

# Plymouth Square

1319 North Madison Street • Stockton, CA 95202  
Phone (209) 466-4341 • Fax (209) 466-8853



JUNE 2019

## HIGHLIGHTS

### Drink Water To Maintain Your Brain

You don't have to expend a lot of energy to experience mild dehydration; experts say it can happen by just sitting around for 40 minutes. Since not being properly hydrated can cause dips in cognition, concentration and mood, drink plenty of water throughout the day.

### Get Fit Tip

To stay fit and healthy, aim to get at least 150 minutes of exercise per week. You can break it down however you want to, whether it's 30 minutes five days a week, 40 minutes four days a week or 50 minutes three days a week. Choose what works best for your lifestyle.

### Favorite Fathers

Among TV Guide's top picks for greatest TV dads of all time are Ben Cartwright of "Bonanza," Charles Ingalls of "Little House on the Prairie" and Philip Banks of "The Fresh Prince of Bel-Air."

### America's Favorite Flavors

Scooped in a dish, on a cone or in a sundae, ice cream is often a crowd-pleaser no matter how it's served or topped. According to a survey of ice cream retailers across the U.S., the top-selling flavors of this cool and creamy treat are vanilla, chocolate, cookies and cream, mint chocolate chip and chocolate chip cookie dough.

### A Figure of Speech

*Phrase:* Cool as a cucumber

*Meaning:* Calm, in control

*Origin:* Even when just picked from a warm, sunny garden, cucumbers are known for being refreshingly cool. Their high water content makes the inside of the fruit up to 20 degrees cooler than the air around it. Likewise, some people in "hot" or stressful situations are able to stay cool and collected.



## NOTES & NEWS

### STAFF

Medical Director ..... Dr. Shaukat Shah  
Executive Director ..... Psyche Johnson  
Director of Nursing ..... Eunice Ronquillo  
Bus. Office Mgr. .... Diane Rohl  
DSD ..... Roger Bernaldez  
Social Serv./Act. Dir. .... Jeanice Woodruff  
Act. Community Coord. .... Lori Armstrong  
Medical Records ..... Angela Viveros  
MDS Coordinator ..... Mary Anne Pisacco  
ALU Director ..... Tommie Black  
Dietary Supervisor ..... Alex Tompong  
Marketing/Admissions ..... Sarela Quiroga  
Environmental Specialist ..... Alicia Serna  
Laundry Supervisor ..... Rafaela Vidaca

### Birthday Wishes

June 6 ..... Joel Dardis  
June 12 ..... Ted Johnson  
June 15 ..... Joyce Bravo  
June 21 ..... Larry Harris

### Business HOURS

Monday–Friday ..... 8 a.m.–5 p.m.

*Happy Father's Day*

## BULLETIN BOARD

### Summer Starts Soon

The first day of summer this year is June 21, which is the summer solstice. Enjoy the extended daylight hours and mild weather on this longest day of the year.

### Father's Day

Sunday, June 16, is Father's Day. Show your gratitude for the dads in your life with a card, gift, visit or phone call.

### 'Hat' Is One

How many words can you come up with using the letters in "fatherly"?



ES3759M





# June 2019

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

							<p>1</p> <p>9:30 Exercise 10:00 SDA Children's Hymn Sing along 1:30 Bingo 3:00 Coffee Hour 3:30 Dominoes W/Melissa 6:00 Evening Bingo</p>
<p>2</p> <p>10:00 Board Games 3rd Fl 10:30 Catholic Communion 1:00 Bingo M/I 3:00 Coffee Hour 6:00 Evening Bingo M/I</p>	<p>3</p> <p>9:30 Exercise 10:00 Bingo M/I 1:30 Nail Care M/L 3:00 Coffee Hour 6:00 Evening Bingo</p>	<p>4</p> <p>9:30 Exercise 10:00 News &amp; Review 1:30 Trivia Fun 2:00 After Noon Bingo 3:00 Coffee Hour 6:00 Music W/Roy's Brother's Band</p>	<p>5</p> <p>9:30 Exercise 10:30 Protestant Service 11:15 Shopping at Save Mart 1:00 Bingo M/I 3:00 Coffee Hour 3:30 Dominoes W/Melissa 4:00 A Moment in Peace 7th Fl 6:00 Evening Bingo</p>	<p>6</p> <p>9:30 Exercise 10:00 News &amp; Review 1:00 Wii Jeopardy 3:00 Coffee &amp; Smoothie Hour 3:30 Dominoes W/Melissa 6:00 Evening Bingo</p>	<p>7</p> <p>9:30 Exercise 10:00 Bingo 11:00 Shopping at the .99c Store 1:00 Wii Jeopardy 3:00 Happy Hour 3:30 Dominoes W/Melissa 6:00 Evening Bingo</p>	<p>8</p> <p>9:30 Exercise 10:00 Bingo 1:00 Arts &amp; Crafts 3:00 Coffee Hour 3:30 Dominoes W/Melissa 6:00 Evening Bingo</p>	
<p>9</p> <p>10:00 Board Games 3rd Fl 10:30 Catholic Communion 1:00 Bingo M/I 3:00 Coffee Hour 6:00 Evening Bingo M/I</p>	<p>10</p> <p>9:30 Exercise 10:00 Bingo M/I 11:00 Lunch on the Town 1:30 Nail Care M/L 3:00 Coffee Hour 6:00 Evening Bingo</p>	<p>11</p> <p>9:30 Exercise 10:00 News &amp; Review 1:30 Trivia Fun 2:00 What's in My Hand 3:00 Coffee Hour 3:30 Dominoes W/Melissa 6:00 Evening Bingo</p>	<p>12</p> <p>9:30 Exercise 10:30 Protestant Service 11:15 Shopping at Wall Mart 1:00 Bingo M/I 2:00 Music W/Joyful Singers 3:00 Coffee Hour 3:30 Dominoes W/Melissa 4:00 A Moment of Peace 7th Fl 6:00 Evening Bingo</p>	<p>13</p> <p>9:30 Exercise 10:00 News &amp; Review 1:00 Wii Jeopardy 3:00 Coffee &amp; Smoothie Hour 3:30 Dominoes W/Melissa 6:00 Evening Bingo</p>	<p>14</p> <p>9:30 Exercise 10:00 Bingo 11:00 Shopping at Target 1:00 Wii Jeopardy 2:00 Father's Day Root Beer Social &amp; Music W/Eddie 3:00 Happy Hour 3:30 Dominoes W/Melissa 6:00 Evening Bingo</p>	<p>15</p> <p>9:30 Exercise 10:00 Bingo 1:00 Travel Boosters 3:00 Coffee Hour 3:30 Dominoes W/Melissa 6:00 Evening Bingo</p>	
<p>16</p> <p>10:00 Board Games 3rd Fl 10:30 Catholic Communion 1:00 Bingo M/I 2:00 Music W/Alfred 3:00 Coffee Hour 6:00 Evening Bingo M/I</p>	<p>17</p> <p>9:30 Exercise 10:00 Bingo M/I 1:30 Nail Care M/L 3:00 Coffee Hour 6:00 Evening Bingo</p>	<p>18</p> <p>9:30 Exercise 10:00 News &amp; Review 1:00 Brain Booster 2:00 Resident Meeting W/Psyche 3:00 Coffee Hour 3:30 Dominoes W/Melissa 6:00 Evening Bingo</p>	<p>19</p> <p>9:30 Exercise 10:30 Protestant Service 11:15 Shopping at Save Mart 1:00 Bingo M/I 3:00 Coffee Hour 3:30 Dominoes W/Melissa 4:00 A Moment in Peace 7th Fl 6:00 Evening Bingo</p>	<p>20</p> <p>9:30 Exercise 10:00 News &amp; Review 2:00 June Birthday Social Music by Robert Mapp 3:00 Birthday Social 3:30 Dominoes W/Melissa 6:00 Evening Bingo</p>	<p>21</p> <p>9:30 Exercise 10:00 Bingo 11:00 Shopping at the .99c Store 1:00 Wii Jeopardy 3:00 Happy Hour 3:30 Dominoes W/Melissa 6:00 Evening Bingo</p>	<p>22</p> <p>9:30 Exercise 10:00 Bingo 1:00 Afternoon Games W/Melissa 3:00 Coffee Hour 3:30 Dominoes W/Melissa 6:00 Evening Bingo</p>	
<p>23/30</p> <p>10:00 Board Games 3rd Fl 10:30 Catholic Communion 1:00 Bingo M/I 3:00 Coffee Hour 6:00 Evening Bingo M/I</p>	<p>24</p> <p>9:30 Exercise 10:00 Bingo M/I 1:30 Trivia M/L 3:00 Coffee Hour 6:00 Evening Bingo</p>	<p>25</p> <p>9:30 Exercise 10:00 News &amp; Review 1:30 Trivia Fun W/Melissa 3:00 Coffee Hour 3:30 Dominoes Fun 6:00 Evening Bingo</p>	<p>26</p> <p>9:30 Exercise 10:30 Protestant Service 11:15 Shopping at Save Mart 1:00 Bingo M/I 2:00 Music W/Jason Carmel 3:00 Coffee Hour 3:30 Dominoes W/Melissa 4:00 A Moment in Peace 7th Fl 6:00 Evening Bingo</p>	<p>27</p> <p>9:30 Exercise 10:00 News &amp; Review 1:00 Wii Jeopardy 3:00 Coffee &amp; Smoothie Hour 3:30 Dominoes W/Melissa 6:00 Evening Bingo</p>	<p>28</p> <p>9:30 Exercise 10:00 Bingo 11:00 Shopping at the .99c Store 1:00 Paint Class 3:00 Happy Hour 3:30 Dominoes W/Melissa 6:00 Evening Bingo</p>	<p>29</p> <p>9:30 Exercise 10:00 Bingo 1:00 Humor Fun W/Melissa 3:00 Coffee Hour 3:30 Dominoes W/Melissa 6:00 Evening Bingo</p>	