 2:00 PM-

Documentary-Who stole the Ruby

Slippers?-A classic Hollywood Whodunnit mystery, "Who Stole the Ruby Slippers?" is an investigative look into the 2005 theft of an original pair of ruby slippers worn by Judy Garland in the classic film "The Wizard of Oz". Stolen from the Judy Garland Museum. This Special Edition version includes over ten minutes of extended interviews and footage.

ST☆GES
ST. LOUIS
EXPERIENCE THE STORY

Sunday, August

12th

**Meet in the Lobby
at 1:00 PM**



Sandy Craft-**5th**

Bud Prokop-**7th**

Joy Shickman-**9th**

John Stephens-**11th**

Phil Germann-**13th**

Susan Reese-**13th**

Lonnie Aronson-**14th**

Hellen Carpenter-**14th**

Virginia Mitchem-**15th**

Harriet Lipnick-**20th**

Judy Schenberg-**20th**

Delores Stevenson-**23rd**

Betty Negwer-**27th**

Bob Backer-**29th**

Bill Stewart-**30th**

Derick Driemeyer-**31st**

happy
birthday
to you!



*The Choices you want and
the Solutions you Need*

**Hello! My name is LeAnn McMurry,
St. Andrew's Senior Solution's
Client Services Director!**

**I am pleased to be able to work with you to make each day as
wonderful as can be here at The Willows!**

Here are some additional services we offer...

***Escorting to appointments, both medical and non-medical**

***One-on-one assistance to an from meals**

***Additional housekeeping**

***Meal Preparation**

***Personal care and medication reminders**

***Organizing**

***Spring cleaning, closet changes**

Services start in 15 minute increments, Up to 24/7 Availability

**We hope when you see a need, you will take advantage of these services
and enjoy all the benefits of being a resident at The Willows!**

Learn more about our program by calling me at (314) 726-5766

Understanding the Calendar

**Anything typed in Red is an
Activity that you must sign up
for through Activities on Sign
up Day, or in the Activity
Office**

Room Key:

APDR-Andrés Private Dining
Room

AR=Art room

CR=Classroom

FC=Fitness Center

G=Gallery

GR=Game Room

GPDR=Grille Private Dining
Room

GGR=Grille Green Room

GGrR=Grille Granite Room

L=Lobby

MPR=Multipurpose Room
(Building A)

P=Pool

T=Theatre

FROM THE DESK OF THE Executive Director

Yesterday I was leaving work to go to a practice with my baseball team. It was a long week of long days and I was now heading to a baseball dia-

mond on a ninety four degree day to coach a bunch of energetic eleven year old kids. I happened to walk out of the building with a wonderful woman who resides at the Willows. She's the type of person who has a beautiful smile and a wonderful disposition. During our brief conversation, she thanked me for my efforts here on campus. She was so nice and her simple positive comments absolutely made my day. Suddenly I went from feeling tired to being in a happy mood. I was a much better coach at the baseball practice because she put me in a positive mood. The kids had a good time at practice and I ended the practice by thanking the kids and parents for coming out on such a hot day.

A "thank you" is so powerful for both the person expressing and the person receiving gratitude. Numerous studies establish the positive psychological impact of a thank you. Common sense would indicate the studies must be correct. We teach children that it is good manners to say "please" and "thank you". We then praise the children for good manners. That praise goes a long way. Positive praise continues to produce positive results at any stage of our lives.

This week Brooking Park had our annual Assisted Living survey. These state surveys are very stressful for the staff. I'm pleased to be able to express a big thank you to the Assisted Living staff. The staff produced a zero deficiency survey. Of course there are things to work on, but the survey lets us know we're on the right track. The staff frequently hear how imperfect they are as human beings, thus I could see in their eyes the impact of hearing a thank you for doing such great work. In addition, over the past couple of weeks I've received quite a few compliment cards and notes from residents and families regarding the performance of the staff. Thank you to those residents and families who take the time to thank the staff as it goes a long way to brighten the day of the staff members.

Sometimes a person needs to hear "sorry" prior to a "thank you". We had some issues with our landscaping services. As I stated during campus Town Hall meetings, the residents at The Willows and Brooking Park deserve respect, honesty and high quality services. My sincere apologies for the landscaping issues and thank you for your patience as we made some operational changes with landscaping. In addition, thank you to Nick and his team at Pro Lawns for jumping in to establish a plan with Heather and James to address needed issues. By simple and respectful communication, we've already seen progress and look forward to ongoing satisfaction with landscaping services.

This week I also experienced a touching moment. We're working very hard on the renovation at Brooking Park. The renovation includes a new whirlpool tub in one of our spas. A resident who wasn't feeling really well just wanted to have a relaxing bath. A big thank you to Aubrey (Director of Nursing), Lawanda (CNA) and Katie (Therapy) for working together to make that happen. Sometimes in our industry residents and families hear excuses of why something can't happen. This is a perfect example of three staff members showing compassion and managing their time to work together to meet the request of a resident. The end result was the resident, family and staff felt better from the experience.

As you may have noted, I always end my newsletter writings with "As always, thank you for the opportunity to serve you." There's a reason for that; it helps me let all of you know how much I appreciate you and the positive impact you are having on my life.

P.S. The Cubs are still in 1st Place as we head into August. Thank you to the Cubs!

Tony

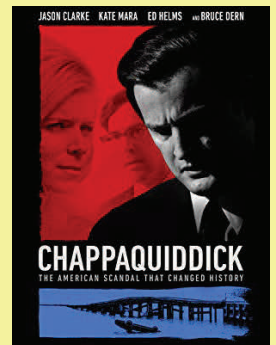


**Saturday, August 4th, 2018-7:00 PM-
Movie Night (T)-The Young Victoria-** Caught in a power struggle with her closest advisors, a young and inexperienced queen draws strength from the handsome prince whose love and affection has stolen her heart. (104 minutes, Rated-PG)



Saturday, August 11th, 2018, 7:00 PM-Movie Night (T)-The Help- The Help is a timeless story about the ability to create change. (146 minutes, Rated PG-13)

Saturday, August, 18th, 2018, 7:00 PM-Movie Night (T)-Chappaquiddick- Ted Kennedy's life and political career become derailed in the aftermath of a fatal car accident in 1969 that claims the life of a young campaign strategist, Mary Jo Kopechne. (106 minutes, Rated PG-13)



Saturday August 16th, 2018, 7:00 PM-Movie Night (T)-Dear John- From the author of "The Notebook" comes DEAR JOHN a story of destiny that pushes young soldier, John Tyree and idealistic college student, Savannah Curtis together. When war tears them apart, will their endless stream of love letters be enough to keep them united? (107 minutes, PG-13)

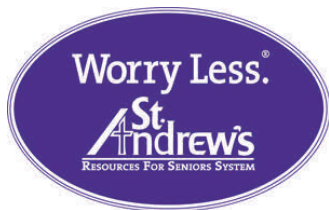
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We are on the web

www.newwillows.com



August Out Trippers

Tuesday, August 7th, 2018-10:00 AM-Out Trip to Sammy's Soap in Kirkwood, MO-See how they make soap in this quaint small town store and even make some of your own soap. (L)

Tuesday, August 14th, 2018-10:00 AM-Out Trip-Brussels Ferry Getaway Shopping and Lunch-Come take a ride on the Brussels Ferry and shop at some of their unique shops. (L)

Tuesday August 21st, 2018-10:00 AM-Out Trip to the Missouri History Museum-The Muny Exhibit-Come and learn about the history of St. Louis' own Muny Organization. (L)

Tuesday, August 28th, 2018-10:00 AM-Out Trip to see a current Movie and Lunch (L)