

109 Estrella Xing • Georgetown, TX 78628 • (512) 943-9804



Chaplain's Chat

Thank you so much for your warm welcome and support the first month of my time as your chaplain! You have shown your willingness to be known by me, ministered to, and taught. All of that makes my task so much easier!

Last month beginning with Pentecost Sunday, we studied and talked about the concept of being a spiritual community, a Fellowship of the Spirit. We marvelled at how God used Peter's sermon to bring 3000 people into the new church in Jerusalem.

## **July 2017**

Cont. Chaplain's Chat

We heard how those new Christians made time every day to pray together, study under the teaching of the apostles, and learned to live a life of righteousness. Our June challenge has been to get to know each other like those early converts did and find ways we can learn more about Jesus and the disciples in the early church. We were also reminded of God being our Father and the gift of fathers whose examples taught us how to live. We let go of memories of the failures of some fathers to be all God meant for them to be and began to replace those memories with forgiveness and a willingness to see God as the perfect father we never had before. Now during the week of July 4, we lean into the wonderful story of freedom. We celebrate the freedoms we have as a nation and thank God daily for such a blessing. We are challenged to responsibly live in freedom out of that gratitude. We also will study the freedom promised in the scriptures, freedom from sin and slavery to the evil in this world. We will practice recognizing the law of sin at work in our lives and replace it with God's law and the power of the Spirit to live with spiritual freedom from evil.

I look forward to journeying with you through the weeks of July. When can we meet one-on-one and share our personal stories about family and spiritual things? Remember you can leave me a note on the clipboard by my office door behind the nurses station on the second floor. I am usually at AL in the afternoons Sundays through Thursdays.

Let Freedom Ring! Chaplain Mary Powell

## **Our Marvelous Moon**

For centuries, the Earth's closest celestial neighbor has fascinated stargazers, inspired works of art and stirred the quest for space travel. Explore these facts about the moon:

- Earth's only natural satellite is about one-fourth the size of our planet—about 2,160 miles in diameter.
- The moon is 240,000 miles away and completes an orbit around our planet in about 27 days.
- Sunlight illuminates the moon from different angles as it rotates around Earth, changing how much of the lunar surface we see at night. This creates the cyclical moon phases, such as the crescent or full moon.
- The moon has no atmosphere to trap heat or cold, producing extreme temperatures that range from minus 280 degrees at night to 260 degrees during the day.
- The gravitational pull of the moon causes the rise and fall of ocean tides.
- On July 20, 1969, Apollo 11 astronaut Neil Armstrong became the first person to set foot on the moon. In all, 12 men have walked on the moon.
- Items left behind on the moon include American flags, space vehicles, golf balls and a family photo.



### **Favorite Fair Foods**

Fair season is underway, and one of the highlights of these annual festivals is the delicious fare! Tempt your taste buds with these classic foods:

Cotton candy. Originally called "fairy floss," this colorful, fluffy spun sugar was introduced at the St. Louis World's Fair in 1904 and has become a favorite of fairgoers.

Corn dogs. Hot dogs dipped in cornmeal batter, deep-fried and served on a stick have been staples since the 1940s.

Funnel cakes. Crisp on the outside and light and airy on the inside, this fried dough dessert is traditionally topped with powdered sugar, but fruit, chocolate and ice cream are popular add-ons.

Candy apples. Tart, crisp apples are covered in sweet, hard candy or creamy caramel to make this snack-on-a-stick.

Kettle corn. Those who can't decide between sweet and salty get the best of both worlds in this popcorn treat seasoned with sugar and salt.

Deep-fried anything. Candy bars, Twinkies, butter and salad are just a few of the many foods that fair vendors have dared to serve up battered and deep-fried.

## **Appalachian Adventure**

In the wilderness of the Appalachian Mountains, a path winds for 2,190 miles through 14 states from Georgia to Maine. The Appalachian National Scenic Trail is one of the world's longest and most famous hiking trails.

In 1925, a group of outdoor enthusiasts gathered to discuss their dream of building an extensive footpath that would allow hikers to experience the beauty and splendor of the Appalachian Mountains. The Appalachian Trail was completed in 1937 thanks to volunteers, who formed the Appalachian Trail Conservancy.

Each year, the trail attracts about 3 million visitors, with most walking sections of it in one-day and multi-day trips, but more attention is given to thru-hikers, those who trek the entire trail in one continuous trip. The first person to complete this feat was World War II veteran Earl Shaffer of Pennsylvania, who hiked the trail in 1948, then again in 1965 and 1998 (at age 79!). A typical thru-hiker needs five to seven months to complete the journey's approximately 5 million footsteps.



## **Understanding Sunscreen**

Wearing sunscreen is a safe, easy way to protect your skin from sun damage that can lead to premature aging, sunburn and skin cancer.

The ingredients in sunscreen work together to block or absorb the sun's ultraviolet rays before they reach your skin. Choose products labeled as broadspectrum, which means they protect against both UVA rays (the cause of wrinkles and age spots) and UVB rays (the cause of sunburn).

The Food and Drug Administration recommends sunscreens with a sun protection factor of at least 15, while dermatologists advise using SPF 30 or above. This number refers to the percentage of the sun's rays that the sunscreen blocks. SPF 15 filters out 93 percent of incoming rays, and SPF 30 filters out 97 percent.

About 15–30 minutes before you go outside, apply 1 ounce—about a full shot glass—of sunscreen to the parts of your body not covered by clothing. Don't forget the tops of your feet, the tips of your ears and any exposed areas of your scalp. Sunscreen does not last all day, so reapply it every two hours, or more often if you have been perspiring or swimming.

## Stay Healthy by Staying Connected

Research shows that having strong social connections can boost your health. Staying active within your community has been proven to strengthen the immune system, speed recovery from illness, and reduce anxiety and depression.

There are many ways to maintain beneficial social networks, such as staying in touch with former classmates and co-workers, taking part in family traditions, and making new memories with friends.

Smiling at another person is one of the simplest ways to connect with them. Initiate conversations. Ask people about their lives, families and hobbies. Showing sincere interest helps build relationships.

Create a list of friends and family members you want to stay in touch with and make a commitment to call, write, email or get together with those people on a regular basis.

Expand your social circle by participating in activities in your community, such as book clubs, classes, parties and game nights.



### Wit & Wisdom

"The butterfly counts not months but moments, and has time enough." —Rabindranath Tagore

"Just as the bird sings or the butterfly soars, because it is his natural characteristic, so the artist works."

—Alma Gluck

"Float like a butterfly, sting like a bee." —Muhammad Ali

"Literature and butterflies are the two sweetest passions known to man." —Vladimir Nabokov

"Love is like a butterfly, a rare and gentle thing."
—Dolly Parton

"I dreamed I was a butterfly, flitting around in the sky; then I awoke. Now I wonder: Am I a man who dreamt of being a butterfly, or am I a butterfly dreaming that I am a man?"

—Chuang Tzu

"Without butterflies, the world would soon have few flowers.
There is enough room in the sky for all flyers."

—Trina Paulus

"We are closer to the ants than to the butterflies. Very few people can endure much leisure." —Gerald Brenan



## Residents & **Staff Birthdays**

\*Shirley Newey 07/01 Autumn White 07/03 Brian D Furtudo 07/04 \*Wanda Shields 07/10

April L Furtudo 07/13

Taneka Brock 07/15

\*Helen Hampton 07/16

\*June Ruether 07/16

\*James Alley 07/17

\*Jerry Holden 07/17

\*Gwendolyn Hearn 07/21

\*Ruth Brown 07/25

\*Margaret Margolis 07/26

\*Latrella Adams 07/28

\*Lois Chatham 07/28

Elizabeth Basey 2 years Karlynn E Wighaman 14 years

### Sunday **Monday Tuesday**

Main Lobby-ML Courthouse Square-CS Tonkawa Bluff-TB Library-L Dining Room-DR Private Dining Room-PDR Outside the Building-OB Outing-O Laurel Hall-LH Resource Center - RC Polo Fitness- PF





8:00 AM Church Shuttle (OB) 10:30 AM Devotional With Barbara (LH) 4:00 PM Communion & Worship Service (CS) 6:00 PM Movie- King Solomon's Mines (CS)

8:00 AM Church Shuttle (OB)

4:00 PM Worship Service (CS)

6:00 PM Movie- The Quiet Man

10:30 AM Devotional With

Barbara (LH)

(CS)

8:30 AM Walking Club (ML) 9:00 AM Light & Lively (CS) 10:00 AM 4th of July Brain Games (RC) 10:30 AM Craft Class -4th of

1:30 PM Balance / Stretch (CS) 2:30 PM Food Council (DR) 6:00 PM Bridge (TB)

8:30 AM Walking Club (ML)

9:00 AM Light & Lively (CS)

12:30 PM Georgetown

Lindsey (PDR)

Alz & Dementia (CS)

6:00 PM Bridge (TB)

Hearing Aid Cleaning W/

10:00 AM Brain Games (RC)

1:30 PM Balance/Stretch (CS)

2:00 PM Health Talk Shallen-

July Craft (TB)

8:30 AM Walking Club (ML) 10:00 AM Rosary (PDR) 10:30 AM 4th of July Parade T 11:30 AM 4th of July Lunch 12:30 PM Ice Cream Sundaes (DR)

2:00 PM Bingo (CS) 3:00 PM Bible Study (CS) 3:00 PM Mahjong (ML) 6:00 PM Arm Chair Travel

-Founding Fathers (CS) 8:30 AM Walking Club

10:00 AM 1st Floor Mandatory **BP Clinic (PDR)** 

11:00 Rosary (PDR) 1:30 PM Balance/Stretch (CS) 2:00 PM Bingo (CS)

3:00 PM Bible Study (CS) 3:00 PM 2nd Floor Mandatory

**BP Clinic (PF)** 6:00 PM Arm Chair Travel -Liberty! The American

Revolution

18

25

8:00 AM Church Shuttle (OB)

16

10:30 AM Devotional With Barbara (LH) 4:00 PM Worship Service (CS) 6:00 PM Movie- Rififi (CS)

8:00 AM Church Shuttle (233)/30

4:00 PM Worship Service (CS)

6:00 PM Movie- The Maltese

Barbara (LH)

Falcon (CS)

8:30 AM Walking Club (ML) 9:00 AM Light & Lively (CS) 10:00 AM Brain Games (RC) 10:00 AM Art Class (TB) 1:30 PM Balance / Stretch (CS)

2:00 PM Afternoon Tea (DR) 6:00 PM Bridge (TB)

8:30 AM Walking Club 10:00 AM Review of Brain Games (ML) 11:00 AM Rosary (PDR) 1:30 PM Balance & Stretch (CS) 2:00 PM Bingo (CS) 3:00 PM Bible Study (CS) 3:00 PM Mahjong (ML) 6:00 PM Arm Chair Travel -America Imagine the World

10:30 AM Devotional With Barbara (LH) 8:30 AM Walking Club (ML) 4:00 PM Worship Service (CS) 9:00 AM Light & Lively (CS) 6:00 PM Movie-Ministry of Fear 10:00 AM Brain Games (RC) (CS) 10:30 AM Science Fun (TB) 8:00 AM Church Shuttle (OB) 1:30 PM Balance / Stretch (CS) 10:30 AM Devotional With

2:00 PM Book Club: Absolute Power by David Baldacci (CS) 6:00 PM Bridge (TB)

8:30 AM Walking Club 10:00 AM Review of Brain 1:30 PM Balance/Stretch (CS) 2:00 PM Bingo (CS)

24/31

Without Her (CS)

Games (ML) 11:00 AM Rosary (PDR)

3:00 PM Bible Study (CS) 3:00 PM Mahjong (ML)

6:00 PM Arm Chair Travel -America's Historic Trails

Wednesday	Thursday	Friday	Saturday
July	JULY	SUMMER	10:00 AM Pinochle (TB) 10:30 AM Right Left Center (ML) 1:00 PM Chicken Foot (ML) 2:00 PM BRIDGE (CS) 2:00 PM Rummikub (ML) 6:00 PM Movie- River of No Return(CS)
8:30 AM Walking Club (ML) 9:00 AM Light & Lively (CS) 10:30 AM Barron's (O) 1:30 PM Balance/Stretch (CS) 3:00 PM RLC (ML) 4:00 PM Worship Service (CS	8:30 AM Walking Club (ML) 10:00 AM Coffee Shop (ML) 1:30 PM Balance/Stretch (CS) 2:00 PM Bingo (CS) 3:00 PM Resident Council ( Members Only ) (ML)	8:30 AM Walking Club (ML) 9:00 AM Light & Lively (CS) 10:00 AM Sing Along (LH) 1:30 PM Balance/Stretch (CS) 2:00 PM Residents' Birthday Party (DR) 3:00 PM Chicken Foot (ML)	10:00 AM Pinochle (TB) 10:30 AM Right Left Center (ML) 1:00 PM Chicken Foot (ML) 2:00 PM BRIDGE (CS) 2:00 PM Rummikub (ML) 6:00 PM Movie-All That Heaven Allows (CS)
8:30 AM Walking Club (ML) 9:00 AM Light & Lively (CS) 10:30 AM PF Chang's (O) 1:30 PM Balance/Stretch (CS) 2:00 PM RLC (ML) 4:00 PM Worship Service (CS)	8:30 AM Walking Club (ML) 10:00 AM Coffee Shop @ IL (O) 1:30 PM Balance/Stretch (CS) 2:00 PM Bingo (CS) 3:15 PM Brittney's Baby Shower (CS)	8:30 AM Walking Club (ML) 9:00 AM Light & Lively (CS) 10:00 AM Sing Along in (LH) 11:00 AM Mid Morning Nail Social (ML) 1:30 PM Balance/Stretch (CS) 2:30 PM Music & Memory by Joe Reed (ML) 3:30 PM Chicken Foot (ML)	10:00 AM Pinochle (TB) 10:30 AM Right Left Center (ML) 1:00 PM Chicken Foot (ML) 2:00 PM BRIDGE (CS) 2:00 PM Rummikub (ML) 6:00 PM Movie-On Dangerous Ground (CS)
8:30 AM Walking Club (ML) 9:00 AM Light & Lively (CS) 10:00 AM Lake Line Mall (O) 1:30 PM Balance/Stretch (CS) 2:00 PM RLC (ML) 4:00 PM Worship Service (CS)	8:30 AM Walking Club (ML) 10:00 AM Coffee Shop (ML) 1:30 PM Balance/Stretch (CS) 2:00 PM Bingo (CS) 3:00 PM Lifetime Learning: Dehydration During in the Summer Months by Shallen (CS)	8:30 AM Walking Club (ML) 9:00 AM Light & Lively (CS) 10:00 AM Sing Along in (LH) 1:30 PM Balance/Stretch (CS) 2:30 PM Sun City Dog Show (ML) 3:30 PM Chicken Foot (ML)	10:00 AM Pinochle (TB) 10:30 AM Right Left Center (ML) 1:00 PM Chicken Foot (ML) 2:00 PM BRIDGE (CS) 2:00 PM Rummikub (ML) 6:00 PM Movie- The Big Sleep (CS)
8:30 AM Walking Club (ML) 9:00 AM Light & Lively (CS) 10:30 AM Cheesecake Factory (O) 1:30 PM Balance/Stretch (CS) 2:00 PM All Resident Meeting (CS) 3:00 PM RLC (ML) 4:00 PM Worship Service (CS)	8:30 AM Walking Club (ML) 10:00 AM Coffee Shop (ML) 1:30 PM Balance/Stretch (CS) 2:00 PM Bingo (CS) 3:00 PM Readers Theater (CS)	8:30 AM Walking Club (ML) 9:00 AM Light & Lively (CS) 10:00 AM Sing Along in (LH) 11:00 AM Fred Fuller the Singing Cowboy (DR) 11:00 AM Mid Morning Nail Social (ML) 1:30 PM Balance/Stretch (CS) 2:00 PM Ken & Linda Olsen Gospel Hour (DR) 3:00 PM Chicken Foot (ML)	10:00 AM Pinochle (TB) 10:30 AM Right Left Center (ML) 1:00 PM Chicken Foot (ML) 2:00 PM BRIDGE (CS) 2:00 PM Rummikub (ML) 6:00 PM Movie- Film Noir Collection: The Stranger (CS)



## 'I Love a Parade'

From marching bands and floats to fire trucks and animals, parades are a festive way to celebrate a holiday or event.

March into a discussion of your parade memories.

- Did you attend local parades when you were a child? What were they like? Were they in a small town or big city?
- What was your favorite part of a parade when you were a youngster? What about as an adult spectator?
- Have you ever participated in a parade? What was the occasion? Did you walk, wave from a float, ride a horse, or cruise the route in another form of transportation?
- A grand marshal usually leads the procession. Have you or someone you know had the honor of being a grand marshal?
- Have you ever helped plan a parade or decorate a float? Talk about the theme and tasks involved.
- What emotions do you feel when you see the American flag, members of the military or veterans in a parade?

## The Healthy Kick of Horseradish

At first glance, horseradish appears to be a plain, pale root, but as far back as ancient Greece, people have valued the vegetable as worth its weight in gold. Famous for adding a sharp, distinct flavor to dishes, horseradish also has a number of health benefits.

Native to parts of Europe and Asia, horseradish is in the same plant family as broccoli, cabbage, Brussels sprouts and mustard greens. Cutting into the root releases oils that produce its pungent aroma and heat.

Horseradish is most commonly eaten as a condiment by grating the root and adding it to spreads, dressings and sauces for sandwiches, salads, beef and seafood.

A source of fiber, vitamin C, potassium, calcium and several other nutrients, the vegetable also contains powerful cancerfighting enzymes called glucosinolates, plus natural antibacterial properties that can help protect the body from infections.



# The World of Woodburning

People have been creating art using the method of woodburning for thousands of years—practically since the beginning of humankind.

Called pyrography, from the Greek words meaning "fire" and "writing," the practice dates back to prehistoric times, when the earliest humans communicated by using the remains from fires to create images on cave walls and in charred wood. After the development of metal tools, people further experimented by burning designs into wood, leather and bone.

The early 1900s saw the invention of the electric

soldering iron, which made pyrography a hobby that was easier and more accessible to the public, not just skilled artisans.

Finished pyrography pieces range from simple patterns to intricate designs and realistic images. Crafters can create their designs by freehand or use a pre-made image, which is traced onto the wood using carbon paper. A pyrography pen is used to go over the lines, etching the final pattern into the wood.



## **Broadway's Dream Team**

In the 1940s, the songwriting team of Richard Rodgers and Oscar Hammerstein introduced a new style of musical theater. Using song and dance to tell a story, and the talents of an ensemble cast rather than one star, Rodgers and Hammerstein helped usher in the golden era of Broadway with these acclaimed shows.

"Oklahoma!" (1943). Setting the standards for musicals still used today, the duo's first collaboration was a love story set in the early 1900s and features the show-stopping title tune "Oklahoma!"

"Carousel" (1945). A carnival man and a New England factory worker fall in love in this classic, notable for the moving ballad "You'll Never Walk Alone."

"South Pacific" (1949). This tale of romance during World War II won a Pulitzer Prize and 10 Tony Awards. "Some Enchanted Evening" and "Bali Ha'i" are among its many memorable songs.

"The King and I" (1951).
"Getting to Know You" and
"Shall We Dance?" are a few of
the musical highlights of this hit
show, which is based on the true
story of a British schoolteacher
hired by the king of Siam.

"The Sound of Music" (1959). One of the most beloved musicals of all time features a sing-along score that includes the standards "Do-Re-Mi" and "My Favorite Things."



## **Looking Back at Summer Camps**

For over a century, summer camps have provided children the opportunity to connect with nature, learn valuable skills and create memories.

In the late 1800s, overnight camps began popping up in the northeastern U.S. as a means for boys to break away from city life and build character, and were generally geared toward those from wealthy families. By the early 1900s, summer camps grew in number and diversity. National organizations like the YMCA and Boy Scouts catered adventures for boys from all social classes. Many of these camps focused on military basics and survival skills.

At about the same time, summer sleep-away camps for girls were established to teach life skills and encourage independence. The Camp Fire Girls and Girl Scouts were among the programs that provided these outdoor experiences for young women.

Starting in the 1950s, specialty camps began to concentrate on specific pursuits, such as academics, art, sports and music. Today, there is a camp for nearly every interest.

### Remember Me?

From his start in silent films through the Golden Age of Hollywood, actor Gary Cooper played some of the most legendary American heroes on the big screen.

- He was born Frank James Cooper on May 7, 1901, and grew up on a ranch near Helena, Mont.
- The young Cooper wanted to be an artist and attended an Iowa college, then moved to Los Angeles.
   Because he knew how to ride a horse, he landed work as a stunt rider and extra in silent film Westerns.
- A casting agent changed his name to Gary, after her Indiana hometown.
- In 1929, he became an A-list star in his first talkie, "The Virginian," playing the strong, silent type he would become famous for.
- Cooper won his first
   Academy Award for best
   actor in the biopic about
   World War I Army hero
   Alvin York in 1941's
   "Sergeant York." The next
   year, he portrayed baseball
   great Lou Gehrig in "The
   Pride of the Yankees."
- His signature performance was as Marshal Will Kane in the now-classic Western "High Noon." He earned a second best actor Oscar for the 1952 role.



## **Assisted Living & Memory Care Team Leader List**



2017

Kelly Goetz, RN, Administrator Mariesa Kanetzky, Community Relations Jeanette Reyes, Business Office Manager Theresa Douglas, LVN, Wellness Director Laura Pittman, Director of Life Enrichment Karlynn Wighaman, Laurel Hall Coordinator Sharde Green, Wellness Assistant Noah Edwards, Food Services Director Jorge Morales, Director of Maintenance Mary Powell, Chaplain Lisa Oberman, Beautician Darlin Cantrell, Weekend Nurse Please come join us on July 4th for some hamburgers and hot dogs with all the fixing. The Directors will be serving you sundaes for desserts. So pop in before enjoying the amazing fireworks and fill your stomachs with some amazing food.

