

FAIRVIEW NEWS

July 2017

.....
The Latest Fairview
News, Announcements,
Special Event Dates &
much more.

WE WILL
STAND
STRONG
*Because
Together*
we **are**
one

Happy July 4th

LOOK INSIDE!

A special inside
look of our facility.

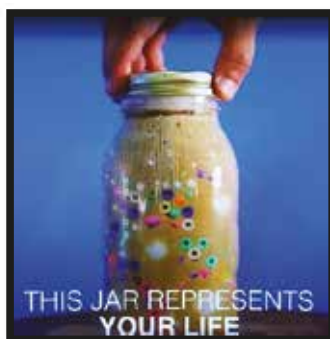


A Note from The Desk of the Administrator

- Ms. Bein

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A teacher was able to teach the students a valuable lesson about life with a mason jar, ping pong balls, beads, sand and a beer. And the response was overwhelmingly positive.

The teacher pulls out a mason jar and says, "This jar represents your life." The teacher starts by placing the ping pong balls in the mason jar and asks the students if the jar is full. They say yes. Then the teacher adds the beads to the jar and asks them if the jar is full. Again, the students reply with yes. He then pours sand into the jar which fills into all the tiny crevices. He asks his students for the third time, "Is the jar full?" The students, once again, say yes.

The students believe the jar to be completely full when the teacher pours a beer into the jar which soaks into the sand. The teacher says that this jar represents everything in your life. The ping pong balls are the most important things in your life like family, friends and love. The beads are all of the secondary, material things in your life like your car, house and job. The sand represents everything else. All of the small possessions in your life.

If you put the sand in first nothing else will fit. If you fill the jar with beads or sand you won't have room for the ping pong balls. The same thing happens in life. The lesson is to make sure you put the people that matter most in your life first and you will have room for the other small luxuries that life has to offer.

"What does the beer represent?" a student asked. The teacher said "It goes to show that no matter how full your life may be, there is always room for a beer with a friend." Put the people we love first, everything else second and always make time for fun with a friend. This is a great life lesson we all need to hear no matter our age.

Phone: (718) 263-4600

**Address: 69-70 Grand Central Pkwy,
Forest Hills, NY 11375**



Nursing News



A Message from Our Director of Nursing



Nadene Lewis-McCook, RN, MSN.

Dear Team,

Welcome to the month of July! Please remember to keep our residents adequately hydrated. Kindly drink lots of water and remember, have an ice cream cone once per week.



NURSING DEPARTMENT HIGHLIGHTS

- Congratulations to our “Frontline Employee” for the month of June: Maria Sabrina Calingasan, LPN who is recognized for her dedication to the Nursing Profession and Fairview Nursing Care Center. Sabrina, we celebrate you!
- Honorary Nursing Staff with Special Mention: Donaldo Nazario, LPN, Wilma Miranda, LPN, *David Gaviola, LPN, and Joy Mensah, CNA.
- We welcome all new employees to our Fairview Team, and wish you a long professional journey with us.

Let's enjoy the summer. Stay cool!

Warm Regards,

Nadene Lewis-McCook, RN, MSN.





A Message from Our Director of Rehab



Rehabilitation to many people is all about maintaining, improving, strengthening physical and cognitive ability. The rehabilitation team at Fairview Nursing Care Center goes above and beyond to better serve and assist our resident's needs and goals. We want to make them feel at home, secure and empowered while on the road to recuperation. Our department provides excellent physical, occupational and speech therapy.



The moment residents arrive, they are warmly welcomed by the rehabilitation team. Every resident is carefully evaluated based on their condition followed by creating specific rehabilitation plans and goals that will address all of their needs at home and in their community. The Physical Therapy team here at Fairview helps with building strength, balance and endurance to ensure overall fitness. Experienced therapists teach proper breathing techniques to ensure efficiency when using the body's energy. We want to improve their movements by decreasing and managing pain levels.



Our occupational therapy (OT) team works with residents regaining skills for daily living such as bathing, eating and recreational activities at home and work settings. These professionals are also trained to address developmental, social, psychological and emotional effects caused by an injury and illness. We also focus on setting up group therapies that aim to develop our resident's needs to become as independent as possible. Here at Fairview Nursing Care, we encourage independency by using adaptive equipment such as walkers and wheelchairs that are provided by the OT staff.



Speech therapy encompasses disorders that affect an individual's speech, language, cognition, voice, and or swallowing. Our team of speech language pathologist are part of the multidisciplinary team and will develop and implement individualized treatment plan for each patient to facilitate functional communication and aid swallowing and cough problems all to improve quality of life. Speech language services include evaluation, evidence based practice treatment, rehabilitation/habilitation.

The rehabilitation department at Fairview Nursing Care Center aims to provide the best possible care by bridging our residents back to their independence in all settings. We want to leave something special to our resident through the treatments and interventions that we give every session.

Beatrice Driz
Director of Rehab



We Encourage You To Visit Our Facility



A Message from the Director of Psychotherapy & Communications

- Avi Pleshtiyev, LMSW



Breathing Exercises to Lower Stress in 10 Minutes or Less

Over-worked, under-slept, and feeling pressure? We know beyond any doubt stress can be detrimental to our health, and the fact is that many people are now reporting feeling stressed and nervous. It might be work-related, family issues or simply having a lot on our plates, but stress is something we need to combat if we are to lead healthy, happy lives. There are plenty of ways to find peace without investing in a 90-minute massage. Turns out all you need is a pair of healthy lungs, your breath, and 10 minutes or less. Here are four expert-approved ways from Adrenal fatigue solution to relax, using breathing techniques borrowed from yoga, meditation, and even the therapist's chair.

Belly Breathing

Belly Breathing is the most basic of the breathing methods we have at our disposal, and therefore is the one you should master before trying out the others. It's very simple, and requires just a few steps:

1. Sit down comfortably, or lay down on a yoga mat, depending on your personal preference.
2. Place one of your hands on your stomach, just below your ribcage. Place the second hand over your chest.
3. Breathe in deeply through your nostrils, letting your first hand be pushed out by your stomach. You should find that your chest stays stationary.
4. Breathe out through your lips, pursing them as if you were about to whistle. Gently guide the hand on your stomach inwards, helping to press out the breath.
5. Slowly repeat between 3 and 10 times.

Morning Breathing

This method is called Morning Breathing and, as the name suggests, should be practiced once you have woken up. It aims to relax your muscles after a good night's sleep, and will help you to minimize tension for the remainder of the day – so you can start as you mean to go on. Here are the steps to follow:

1. Stand up straight and, slightly bending your knees, bend your torso forward from the waist. Your arms should be hanging close to the floor, limply.
2. Take a breath in slowly, returning to your original standing position. Your head should be the last thing to straighten up.
3. Exhale, returning to the position of being bent forward by the end of your exhale. Stand up straight once you have finished, stretching your muscles as required.

4-7-8 Breathing

The method which we call 4-7-8 Breathing also requires you to be sitting down or lying comfortably. Here are the steps you need to follow:

1. Get into the same position as you did for the Belly Breathing exercise, with one hand on your stomach and one on your chest.
2. Breathe in slowly but deeply. Take 4 seconds to breathe in, feeling your stomach move in the process.
3. Hold your breath for 7 seconds.
4. Breathe out as silently as you can manage, taking 8 seconds. Once you reach 8, you should have emptied your lungs of air.
5. Repeat as many times as you need, making sure to stick to the 4-7-8 pattern.

Roll Breathing

If you are looking for a breathing exercise which you can do comfortably sitting down, try the Roll Breathing method. Its aim is not just to relax, but also to encourage the full use of your lung capacity. Beginners are advised to lie down, but after your first time you should find it just as easy to sit and complete this exercise. Follow these steps:

1. Position yourself with your left hand on your stomach, and place your right hand over your chest. Your hands should move as you inhale and exhale.
2. Take a deep breath from your lower lungs; breathe slowly, ensuring that the hand over your chest doesn't move as you take the breath. Make sure you are using your nose to breathe in, and then exhale using your mouth.
3. Repeat the deep breath up to 8 times. On the ninth repetition, once you have filled your lower lungs, take a breath which will move your chest up, as you would normally breathe. This will fill your entire lung capacity.
4. Gently exhale through your mouth, being sure to empty your lungs as you do so. While you exhale, make a small whooshing noise. You should notice that both of your hands are moving back towards your body, as your stomach and chest fall.
5. You should practice this method for between 4 and 5 minutes. When you exhale, you should be able to feel a tangible difference in your stress levels.



Social Work

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- Ineka Wedderburn
Director of Social Work



A Message from Our Director of Social Work

The Responsibility of a Social worker:

In a nursing home, a social worker might provide group or individual therapy or help patients adjust to the changes related to their illness. If the patient is not expected to go home, the social worker can help him deal with grief, loss, life changes or depression. The social worker would collaborate with other health care professionals, such as physicians and nurses, to develop a treatment plan that is individualized to the patient.

Direct Services

Direct services social workers help people solve problems. In a nursing home, the social worker is less likely to perform such tasks as referrals for medical care, which are common in other settings. Instead, the social worker will focus on patient education, make referrals for mental health services and coordinate discharge planning when discharge is an option. When patients go home from a nursing home, they may need a variety of services in the home, such as physical therapy, home health care or housekeeping services and meal preparation. The social worker would make all the necessary arrangements for the patient's care after discharge.

End of Life Care

Some patients will not go home from a nursing home, but will spend their remaining days in a facility. In that case, the social worker makes arrangements for services related to end of life care. A patient may need assistance to make a will or arrange a trust for family members. Some patients choose to complete advanced directives — a document that explains the patient's wishes in the event of a medical emergency. Patients may have "unfinished business," such as family estrangements, and turn to a social worker to help with resolving those issues.

Advocacy

The social worker in a nursing home is expected to collaborate with other staff and medical professionals to ensure a patient's wishes are carried out. This is especially important in cases where the patient cannot communicate his wishes or is not competent to make his own decisions. The social worker is also expected to protect the patient from abuse and improve the quality of life whenever possible.



MDS Coordinators



Kelly D'Auria
Registered Nurse
MDS Coordinator

I would like to introduce myself and my team. You may have passed by our second-floor office, possibly wondering what the 'MDS' on the door means. We have been asked if we are doctors (MDs according to our door!) or the social workers, what we do is a bit of a mystery to some.

I am Kelly D'Auria, and my partner Svetlana are MDS Coordinators. Our role as MDS Coordinators is to complete assessments for each resident that will track their progress in our facility, from entry to discharge. These assessments are transmitted to Medicare, Medicaid and the insurance companies as a means of billing. In addition, we provide updates to some insurance companies and handle resident appeals.

I would like to tell you a little about myself, and, in upcoming issues, have you learn a little about each of my team members.

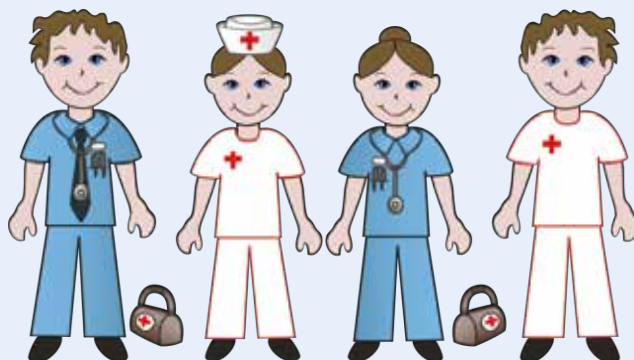
Having been interested in being a nurse for as long as I can remember (as a child constantly playing nurse to any friend or family member who so much as sneezed or bumped into something around me) I was fortunate enough to be accepted into a nursing program at my local high school. Fast forward to today, I am an RN and thoroughly enjoy what I do. Having been a nurse for over 30 years I have been able to acquire a broad range of experience not just in skilled nursing facilities such as Fairview, but in hospitals and home care as well. And although I enjoyed the different experiences I have had, I find myself always returning to skilled nursing facilities. I have found that in facilities such as Fairview, there is more of an opportunity to get to know the residents and their families. Having grown up in a large, extended family, I enjoy being able to do just that.

As I mentioned, our office is on the second floor, right next to the elevator. My extension is 237 and my email is kdauria@fairviewrehab.com. If I can be of help with questions regarding medicare / HMO coverage or appeals please do not hesitate to ask. Stop by the office, call or email me and I will do my best to answer any questions.



Svetlana Iskiyayeva
Registered Nurse
MDS Assessor

Sincerely,
Kelly D'Auria RNC

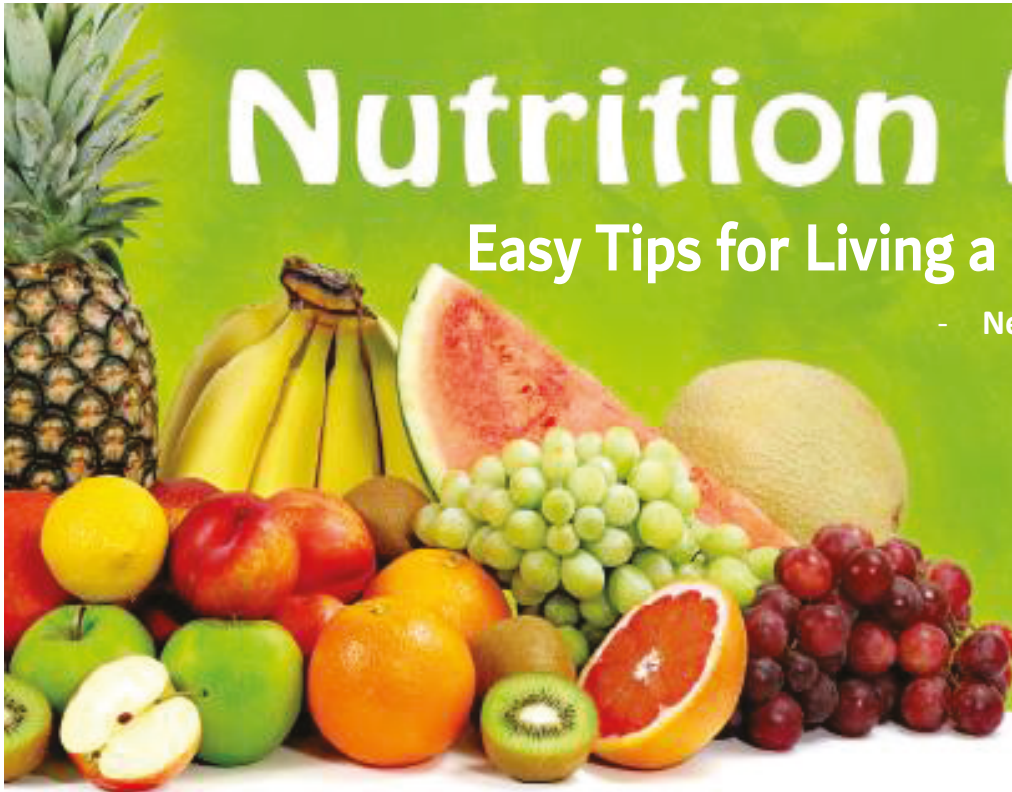


Nutrition News

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Easy Tips for Living a Healthier Lifestyle

- Nella Shaulov, Chief Clinical RD



What is the best way to stay hydrated?

1. Drink water. ...
2. Eat food, especially foods that are high in electrolytes and water.
3. If eating food is not an option, drink a fluid replacement beverage or a sports drink. ...
4. Drink more than the amount of fluid you have lost. ...
5. Do not drink alcohol or excessive amounts of caffeine.

How does your body stay hydrated?

If staying hydrated is difficult for you, here are some tips that can help:

1. Keep a bottle of water with you during the day. ...
2. If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink.
3. Drink water before, during, and after a workout.
4. When you're feeling hungry, drink water.

How quickly can you recover from dehydration?

Drink a rehydration drink, water, juice, or sports drink to replace fluids and minerals. Drink 2 qt (2 L) of cool liquids over the next 2 to 4 hours. You should drink at least 10 glasses of liquid a day to replace lost fluids. You can make an inexpensive rehydration drink at home.



As temperatures soar, warm weather activities can increase the risk for another staple of summer: dehydration. Not getting enough fluids, especially when it is hot outside, can pose serious health problems for anyone, but older adults are at particular risk for dehydration.

Why Seniors Are at Risk

There are a few reasons why older adults are more susceptible to fluid and electrolyte imbalances. With age, our body's ability to conserve water is reduced. This can make it more difficult to adapt to things like fluctuating temperatures. Additionally, the sense of thirst diminishes with age. By the time someone actually *feels* thirsty, essential fluids could already be extremely low.

Certain medical conditions and medications can affect a senior's ability to retain fluids. Individuals with dementia may forget to eat and drink, and in more advanced stages may have difficulty swallowing. Drugs like diuretics, antihistamines, laxatives, antipsychotics and corticosteroids can cause frequent urination that depletes water and electrolytes. Ideally eight 8oz glasses of fluids are suggested, but this may vary due to individuals body weight, fluid needs, medications, and medical conditions. Let's all stay well hydrated and enjoy our summer.



Business Office



Yoni Mechanic
Director of Payroll,
Accounts payable,
Resident Funds

Hey everyone,

Please allow me to introduce myself. My name is Yoni Mechanic, and I manage the Payroll, Accounts Payable, and resident funds departments. My educational background is in finance and psychology. Although I am new here, because everyone has been unbelievably welcoming, it feels like I've always been here. I'm truly humbled and honored to be working with such an amazing, dedicated, and motivated work force. Someone once told me that if you love what you do, then you will always be happy. Seeing all the smiling residents everyday here at Fairview, makes me the happiest man in the world.

Wishing Everyone Much Happiness, Success, and Good Health,



Cemal Balkaya
Medicaid Coordinator

Hello my name is Cemal Balkaya,

I am a Medicaid Coordinator at Fairview Rehab Care. I have twenty-five years of experience working at Nursing Homes. I have worked as of Payroll / AP/Human Resources, finance assistances and Medicaid Coordinator. My current position at Fairview Care Center is Medicaid Coordinator. I always love to help residents who needs my help for their Medicaid applications or any other question regarding payments. They need to get correct information before and after the application. I'm always willing to give my excellent service to the resident's family and the facility. If I do a good job, the residents and the facility will be happy.



Sam Lebovic
Controller

Hi Friends,

My name is Sam, I'm the Controller here in Fairview. I just started working here recently and I already feel like I have been here forever. I appreciate the staff and residents being so welcoming and friendly.

Always happy to greet and meet the residents and it's encouraging to see their smiles. Happy and healthy summer to all the residents and staff.



Yosef Abramovitz
Admissions Director

Dear Readers,

I'd like to take this opportunity to introduce myself. I'm Yosef, the admissions director. I have been a part of Fairview for three incredible years. The admissions department overlooks the smooth transition from the hospital to your stay at Fairview. It is our duty to guarantee that every resident has a peaceful and comfortable stay here. If at any time you may need something, please don't hesitate to stop by my office located on the first floor.



Housekeeping



Francisco Martinez
Housekeeping Coordinator

Dear Residents and Family Members,
In the event that you or your loved one have concerns and/or compliments during your stay here at Fairview, please report them to our Grievance Line at
(718) 263-4600 ext. 213.
For 24-hour Grievance Line please call
(718) 344-0402.
Email: Hotline@fairviewrehab.com
It is our pleasure to serve you!





Therapy Cat

Please welcome Tiki, Fairview's newest addition to our pet therapy family!

Tiki is a 4-month-old Ragdoll owned by Kelly, the MDS Coordinator. She loves people and to be petted. Her favorite things are her treats and her ball.

Throw a ball and she'll chase it around all day long!

Some of you may have already met her, but if not, we'll be sure to visit soon.





Animal Assisted Therapy


A therapist with a wagging tail...

12

A few words from Sophie the Fairview Therapy Dog



Hi friends, just wanted to share my feelings with you and express how your warm smile makes me feel every moment I am with you. I'm overjoyed to wake up every morning knowing I will see so many of my good friends at Fairview. I thank everyone for being so gentle with me and showing me so much love. Yes, I am a working dog and it is my job to give hugs. But to be honest, I think I have the best job in the whole wide world. I love it when you come over to me and pet me and tell me interesting stories or share how your day is going. I love it when you sing songs to me and tell me about your past pets. It makes me so happy hearing your calm voice and seeing you smile. If you see my master Avi and me walking the halls, on the patio or in the elevator, please don't heisted to stop us and say hello. I am really friendly and the only thing I bite are yummy treats. If we haven't met yet, I look forward to getting acquainted really soon.

With Love,
Your Bestie Sophie 
Certified Fairview Therapy Dog



Fairview Resident

"Sophie makes me feel wonderful, relaxed and calm. When she's around I feel free from all my problems. Sophie's fur is very soothing to the human touch."
- Shirley Gleason



Fairview Resident

"Seeing Sophie in the morning when I wake up, brightens my day and makes me feel happy. She was the first friend I made at Fairview."
- Lourdes Verzosa



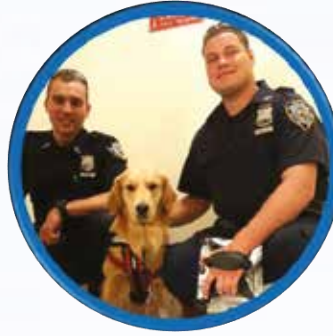
Fairview Resident

"When my Sophie is around, I forget all my worries. I feel great when she shows me affection because a dog gives pure love"
- Myrna Wittlin



Fairview Staff

"If I feel overwhelmed with work I know I can turn to Sophie for a furry hug to help me keep going. Seeing her everyday makes me smile."
- Unit Nurse Coordinator
Malou Molon



NYPD

"Sophie most definitely helps keep people calm, which makes our Job easier. She's certainly one of a kind"
- NYPD



Fairview Staff

"I look forward to the moments when Sophie visits the staff and residents in the rehab room. It surely brightens our day."
- Rehab Physical Therapist
Meet Pota



Meet Some of My Amazing Fairview Friends



NEWS FROM THE RECREATION TEAM

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*"In every day, there are 1,440 minutes.
That means we have 1,440 daily
opportunities to make our residents smile."*

- Recreation Staff

My name is Beatrice Casimir, with almost 16 years of experience working as an Activity Therapist in a recreation department at a nursing facility/Long term care and rehabilitation center; with a background in Psychology, theatre dance and French as well as the completion of a master's program in Recreation education. It is with great pleasure for me to share my knowledge and skills in a nursing home setting that will allow me the opportunity to enhance the quality leisure lifestyle of its residents. The best way to keep seniors happy is to have fun games that keep them engaged in life, and exercising their brains. In addition, it helps visitors feel more at ease and allow closer relationships to develop and gain trust in the recreation leader aiding in stimulating their loved ones. Moreover, having game on an ongoing basis in a nursing facility happens to be a great strategy to get family and friends to visit more often. Therefore, come over for "game night" where one can experience firsthand the great benefits of playing varied table games.

For instance, **Bingo**:

1. Enhances Hand-Eye Coordination
2. Boosts cognitive abilities
3. Improves Physical Health
4. Increases Socialization
5. Accelerates Healing and Recuperation.

Card game in contrast to bingo:

1. Encourages Social Stimulation
2. Challenges Short-Term Memory
3. Uses Multiple Areas of the Brain
4. Incorporates Math and Reasoning

Domino:

1. Improves arithmetic skills
2. Develops Critical Thinking
3. Learns Strategy



In conclusion having older seniors participate in cognitive activities helps to enhance their minds and keep it active. Most importantly, activities for the elderly must always be age-appropriate so that they can maintain their individualized self-respect and dignity. My goal at Fairview is in making sure that its residents are well stimulated in that the four domains are being addressed (i.e., cognitive, emotional, spiritual and social). The activities design for them is of their own input, something they like due to its familiarity, and derive flow as they are enjoying themselves alongside their peers through socialization. So having been given the opportunity to expand on my skills at Fairview is both a joy and a privilege for I am all about bringing joy and stimulating the elderly in improving their quality of life.



"A Picture Is Worth a Thousand Words"





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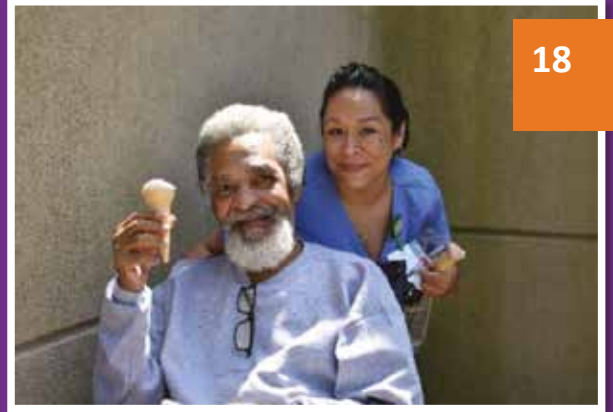
United We Stand as One





Together We Achieve More





The Fairview Resident & Family Ice Cream Social Event





Enjoying Summer Days on The Fairview Patio





Together We Can Make a Difference



What Are Residents Saying About Us?

Don't just take it from us, let our residents share with you their experience at Fairview.



Resident Council President
Mr. Henry Burrell

Hi there, I'm Henry Burrell the Resident Council President. During my employed years, I have worked for the department of Justice, federal bureau of investigations. Throughout my adolescence years, I studies music and performed for many diverse audiences, one of which was nursing homes. As a young fellow, I always hoped to never end up in a nursing home and here is where my story begins.

Twenty years ago, I was in a terrible accident which resulted in losing both of my legs. I was devastated. My life completely changed. I was going in and out of hospitals and couldn't find peace. One Tuesday morning, I remember speaking to a social worker who suggested I go to a nursing home/rehabilitation center to learn how to work with a wheelchair and try to normalize my traumatic situation. I was devastated. I didn't want to go to a nursing home. I was scared to experience unfamiliar territory. Regardless of my feelings, I decided to give it a try.

Coming to Fairview showed me a different side of people. My doctors and nurses took such good care of me. They encouraged me to try hard during my rehabilitation and the recreational staff consistently uplifted my spirit with various programs and activities. I can honestly say as a resident who has been a part of Fairview for over 20 years, this place is dear to my heart and this is a place where I call home. I love my Fairview family.



Resident Council Vice President
Mrs. Carol Marcus

I'd like to take this opportunity to introduce myself and share with you my experience as a resident at Fairview. My name is Carol Marcus, Vice President of Resident Council. During my working years, I practiced as a poverty lawyer and assisted individuals in need of an attorney who weren't fortunate enough to pay for one.

As a working person, I also struggled with depression. I had negative feelings and thoughts inside me and felt that the world was a terrible place where hope didn't exist. I was miserable and alone. Then that moment which everyone hopes never comes, came. I had a mental breakdown. I was hospitalized and treated by doctors for my severe depression.

I needed help but didn't know who to turn to for assistance. Fairview was recommended to me by a staff member of the hospital I was staying in. I was hesitant at first but agreed to join anyway. I was willing to try anything that can help me feel better emotionally.

During my stay here at Fairview, I met incredible people, both staff and residents. I made friends and slowly started to feel part of a community. My nurse helped me help myself and taught me skills that weren't practiced in a long time. She helped me regain control over my life and for that I am grateful. There are people out there who have good hearts and are willing to help. I was helped and I am glad I made the decision to be part of the Fairview family.



Resident Council Member
Mrs. Ida Corsini

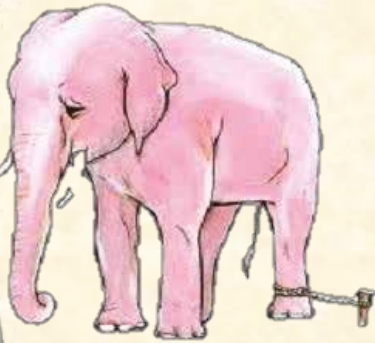
Dear readers, I'm Ida Corsini, Member of the resident council. I'd like to share my background with you and tell you a little about my experience here at Fairview. I was born in America and worked on Wall Street. I met my husband and was lucky to have three incredible children and two beautiful German Shepherd dogs, who of course are considered part of the family. I always enjoyed cooking and being with my family.

Before coming to Fairview, I was severely ill and needed help getting back on my feet, literally speaking. I was under weight and had very weak body strength to do basic chores around the house. It was the most horrible time I have ever experienced. My family was supportive but couldn't provide me with the help I needed to be able to do the things I always took for granted like cooking and taking long walks. I was always an active person and it pained me that I was losing the ability to live life to the fullest. That all changed when I came to Fairview.

I remember my first night at Fairview like it was yesterday. I was nervous. I didn't know anyone and didn't know what to expect. David my incredible nurse who I appreciate very much, came over to me and gently asked if I wanted a hot cup of tea or a sandwich. When he asked me that, my heart melted. I felt like I was at home. The staff are so sweet to me and treat me with respect and care. The staff here work so hard and they give me a genuine feeling that they truly care for our wellbeing.

**YOU'RE
STRONGER
THAN YOU
KNOW.**

The Elephant And The Rope



Get ready to be inspired!

A gentleman was walking through an elephant camp, and he spotted that the elephants weren't being kept in cages or held by the use of chains. All that was holding them back from escaping the camp, was a small piece of rope tied to one of their legs.

As the man gazed upon the elephants, he was completely confused as to why the elephants didn't just use their strength to break the rope and escape the camp. They could easily have done so, but instead they didn't try to at all.

Curious and wanting to know the answer, he asked a trainer nearby why the elephants were just standing there and never tried to escape.

The trainer replied;

"when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

The only reason that the elephants weren't breaking free and escaping from the camp was because over time they adopted the belief that it just wasn't possible.

Moral of the story: No matter how much the world tries to hold you back, always continue with the belief that what you want to achieve is possible. Believing you can become successful is the most important step in actually achieving it.

As a group of frogs were traveling through the woods, two of them fell into a deep pit. When the other frogs crowded around the pit and saw how deep it was, they told the two frogs that there was no hope left for them.

However, the two frogs decided to ignore what the others were saying and they proceeded to try and jump out of the pit. Despite their efforts, the group of frogs at the top of the pit were still saying that they should just give up. That they would never make it out.

Eventually, one of the frogs took heed to what the others were saying and he gave up, falling down to his death. The other frog continued to jump as hard as he could. Again, the crowd of frogs yelled at him to stop the pain and just die.

He jumped even harder and finally made it out. When he got out, the other frogs said, "Did you not hear us?"

The frog explained to them that he was deaf. He thought they were encouraging him the entire time.

Moral of the story: People's words can have a big effect on other's lives. Think about what you say before it comes out of your mouth. It might just be the difference between life and death.

Life Is About the Decisions You Make



The Art of MANLINESS

EST.



2008

36 Style Tips for Men

It can seem like there's a lot to know about good style, and there is, at least if you want to be enrolled in its master class. But looking sharper than 99% of other guys is actually fairly simple and merely requires knowing and doing little stuff right. The kind of stuff that can be encapsulated into short, easy-to-remember principles and adages. Below you'll find the best of the best of such tips: thirty-six things that you can be doing, right now, to make yourself look sharper. You can thank us later.

1. Throw out or give away anything you haven't worn in over a year.
2. Get everything adjusted. (nice pants, shirts, and jackets should all go to the tailor for adjustments)
3. Spend more money on less pieces of clothing. Quality lasts longer than quantity
4. Shop for a suit in person.
5. There are more shoe colors than brown and black.
6. Trouser cuffs should "break" on the tops of your shoes.
7. Wear a pocket square.
8. Buy something in a pattern that occurs nowhere else in your wardrobe.
9. Next time you go to put on jeans, grab a pair of slacks or chinos instead.
10. Belts or suspenders — pick one. Never both at the same time.
11. Wear a necktie when you don't have to. Just for fun.
12. Gym shoes are for the gym. Ditto athletic socks.
13. Invest in a really nice suitcase and day bag. Your luggage is part of your style.
14. Shop with a friend.
15. Own a watch you can wear with a good business suit.
16. Own more shoes.
17. Traditional light blue denim is a great color for jeans...
18. Always dress like you might decide to drop by a restaurant or nightclub with a dress code.
19. Practice rolling up your shirtsleeves a bunch of different ways.
20. Head to a thrift store and buy a sports jacket that fits you...
21. Shine your shoes more often than you think you need to.
22. Put some product in your hair.
23. Iron your own shirts.
24. Get some dress slacks without belt loops. Then wear 'em with suspenders.
25. Don't wear T-shirts with graphics on them...
26. Have at least two nice white dress shirts.
27. Try wearing cologne.
28. Wear a scarf.
29. Expand your belt collection.
30. Own at least one dark business suit.
31. Live it up a little.
32. Gold or silver metals — pick one.
33. Clean your clothes regularly.
34. Your necktie and pocket square can share a color family, but they shouldn't be a perfect match.
35. Sometimes less is more.
36. Then again, sometimes more is more.



FRENCH BRAID

A French braid may appear complicated, but it's nearly effortless to pull off and makes a great quick fix for a bad hair day. Follow these simple steps for easy braiding.

WHAT YOU NEED

1. hair band
2. brush

FOLLOW THESE STEPS

1. Brush hair

Before braiding, brush hair to smooth out any knots or tangles.

2. Gather hair at top of head; divide into three sections

Starting at the hairline, gather enough hair from top of head to start a regular braid. Divide hair into three equal sections. Hold right section in right hand, left section in left hand, and middle section between thumb and another finger of either hand.

3. Cross the sections

To begin braid, cross right section over middle section, then repeat this move with left section, smoothing hair down as you go. Pull sections fairly tight; you don't want the braid to be loose and come undone.

4. Add hair to the section

Before repeating your cross-over motion with the right section, gather a little bit of additional hair from the head's right side, and add it to this section; now cross this larger portion of hair over the middle section of the braid.

Tip: Make sure that the sections of hair you're adding are roughly equal or the braid will look lopsided.

5. Add hair to the section on the other side

Gather a small section (of equal size to the one you just gathered) of the remaining hair on the left side of your head up and into the left section and cross that over the middle section.

Tip: Slightly dirty hair has less "slip," making it easier to braid.

6. Repeat adding hair and crossing sections

Repeat steps 4 and 5, adding hair until you've gathered in all additional hair strands. Finish at the bottom with a regular braid.

7. Secure the braid at the end with a band

Once you reach the bottom of the braid, secure the end with a hair band, wrapping it tightly around the hair.





About Leumi

Where You Choose to Bank Makes A Difference

Leumi is an FDIC-insured full-service bank with global ties. Operating in the U.S. for more than 60 years, Leumi offers a complete range of commercial and private banking solutions to meet the challenges and achieve our clients' financial goals. We also offer access to a full range of investment and insurance products through our brokerage subsidiary.

Our commitment to excellence and focus on shared values defines how we do business. Our team of talented banking professionals goes beyond the expected to understand your needs and to deliver world-class solutions and the exceptional service you deserve.



The Leumi Group

Leumi is part of the Leumi Group, one of the top banks in the world and a driving force behind Israel's economic and industrial development since the bank's establishment in 1902.

The Leumi Group serves as a gateway for investors and businesses worldwide, providing unparalleled access to Israeli-generated products and research for our private banking clients, and strong foreign exchange and trade finance capabilities for our commercial banking clients. Working with Leumi, these global advantages become yours as well.



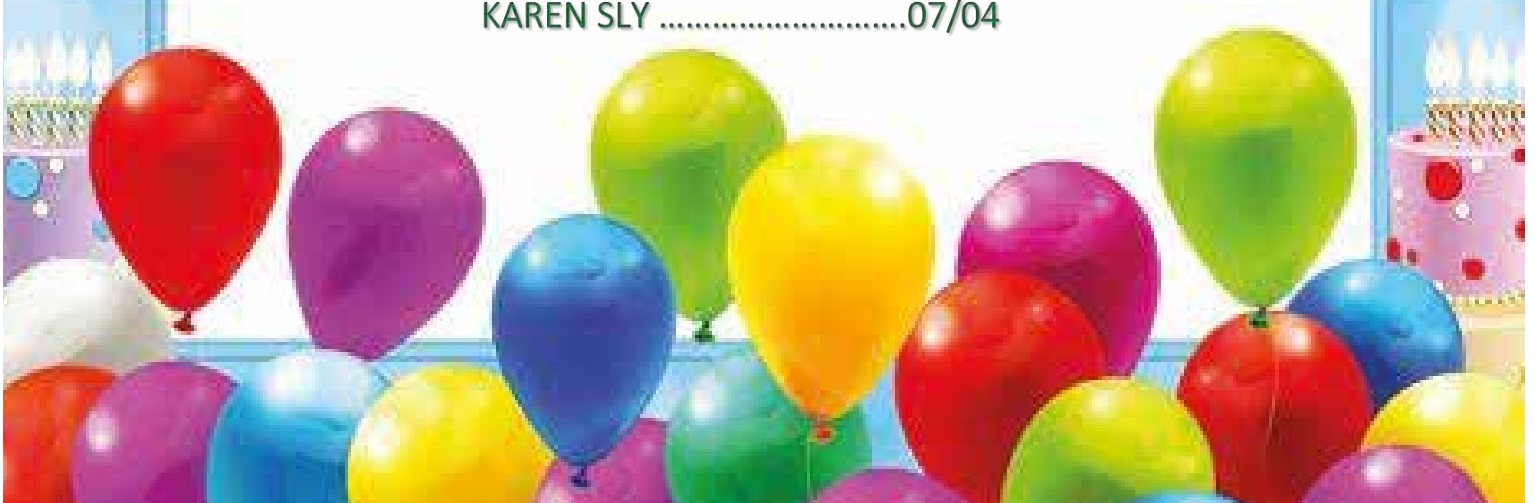


Born **June 21-July 22**. Cancer is a water sign and is symbolized by the Crab. The Cancer born people are sensitive and deeply related to their family and relationships. They possess characteristics such as Caring Dependable, Responsive & Adaptable.



Born **July 23 – August 22**, are known as the prideful sign of the Zodiac. Leos are a fire sign, and are thus, fiery and passionate. They possess characteristics such as Creativeness, passionate, generous, warm-hearted, cheerful, humorous.

JULIANA ARIZA07/09
 MILDRED CUMBERBATCH ..07/31
 JOHN FAY07/31
 MARGOT FRIEDLEIN07/01
 WALTER LEE GIDRON07/23
 MARIE GOURDOL07/23
 JOSEPH GROGAN07/12
 HANIFE HALITI07/15
 CAROL MARCUS07/13
 KATHLEEN OCONNELL07/31
 DOMINICA RIVERA07/06
 KAREN SLY07/04





THE FUN PAGE

Riddles

My boss told me to
have a good day...



So I went home.



Mom Did My Hair



Dad Did Hair



Grandma Did Hair



Sibling Did Hair

WHEN MOM CALLS YOU



BY YOUR FULL NAME

THE LOOK YOU GIVE YOUR
FRIEND



WHEN THE TEACHER SAYS FIND A
PARTNER



If each day
is a GIFT, I'd like
to know
where to return
MONDAY.



1. I go in hard. I come out soft. You blow me hard. What am I?
2. You can see me in water, but I never get wet. What am I?
3. What belongs to you but others use it more than you do?
4. What has a Heart but no other organs?
5. What is big and yellow and comes in the morning, to brighten mom's day?
6. A boy fell off a 100-foot ladder. But he did not get hurt. Why not?
7. Teddy bears are never hungry because they are always what?
8. What begins with T, ends with T and has T in it?
9. A seven-letter word containing thousands of letters
10. You have two dogs. How can you give one away, yet keep both?

HUMOUR

How were people born

A child asked his father, "How were people born?" So, his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."

All About the Cats

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a freaking cat!"

Riddle Answers

1. Gum
2. A reflection
3. Your name
4. A deck of cards
5. School Bus
6. He was only on the first step
7. Stuffed
8. Teapot
9. Mailbox
10. Give one away and rename the last dog 'both'



I did not trip.
The floor
looked sad,
so I thought
it needed
A Hug!!

SO TODAY AT CHURCH A GUY IN A
SUIT TRIED TO DROWN ME



AND I KID YOU NOT, MY FAMILY JUST
STOOD THERE TAKING PICTURES

DON'T LISTEN TO THEM



YOU'RE NOT FAT, YOU'RE FLUFFY

IF OLIVE OIL IS MADE OF
OLIVES... THEN...



...BABY OIL IS MADE OF...

HEEEEEEY!!!



A LITTLE PRIVACY PLEASE!

WHEN YOU'RE AT WORK



TRYING TO STAY POSITIVE



4th of July Word Search

28

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

AMERICA
BLUE
FIREWORKS
FOURTH

FREEDOM
INDEPENDENCE
JULY
PARADE

RED
STARS
SUMMER
WHITE



What is Independence Day All About?

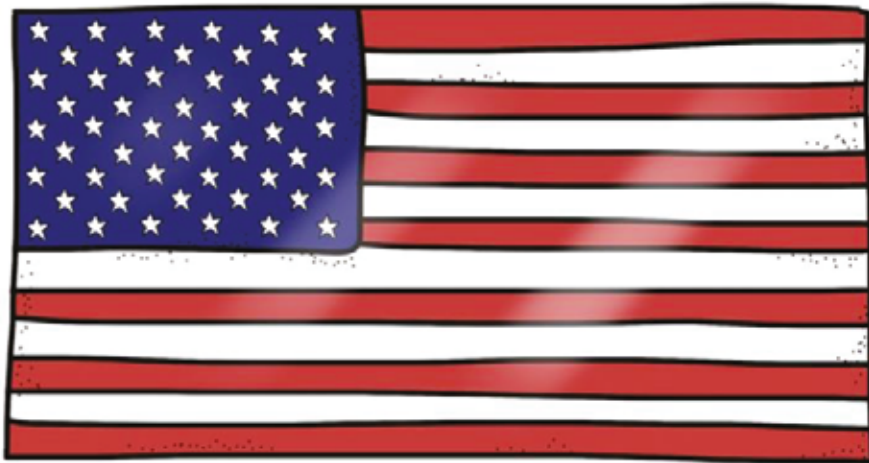
Independence Day, also referred to as the Fourth of July or July Fourth, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence 241 years ago on July 4, 1776. The Continental Congress declared that the thirteen American colonies regarded themselves as a new nation, the United States of America, and were no longer part of the British Empire.

Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the National Day of the United States.



The Pledge Of Allegiance

I pledge allegiance to the flag
of the United States of America
and to the republic for which it stands,
one nation under God, indivisible,
with liberty and justice for all.



The Star Spangled
Banner



Oh, say, can you see, by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars, thro' the perilous fight,
O'er the ramparts we watched, were so gallantly streaming.
And the rockets' red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there.
Oh, say, does that star-spangled banner yet wave
O'er the land of the free and the home of the brave?



Fluffy Homemade Vanilla Cake

Vanilla cake. 45 mins

- Prep: 15 mins,
- Cook: 30 mins
- Yield: 12 servings

This vanilla cake is made using the creaming method, which is the conventional technique for making high-fat cakes like this one, and it's what gives the cake its light, fluffy texture.

In cakes and cookies, *you can't actually taste the difference* between pure vanilla extract and its imitation, so feel free to use either one. The imitation form will definitely save you money.

Our number one tip for anyone baking a cake: Use fresh baking powder and baking soda! If it's been more than six months since you bought the baking powder and baking soda in your pantry, replace them. And if you don't know how long it's been, replace them anyway. Baking powder and baking soda lose their potency quickly, and your cake won't rise properly if they're too old.

Tip number two: Let your ingredients sit out at room temperature for a full hour before you begin working with them. If they're too cold, the batter won't emulsify (i.e., it won't become smooth), and your cake will suffer.

What You'll Need

- 2 ²/₃ cups (345 grams) all-purpose flour
- ¹/₂ tsp baking powder
- ¹/₂ tsp baking soda
- 1 teaspoon salt
- 4 large eggs
- 1 cup (2 sticks) unsalted butter
- 1³/₄ cups sugar
- 2 teaspoons vanilla extract
- 1 cup milk

How to Make It

1. Let all your ingredients come to room temperature. If the butter, eggs, and milk are too cold, the batter won't form an emulsion and your cake won't be light and fluffy.
2. Preheat your oven to 350 F.
3. Butter and flour two 9-inch cake pans. It can help to line the bottom with a circle of parchment paper cut to fit the pan.
4. In a large mixing bowl, sift together the flour, baking powder, baking soda and salt.
1. Cream the butter in the bowl of a stand mixer fitted with the paddle attachment on low speed.
2. Add the sugar and vanilla and beat on medium speed until fluffy, which will take about 10 minutes.
3. Add the eggs one at a time, making sure each one is fully incorporated before adding the next one. Then mix for 5 more minutes until airy and light. Be sure to scrape down the sides of the bowl.
4. Now add about 1/4 of the dry ingredients to the egg-sugar mixture while the machine is running. When it's fully incorporated, add one-third of the milk. Continue alternating adding the dry ingredients with the milk until it's all incorporated and the batter is smooth, scraping down the side of the bowl as you go.
5. Pour the batter into your prepared pans and give each one a couple of solid bangs on the countertop to release any air bubbles, then transfer them to the oven.
6. Bake for 30 to 35 minutes or until a toothpick inserted into the center comes out clean, or with a crumb or two attached. You can start testing at 30 minutes because it's better to check too soon than to overbake.
7. Cool the cakes for 10 minutes in the pans on a wire rack, then loosen the edges by running a knife along the sides, turn the cakes out onto the racks and cool for at least another hour before frosting.

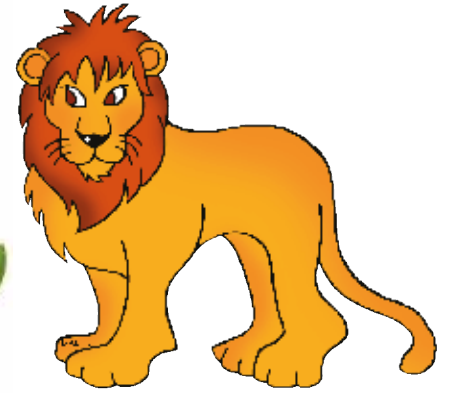
God Bless the
USA
☆☆☆

4TH of
JULY





A Day at the Zoo



One day, an out of work mime was visiting a zoo. He starts up his act, but just as he starts drawing a crowd, a zookeeper grabs the mime and pulls him into his office. The zookeeper explains to the mime that the zoo's most popular attraction, the gorilla, has just died, and they are unable to find a replacement. Worried about the potential loss of customers, the zookeeper asks the mime to put on a gorilla suit and pretend to be the gorilla. Just until they can find a replacement.

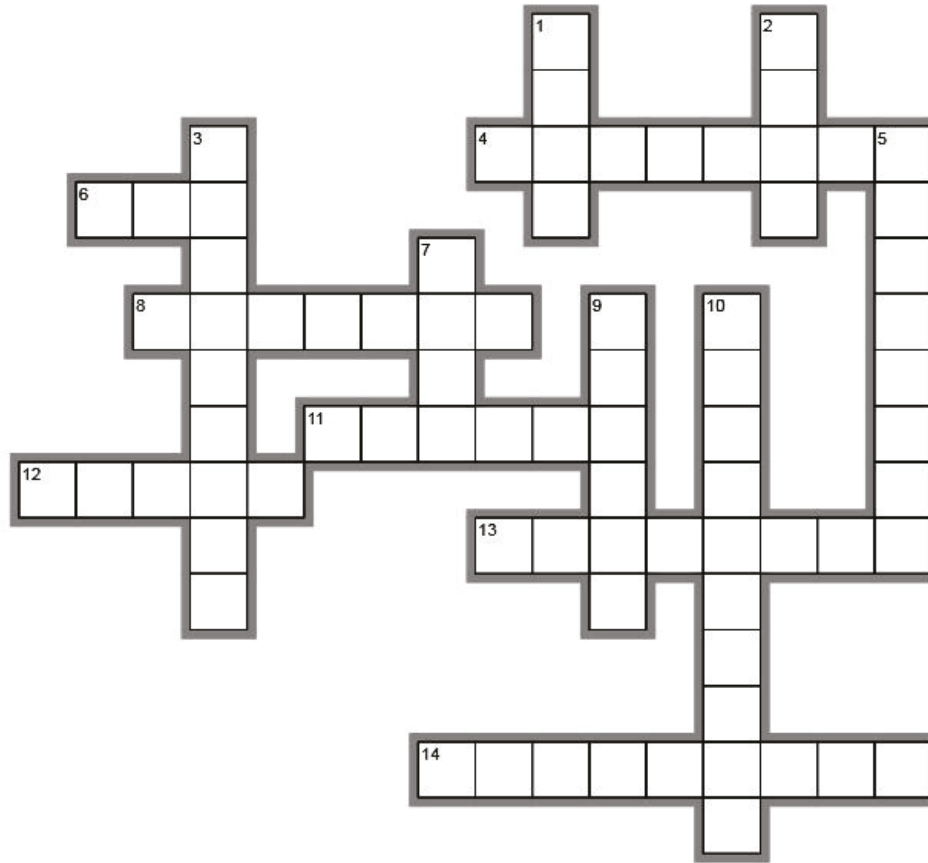
After some convincing, the mime agrees. The next day, the mime finds out that it's actually a pretty great job. He can sleep all he wants, eat all he wants, make fun of the guests, and he gets paid to do it. This continues for a few days, until the zoo guests become tired of seeing him laze around and start paying more attention to the lion in the enclosure next to his. Worried about losing his job, the mime decides to do something to get their attention. He climbs up a tree and over the wall between the enclosures.

Then he starts to hang from the branch over the lion exhibit, swinging back and forth. Of course, this makes the lion furious, but the crowd loves it. Day in and day out, more and more people come to see him, and his pay grows. The lion gets angrier and angrier, until one day the mime slips. He falls into the lion enclosure.

The lion charges after him, and the mime begins to run for his life. After chasing him for a time, the lion manages to pin the mime to the ground. Unable to take it anymore, the mime screams, "Help, please! Someone help me!" The lion then opens its mouth and says, "Be quiet you idiot, do you want us both to get fired?"

4th of July Crossword Puzzle

34

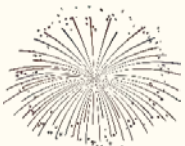


ACROSS

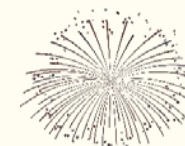
4. The symbol of the Republican Party.
6. One if by land and two if by ____.
8. Right of choice.
11. Tea Harbor.
12. The colors of this holiday are red, ____, and blue.
13. Citizen of USA.
14. Bursts in the air.

DOWN

1. The month when Americans celebrate Independence Day.
2. The 50 stars version of the American ____ was adopted on July 4th, 1960.
3. The 4th of July is considered a very ____ holiday.
5. The no. of stripes on the flags that stands for the no. of original colonies.
7. These are grilled and put on a bun, hot ____.
9. The Star-Spangled ____ is the national anthem of United States.
10. The first president of United States.



JULY 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Build A Scarecrow Day 2 10am- Painting 1FL 2pm- Horseracing 2FL MOVIE CH. 37 FLS 6pm- BELLA ON THE PIANO 3FL	Compliment Mirror Day 3 10am- Arts & Crafts 2FL Bible Class 4FL 2pm- BINGO 1ST Floor MOVIE CH. 37 FLS 6pm- ISAAK MUSICAL PROGRAM 4FL	Happy Independence Day! 4 10am- Coffee Clotch 3FL 12pm- July 4th EVENT BBQ on the Patio for Residents & Families w/ Tattoo Band	National Beauty Day 5 10am- Gardening w/ Kenny RR Prayer Service RR 2pm- Jodi's Drum Circle 2FL Randy Clothing Sale ML MOVIE CH. 37 FLS 6pm- Bunco 3FL	National Chicken Day 6 10am- BAKING CLUB RR (SUGAR COOKIES) Card Games 4FL 2pm- Victor on the Violin RR MOVIE CH. 37 FLS 6pm- Dominos Game 2FL	Strawberry Sundae Day 7 10am- Beading Craft 4FL 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games 1FL	National Blueberry Day 8 10am- Current Events & Trivia 1FL 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- POKENO -2FL
National Cookie Day 9 10am- Painting 3FL 2pm- Horseracing 1FL MOVIE CH. 37 FLS 6pm- BELLA ON THE PIANO 2FL	Hug a Teddy Bear Day 10 10am- Bible Class 4FL Dice Game - 3FL 2pm- Wii Bowling RR MOVIE CH. 37 FLS 6pm- Bunco 4FL	Cheer up Smile Face 11 10am- Coffee Clotch - 2FL Pet Therapy FLS Beauty Culture 4FL 2pm- POKENO -3FL MOVIE CH. 37 FLS 6pm- Music with CONROY 3FL	Give a Hug Day 12 10am- STROLLING MUSIC with JEAN 5FL Discussion Group 3FL MASS RR 2pm - Reading Book Club with Geisla 1FL MOVIE CH. 37 FLS 6pm- Dominos Game 1FL	Music Appreciation Day 13 10am- BAKING CLUB RR (APPLE PASTRIES) Card Games 2FL 2pm- Music with Silvers 3FL MOVIE CH. 37 FLS 6pm- Table Games 4FL	Fashion Show Day 14 10am- Fashion Show & Music w/Sylvia RR 2pm- JEWISH SERVICE RR -LOBBY SALE VALERIE MOVIE CH. 37 FLS 6pm- Table Games 3FL	Bingo Cash Out Day 15 10am- Current Events & Trivia 2FL 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- BINGO - 1FL
Ice Cream Day 16 10am- Painting 4FL 2pm- Horseracing 3rd FL Protestant Service RR MOVIE CH. 37 FLS 6pm- BELLA ON THE PIANO 1FL	Global Yellow Day 17 10am- Fashion on Wheels M&M Clothes ML Bible Class 4FL Table Games 2FL 2pm- Arts & Crafts 4FL MOVIE CH. 37 FLS 6pm- Music with Sylvia 3FL	National Fish Day 18 10am- Coffee Clotch - 1FL - Pet Therapy FLS Beauty Culture 2FL 2pm- Alex on the Sax RR MOVIE CH. 37 FLS 6pm- BINGO - 3FL	Magic Day 19 10am- Vicky Magic Show 3FL Prayer Service RR 2pm- Music with Silvers 4FL MOVIE CH. 37 FLS 6pm- Dominos Game 2FL	Bakers Day 20 10am- BAKING CLUB RR (OATMEAL COOKIES) Card Games 1FL 2pm- Victor on the Violin RR MOVIE CH. 37 FLS 6pm- Table Games 2FL	Shopping Spree Day 21 10am- Beading Craft 3FL Stella & Dot Accessories Sale ML 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games 4FL	National Chill Day 22 10am- Current Events & Trivia 3FL 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- CARD GAME 3FL
National Hot Dog Day 23 10am- Painting 2FL 2pm- ISAAK MUSICAL PROGRAM RR MOVIE CH. 37 FLS 6pm- BELLA ON THE PIANO 4FL	Cheesecake Day 24 10am- Reading Club 3FL Bible Class 4FL 2pm- Cheese Cake Event Electric Guitar w/ Jean RR MOVIE CH. 37 FLS 6pm- Horseracing 1FL	Culinarians Day 25 10am- Coffee Clotch - 3FL Beauty Culture 1FL 2pm- Wii Bowling RR MOVIE CH. 37 FLS 5pm- Candle Light Dinner Music w/ Steve Patio	National Dance Day 26 10am- Music with Silvers 5FL - Pet Therapy FLS MASS RR 2pm- Resident Council Meeting MOVIE CH. 37 FLS 6pm- Dominos Game 4FL	World Wide Hat Day 27 10am- BAKING CLUB-RR (BANANA CAKE) Card Games 4FL 2pm- Victor on the Violin RR MOVIE CH. 37 FLS 6pm- Table Games 1FL	National Lasagna Day 28 10am- Music w/Sylvia 3FL Bonnie Viola Bags & Accessories Sale ML 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games 2FL	Trivia Day 29 10am- Current Events & Trivia 4FL 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- POKENO -4FL
Friendship Day 30 10am- Painting 1FL 2pm- Music w/ Michael 3FL MOVIE CH. 37 FLS 6pm- BELLA ON THE PIANO 3FL	Birthday Event 31 10am- Arts & Crafts 2FL Bible Class 4FL 2pm- Fairview Pizza Birthday Celebration w/ Isaak RR MOVIE CH. 37 FLS 6pm- Music with Sylvia 3FL			WORD KEY RR=RECREATION ROOM FLS= ALL FLOORS ML= MAIN LOBBY PAT= PATIO 9:30AM-DAILY ROOM VISITS, NEWSPAPER, MAIL & PACKAGE DELIVERY	Daily Smoking Hours on the Patio Morning Hrs. 9am - 9:30am Afternoon Hrs. 1pm-1:30pm Evening Hrs. 7pm - 7:30pm PATIO OPENED DAILY 9:00am-8:00pm	JULY 1, 2017 Ice Cream Day 10am- Current Events & Trivia 2FL 2pm- JEWISH SERVICE R.R 6pm- CARD GAME 3FL