

A Note From Our Administrator

Did you know your body is made up of 50-70% water? Water is an important part of every function in the body. Hydration plays a major role in regulating body temperature, getting rid of waste, and keeping your organs functioning properly. It can also improve sleep, brain function, and energy levels. Drinking enough water is especially important during physical activity and in hot weather due to loss of fluids through sweat. So, let's remember for ourselves and residents to drink lots of fluids!

Thanks for all you do for the residents, their families, and each other!

“Tell me and I forget. Teach me and I remember.
Involve me and I learn.”

-Benjamin Franklin

Sue Schlener

Administrator, Brookside Healthcare & Rehabilitation Center

Our Department Leaders

- **Sue Schlener**
Administrator
- **Lori Marlow**
Director of Nursing
- **Sandy Riemenschneider**
Assistant Director of Nursing
- **Sylvia O'Connell**
Business Office Manager
- **Syreeta Middlebrooks**
Admissions Director
- **Victor Billa**
Maintenance Director
- **Edith Rodriguez**
Housekeeping & Laundry Supervisor
- **Robin Ziegler**
Activities Director
- **David Parella**
Director of Social Services
- **Taja Foy**
Food Service Director
- **Kathleen Raymundo**
Program Director
- **Monique Brown**
Human Resources
- **Maureen Homka**
Infection Control
- **Taylor Yoder**
Dietician
- **Camilla Burke**
Central Supply
- **Jennifer Thomas**
Unit Managers
- **Michelle Simmons & Michelle Kelly-Reinhart**
RNAC's



Our new NHA –
Welcome to the Team, Sue!



Nursing is a work of HEART! Our dream team,
Sandy, Lori, and Maureen.



“Sisters make the best friends” Virginia and
Maryann, dancing together.



Jim is all smiles, singing “Under the
Boardwalk”

Resident Birthdays

- Barabara Junginger · 8/4
- Janice Townsend · 8/4
- Thomas Ambolino · 8/6
- Robert Marshall · 8/6
- Mark Hansen · 8/7
- Joseph Then · 8/9
- Virginia Talley · 8/12
- Ophelia Reynolds · 8/17
- Jean Armstrong · 8/20
- James Foreman · 8/21
- Muriel Curry · 8/22
- Janet Callaghan · 8/24
- Lan Banh · 8/30

Staff Birthdays

- Monique Brown · 8/7
- Latasha Singleton · 8/14
- Luz Encarnacion Shepherd · 8/16
- Jean Etienne · 8/16
- Lauren Gregg · 8/17
- Takenya Harris · 8/18
- Amanda Valentino · 8/19
- Devyaniben Patel · 8/21
- Renee Alston · 8/26
- Eudude Dolce · 8/28
- Camilla Brown · 8/29
- Maureen Homka · 8/31



August 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“Summer afternoon – summer afternoon; to me those have always been the two most beautiful words in the English language.” ~ Henry James</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Welcome to August 2:00 Book Mobile 2:00 Bingo</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Food Committee 2:00 Musical Entertainment</p> <p>Ice Cream Sandwich Day</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 August Table Talk Tidbits 1:30 Rosary 2:00 Bingo 6:00 Color Therapy</p> <p>Watermelon Day</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Communion 11:15 What's In the Bag? 2:00 Track and Field Games</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 American Bandstand Day 2:00 Pokeno</p>	<p>Happy Birthday, Lucy 10:00 Daily Delight 11:00 Morning Merriness 2:00 – 4:30 Balloon Racquetball</p>
<p>Tisha B'Av 10:00 Daily Delight 11:00 Morning Merriness 2:00 – 4:30 Jeopardy</p> <p>Sisters' Day Kids' Day</p>	<p>9:30 Daily Delight 10:30 Catholic Mass 11:00 Crazy Eights 2:00 Bingo</p> <p>Happiness Happens Day We're Having a Ball (Magic 8 Ball) Day</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Elvis IQ 2:00 Young At Heart</p> <p>Elvis Week Begins</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 All About Paul Bunyan 1:30 Rosary 2:00 Bingo 6:00 Puzzles</p>	<p>Full Moon 9:30 Daily Delight 10:30 Morning Stretch 11:00 Communion 11:15 Chair Yoga 2:00 Summertime Mini-Golf</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Roll & Bowl 2:00 Pokeno</p>	<p>National Bowling Day 10:00 Daily Delight 11:00 Morning Merriness 2:00 – 4:30 Bowling</p> <p>Bambi's 80th Birthday</p>
<p>V-J Day 10:00 Daily Delight 11:00 Morning Merriness 2:00 – 4:30 Game Day</p>	<p>National Relaxation Day 9:30 Daily Delight 10:30 Morning Stretch 11:00 Use Your Imagination 2:00 Bingo</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Funny Jokes & Riddles 2:00 Henna Scratch Art</p> <p>National Tell a Joke Day</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Vacation Memories Day 1:30 Rosary 2:00 Bingo 6:00 Sports Night</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Communion 11:15 Anniversary of Women's Right to Vote 2:00 Movie Matinee Happy Hour</p> <p>Serendipity Day</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Tell Me a Story 2:00 Pokeno</p>	<p>10:00 Daily Delight 11:00 Morning Merriness 2:00 – 4:30 Anything Goes with Tom</p> <p>National Lemonade Day</p>
<p>National Senior Citizens Day 10:00 Daily Delight 11:00 Morning Merriness 2:00 – 4:30 Senior Social</p> <p>Hawaii became the 50th State (1959)</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Word Games 2:00 Bingo</p> <p>Be an Angel Day</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Gene Kelly Day 2:00 Hello, Sunflower Craft</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Can You Name the Landmarks? 1:30 Rosary 2:00 Bingo 6:00 LCR</p> <p>Happy Birthday, Potato Chips</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Communion 11:15 Cranium Crunches 2:00 Pokeno</p> <p>Wizard of Oz Day</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 1950's Trivia 2:00 Hawaiian Luau</p> <p>National Dog Day</p>	<p>10:00 Daily Delight 11:00 Morning Merriness 2:00 – 4:30 Fun with Carol</p>
<p>10:00 Daily Delight 11:00 Morning Merriness 2:00 – 4:30 Wear Sunglasses on a Sunday</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Golf Ball Roll 2:00 Bingo</p> <p>The U.S. Open</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Resident Council 2:00 Birthday Party with Greg Albert</p> <p>College Colors Day</p>	<p>9:30 Daily Delight 10:30 Morning Stretch 11:00 Remembering Princess Diana 1:30 Rosary 2:00 Bingo 6:00 If You Were the Judge, What Would You Do?</p>	<p>August 2022 <i>The Sunday of Summer</i></p>		

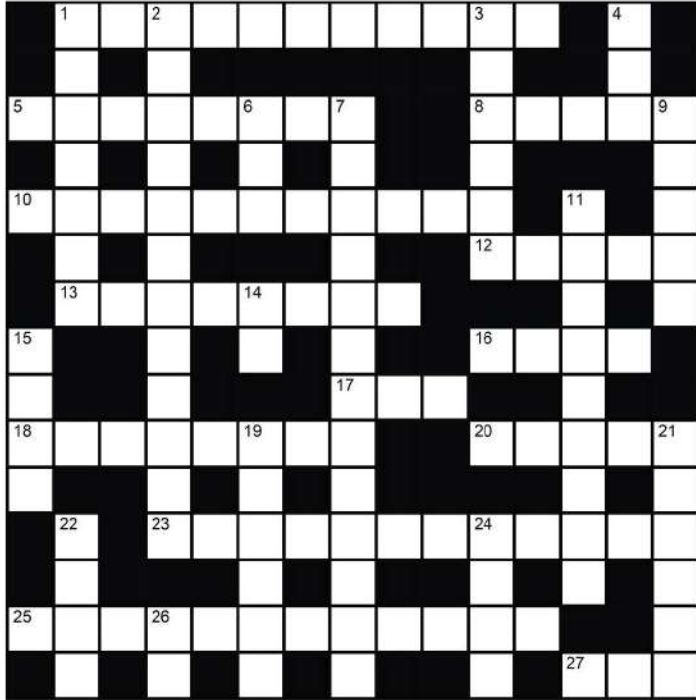


Resident of the Month: Ophelia Reynolds

Ophelia Reynolds was born in Saluda County, South Carolina on August 17th. She will celebrate her 88th birthday this month. Ophelia is one of 7 siblings (3 brothers and 4 sisters). She has a green thumb in growing plants. Ophelia enjoys bowling and playing bingo.

Crossword #8

Use the clues to fill in the crossword.



Across

1. One-wheeled yardwork cart
5. Charged
8. These happen when you're tired or bored
10. Focus
12. Japanese master of stealth
13. Gigantic
16. 1973 romantic drama, The Way We ____
17. Repair
18. Location of temporary vegetable stands
20. Water in gas form
23. Gratitude
25. Assembling
27. "My ____" Sinatra song

Down

1. Greetings
2. Book on many subjects
3. A water molecule needs two of this
4. Advanced digital network, abbrev.
6. Sought office
7. The perimeter of a circle
9. Khartoum is my capital
11. Zestful
14. Nickname for mother
15. Automobiles
19. Bring in goods from abroad to sell
21. The first day in a work week
22. Midday
24. Mom's sister
26. Consequently

The Pursuit of Happiness

There was once a group of 100 people attending a seminar on personal development.

In the middle of their talk, the speaker stops and decides to run an impromptu group activity. He hands out a balloon to each attendee and tells them to write their name on it.

The balloons are then collected and placed in an adjacent room.

The speaker then instructs the 100 attendees to enter that room and, within 5 short minutes, find the balloon with their name on it.

Pandemonium breaks loose as they charge in, pushing and colliding with each other as they desperately search for their name.

The 5 minutes pass and nobody succeeds.

The speaker then tells each person to pick up any random balloon and give it the person whose name is written on it. Within a few minutes everyone has their balloon back.

He then said, "What just happened with those balloons is exactly what happens in our search for happiness. We frantically look for it all around us, not knowing where it is."

"Yet our happiness lies in the happiness of others. By giving them their happiness, you get yours."

Moral of the story:

Happiness and fulfillment rarely come from selfish pursuits, but almost always come from doing good deeds for others. By helping others we help ourselves.

