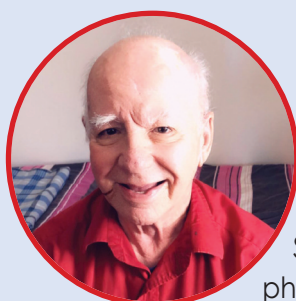




July 2020 Newsletter

Senior Assisted Living Community



Philip Fuerst

is our Assisted Living Resident of the Month

Philip Fuerst was born on April 25, 1940, to Anna and Nathan Fuerst, in Brooklyn, New York. He grew up the eldest of six with two sisters and three brothers. He went to Erasmus High School and graduated when he was 17 years old. After high school, he studied photography. He started off at a studio and had his photographs published in Mademoiselle Magazine. He was also a buyer for photography for 14 years in Connecticut, and he has worked in 125 different stores in eight states. He loved working with Photography, and did so for 60 years. Philip also served in the military for 2 years as a E5/Spec5. He loves his life and had the biggest fear of losing his memories after having a stroke. He is glad to be alive and is grateful that he was able rebuild his memory. Philip hopes to live to be 100, and to spend as much time as he can with friends and family. Congratulations, Philip Fuerst, on being our July Assisted Living Resident of the Month.

Suk-Ching Liu

is our Arbor Hall Resident of the Month

Suk-Ching Liu was born on December 12, 1927 in China. Her parents met through a match maker which is an old tradition, and had five children. Suk-Ching gave birth to three daughters and has two amazing grandchildren. She worked as a teacher and devoted her life to helping her students. She always enjoyed helping people, especially her students, which is why she often paid her students tuition so they can move forward in life. This is also why she always encouraged her daughters to help people in any way they could and to always be kind. One of her favorite hobbies is sewing. Suk-Ching is admired by her children and to everyone who knows her story. Congratulations, Suk-Ching Liu, on being our July Arbor Hall Resident of the Month.





Birthday Party Social

Friday, July 30 at 1:00 p.m.

All residents whose birthday is in July are invited to join us in the Hobby Room to celebrate their natal day.

We have cake and ice cream for you to enjoy.

Resident Birthdays

Mark O'Brien	07/02
Carl Deutschmann	07/04
Reuben Andrade	07/06
Helen Litsis	07/11
Geraldine Lucas	07/15
Michael Gates	07/16
Omar Garcia	07/28
Jerome Fleming	07/30
Winfield Arata	07/30

Employee Birthdays

Cristina Guico	07/02
Vilma Walters	07/12
Jennifer Gomez	07/22
Ileen Gurrola	07/28
Selena Archuleta	07/30
Fitzgerald Poblete	07/31

Main Events for July 2020

Council Meeting

RESIDENT COUNCIL MEETING

Thursday, July 8 - 11:00 a.m.

in the Hobby Room.



Note: Shopping trips can be scheduled Monday through Friday as long as the driver available.

Kitchen Tips

Residents, if you are requesting something different than what is on the menu, we ask that you PLEASE let Mayolo know 3 hours before meal time. Please DO NOT STAND BY OR NEAR THE KITCHEN DOOR during meal time. It is not safe. Thank you.



Church Services

St. Philomena Church will have Catholic mass every third Monday of each month.

The Living Bread Ministry will conduct their prayer meeting every first Thursday of the month. Everybody is welcome to join the group every Thursday at 6:30 p.m. in the front T.V. Room.

The Good Shepherd Ministry comes in every 2nd and 4th Saturday of the month at 10:30 a.m. They are inviting you to join them in their spiritual advocacies.

The Metropolitan Church of Christ comes every Sunday of the month at 2:00 p.m.

Bingo

Every Monday, Wednesday, and Friday

Medical Runs

Every Monday to Friday of the month.



New Residents

Rudolph Acierno
Louis Edwards
Michael Lovest
John Stotts

July 2020



The Benefits of the Sunshine Vitamin

Vitamin D is often referred to as the "sunshine vitamin" because it's naturally produced as a bodily response to sunlight. You can also obtain this critically important vitamin by consuming certain foods (such as salmon, canned tuna, egg yolks, cow's milk, orange juice, oatmeal) and supplements. Both methods help ensure that enough Vitamin D's in our system. Vitamin D serves several vital functions. One of the most roles relates to the regulation calcium and phosphorus absorption, as well as facilitating a normal and healthy immune system response. Getting an adequate amount of Vitamin

D is critical for normal growth and development of bones and teeth, as well as improved resistance against certain diseases. Research also suggests that Vitamin D can play a role in fighting disease, including multiple sclerosis, heart disease, and the flu. In fact, having healthy blood levels of Vitamin D can possibly help to prevent COVID-19, or decrease the severity the virus. Several groups of researchers from different countries have found that the very sickest patients often have the lowest levels of Vitamin D, and that those countries with lesser levels of COVID-19 cases also demonstrate a higher Vitamin D blood level average among their respective citizens. Experts also suggest that healthy blood levels of Vitamin D may confer a survival advantage upon COVID-19 positive individuals. The vitamin may help them to avoid the possibility of a cytokine storm, a devastating situation wherein the immune system wildly overreacts and attacks its own body's own cells and tissues. It should be noted that this promising early research has not yet been peer-reviewed. Many researchers nonetheless suggest that there's no harm in taking Vitamin D in its daily recommended allowance (RDA) dose as a precautionary measure.



July 2020 Arbor Hall Activities Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Month of July Birthstone: Ruby (Contentment) Flowers: Delphinium, Larkspur, Wafer Lily (Ait. Honeysuckle) Colors: Green, Russet, Red		JULY DAYS TO NOTE... 01 International Joke Day 02 I Forgot Day 03 Compliment Your Mirror 05 Work-a-holics Day 07 Chocolate Day 11 Cheer Up the Lonely Day 13 Embrace Your Geekiness Day 14 Pandemonium Day 15 Be a Dark Day 17 World Emoji Day		19 National Ice Cream Day 20 Moon Day 24 Tell An Old Joke Day 25 National Chili Dog Day 26 All or Nothing Day 27 Parents' day 28 Take Your Pants for a Walk Day 29 National Lasagna Day 30 International Day of Friendship 31 Mutt's Day		1 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Remembering History 12:30 Videos/Books 2:00 Snacks & Puzzles 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day		2 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Colorful Nails 12:30 Haircuts/TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day		3 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Shave /Socialization /TV Time 12:30 Snacks & Playing Cards 2:00 Bingo! 3:00 Dinner 4:00 Final Stretch of the Day		4 <i>Independence Day</i> Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Learning about Cultures 12:30 Videos/Books 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	
5 Exercise / Workout 9:30 Daily Audio Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Relaxation /TV Time 12:30 Snacks & Dominos 2:00 Bingo! 3:00 Dinner 4:00 Socialization 5:00 Final Stretch of the Day		6 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Colorful Nails 12:30 Hair Cuts /TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day		7 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Shave /Socialization /TV Time 12:30 Snacks & Playing Cards 2:00 Bingo! 3:00 Dinner 4:00 Final Stretch of the Day		8 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Remembering History 12:30 Videos/Books 2:00 Snacks & Puzzles 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day		9 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Colorful Nails 12:30 Haircuts/TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day		10 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Shave /Socialization /TV Time 12:30 Snacks & Playing Cards 2:00 Bingo! 3:00 Dinner 4:00 Final Stretch of the Day		11 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Learning about Cultures 12:30 Videos/Books 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	
12 Exercise / Workout 9:30 Daily Audio Prayer /Bible Reading 10:00 Snacks & TV Time 10:30 Lunch /Worship Audio 11:30 Relaxation /TV Time 12:30 Snacks & Dominos 2:00 Bingo! 3:00 Dinner 4:00 Socialization 5:00 Final Stretch of the Day		13 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Colorful Nails 12:30 Hair Cuts /TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day		14 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Shave /Socialization /TV Time 12:30 Snacks & Playing Cards 2:00 Bingo! 3:00 Dinner 4:00 Final Stretch of the Day		15 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Remembering History 12:30 Videos/Books 2:00 Snacks & Puzzles 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day		16 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Colorful Nails 12:30 Haircuts/TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day		17 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Shave /Socialization /TV Time 12:30 Snacks & Playing Cards 2:00 Bingo! 3:00 Dinner 4:00 Final Stretch of the Day		18 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Learning about Cultures 12:30 Videos/Books 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	
19 Exercise / Workout 9:30 Daily Audio Prayer /Bible Reading 10:00 Snacks & TV Time 10:30 Lunch /Worship Audio 11:30 Relaxation /TV Time 12:30 Snacks & Dominos 2:00 Bingo! 3:00 Dinner 4:00 Socialization 5:00 Final Stretch of the Day		20 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Colorful Nails 12:30 Hair Cuts /TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day		21 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Shave /Socialization /TV Time 12:30 Snacks & Playing Cards 2:00 Bingo! 3:00 Dinner 4:00 Final Stretch of the Day		22 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Remembering History 12:30 Videos/Books 2:00 Snacks & Puzzles 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day		23 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Colorful Nails 12:30 Haircuts/TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day		24 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Shave /Socialization /TV Time 12:30 Snacks & Playing Cards 2:00 Bingo! 3:00 Dinner 4:00 Final Stretch of the Day		25 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Learning about Cultures 12:30 Videos/Books 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	
26 Exercise / Workout 9:30 Daily Audio Prayer /Bible Reading 10:00 Snacks & TV Time 10:30 Lunch /Worship Audio 11:30 Relaxation /TV Time 12:30 Snacks & Dominos 2:00 Bingo! 3:00 Dinner 4:00 Socialization 5:00 Final Stretch of the Day		27 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Colorful Nails 12:30 Hair Cuts /TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day		28 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Shave /Socialization /TV Time 12:30 Snacks & Playing Cards 2:00 Bingo! 3:00 Dinner 4:00 Final Stretch of the Day		29 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Remembering History 12:30 Videos/Books 2:00 Snacks & Puzzles 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day		30 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Colorful Nails 12:30 Haircuts/TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day		31 Exercise / Workout 9:30 Daily Prayer /Bible Reading 10:00 Snacks /TV Time 10:30 Lunch /Worship Audio 11:30 Shave /Socialization /TV Time 12:30 Snacks & Playing Cards 2:00 Bingo! 3:00 Dinner 4:00 Final Stretch of the Day		Snacks are served every day at 10:00 a.m. 2:00 p.m. 7:30 p.m.	



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- AMERICA
- BBQ
- BLUE
- BRAVE
- CELEBRATE
- COUNTRY
- FIREWORKS
- FLAG
- FOURTH
- FREEDOM
- FUN
- HOLIDAY
- JULY
- PARADE
- RED
- STARS
- STRIPES
- UNITED
- WHITE

INDEPENDENCE DAY
WORD SEARCH

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