

June 2021



Embassy of Winchester
AN EMBASSY HEALTHCARE COMMUNITY

Newsletter



National Men's Health Week: June 14-20

The purpose of National Men's Health Week is to raise awareness of preventable health problems and encourage early detection and treatment of physical and mental disease among men. According to CDC, women are 100% more likely to visit the doctor for annual examinations and preventive services than men. This may contribute to the fact that men have a life expectancy five years less than women. For National Men's Health Week this year, we encourage men to seek regular medical advice and treatment for disease and injury.



Celebrating Dads on Father's Day

On Sunday, June 20, say "Happy Father's Day" to all of the fathers in your life! Thank you, grandfathers, dads, step and foster dads, uncles, brothers, and male figures in your life, for all of your love, support, guidance, life lessons and *silly dad jokes*.

While the origin of the term "dad joke" is unknown, dad jokes are easily identified as being overly-simplistic and intended to provoke an exasperated reaction. A dad joke is often a pun, presented as a one-liner, or as a question-and-answer joke. In honor of Father's Day, we have collected some of the best "dad jokes" from boredpanda.com.

Today my dad asked me, "Can I have a book mark?" and I burst into tears. Eleven years old and he still doesn't know my name is Brian.

*What do you call someone with no body and no nose?
Nobody knows.*

I'm reading a book about anti-gravity. It's impossible to put down!

My friend keeps saying, "Cheer up man, it could be worse, you could be stuck underground in a hole full of water." I know he means well.

*Which days are the strongest? Saturday and Sunday.
Monday through Friday are weekdays.*

June 17-24: Nursing Assistants Week

Nursing Assistants work very hard to help patients meet their basic needs. They offer comfort and support, and work one-on-one with patients, getting to know them better than some of the other medical staff. They use this knowledge to make things easier for the patient as well as to help other staff members treat each patient.

In addition, they work with nursing staff, often assisting with anything that comes up at a moment's notice.

There are ways patients, staff, and employers can show their gratitude and recognize the efforts of Nursing Assistants. Many choose to send a candy, flowers, a gift card or a simple thank you note or letter to the Nursing Assistant.

This heartfelt thank you can often help a Nursing Assistant stay motivated, knowing what they do really does make a difference for many people.



A Letter from the Administrator

I want to thank the activity department for all their hard work during these trying days. We look forward to being able to have the Churches, entertainment, and more visitors in the coming months.



We hope to be able to load up the bus and take residents shopping, out to eat, and maybe to the zoo. With the pandemic, these outings did not happen, and our residents are so in need to get out and about. We will be doing more activities outside in the front parking lot, and have just purchased a new corn hole game.

We will be celebrating **National Lemonade Day, June 5th**, and on **June 20th on Father's Day** we will be serving coffee and donuts for our Father's.

National Nursing Assistant Week is June 17-24, and the residents will be happy to thank all those staff members that make their lives a little easier.

I also want to **THANK all the employees who participate in the weekly parades on Fridays**. To watch the residents dancing in their chairs or dancing and singing along brings joy to our hearts. We have several residents that make sure they are out of bed and in their doorways to sing-a-long. They love the costumes we wear and they enjoy dancing down the halls with us.

We are proud to announce the opening of our new Behavior unit in our East building. We will be adding a fenced in area for outdoor activities, with picnic tables and are hoping to include a basketball hoop! We are currently working on new activity programming to help keep our new residents engaged.

National Cancer Survivors Day



National Cancer Survivors Day, June 7, is a celebration of life that is held around the world on the first Sunday in June. It is a celebration of those who have survived, and hope for those who are still battling their illness.

Did you know:

In America there are more than 16.9 million cancer survivors, which is approximately 5% of all Americans?

Support groups for cancer survivors can be helpful places where you can talk to other people with similar experiences. By uniting to recognize cancer survivors and raise awareness of the ongoing challenges cancer survivors face, we're able to acknowledge and celebrate their fortitude and strength.

Go Nuts for Doughnut Day!

Did you know there are two doughnut holidays each year? The first is on the first Friday in June and the second is in November. The Salvation Army is said to have created the date celebrated in June, known as "Doughnut Day" as a fundraiser to honor the women, known as "doughnut lassies," who originally delivered fried up tasty dough balls in service-issued helmets to soldiers during WWI.

"Doughnut" is now commonly spelled "donut" due to increased appearance in popular culture, such as *The Simpsons* and Dunkin Donuts. Due to their mainstream growth and tastiness, the basic doughnut has evolved! In novelty boutique bakeries like Voodoo Doughnuts, you can find exotic doughnut creations filled with combinations of pie filling, jellies, and creams and topped with cereal, candy, and flavored drizzles. However, some people will always argue that nothing beats a fresh, off-the-line, glazed Krispy Kreme doughnut!

Whether you enjoy a cinnamon twist, apple-maple-bacon round, cruller, long john, Boston crème, bear claw, jelly, coconut, sprinkles, or powdered sugar doughnut holes, there is bound to be a doughnut for everyone! With so many delicious varieties to choose from, what doughnut are you reaching for on Friday, June 4?



Pen Pal Day is June 1!

June 1 is the nationally recognized day to celebrate pen pals. Nothing beats receiving a personal letter in the mail!

Whether it is a life-long friend, soldier, family member, or someone you have never met, receiving a personal correspondence can brighten up your whole day. With some of the social distancing guidelines still in effect, now is the perfect time to put pen to paper, reach out, and become pen pals with a senior living resident, a veteran, a grandchild, a family member, an old friend or neighbor.

Here are six reasons to write to your pen pal:

- Reflection promotes self-care.
- Enjoy new friendships, or maintain old ones.
- Express creativity.
- Connectivity with those you cannot see in person.
- Opportunity to deepen your understanding of people from different walks of life.
- Creation of keepsakes and memories.

Have fun with colorful pens and stationery or go digital and connect via email and get writing today! Consider including drawings, doodles and writing to your pen pal about personal life events, memories, and ideas.





Hydration Day: June 23

Maintaining adequate hydration is an essential component of health at every stage of life, yet can become more challenging as we grow older. For seniors, proper hydration has been associated with fewer falls, less constipation, better recoveries in orthopedic patients, reduced risk of bladder cancer in men and lower rates of fatal heart disease. Getting enough water in your body will prevent you from getting dehydrated.

Tips to increase hydration:

- Speak to your physician to find out how much water you should consume
- Keep a hydration log where you can easily update it
- Take sips rather than gulping down water all at once
- Drink steadily throughout the day especially, if you are active or older
- Carry a water bottle with you, so it is readily available
- Infuse water with flavor by using mint, vegetables (cucumber or celery), and/or fruits (citrus or berries)

Signs of dehydration include:

- Fatigue/stiff joints/muscle weakness
- Dry mouth or lips
- Cramps/constipation
- Headache/dizziness
- Dark/odorous urine

June – Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

T	G	R	Q	N	Q	H	A	T	J	G	M	D	R	O
H	A	N	U	R	S	E	M	R	O	I	C	O	G	R
E	P	X	U	C	E	J	Q	O	G	N	P	U	R	U
A	P	S	R	A	A	C	V	D	F	F	P	G	A	E
L	R	D	O	B	S	T	L	C	W	U	E	H	T	X
T	E	D	B	V	X	S	A	V	B	S	N	N	I	R
H	C	T	A	K	N	W	I	R	I	E	P	U	T	X
L	I	V	W	A	T	E	R	S	A	T	A	T	U	L
E	A	U	A	X	X	R	L	M	T	C	L	R	D	W
H	T	V	R	G	R	A	N	D	F	A	T	H	E	R
M	E	E	E	F	Y	A	D	R	D	X	N	V	Z	Z
T	B	F	N	Q	W	O	C	X	F	I	E	T	N	R
A	B	M	E	N	R	H	Y	D	R	A	T	E	R	Y
E	Y	F	S	P	G	G	S	U	R	V	I	V	O	R
J	K	Q	S	E	E	G	D	H	I	K	S	H	A	C

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|------------|-------------|-----------|--------|----------|
| APPRECIATE | CATARACT | GRATITUDE | INFUSE | PEN PAL |
| ASSISTANT | DOUGHNUT | HEALTH | MEN | SURVIVOR |
| AWARENESS | GRANDFATHER | HYDRATE | NURSE | WATER |