



The Motivator

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Our Friendly Staff

Executive Director Ken Kaser
Asst. Executive Director April Scroggins
Marketing Sales Director Pam Huesman
Community Relations Director Alicia Bauer
Director of Nursing Natasha Warner
Activity Director Yuvonne Ward
Gardens Activity Director Beth Wood
Wellness Director Pam Asher
Food Service Director Tonya Simon
Maintenance Director David Toler
Housekeeping Supervisor Brenda Craddock
Human Resources Kim Linstead
Colonial Heights Pastor David Cheeks
Dining Room Supvr. Angel Covey

Welcome
New Residents

Heights!

#147

Helen Thompson



June 2020



The History of Father's Day

Father's Day was initiated by Sonora Smart Dodd of Spokane, Wash., whose father, a Civil War veteran, raised six children on his own after his wife died in childbirth. Dodd suggested honoring men like her father in 1909 after listening to a sermon about Mother's Day.

The first Father's Day took place the next year on June 19, her father's birthday. In the years following, many congressional resolutions proclaimed a national Father's Day. The holiday only became official, however, in 1972 when President Richard Nixon signed a presidential resolution declaring Father's Day as the third Sunday in June.

While Mother's Day is the biggest holiday for phone calls, Father's Day is the busiest for collect calls.

HAPPENINGS AT COLONIAL GARDENS

CORE WEEKLY ACTIVITIES

MONDAY- Current Events,
Bingo, Dice Game

Tuesday- Manicures, Movie
Hour

Wednesday- Lunch Trip,
Bingo, Trivia

Thursday - Book Review,
Social Hour, Crossword Puzzle

Friday - Prot. Communion,
Mass, Jingo

Saturday - Bingo

Sunday - Chapel Service

Activities such as ceramics,
chair volleyball, arts and crafts,
jingo, horse racing, ice cream
socials, health discussions and
card games are scheduled
throughout the month at
various times. Copies of the
current weekly schedule are kept
at the front desk in the Gardens.



Brainteaser

Question: A man shaves
several times a day, but still has
a beard. How is this possible?

Answer: The bearded man is
a barber.

Free Health Management Services

Colonial Heights is fortunate
to have a free management
service available on an outgoing
basis. On the first Thursday of
every month from 12:00-1:00
pm, pharmacists from Ruwe
Family and senior pharmacy
students from the U.C. College
of Pharmacy meet with the
residents in the library to
provide personal and private
consultations regarding their
medications, blood pressure,
blood sugar and other issues
affecting their health and
well-being. The program is
provided free due to a funding
grant meant to enable aging in
place for older adults. The goal
of the program is to help our
residents to remain as
independent as possible, prevent
illness and hospitalizations, and
stay in their apartment home as
long as possible. Make sure and
stop in the next time they
are here.



Resident Managers
Tom and Beth Wood

Tom and Beth Wood are the
resident night managers from
10 p.m. to 8 a.m. They are
available to help you in an
emergency situation. Emergency
situations include the following:
overnight emergency
maintenance issues (including
heating and air-conditioning,
water leaks, overflowing toilets);
medical situations (falls or very
basic first-aid treatment);
security and safety issues. You
can reach Beth and Tom by
either pulling the emergency
cord located in your apartment
or by calling them at
(859) 468-3843 or 525-6900.

Please remember that Tom
and Beth are not able to provide
emergency medical care but will
help you call 911 if necessary
and wait with you until they
arrive.

Terry Shetler, a fellow
resident, also helps the resident
managers during their off days
or when they are on vacation. So
don't be surprised if you see him
instead of Beth or Tom at your
door responding to your
emergency.

Director's Corner

To the Residents of Colonial Heights and Gardens,

Back in March, I would never have guessed the enormity of the Covid-19 virus and how it would impact our country and the world. I cannot say enough positive things in relation to how diligent our staff and residents have worked to protect our community. I am very appreciative.

I know one question that remains unanswered is where do we go from here? Short of an

effective vaccine being developed, we have no choice, in order to stay safe, than to continue with many of the precautionary measures that we now have in place. This is especially true in relation to masks and social distancing. That being said, we continue to monitor the CDC guideline and will relax what restrictions that we can, if it does not impact safety.

Sincerely,
Ken



June Is Dairy Month

Consuming milk and other dairy products—such as cheese, ice cream and yogurt—can be essential for good health. Dairy products are packed full of nutrients, including calcium, protein, riboflavin, niacin and vitamins A, D, B6 and B12. We all know that consuming the recommended daily allowance will build and maintain strong bones and prevent bone loss, but studies have also shown that eating low-fat dairy products can even lower blood pressure, help control weight and help prevent colon cancer.



Yummy looks good!

Father Figures

Sometimes, the dads we see on television impact our lives as much as our own parents. This Father's Day, take a trip down memory lane and remember these fictional fathers:

Andy Taylor. On "The Andy Griffith Show," Sheriff Taylor (Andy Griffith) was a widowed father raising his son, Opie, in the fictional small town of Mayberry, N.C. Taylor often showed his dedication to Opie, taking him fishing and teaching him life lessons.

Howard Cunningham. Set in the 1950s, "Happy Days" featured Mr. Cunningham (Tom Bosley) as the loving authority figure of his household. In addition to parenting his own children with poise, "Mr. C" frequently gave fatherly advice to his son's friends.

Charles Ingalls. Lovingly called "Pa" by his daughters, Charles Ingalls (Michael Landon) was an upstanding member of the community in "Little House on the Prairie." As a frontier man, Ingalls showed strength, wisdom and compassion.

Tim Taylor. The '90s brought a pattern of well-meaning but often inept TV dads, including the clumsy Tim "The Tool Man" Taylor (Tim Allen) of "Home Improvement." Faced with the challenge of raising three energetic sons, Taylor and his wife, Jill, often sought advice from their wise neighbor, Wilson.

Find the Freshest Fruit

A fresh fruit salad is one of the highlights of summer cuisine. Use your senses of sight, touch and smell to select the tastiest and freshest produce.

Blueberries. Pick berries that are firm, plump and completely blue, with no red tint.

Cantaloupes. The melons should have a sweet smell and be cream or golden in color, not green. Avoid fruits with soft spots.

Cherries. Choose those that are plump and shiny. Cherries with intact stems will stay fresh longer.

Grapes. The best specimens will be firm, plump and heavy for their size. They should be firmly attached to the stems, which should be green, not brown and dried out.

Kiwifruits. Avoid fruits that are either rock hard or mushy, instead selecting those that give slightly when pressed.

Peaches. Choose fragrant, deeply colored fruits that are just a little soft at the stem end.

Strawberries. Select small to medium-sized strawberries that are fragrant, shiny and fully red, with no white at the top. The freshest will still have green stems.

Watermelons. The ripest melon will have a large yellow spot on one side where it sat on the ground, be heavy for its size, and sound hollow when you tap it with your knuckles.



The Origins of Wedding Traditions

Traditionally, June is a popular month for couples to say "I do." Take a look at some wedding customs and how they began.

The shower. The popular gift-giving party has roots in Holland where, centuries ago, a young woman's father refused to give her a dowry because he didn't approve of her fiancé. Friends stepped in and showered the couple with gifts to start their new home.

The ring. The circular shape of the wedding ring has symbolized everlasting love for thousands of years, but why is it worn on the third finger of the left hand? Ancient Romans believed a vein in that finger ran directly to the heart.

The cake. During the Roman Empire, wedding cakes were baked with wheat or barley and crumbled over the bride to symbolize fertility. Guests would rush for pieces to take home for luck.

The bouquet. Before the use of flowers, brides' bouquets were made of aromatic herbs, such as garlic and thyme, which were meant to drive away bad luck.

Protect Your Pets From the Heat

When temperatures soar, keep your pet safe with these summertime tips:

Cool and comfortable. Keep your pet indoors, and be sure to provide plenty of fresh, cool water. Add an ice cube or two to their water bowl for a refreshing treat.

Car caution. Never leave your pet in a vehicle unattended. Even with a window rolled down, the temperature inside a car can rise well over 100 degrees within just 10 minutes on an 85-degree day.

Paw protection. If you can't comfortably place the back of your hand on the ground, it's too hot for your pet's sensitive paws. Try to walk your dog in the morning and evening, when it's cooler outside. Grassy areas are safer than sidewalks or pavement, and stick to shaded areas when possible.

Symptom check. Dogs and cats do not tolerate heat as well as humans do. Know the signs of heatstroke, which include excessive panting, vomiting, a racing heart, and intense lethargy or sluggishness. Keep an eye on your pet and call your vet if you have any questions or concerns about their behavior.



Spiritual Corner

Here enters June in all its rich splendor! As the rain clouds clear and the sun shines down the earth begins to warm. I sit on my front porch swing in the morning and the whole of creation around me seems to be celebrating. This last couple of months has taken us all by surprise. The circumstances halting everything in each of our lives that brings normalcy. Those things that brought comfort to our hearts without us even realizing how important they were are now missed. Sitting near a friend, hugging, seeing people we love. Yet as I sit on my porch hearing and seeing the beauty unfold around me I find the deepest of Joy in my heart. I feel grateful to our Father in Heaven for His all encompassing perfect creation. How He loved and thought of us as He spoke this world into being. Can you just imagine for one moment the Joy our Father must have felt as He brought with all His wisdom this world together, for us? For I know he must have thought of us and the happiness that would overcome us as we felt summer enter our hearts.

With Love,
Cindy Lowe / Assisting
Chaplain

He thought of me when He created bright yellow flowers that seem to dance on their thin stems reaching out to the sun for new life, and the birds I watch as they secretly return to their nests bringing food to their new babies. Fruit beginning to show on trees with their blossoms blanketing the ground beneath.

All this new life, and the welcoming earth is not lost to my spirit. In our Father's everlasting love for us He created nature to always, season after season, remind and assure us of His care.

"God put light in the sky to serve as seasons and days and years" Genesis 1:14. " Then I shall give you rain in their season, so the land will yield its produce and the trees will bear their fruit." Leviticus 26:4.

Our Lord is our good Father who thought of everything. He knew in these times when our lives would lose our normal, hearts would need a creation that continues through the ages to speak of His presence.



Note From Yuvonne!

Just a little reminder it is so important that you wear your mask in all the common areas. We have been so blessed not to have any cases of the Corona Virus. It takes all of us to make sure that we do not have any cases. Washing your hands and wearing your masks and stay 6ft. apart. I would like to Thank

Alicia for making those announcements, every day to keep us updated. Everyone is doing a great job. It takes all of us to keep each other healthy. We have awesome residents and a great staff.





Heights' Birthdays

- 6-2 Aurelia Fitzpatrick
- 6-2 Ed Richie
- 6-14 Joanne Brady
- 6-15 Jean White 100!!!!!!!!
- 6-17 Verna Cornett
- 6-18 Anabelle Selman
- 6-19 Louise Bennett
- 6-23 Thelma Sturgeon
- 6-24 Charlie Walz
- 6-27 Steve Jackson
- 6-27 Ruth Walling
- 6-28 Mae Puro
- 6-28 Deanna Seshier
- Gardens' Birthdays
- 6-2 Helen Hedger
- 6-3 Barb Harris
- 6-18 George Frommeyer



Note From Housekeeping

Residents: The housekeeping staff would like to thank you for cooperating with them on your cleaning day. It is very important that all residents leave their apartments while being cleaned, this way everyone stays safe and healthy. We have a good housekeeping staff let's help them as much as we can.



Note From Dining Room

Residents: Thank You for being so understanding about the food deliveries. It is really hard trying to keep all the menus in order. If you did not get something that you ordered, all you have to do is call the dining room; they will bring it to you on their next trip up. Please be kind to whoever delivers your food; this is a very hard job and they do the best they can do. Do not take food or drinks off the carts as they are delivering because it causes confusion. Let's all try and cooperate in this matter until this is over and we are back to normal.

Carolyn's Hair Salon

Shampoo - Cut - Blow Dry \$28
 Shampoo - Set \$20
 Shampoo - Set - Cut \$36
 Shampoo - Cut \$18
 Color - Set \$43
 Color - Set -Cut \$55
 Perm \$70
 Mens (clippers) \$14
 Mens (scissors) \$17
 Call Carolyn to make an appointment
 at 859-653-4697



Naming Your Car

Baby, Betsy, Betty and the Beast ... In America, those are among the most popular names—for cars! Surveys consistently show that many drivers consider their vehicle a family member and name their four-wheeled friend.

Who knows the name of Pam Asher's car? If you know her car name, write your name and her car name down. Give it to Pam Asher. She will put your answer in a drawing. Drawing will be announced on Monday, June 22 during the announcements.

Hello Colonial Heights' Family - From Pam Asher

I want to give everyone a big THANK YOU!! Thank you so much for being patient and understandable with the change of the wellness room hours and activities. I have learned to be thankful during this pandemic time. As much as I miss having our normal group activities, I've been enjoying doing door to door activities, because I've been able to get to know more of the family at Colonial Heights. I have also seen many residents show they care for each other. I would never have had this opportunity if it wasn't for this bad situation we're in.

I love the quote from Mr. Rogers "Often when you think you're at the end of things, you're at the beginning of something else!" So true!! Yvonne and I are planning social events, outings, and different activities.

Pam H and Pam A are planning a "Berry Bubbly Coming Out Celebration" wine tasting event, when our dining room is open again!! I'm in hopes that all of you at Colonial Heights feel you belong to this family, because you do!! So PLEASE when the dining room is open and activities are back in running, come out and be involved in other people's lives because it will be a benefit for your own well being because God made us to serve, not to be served.



Butterfly Beauties

With their delicate, colorful wings and fluttering, graceful flight, butterflies are some of the most beautiful and fascinating creatures to watch. Here are some common species you may spot this summer:

Monarch. One of the most well-known butterflies, this orange and black beauty is a familiar sight throughout the U.S. and Canada. Every year, millions of monarchs famously migrate thousands of miles to Mexico and the California and Gulf coasts.

Painted lady. Also called the cosmopolitan since it is found on nearly every continent, the painted lady is orange with brown-tipped wings and black and white spots.

Swallowtail. North America is home to dozens of varieties of this big, colorful butterfly, which is easily recognizable by its "tails" extending from the hind wings.

Sulphur. These small, pale-colored butterflies—typically found in white, yellow, orange and green hues—are sometimes seen as pests by farmers, but are popular and easy to attract to butterfly gardens.

Refreshing Watermelon

Sweet and juicy, watermelon is a taste of summer. The refreshing snack is 92 percent water, so it can quench your thirst and cool you off when the temperature soars.

Watermelon is usually considered a fruit, but it has some properties of a vegetable. It is a member of the gourd family and related to cucumbers, squash and pumpkins. Therefore, some say it can be classified as both a fruit and a vegetable.

What is not debatable is the nutrition packed into watermelon. Its ripe red color comes from high levels of lycopene, an antioxidant that has been linked to a decreased risk of heart disease and cancer, and may protect the skin from sun damage. Watermelon is also a good source of potassium and vitamins A, B-6 and C.

More than 1,200 varieties of watermelon are grown worldwide. While most types have a deep green rind and red or pink flesh, some varieties have an orange, yellow or white interior. Usually sliced into wedges or cubed, watermelon can also be served up in salads and blended into juices or smoothies. Every part of the melon can be eaten, even the rind and seeds.

Watermelon is grown in most U.S. states, with Florida, Texas, California, Georgia and Arizona leading production.

