

FAIRVIEW

Nursing Care Center

NEWS



Center For Medicare and Medicaid Services

5 Star Facility Rating

August 2017

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

Visit The Fairview Family Today...



August, 2017
ISSUE: 3



Phone: (718) 263-4600



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

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WE'RE ON THE WEB
WWW.fairviewrehab.com

WELCOME FROM THE EDITOR

Avi Pleshtiyev

Fairview Rehabilitation & Nursing Care Center offers excellent services to individuals coming from an acute-care setting. We also put a special emphasis on reducing the number of hospital re-admits through our unique Re-Hospitalization Prevention Program.

Our Forest Hills based rehabilitation center is equipped with the latest technology that is used by our physical therapists, occupational therapists and speech therapists to restore patients' basic motor skills and the ability to perform daily activities.

We are very passionate about providing the best care achievable for our patients. Their high-quality care and comfort is our main priority. Contact us or visit our facility to become part of the Fairview Family.



Contact Our Admissions Office Today!
718-263-4600 Extension: 218

A Note from The Desk of the Administrator

- Ms. Bein



Ms. Bein
Fairview Administrator

A young couple moves into the neighborhood. The next morning, while they are eating breakfast, the young woman sees her neighbor hanging laundry outside. "That laundry is not very clean" she said. "She doesn't know how to wash correctly. Perhaps she needs better laundry soap." Her husband looked on, but remained silent. Every time her neighbor would hang her laundry to dry, the young woman would make the same comment.



About one month later, the woman was surprised to see clean laundry on the line. She said to her husband "look she has learned how to wash correctly. I wonder if someone taught her." The husband said "I got up early this morning and clean our windows." The lesson we can all learn is what we see when watching others depends on the purity of the window through which we look.

An act of kindness at a Starbucks drive-thru in Florida inspired an 11-hour chain of paying-it-forward. A woman drove up and paid for her own iced coffee at 7 a.m. Wednesday at a St. Petersburg store, and also asked to pay for a caramel macchiato for the driver behind her, who then did the same for the next customer. After a few people continued the chain, the employees started keeping a tally on a piece of paper by the window. By 1:30 p.m., 260 people had paid it forward, according to the Tampa Bay Times, ordering their own drinks and paying for one for the stranger behind them. After people ordered their drinks and drove up to the window, barista Vu Nguyen explained that the drink had already been paid for and asked if they'd like to return the favor. In total, 378 people agreed to keep it going. The baristas thought that if the chain lasted until closing, at 10 p.m., they would put the remaining money on a gift card and continue the next day, according to the Tampa Bay Times.

But the chain finally ended in that evening. At 6 p.m., the 379th customer ended the chain by ordering a coffee and declining to pay for the next one. Nguyen says he doesn't believe that final customer understood the pay-it-forward concept.

pay it
Forward day





Nursing News



**Nadene Lewis-McCook,
RN, MSN.**

Dear Team,

Welcome to the month of August! Summer is winding down and soon the kids will be back in school. Don't forget to catch the sales for great deals on back-to-school supplies. In the meantime, enjoy these final days of summer. We will miss them once the leaves begin to change colors in the fall.

NURSING DEPARTMENT HIGHLIGHTS

Congratulations to our "Frontline Employee" for the month of August: **Kassandra Aarons, CNA** who was described as being "on point, polite, caring, informative, and overall a very nice person" by one of her patients.

Congratulations Ms. Aarons. We celebrate you! Keep up the good work!

Honorary Nursing Staff with Special Mention:

- Nicolette Stull-Smith, CNA for advocating for her patients.
- Marcia Marshall, CNA for advocating for her patients
- Lorenzo Ramos, RN, commended for efficiently taking care of a clinical process
- Roxanne Castillo, LPN, for being a champion at welcoming new employees and sharing her knowledge with them.

We welcome all new employees to our Fairview Team, and wish you a long professional journey with us.

Let's make the best of the rest of the summer. Remember to stay hydrated so that you can keep our residents hydrated. Close blinds in patient rooms and dining rooms during daytime hours, monitor residents for signs and symptoms of dehydration (dry lips, confusion, irritability, poor skin elasticity, and muscle weakness), give frequent sips of water and remind the residents to stay out of the sun. See you on the units and have a great month!

Warm Regards,

Nadene Lewis-McCook, RN, MSN.

Your #1 Fan

Stay Hydrated
Stay Healthy



Jennifer DePass RN MSN

Jennifer DePass RN MSN in Nursing, studied at St Joseph College in Brooklyn New York. Ms. Depass recently started working at Fairview Nursing Care Center as the Educator/ICP. She has been practicing Nursing for 17 years. She worked as Charge Nurse on a Rehabilitation unit, a supervisor on the 3-11 shift and a Neighborhood Director for an 80-bed unit. She is happy to join the Fairview team.

A Message from the Director of Psychotherapy & Communications

- Avi Pleshtiyev, LMSW

HOW TO STAY
MOTIVATED
& Learn to Beat Procrastination



Motivation - *The reason or reasons one has for acting or behaving in a particular way. The general desire or willingness of someone to do something.*

Personal motivation is key to maintaining almost all aspects of life. If we're not motivated, we're more likely to squander our time and neglect our personal and professional goals. Even the most determined people can lose steam sometimes. Keep reading for some tips for getting back on track.

1. **Remind yourself of your goals.** Usually before devoting time to any specific endeavor, we tend to make short- and long-term goals. Remember to keep your goals realistic, that way you won't be disheartened if you don't reach them. That doesn't mean you can't push and challenge yourself though, if you don't challenge yourself, then it's not really a goal. If you start to lose sight of your goals, then you may be less motivated than if you were always checking to see how much closer you are getting throughout the whole process. Keeping track of your goals and checking your progress can help keep you motivated day in and day out.
2. **Make weekly checkpoints to track your progress.** Everyone needs to see how they are keeping up with their goals if they want to stay motivated. If you see that you are on track or even excelling every time you check your progress, you will be motivated and happy that you are getting there. If you see that you are lagging on your goals, it may be the kick start you need to help get you back on track.
3. **Make sure to reward yourself every time you achieve your weekly goals.** This could be as simple as a bowl of ice cream after a long, hard week of working out or as rewarding as a trip to the spa for all your hard work. Whatever rewards will keep you going are the ones you should be giving yourself.
4. **Give yourself breaks.** Sometimes even the most determined people get overwhelmed. You may be burning yourself out, and a much-needed break might be just what you need. If it is a fitness goal, maybe take a three- or four-day rest instead of your normal one- or two-day rest. If it is at school, don't try to do all your work in one sitting, but stretch it out over the course of the day or week, if possible.
5. **Don't be too hard on yourself.** Everyone falls short sometimes. If you fail to meet your goals for the week, take it as a lesson. Try to complete your next target before time, so that you can use the saved time to complete the pending work. This way you stay right on schedule even if you have taken a hit. It's not always about how hard you hit, but how well you can take a hard hit and keep moving on. Don't dwell on failure; just accept it as a human occurrence, and continue working towards your goals.
6. **Watch and read motivational stories or speeches.** Everyone deserves a great pep talk every once in a while. Stay elevated by reading or watching videos of inspirational moments so you can suddenly feel a new sense of motivation to keep striving.

How To

Beat Procrastination

1. **Eliminate your distractions.** Identify anything that's causing you to procrastinate, then get rid of it. Sell it or put it in a storage locker. Move away from it. Throw it away. You can't become motivated if you're squandering all of your time. If you're spending too much time aimlessly browsing the internet, install a "productivity" extension in your browser. These free extensions allow you to block certain sites and/or set time limits for recreational browsing.
2. **Raise the stakes for yourself.** Hold yourself accountable in your own eyes and the eyes of others. Set personal penalties for yourself if you don't act - throw out some delicious cookies you've been saving or make a donation to charity. Tell your friends and family about things you plan on doing. If you don't do these things, they'll know, and you'll be embarrassed - now you have a great reason to get started!
3. **Take some caffeine.** Only you know where to draw the line in terms of dosage - one person's typical morning brew might make another jittery and unfocused all day. A moderate dose can make you feel alert, oriented, and focused. Write yourself little notes to keep you motivated or set a reminder on your phone that reminds you every 20 minutes, this might get annoying enough to make you actually do it. If you've already got a caffeine addiction - that is, you need caffeine just to function normally - you might be out of luck! Stay away from more powerful stimulants unless a doctor has prescribed them for a specific condition. They can be extremely habit-forming if used carelessly.
4. **Move your body.** Go for a short run, do some jumping jacks, or shadowbox. Even light physical exercise can affect our moods, making us feel more active and dynamic. Exercise has even been shown to thwart depression and low self-image - both hurdles to personal motivation efforts.
5. **Break your task into manageable pieces.** If you're having serious motivation problems, breaking one large task into many small tasks can make it much easier to approach psychologically. Because we get a feeling of accomplishment from completing each step of the task, this trick can increase motivation substantially. Sometimes, all that's needed to gain the momentum to tackle the whole project is to complete the first simple step.
6. **Surprise yourself.** Even tremendously motivated people can be driven to lethargy and inaction if they have to perform tedious, repetitive tasks for weeks or months on end. Break up the monotony with spontaneous and out-of-the-ordinary activities. Try to create an internal sense of unpredictability - even you don't know exactly what you'll do tomorrow. This can ease the psychological tedium of work that is the same day after day.

WARNING

If you are severely unmotivated or have a hard time motivating yourself to accomplish even basic, necessary goals such as getting out of bed, working, or practicing personal hygiene, see a doctor or counselor - this may be a sign of depression.

Tips

1. **Stay Positive.** No matter what, motivation goes hand in hand with positivity. Even when things are looking down, keep your head up and push forward.
2. **Have Personal Idols.** Your favorite politician, athlete, or businessman probably has motivational speeches or an inspiring background story. Read and inform yourself about their lives, and the things they had to overcome to reach their goals.
3. **Make Things Fun.** At the gym, bring your favorite music. At work, bring yourself small treats to enjoy after small accomplishments.
4. **Listen to Music.** A great way to make the most monotonous tasks for fun is to play your favorite music in the background.
5. **Mindfulness.** Doing some breathing or mindfulness exercises will often help you stay positive and energetic.
6. **One Step at A Time.** Go step by step with the goals that way, it will help you achieve something little by little.



A social worker in a long-term care/short-term care facility helps the person who is entering a facility make the transition from a previous living environment to life in an institutional setting while meeting the social/emotional comfort needs of that resident. Once the resident is established, the social worker assures the resident's continuing needs are met and that the person is given the opportunity to participate in planning for continued care in the facility, transfer, or discharge back into the community. Although the resident is the main focus, it should be noted that much of the social worker's time may be spent working with the family.

To assure positive well-being for the resident, social workers should adopt a holistic perspective by recognizing the dynamic interplay of social, psychological, physical, and spiritual well-being. The social worker must constantly be aware of factors which may have a negative impact upon a resident's well-being and, if possible, prevent this from occurring.

Further, the social worker must interact with all levels of staff within the facility as well as the residents and their families and friends; this is essential to enhancing the opportunity for the resident's positive life experience while in a long-term.

Get to know your designated Social Worker.

Director of Social Work - Ineka Wedderburn

Social Workers - Tim & Diana

Social Worker Assistant - Tania



we make a living by what we get but we make a life by what we give



The Fairview Therapy Cat

A message from Tiki & Kelly



Tiki, FTC
Fairview Therapy Cat

Hi everyone! This is Tiki checking in!

I wanted to thank everyone here at Fairview for welcoming me with open arms. Everyone has been so friendly, I love all the extra cuddles I get from my new friends here. I didn't know what to expect on my first day, but I'm learning the ropes and looking forward to the days I get to come to work with Kelly. I love meeting new people so don't hesitate to say hi if you see me.

**XOXO,
Tiki**



Kelly D'Auria, RN
Pet Therapy Handler

As Sigmund Freud (psychoanalyst) said, "Time spent with cats is never wasted". I believe this to be true not only of cats, but of all animals and research has been done that is backing up this sentiment. As much as our interactions with animals is enjoyable because they are cute & cuddly, or just because we love animals, there are both mental and physical health benefits to these interactions as well. Research has shown that interactions with animals decrease the 'stress hormones' and increase levels of a hormone called oxytocin, causing lower blood pressure, heart rate and causing slower / steadier breathing patterns. This effect brings about an increased sense of calm in the individual interacting with the animal. It has been found to occur more frequently and in greater measures through interaction with animals than if a friendly human is interacting with the person. Ownership of, or regular interaction with, animals has been used as a predictor of recovery rate / time in people post-surgery and post stroke. It was found that people with regular interactions with animals experience less stress, anxiety and depression as well as a change in pain perception, improving pain management. So be sure to say hi to Sophie or Tiki when they come around!

"There are two means of refuge from the miseries of life: music and cats"

– Albert Schweitzer (theologian / physician)





"A cat like Tiki makes me happy. She is just so well behaved."

Fairview Resident
- Renee Hayat



"Tiki is so soft and cuddly. Her cuteness just calms me down when I feel stressed."

Fairview Staff
- Roxana Castillo, LPN



"Tiki reminds me of one of my cats. She is so soft, gentle and well behaved."

Fairview Resident
- Gladys Burek



"I always wished to have a cat but I didn't have the opportunity. It makes me so happy when Kelly brings Tiki to visit me."

Fairview Resident
- Raja Safdar



"Tiki is simply an awesome cat. I had a Siamese and Persian cat back at home. I love all animals."

Fairview Resident
- Dennis McMillan



"Her white fur is so beautiful. She makes me feel so relaxed. I just want to keep her near me forever."

Fairview Resident
- Katia Caplan



"I had a Persian cat back at home. I miss her so much. Seeing Tiki brings back so many amazing memories."

Fairview Resident
- Vinny Calabrese



"Spending a few moments with Tiki made me feel at home. Her fur is so comforting to touch."

Fairview Resident
- Crystal Sanchez



"My daughter has two cats just like Tiki. One of their names are Friday. Isn't that hilarious!"

Fairview Resident
- Jeanette Herbstman



Animal Assisted Therapy

A therapist with a wagging tail...

A few words from Sophie the Fairview Therapy Dog



Sophie, CTD
Certified Therapy Dog

Hi friends! It's me again Sophie, your furry friend with a wagging tail. I had such an incredible time visiting all of you throughout the past month. I enjoyed listening to music with you on the patio and loved that delicious BBQ we ate in honor of Independence Day. When I walk through the halls every day with my master Avi and see your smiling faces, it truly brightens my day. I love taking pictures with you and hearing your gentle voice. Feel free to give me treats at any time. Yes, treats are always always always accepted. But first be sure to ask my daddy, he always has something yummy for me to eat in his pocket. Lastly, I'd like to invite all of you to my birthday party taking place here at Fairview. I will be bringing some of my furry friends along. Get ready to celebrate and have a blast. Be sure to check the date and time posted on the calendar in the back of this newsletter. I CAN'T BELIEVE I'M TURNING 2 YEARS OLD!!!

With Love,
Your Bestie Sophie



Here are 6 healing effects of therapy animals:

- Decrease in stress and anxiety, including that from post-traumatic stress
- Decrease in depression, loneliness, feelings of isolation & aggressive behaviors
- Decrease in heart rate & blood pressure
- Increase in socialization with an outward focus, including opportunities for laughter and a sense of happiness and well-being
- Increase in mental stimulation, attention skills, and verbal interactions
- Increase in spirit, self-esteem, and feeling of acceptance, enabling a resident to further participate in mental and physical therapy, to be more involved in group activities, and to accept social and emotional support



Avi Pleshtiyev, LMSW
Pet Therapy Handler



Fairview Doctor
Dr. Polina Feygin



Fairview Doctor
Dr. Aleksandr Khaimov



Fairview Doctor
Dr. Farzin Sehati



Therapy Dog Sophie Visiting Resident's In The Rehab Gym



NEWS FROM THE RECREATION TEAM



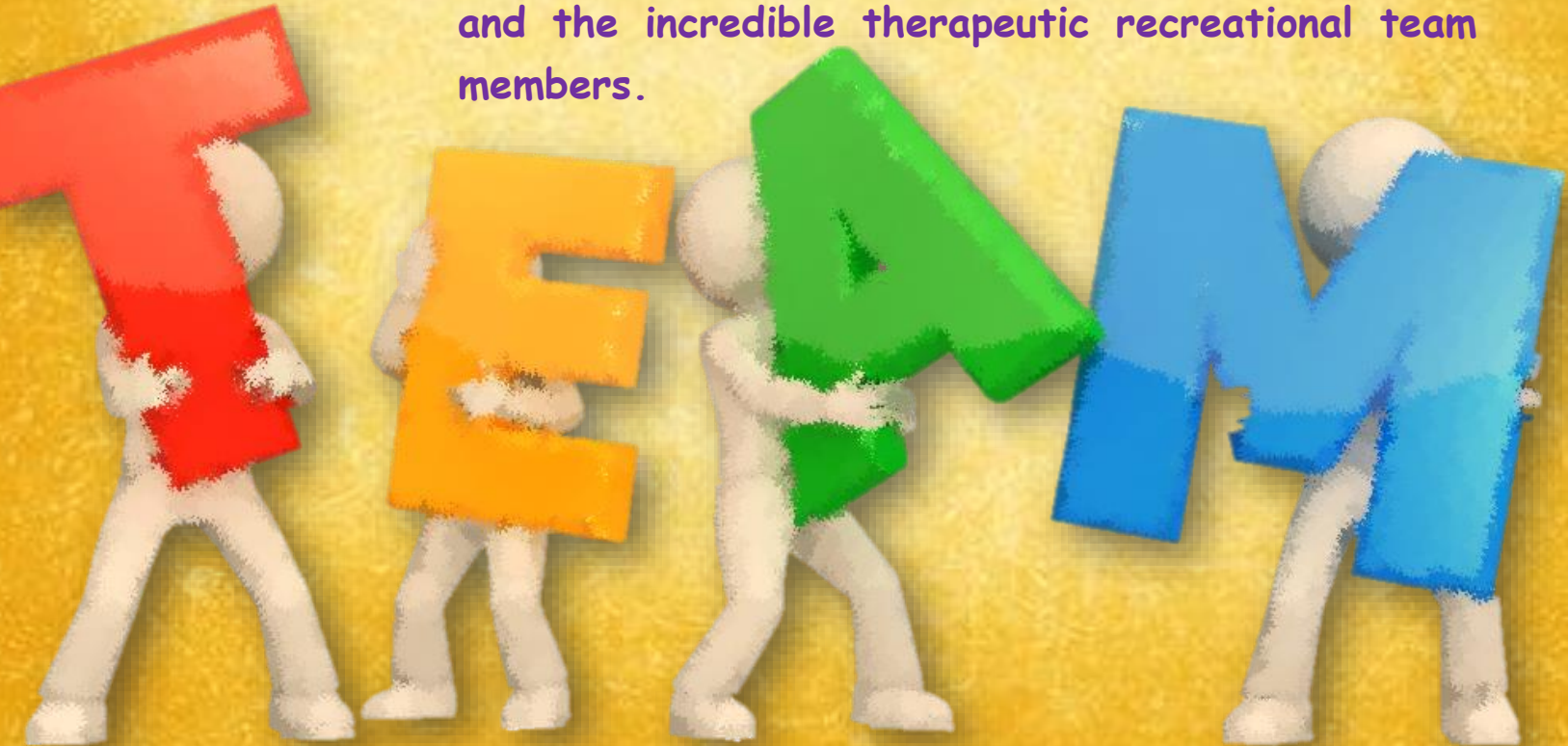
Gisela Oboyski

Therapeutic Recreation Leader



Hi my name is Gisela and I have been working for Fairview Nursing Care Center for over nineteen years. During these incredible years, I had the privilege of getting to know residents from different ethnic backgrounds and learning about their life. Throughout the years we have developed such a close relationship with the residents and today we are one big happy family. I can honestly say Fairview has become my home away from home.

It is my pleasure to see our residents on a daily basis and spend quality time with them. Lending a listening ear or providing encouragement to partake in activities is our duty as recreational leaders. I look forward to continue working with the residents and the incredible therapeutic recreational team members.





WORD UP!

16



BOOK CLUB

The Fairview Resident's Enjoying the Reading Book Club



Reading

CORNER





Nella Shaulov,
Chief Clinical RD

Incorporating antioxidant fruits into your diet can be extremely beneficial for your health. Antioxidants are vitamins and minerals found in food, which can prevent or slow the oxidative damage to our body. When our body's cells use oxygen, a process called oxidation occurs which produces compounds known as free radicals that can cause damage. Oxidation can lead to serious, long term health problems. Conditions such as diabetes, heart disease, and cancer have all been linked to oxidative damage.

Antioxidants are able to remove these free radicals, and hence prevent and repair the damage done by them. Fortunately, there are many fruits that are highly concentrated with body healing substances.

The following 6 foods are great sources of antioxidants:

1. Blueberries

Blueberries are the most powerful antioxidant fruit. A single half cup of these berries can double our normal antioxidant intake and have anti-aging effects. They are associated with the prevention of cancer, brain damage, high cholesterol and age-related health diseases. In addition, blueberries contain various other vitamins and minerals extremely beneficial to your health.

2. Strawberries

Strawberries are one of the most highly concentrated antioxidant fruits. The antioxidants found in strawberries have been shown to fight carcinogens and LDL, the bad cholesterol which can lead to heart disease. In addition, strawberries contain a high amount of folic acid. Folic acid is vital to for pregnant women because it plays a vital role in preventing birth defects. However, folic acid is important to everyone, as inadequate levels can lead to dementia, heart disease, osteoporosis and many cancers.

3. Grapes

Every variety of grapes will provide antioxidants, but red skin grapes are the best. The antioxidants in grapes have been linked to inhibiting cancer and heart disease. In addition, one of these antioxidants has been shown to have anti-aging effects on age related heart disease.

4. Kiwi

Kiwi contains vitamin A and vitamin E, two of the most important antioxidants. These two vitamins combine to give kiwi excessive free radical protection. Kiwi helps the immune system by maintaining a healthy blood pressure. Kiwi helps the digestion of food and lowering cholesterol. Kiwi is also beneficial to help remove toxins from the colon and improving your overall health.

5. Cranberries

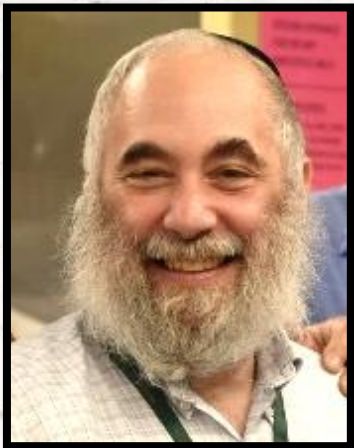
Cranberries are extremely useful due to the significant number of flavonoids they contain. Flavonoids are some of the most powerful and effective antioxidant compounds available to humans. Because our bodies are unable to produce flavonoids naturally, we must obtain them from our diet, so eating cranberries can be extremely beneficial.

6. Acai Berries

Acai berries are not commonly known but are becoming very popular due to their high antioxidant properties. Acai berries are small purple colored berry. The antioxidants found in them have been shown to have a positive effect on the heart and cardiovascular system. In addition, acai berries are believed to improve circulation, fight cancer, and prevent both blood clots and atherosclerosis, the clogging of blood vessels.



FOOD SERVICE CONSULTANT



Menachem Raitport
Food Service Consultant

Greetings from our kitchen at Fairview Nursing and Rehab Center. I would like to take this opportunity to introduce myself. My name is Menachem Raitport, but you can just call me Mendy.

It's great to be here and I'm looking forward to serving you. As your food service consultant, I want you to know that my door is open at all times for your comments and suggestions.

Our team of dedicated cooks; food service workers, and myself, are committed to providing our residents with the most Nutritious, Tasty, and highest quality food and services possible.

As you know your body needs to have the right amount of nutrients in order to sustain, and heal itself from all ailments. We the kitchen staff at Fairview, want to do our part to give you a healthy more robust and enjoyable living.

We offer a variety of meal choices with one goal in mind: To provide outstanding service and high-quality meals that meet or exceed the latest federal and state requirements. Fairview Nursing menus are designed to ensure that our residents receive a balanced meal, consisting of foods from all major food groups in the right proportions to meet calorie and other nutrient needs. The products and the cooking methods we use conserve food quality and nutrients, while limiting the addition of fats.

Added trans fats have been eliminated from all foods; and menus are planned to limit sodium to meet the new standards set by the United States Department of Agriculture (USDA) for meals.

We are sensitive to the various nutritional needs of our residents. If you have an allergy or intolerance to any food, please let us know immediately!!!

We focus daily on food safety, sanitation, patient service and the continuing education of our staff on all new requirements and policies. Our mission is to provide a nutritionally balanced diet in a warm and friendly environment.

In closing, I am always eager to hear any questions, comments, or suggestions you may have concerning the food program. Please call me at 718-263-4600 ext. 233. I look forward to serving you and hope your experiences are always happy and healthy ones.

FAIRVIEW REHABILITATION PROGRAM

We at Fairview Rehab & Nursing Home offer comprehensive Physical Therapy services aimed at improving post-surgical and conservative orthopedic conditions in individuals. We also provide therapy for residents who have suffered a stroke, traumatic brain injury or other neurological conditions. With many years of experience operating in the industry, Fairview Rehabilitation & Nursing Care Center is your holistic solution to reclaim your active lifestyle and functional independence that may have been hampered due to:

- Joint pain
- Injuries to the muscles, ligaments, or tendons
- Surgery
- Lymphedema Therapy
- Amputation
- Strain, sprains, dislocations, or fractures



Why Choose Us?

At Fairview Rehab & Nursing Care Center we put our patients first. Our outpatient physical therapy programs are:

Customized

Our therapy programs are individually designed to cater to the specific needs of each resident.

Safe

All programs are executed under the expert supervision of our experienced therapists.

Result Oriented

We make sure our orthopedic rehabilitation services deliver the results promised to you.

Our Physical Therapy Methodology

We make use of carefully designed activities and exercises to educate our patients on how to efficiently employ the body's own abilities to trigger the process of healing and functional restoration to it.

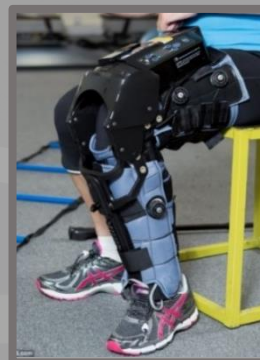
What We Offer

- Electrical Stimulation
- Therapeutic Ultrasound
- Mat Exercise
- Stair Training
- Adult Intensive Outpatient Program (IOP)
- ADL Therapy Area

Bionic Leg Machines

Our facility is ideally equipped with bionic leg machines that allow us to induce advanced mobility training in our patients. This is specifically helpful for patients who have undergone major orthopedic surgeries or are recovering from a spinal cord injury.

Our main goal is to bring back patients to their previous level of functioning.





CHOICESM
Health Plans

Fairview Clinical affiliation with Visiting Nurse Service of New York. Fairview and VNSNY have a joint collaboration on care management and patient population health strategies, including developing strategies to improve clinical pathways and patient outcomes.





MUSIC THERAPY



Bob Corey
Fairview Music Therapist



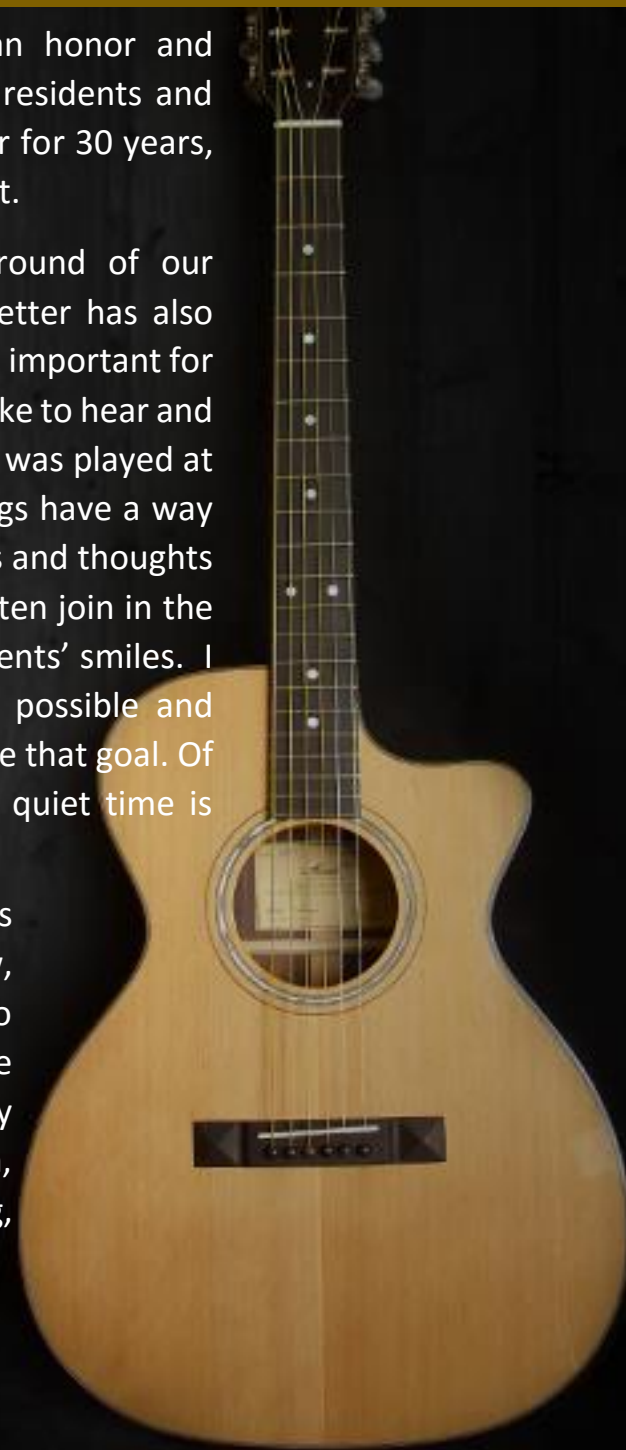
Hi! I'm Bob Corey. It has been an honor and pleasure to be associated with the residents and staff of Fairview Nursing Care Center for 30 years, as an entertainer and music therapist.

Knowing some history and background of our residents in order to serve them better has also made them my extended family. It is important for me to know the types of songs they like to hear and sing with me, it could be a song that was played at a wedding, or heard as a child. Songs have a way of taking us back to happy memories and thoughts of loved ones. The Fairview Staff often join in the fun and are pleased to see the residents' smiles. I try to satisfy as many requests as possible and songs in other languages help achieve that goal. Of course, a resident's need for some quiet time is always respected.

I speak "some" Italian, Spanish, and French. I sing a few songs in Italian, Spanish, French, Haitian Creole, Yiddish, Hebrew, German, Polish (also Gospel); a song also in Korean, Filipino Tagalog, Chinese. I can greet people: hello, goodbye, how are you? good morning, good afternoon, good evening, happy holiday, good luck, thank you, you are welcome, etc.; in Italian, French, Spanish, Creole, Hebrew, German, Romanian, Tagalog, Polish, Russian, Chinese, Korean, and Greek.

I stay happy by keeping our residents and families happy.

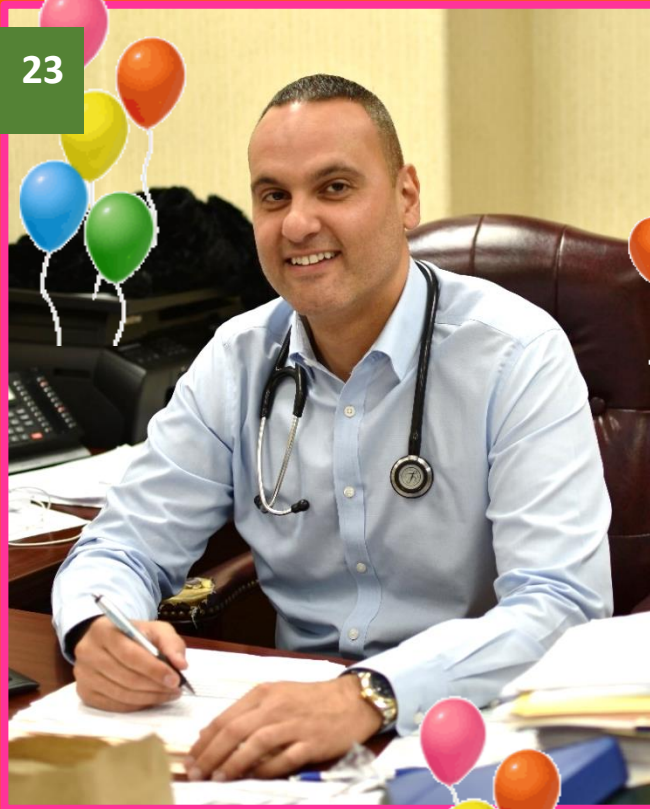
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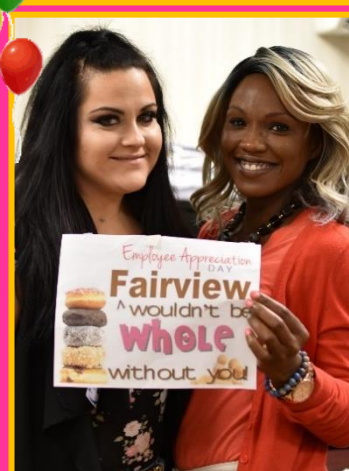


THE DAY DUNKIN' DONUTS® CAME TO FAIRVIEW











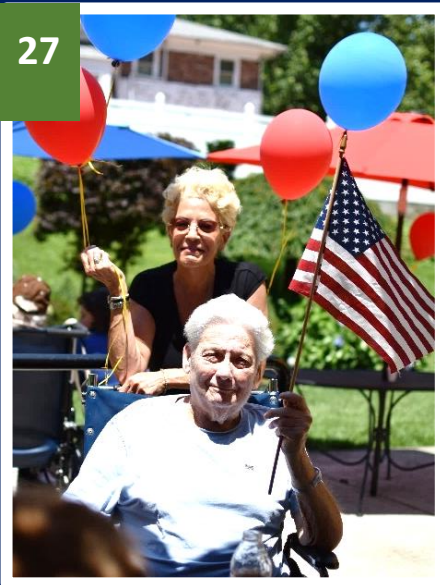
We Pledge Allegiance to the Flag of the United States of America





Celebrating Independence Day on the Fairview Patio





United We Stand as One





July 4th Family & Resident BBQ





FAIRVIEW RESIDENT'S ARE DRUMMING TO INCREASE HEALTH



Robert Lawrence Friedman, MA, Remo artist, author of [The Healing Power of the Drum](#), psychotherapist, president of Stress Solutions, Inc.

(www.stress-solutions.com), is Chairman of the Health and Wellness Interactive Drumming Committee for the Percussive Arts Society and on the Advisory Board of the Drum Circle Facilitators Guild. He has appeared on The Today Show, Discovery Health Channel, and on NY 1 News sharing his philosophy of drumming and wellness. He has been interviewed in The Wall Street Journal, U.S. News and World Report and The Washington Times. In addition, he has been interviewed for My Generations Magazine, Self Magazine and Drum Magazine. Robert has been providing his programs throughout the United States, Europe and Asia for the past thirty years.

For the past four years, I've provided the residents of the Fairview Center for Rehabilitation with a recreational drumming program using rhythm instruments and Remo Soundshape drums. The program that I provide uses two specific types of rhythm-based exercises. The first exercise uses shaker eggs played with different styles of music. The purpose of this exercise is to begin the process of awakening each resident's sense of rhythm. The final thirty minutes involves using Remo Soundshape drums to create a powerful and positive community and rhythm-based experience. In addition, there are various health benefits occurring simultaneously.

I began my exploration of the health benefits of drumming unknowingly when I was 12 years old. I was in a small street gang in South Jamaica, Queens, at that time. As I didn't like to fight, I was bullied frequently. I noticed that when I went home to play my drums after being bullied, I always felt better afterwards.

Ten years later after completed my Masters Degree in Counseling Education, I purchased 100 hand drums. The reason I purchased the drums was to explore my hypothesis of whether individuals who were non-drummers could gain the same psychological benefits from drumming as I did as a drummer. I began offering drum circles at health spas, nursing homes and hospitals as a way of exploring this idea.

My experience of using these drums led me to uncover numerous psychological and physiological changes that occurred when people drummed and was the driving force behind my first book, [The Healing Power of the Drum – A Psychotherapist Explores the Healing Power of Rhythm](#) (October 2000, White Cliffs Media, Inc.), and my second book, [The Healing Power of the Drum II – A Journey of Rhythm and Stories](#) (February 2010, Pathway Books, Inc.).

I was astounded to find that the benefits of drumming seemed to know no bounds. The more I searched, the more I discovered that seemingly everyone could benefit from drumming, from senior citizens to executives, from war Veterans with Post-Traumatic Stress Disorder, to Alzheimer's and Parkinson's patients, from cancer victims to Multiple Sclerosis patients, as well as individuals with paralysis and stroke, all were able to find benefits through drumming. The more I searched, the more it seemed that there wasn't a population or ailment that couldn't receive something positive from drumming, and the benefits were sometimes profound. I would like to share with you some of the information that I received on my journey.

Barry Bernstein, MT-BC, one of the pioneers of drumming and wellness, described how, through working with a drum, patients with Alzheimer's disease were able to remain task-oriented for longer and longer periods of time. They were eventually able to spend thirty precious minutes interacting socially with loved ones, whereas prior to this, they could only spend a few minutes. In his words this was "unheard of."

DRUMMING FOR HEALTH CONTINUED...

18

I learned in my research that a woman, Ginger Graziano, whose son had recently died of cancer, was able to take her inexpressible grief, and, using a simple hand drum, move through her many layers of emotions to a place of joy and lightness. She felt as if a “deep inner healing was occurring through my playing the drums.” Drumming for her was a “way to heal my grief, but it became a way to remember my joy.”

Throughout my research I uncovered a number of recurring themes that occurred in many of the experiences. One of the patterns I noticed was that the drum provides individuals with an opportunity to release whatever negative emotions needed to be expressed. The drum has the capacity to transform the negative to positive – anger to grief, grief turned to joy.

A breakthrough study by neurologist Barry Bittman, M.D., confirmed that drumming provides biological benefits to the body. In a controlled experiment, Dr. Bittman proved that group drumming significantly boosted the body’s immune system, that is, it increased the disease-fighting white blood cells called T Cells, which are cancer killing cells. This was the first study to demonstrate clinically that drumming actually improves the immune system. His study also demonstrated that group drumming lowers cortisol levels. Cortisol is the stress hormone. Thus, drumming reduced stress levels.

The drum also provides a context for communication. Family members, especially adults who had difficulty speaking were able to very aptly express their emotions to others through drumming. As well, many men who were taught to hold their feelings in check were able to create bridges of togetherness and harmony that no other form of communication could provide.

The benefits derived from entraining to a rhythm were described by Dr. Michael Thaut of Colorado State University who has shown that using the rhythms of a metronome or recorded rhythms, Parkinson’s patients are able to walk steadier and improve their gaits. Dr. Connie Tomaino, from the Institute for Neurological Function, described a man with Parkinson’s disease who would “freeze” when confronted with crossing a street. Freezing is what occurs when a Parkinson’s patient cannot initiate movement. They simply cannot move. Under Dr. Tomaino’s guidance, this man would carry a cassette of African rhythmic music, and whenever he froze when coming to a crossing, would slip on his headphones, and the driving rhythms would unfreeze him, enabling him to cross the street.

In hospitals, nursing homes and centers for the elderly, drums are being used to ward off depression and loneliness among patients and as a therapeutic tool in the treatment of stroke patients. The reason researchers believe that stroke patients can drum is that rhythm is processed globally, that is, in both sides of the brain. If one portion of the brain is damaged, there are other portions where rhythm can still be processed.

Some of the other physical benefits of drumming include improvement of circulation and muscle tone, immediate reduction in feelings of loneliness and alienation, being able to relate to others non-verbally, expressing negative feelings in a constructive format, stress relief, expanding social and personal connections, developing ideas for constructive leisure time activities and experiencing the creative process through improvisation.

Finally, one of the most important aspects of drumming is that it is great fun! It’s a wonderful way to feel the pure joy of being alive. Drumming with others is a universally time-honored way to creating a feeling of community and trust. Put simply, drumming is simply one of life’s many gifts.



SOUND THE ALARM!

**FIRE SAFETY
AND PREVENTION**



**Fairview Nursing Care Center
Would Like to Thank the Brave Firefighter's Of
FDNY Queens Blvd
For Keeping the Queens Community Fire Safe**



What Are Residents Saying About Us?

20

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



Fairview Resident
Joanne Palmer

Dear readers, my name is Joanne Palmer and I am a proud Fairview resident. I was born in New Orleans and moved to Forest Hill, NY when I was five years old. I lived in Forest Hills for over eighty incredible years. I met my husband in 1955 and we married. A year later, we were blessed with a daughter. During those years I had the opportunity to travel with my husband. I enjoyed my time visiting the sights of Europe and Africa. Throughout my working years, I established a modeling career and acted in many television commercials. I modeled for a hat and bridal gown company. I enjoyed my time as a model. I had the opportunity to wear pretty clothes and meet talented people. During my leisure time, I enjoy cooking, reading, solving crossword puzzles and socializing with friends. My daughter recommended I come to Fairview due to my short-term memory loss. My living situation was becoming dangerous and I needed help. Upon my arrival to Fairview, I was warmly welcomed and introduced to the staff. Throughout the time I spent here, I have met many people whom I have become friends with today. The Fairview staff gave me the opportunity to learn my strengths and encouraged me to reach my highest potential possible. I am grateful to the Fairview team for opening their doors to me and making me feel safe and at home.



Fairview Resident
Steven Surasky

Hi there friends! I'm Steven Surasky, here to share a little about me and my Fairview experience. Throughout my employment, I worked as a correction officer in Rikers Island and in the Queens, Brooklyn and Manhattan House of Detention. It surely wasn't an easy job working with prisoners but surprising as it may be, it was an enjoyable experience. I learned a lot of interesting things about people and what brought them to prison. Before my accident, I enjoyed heavy lifting and working out in the gym. I also loved spending quality time with my 118-pound German Shepherd Alf. He was such an amazing dog. I miss him so much. In March 2016, I was struck by a severe asthma attack and was hospitalized. Towards the end of my care at the hospital, I was instructed to find a place where to become rehabilitated. I chose Fairview because it was close to my house and convenient for me at the time. The moment I came to Fairview the staff were so nice to me. I remember on my first day here one of the nurses brought some treats to my room. She was so gentle and polite, it made me feel so comfortable and at peace. I enjoyed learning how to play Bai Gaw (Chinese dominos) with one of the physical therapist. We established a close relationship and I got to experience a personable bond. When I started my rehabilitation program, I began to regain control of my body. Today, I am proud to say that they got me to walk again. That is an incredible accomplishment.



Fairview Resident
Nadine Wright

Hello, I'm Nadine from Queens NY. I grew up in Brooklyn NY and went to John Dewey High School. I graduated Baruch College majoring in Business Administration. I am a proud mom of 4 children, grandmother of 10, and great-grandmother of 1. I worked for the postal service for over 10 years and was a representative for heat and water complaints for the residents of New York. I enjoyed my employed years. I met great people and had the opportunity to stay active. My hobbies are to laugh at every moment that I can, entertain and socialize with friends. I also enjoy cooking, knitting, taking care of babies and playing with Sophie the Fairview therapy dog. In December 2015, I had a spinal cord injury and needed immediate rehabilitation. After doing much research, I found that Fairview Nursing Care Center was the best place for me to become healed and rehabilitated. When I arrived to Fairview, I began therapy that very same day. I was so impressed with their efforts in rehabilitate me. They didn't wait anytime and that's when all the fun started. I worked really hard to be able to walk again. And guess what, I did it. Today, I try to walk up to 400 steps a day. Yep I know, that's a lot for a person who had a spinal cord injury. They instilled confidence in me and encourage me to try. Sometimes there are good days and sometimes more challenging days but it is important to never give up hope. Throughout my time here, I have seen many people get back on their feet. You will walk again, it is possible.

Potatoes, Eggs, & Coffee Beans

Get
ready
to be
inspired!

Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot, and ground coffee beans in the third pot.

He then let them sit and boil, without saying a word to his daughter. The daughter, moaned and impatiently waited, wondering what he was doing.

After twenty minutes, he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl.

He then ladled the coffee out and placed it in a cup. Turning to her he asked. "Daughter, what do you see?" "Potatoes, eggs, and coffee," she hastily replied.

"Look closer," he said, "and touch the potatoes." She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

"Father, what does this mean?" she asked.

He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity– the boiling water.

However, each one reacted differently.

The potato went in strong, hard, and unrelenting, but in boiling water, it became soft and weak.

The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard.

However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

"Which are you," he asked his daughter. "When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?"

Moral: In life, things happen around us, things happen to us, but the only thing that truly matters is what happens within us. Which one are you?



GET FEATURED NOW

IT'S YOUR TURN! TELL US YOUR STORY

GET FEATURED

Have a Story, Joke or Artwork?

SUBMIT NOW! WE WANT TO HEAR ALL ABOUT IT

Featured submissions will be seen by hundreds of readers. Email us today.

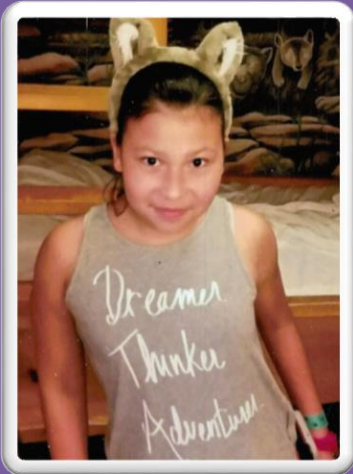
Email: avichai@fairviewrehab.com

Hey!
TELL US
A STORY



Alana Nicole Perez "The Future Surgeon"

Fairview nursing staff member Jackie Perez, mother of Nicole Perez, has worked for Fairview Nursing Care Center for over twelve years. She has devoted herself to help residents get rehabilitated and worked hard to make each resident's stay at Fairview comfortable. Nicole has been inspired by her mother's incredible work and has future plans of becoming a surgeon. A great lesson we can learn from Nicole, always set high goals and have a role model to look up to in life. Read further to learn about Nicole.



Alana Nicole Perez
Elementary School Student
The Future Surgeon

Hi! My name is Alana Nicole Perez. I am 9 years old. I am in third grade moving to fourth grade. When I grow up, I want to be a surgeon to help the people who have a disease or anything else to make the world a better place. I love to read and I have a sister, a brother, a mom and dad, and my grandma I live with. Since I was six years old, I always wanted to be a surgeon. My mom (Jackie Perez) is a very kind, caring woman who takes care of her family. My life is great so far, and everyday I learn, the more far I'll go, leading into national success.



Stay fabulous!

Dream



Big



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.



Born **August 23 – September 22**. Virgos are an earth sign. They possess characteristics such as Loyalty, analytic thinking, hardworking and practical. Virgos pay attention to the smallest details and their deep sense of humanity makes them one of the most careful signs of the zodiac.

Fairview Nursing Care Center Wishes a Happy Birthday to:

YANCY, LAVERN 08/02
RUSSO, GLADYS 08/02
BOBB, ALVIN 08/07
SINKLER, DEBRA 08/08
HUGH, LAU 08/13
SMITH, ICELINE 08/20
MANNO, VIOLET 08/21
DELGROSSO, MARIO 08/22
TYNDAL, BRENDA 08/23
AVEZOV, YEVGENIA 08/25
GLEASON, SHIRLEY 08/26
BILODEAU, ELIZABETH 08/26
PAZ RIVAS, MARTHA ISAB 08/29
SCHILMER, MARK 08/29
TAN, ZHAO 08/31



THE FUN PAGE

Riddles



1. If a dime and a quarter were on the Empire State Building, which would jump off first?
2. What asks no question but demands an answer?
3. What did one wall say to the other?
4. What did the man say when he got a big phone bill?
5. What goes up and down but doesn't move?
6. What did the bee say to the flower?
7. Where do you find an ocean with no water?
8. What gets bigger the more you take away?
9. What can you catch but never throw?
10. What word becomes shorter when you add two letters to it?
11. What has hands but cannot clap?
12. What goes up and doesn't come back down?
13. I'm full of keys but I can't open any doors. What am I?
14. What comes once in a minute, twice in a moment and never in a thousand years?
15. Which word in the dictionary is spelled incorrectly?
16. What is always coming but never arrives?
17. What tastes better than it smells?
18. Feed me and I live, yet give me a drink and I die Who am I? . (Answer:)
19. What kind of room has no doors or windows?
20. What gets broken without being held?



Riddle Answers



1. The dime, because it has less sense (cents)
2. A doorbell or a ringing telephone
3. I'll meet you at the corner
4. "Who said talk is cheap?"
5. A staircase
6. Hello, honey
7. On a map
8. A hole
9. A cold
10. Short.
11. A clock
12. Your age
13. A piano
14. The letter "M"
15. Incorrectly
16. Tomorrow
17. A tongue
18. Fire
19. A mushroom
20. A promise

Clever kids:

A police officer found a perfect hiding place for watching for speeding motorists.

One day, the officer was amazed when everyone was under the speed limit, so he investigated and found the problem.

A 10 years old boy was standing on the side of the road with a huge hand painted sign which said "Radar Trap Ahead."

A little more investigative work led the officer to the boy's accomplice: another boy about 100 yards beyond the radar trap with a sign reading "TIPS" and a bucket at his feet full of change.

The child and his mother:

A curious child asked his mother: "Mommy, why are some of your hairs turning grey?"

The mother tried to use this occasion to teach her child: "It is because of you, dear. Every bad action of yours will turn one of my hairs grey!"

The child replied innocently: "Now I know why grandmother has only grey hairs on her head."

Elephant:

The class teacher asks students to name an animal that begins with an "E". One boy says, "Elephant."

Then the teacher asks for an animal that begins with a "T". The same boy says, "Two elephants."

The teacher sends the boy out of the class for bad behavior. After that she asks for an animal beginning with "M".

The boy shouts from the other side of the wall: "Maybe an elephant!"

Captain:

A navy captain is alerted by his First Mate that there is a pirate ship coming towards his position. He asks a sailor to get him his red shirt.

The captain was asked, "Why do you need a red shirt?"

The Captain replies, "So that when I bleed, you guys don't notice and aren't discouraged." They fight off the pirates eventually.

The very next day, the Captain is alerted that 50 pirate ships are coming towards their boat. He yells, "Get me my brown pants!"

Wrong email address:

A couple was going on vacation but his wife was on a business trip so he went to the destination first and his wife would meet him the next day. When he reached his hotel, he decided to send his wife a quick email.

Unfortunately, when typing her address, he mistyped a letter and his note was directed instead to an elderly preacher's wife whose husband had passed away only the day before.

When the grieving widow checked her email, she took one look at the monitor, let out a piercing scream, and fell to the floor in a dead faint.

At the sound, her family rushed into the room and saw this note on the screen:

Dearest Wife,

Just got checked in. Everything prepared for your arrival tomorrow.

P.S. Sure is hot down here.

Mouthology:

A Professor was traveling by boat. On his way he asked the sailor:

"Do you know Biology, Ecology, Zoology, Geography, physiology. The sailor said no to all his questions. Professor: What the heck do you know on earth. You will die of illiteracy.

After a while the boat started sinking. The Sailor asked the Professor, do you know swiminology & escapology from sharkology?

The professor said no.

Sailor: "Well, sharkology & crocodilology will eat your tushology, headology & you will dieology because of your mouthology.

Alcoholic Weasel

A 14-year-old weasel walks into a bar and approaches the counter. The bartender immediately notices the underage weasel. "Sir, you look extremely young. I can't serve you even a single beer."

"Oh c'mon. You can't just slide me one?"

"Can't and will not serve to anyone under age." "Fine. Well what other things do you have?" "Well for non-alcoholics I have tap water and bottled water, I have coffee, and I have pop. Which would you like?"

"Pop," goes the weasel.

Will's experience at the airport:

After his return from Rome, Will couldn't find his luggage in the airport baggage area. He went to the lost luggage office and told the woman there that his bags hadn't shown up on the carousel.

She smiled and told him not to worry because they were trained professionals and he was in good hands.

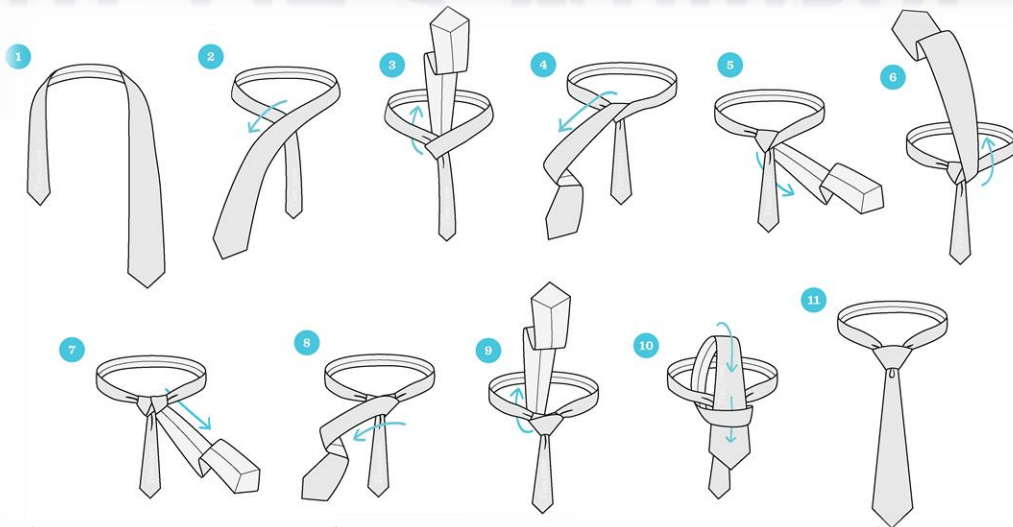
Then she asked Will, "Has your plane arrived yet?"

The Art of

MANLINESS



How to Tie a Windsor Tie



Although the Duke of Windsor never specifically used the Windsor knot, he did favor a wide triangular knot. In actuality, the Duke achieved his trendsetting look by tying a Four-in-Hand with specially made wide and extra thick ties. The Windsor knot was invented by the public as a way to imitate the Duke's knot style. There are several derivatives of the Windsor that are all referred to by the same name. The Windsor delivers a symmetrical and solid triangular knot that works best with a spread collar.

The Windsor Knot Tying Instructions

1. Start with the wide end of the tie on the right and the small end on the left. The tip of the small end should rest slightly above your belly-button (this will vary depending on your height and the length & thickness of your tie). Only move the active (wide) end.
2. Wide end over the small end to the left.
3. Up into the neck loop from underneath.
4. Down to the left.
5. Around the back of the small end to the right.
6. Up to the center, towards neck loop.
7. Through the neck loop and down to the right.
8. Across the front to the left.
9. Up into the neck loop from underneath.
10. Down through the loop you've just created in the front.
11. Tighten the knot by pulling down on the wide end. Slide the knot up & adjust.



Things You Absolutely Must Know About Painting Your Nails

By Carly Cardellino

1. Three strokes are all you need. As you're painting your nails, it's best if you use three strokes to apply the polish. "First, you want to dip the brush into the bottle and get a decent-sized bead of polish at the edge of your brush," nail pro Simcha Whitehill says. "You want the polish to do the majority of the work and spread out as it's placed on the nail — the brush is there to just guide the dot of polish into place. Starting at the base of your nail, stroke the brush to the left, to the right, and then down the center. Voila!

2. Always use base coat. It might take you some extra time, but it gives the colored polish something to adhere to, making your manicure last a couple of extra days longer, and it prevents staining on your nails from pigmented paint.

3. Repurpose your old lip brush to help tidy up the edges of your nail. We've all colored outside of the lines, but when you do it with nail polish, you want to be precise in your clean-up technique. It is suggested to dip an old lip brush into nail polish remover and swiping it around your nail bed to clean up the edges.

4. Find the right white. White nail polish couldn't be cooler than it is right now — it's a super-mod, must-wear shade. But when you're choosing a bottle, you want to make sure the formula is thick and creamy, so that it doesn't go on too sheer or streaky. To make sure it's opaque, take the brush and wipe it against the inside of the top of the bottle; if the polish is sheer against the inside of the bottle, it's not pigmented enough.

5. Stay away from quick-dry nail polish. It's typically dehydrating and can dry out your nails.

6. Swipe on cuticle oil religiously. An instant way to look like you've just stepped out of the salon is to use cuticle oil, it instantly hydrates them. Then, apply it over your entire nail after you've painted your nails — if you accidentally hit them against something, the oil offers some slip, so they're less likely to nick."

7. Hold your hands under cold water post-paint job. Holding your hands under cold water or dipping your fingertips into ice water for a bit helps them dry faster.

8. Make your neon polish pop. To get your neon paint to be even brighter, apply a white or an opaque nude shade as your first coat of polish. Neons tend to be sheer, so this helps make them seem thicker.

9. Apply thin — not thick — coats of polish. Anytime you're painting your nails, to get your polish to dry faster, apply three thin coats compared to one or two gloppy layers, because they'll never dry.

10. Keep your paint in a cool, dry, dark place aka your fridge. Storing your nail polish in the refrigerator helps the formula to last longer. Especially since heat and sunlight can alter the thickness and color.



With these tips, you can nail any manicure...

38

11. Thin out too-thick nail polish with thinner. "You can pick up nail polish thinner at your local beauty store — a few drops added to your polish that's too thick is all you need.

12. Never shake your nail polish. Instead, roll it back and forth between your two hands, holding the polish vertically. This ensures there will be no air bubbles in the lacquer or on your nails as you paint it on.

13. Never cut your cuticles. It's a no-no.

14. Only bust out the nippers when you have a hangnail. This is the ONLY time you should be reaching for the cuticle nippers. Hangnails are inevitable, even if you use moisturizer often, and unfortunately the only way to get rid of them is to trim them away.

15. Never saw your nails back and forth when you file them. Always stroke the file in one direction, otherwise it will tear the tip of your nail and leave it jagged. Filing them incorrectly can also lead to splitting, peeling, and breaking."

16. Stay away from hot water. Don't do your nails and then do the dishes or hop into the shower. Hot water is nail polish's natural-born enemy — it causes the nail bed to expand, forcing the polish to expand with it, typically causing it to crack in the process.

17. Use non-acetone nail polish remover whenever possible. Non-acetone isn't as drying to the nail, so if you have a problem with peeling or dry nails, you'll want to use this formula, especially if you're trying to strengthen your nails.

18. Go for glitter. Glitter polish or polish that's shimmery lasts longer on your nails than regular formulas.

19. Use a cotton ball to help remove your glitter polish. Glitter polish is annoying to get off of your nail. For that reason, it is suggested to soak a cotton ball in acetone remover, forming the cotton ball over each nail, and then letting it sit on your fingertips for a few minutes. Then, gently apply some pressure and wipe the polish off with the cotton ball — the glitter should slip right off with it.

20. Always use three-free polish. Formulas labeled as such are free of formaldehyde, toluene, and dibutyl phthalate (DBP) — ingredients that can raise health concerns if you're exposed to them over a prolonged period of time. Try brands like Essie, Butter London, and Deborah Lippmann to be safe and have a healthier option.

21. Always use a top coat. And when you apply it, always swipe the very tip of your nail. That way, when you're typing and hitting your tips against the keys constantly, you'll be less likely to get chips.

There, nailed it.





Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

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

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING

FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM

JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON

Men say that women should
come with instructions...

What's the point of that?
have you ever seen a man
Actually read the
instructions?



THE HUMAN BRAIN
IS AWESOME
IT FUNCTIONS 24 HOURS A DAY
FROM THE DAY WE ARE BORN
AND ONLY STOPS WHEN
WE ARE TAKING AN EXAM
OR
FALL IN LOVE



Friendship is so weird.
you just pick a human
you've met and
you're like
"yep, I like
this one"
and you just
do stuff with them.



I try to be a
nice person But
sometimes
my mouth
doesn't want
to cooperate!



THE minions COMEDY PAGE



My room is not
messy, it is an
obstacle course
designed to
keep me fit.



When you're at
someone's house?
Normal people:
"What a lovely
house!" Me:
"What's your
WIFI password?"



Need a friend?
Text me.

Need a laugh?
Call me.

Need money?
This number is no
longer in service.



My mother always
told me if you can't
say anything nice,
don't say
anything at all...
And some
people wonder why
I'm so quiet around them!



Singing in the shower
Is all fun and games
Until you get
Shampoo
in your mouth,
Then it just
Becomes a soap opera.



Everyone should believe
in something.



I believe
I should be
on a beach
drinking margaritas.

2 mysterious
people live in
my house.
Somebody &
Nobody.
Somebody
did it and
Nobody knows
who.





Make Today Great

Fairview Nursing Care Center

"Crisp edges, chewy middles."

CHOCOLATE CHIP COOKIES



Ingredients

- 1 cup butter, softened
- 1 cup white sugar
- 1 cup packed brown sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons hot water
- 1/2 teaspoon salt
- 2 cups semisweet chocolate chips
- 1 cup chopped walnuts

Directions

1. Preheat oven to 350 degrees Fahrenheit
2. Cream together the butter, white sugar, and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla.
3. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour, chocolate chips, and nuts. Drop by large spoonful onto ungreased pans.
4. Bake for about 10 minutes in the preheated oven, or until edges are nicely browned.



Preparation Time
20 minutes

Baking Time
10 m

Ready In
Less than 1 Hr.

Stressed is Desserts Spelled Backwards. Be sure to enjoy a delicious dessert today...



AUGUST 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 6 Musical Appreciation Day EUCCHARISTIC VISITS 10am- Horseracing 2FL 2pm- Guitar w/ Bob 4FL MOVIE CH. 37 FLS 6pm-PIANO w/ BELLA 3FL	 7 International Friendship Day 10am- Arts & Crafts 3FL Bible Class 4FL 2pm- Music w/ Silvers 1FL MOVIE CH. 37 FLS 6pm- Discussion Group 2FL	1 Relaxation Spa Day 10am-Discussion Group 2FL Beauty Culture 4FL 2pm- Tisha B'av Jewish Service RR MOVIE CH. 37 FLS 6pm- Table Games 3FL	2 Ice Cream Sandwich Day 10am-Ice Cream Social 3FL Music w/ Jean Randy's Sale ML MASS RR 2pm - Jodi's Therapeutic Drumming Circle 3FL MOVIE CH. 37 FLS 6pm- Dominos Game 1FL	3 Spanish Tunes Day 10am-BAKING CLUB RR (Chocolate Brownies) Card Games 4FL 2pm-Victor on Violin 1FL MOVIE CH. 37 FLS Spanish Concert with Maria 3FL	4 Artistic Talent Day 10am- Painting 3FL 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm-Table Games 1FL 	5 National Watermelon Day 10am- Current Events & Trivia 1FL 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- CARD GAME-2FL
13 Sports Day EUCCHARISTIC VISITS 10am- Sports & Health Discussion Group 2FL 2pm- Horseracing 3FL MOVIE CH. 37 FLS 6pm- PIANO w/ BELLA 3FL	14 National Spaghetti Day 10am- Promise Therapy 3FL Bible Class 4FL 2pm- Music w/ Silvers 2FL MOVIE CH. 37 FLS 6pm- Card Game 4FL	15 Drink a Coffee Day 10am-Coffee Clotch 2FL Beauty Culture 4FL 12pm- BBQ on the PATIO 2pm- Heal with Drumming Robert Freedman 3FL MOVIE CH. 37 FLS 6pm- BINGO - 1FL	16 National Popsicle Day 10am- Popsicle Patio Chat Prayer Service RR 2pm- Wii Bowling RR MOVIE CH. 37 FLS 6pm- Latin Jazz Show with Maria 3FL	17 Doggy B-day Party 10am-BAKING CLUB RR (Marble Pound Cake) Card Games 1FL 2pm- Sophie & Friends Birthday Party RR with Victor on Violin MOVIE CH. 37 FLS 6pm- Board Games 2FL	18 Marshmallow Day 10am- Painting 2FL Marshmallow Social on the Fairview Patio 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games 4FL	19 National Potato Day 10am- Current Events & Trivia 3FL 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- POKENO 4FL
20 Champions day EUCCHARISTIC VISITS 10am- Horseracing 4FL 2pm-Protestant Service RR Guitar w/ Bob 2FL MOVIE CH. 37 FLS 6pm-PIANO w/ BELLA 3FL	21 Veggie Health Day 10am- Arts & Crafts 1FL Bible Class 4FL 2pm- Music w/ Silvers 5FL MOVIE CH. 37 FLS 6pm-Music w/ Steve Cannone 3FL	22 International Music Day 10am- Coffee Clotch -1FL - Pet Therapy FLS Beauty Culture 2FL 2pm- International music with Lana 4FL MOVIE CH. 37 FLS 6pm- BINGO - 3FL	23 Senior Citizen's Day 10am- Special Senior Citizen's Day Event w/ Alex on the Sax 3FL Prayer Service RR 2pm-Music w/ D. Wynne 4FL MOVIE CH. 37 FLS 6pm-Dominos Game 2FL	24 Poetry Day 10am-BAKING CLUB-RR (7-UP Cake) Card Games 4FL 2pm-Victor on Violin 3FL MOVIE CH. 37 FLS 6pm-Poetry Club 1FL	25 Finger Painting Day 10am- Venezuela Music Show with Maria 3FL Valerie Accessories Sale ML Painting 1FL 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games 2FL	26 Smiley Face Day 10am- Current Events & Trivia 4FL 2pm-JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- CARD GAME 3FL
27 National Chips Day EUCCHARISTIC VISITS 10am- Horseracing 1FL 2pm-Patio Chips Social Event MOVIE CH. 37 FLS 6pm-PIANO w/ BELLA 3FL 	28 Wacky Tie Day 10am- Arts & Crafts 3FL Bible Class 4FL 2pm- Show Off your TIE Event w/ Music from the Silvers 3FL MOVIE CH. 37 FLS 6pm- BUNCO 3FL	29 Comedy Show Day 10am-Coffee Clotch - 2FL Beauty Culture 1FL 2pm-Exercise Aerobics 3FL MOVIE CH. 37 FLS 5pm- BBQ Dinner RR Comedy Show with Vicky 	30 Spanish Club Day 10am- Spanish Club Music w/ Maria RR Pet Therapy FLS MASS RR 2pm- Resident Council MOVIE CH. 37 FLS 6pm-Dominos Game 4FL	31 Monthly Birthday Party 10am-BAKING CLUB-RR (Chocolate Chip Cookies) Card Games 4FL 2pm- Fairview Pizza Birthday Celebration w/ Tattoo Band MOVIE CH. 37 FLS 6pm-Victor on Violin 2FL	WORD KEY RR =RECREATION ROOM FLS = ALL FLOORS ML = MAIN LOBBY 9:30AM-DAILY ROOM VISITS, NEWSPAPER, MAIL & PACKAGE DELIVERY	Patio Daily Smoking Hours Morning Hrs. 9am – 9:30am Afternoon Hrs. 1pm-1:30pm Evening Hrs. 7pm – 7:30pm  PATIO OPENED DAILY 9:00am-8:00pm