

FAIRVIEW

Nursing Care Center



NEWS



Center For Medicare and Medicaid Services

5 Star Facility Rating

SEPTEMBER, 2017

.....
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**Address: 69-70 Grand Central Pkwy,
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Table of Contents

A Note from the Editor.....	1
A Message from the Administrator	2
Rehab News.....	3, 4
Director of Nursing	5
Assistant Director of Nursing	6
MDS News.....	7
Future Nurse Zoya	8
Project Hygiene.....	9
Stop Germs	10
Psychotherapy & Communication.....	11, 12
Nutrition News.....	13, 14
Music & the Brain	15
Music & the Brain Continued	16
Animal Assisted Therapy.....	17,18,19,20
Therapy Cat Tiki.....	21,22
Katrina & Molly Visit	23
Superstar Erica.....	24
Get Inspired.....	25
Get Inspired Continued.....	26
Fairview Baking Club.....	27
Cooking Recipe	28
Recreation Therapy.....	29
Interactive Activities	30
Promise Therapy	31, 32
Fairview Became Incognito.....	33, 34
Just Clowning Around.....	35
Birthday Wishes.....	36
Men's Corner.....	37
Men's Corner Continued.....	38
Women's Corner.....	39
Women's Corner.....	40
Where's Waldo.....	41
Little Riddle.....	42
Labor Day.....	43
Word Search.....	44
Comedy Page.....	45
Adult Coloring Page.....	46
Fairview Activities Calendar.....	47

FROM THE EDITOR

Dear readers, welcome to the month of September!

In this issue, you will find many interesting articles and information regarding our incredible program. Fairview Nursing Care Center is a 24-hour rehabilitation and nursing care facility located in the heart of Forest Hills, New York. Our dedicated team provides skilled nursing and outpatient rehab care to adults and seniors in the region. We focus our services on restoring individual independence in our residents, using specifically tailored plans to help them develop skills essential for complete rehabilitation.

With our top quality clinical services, exceptional rehabilitation activities and award-winning recreation therapy program – we aim to restore physical independence to our Nursing Home residents one patient at a time. We provide a warm atmosphere for health, wellness and superior care.

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.

WE'RE ON THE WEB

WWW.fairviewrehab.com



Contact Our Admissions Office Today!

718-263-4600 Extension: 218

A Note from The Desk of the Administrator

- Ms. Bein

Often times when we talk about teamwork, we talk mostly about the leader. We expect leaders to magically make teamwork happen. However, teamwork is a choice that every member of the team makes, including the leader. I found the following story that beautifully illustrates the power of our choices.

High in the Himalayan mountains lived a wise old man.

Periodically, he ventured down into the local village to entertain the villagers with his special knowledge and talents. One of his skills was to “psychically” tell the villagers the contents in their pockets, boxes, or minds. A few young boys from the village decided to play a joke on the wise old man and discredit his special abilities. One boy came up with the idea to capture a bird and hide it in his hands. He knew of course, the wise old man would know the object in his hands was a bird. The boy devised a plan.



Knowing the wise old man would correctly state the object in his hands was a bird, the boy would ask the old man if the bird was dead or alive. If the wise man said the bird was alive, the boy would crush the bird in his hands, so that when he opened his hands the bird would be dead; if the wise man said the bird was dead, the boy would open his hands and let the bird fly free. So, no matter what the old man said, the boy would prove the old man a fraud.

The following week, the wise old man came down from the mountain into the village. The boy quickly caught a bird and cupping it out of sight in his hands, walked up to the wise old man and asked, “Old man, old man, what is it that I have in my hands?”

The wise old man said, “You have a bird.” and he was right.

The boy then asked, “Old man, old man tell me, is the bird alive or is it dead?”

The wise old man looked at the boy and said, “The bird is as you choose it.”

And so, it is in everything we do. The power, your direction and your destiny are literally in your hands and the hands of those you lead and/or serve with. Which path are you going to take? It’s up to you, it’s always up to you.



Merced Jarina, RPT
Registered Physical Therapist

Building Resident and Family Confidence: *Key to Engagement*

Confidence is the first thing I like to establish when I meet with family members and patients for the first time. Confidence is an effective tool for engagement. With confidence, the approach will be easily carried out with full cooperation. But the question is, how is confidence built? Our rehabilitation program is designed to cater to the specific needs of each patient through the expertise of our skilled therapist. Our dedicated team is committed to deliver the best result achievable and to bring patients back to their previous level of functioning.

The first meeting is usually challenging. A patient can sometimes experience anxiety due to the complexity of their medical circumstance. It is sometimes difficult to hear the truth about their ability to progress or the doubt towards the ability of the clinician to provide the service.

As a Registered Physical Therapist, my motivation comes from my commitment to help my patient progress, help them achieve their goal and maximize on involving the family in the care plan.

When I begin to work with a patient, I focus on the primary reason for him/her being in the facility and explain what my role is. Once this is all established we move forward with the care plan. During the first meeting, I converse with the resident and ask how he/she is feeling and give a chance for the patient to express him/herself in the most comfortable way he/she can. I listen carefully and try to accommodate the needs of the patient to the best of my ability. Honoring a patient's request is a very important key and remarkable tool to engage.



As much as I would like to talk about range of motion, or functional status or prior level of function, it is important that I listen to what the patient has to say about their current state and discuss a plan together with the resident. Throughout my time working in the rehabilitation department at Fairview, I have come to realize that patients want to be heard and involved in their care plan. Patients need constant reassurance to know that they will succeed and have a speedy recovery so that they can be discharged to their home as soon as possible.

Throughout the patient's recovery process, we strive to involve family members as much as possible. We make sure that the family is educated on how the rehab process works and how the rehabilitation team approaches the patient. It is our duty to make sure that the family members understand the importance of time, patience, engagement and how their involvement and support play a major role during the recovery process.

Our rehabilitation department provides family members with an opportunity to observe our sessions with the patient for them to understand our approach and at the same time for them to see how the patient responds to therapy. This reinforces their understanding of how rehab works - where skilled therapy and the patient's response work hand in hand.

Building confidence is essential to a holistic approach in the plan of care for the patient and has a high value to me and to my rehab team. I work with a very effective, experienced and skilled rehab team.

Once I see that a patient has begun to build self-confidence the anxiety becomes slowly eliminated. With a positive mindset challenges become manageable, approach becomes continuous and rehab services can be well represented.

Merced Jarina, RPT
Registered Physical Therapist



Nursing News



Dear Team,

As the doors of summer slowly close and we welcome the fall with open arms, we see our children off to school again for another year and the Flu season begins. Protecting residents and family from this devastating infection is paramount to all health care employees. Frequent handwashing is one effective way to prevent the spread of Influenza. Cover your cough and if you develop flu symptoms, please do not come to work.

NURSING DEPARTMENT HIGHLIGHTS

Congratulations to our “Frontline Employees” for the month of August:

- All our Nursing staff who work so hard, especially on the weekends. Just want you to know that we appreciate the hard work that you do. We celebrate you and the dedication you have for our residents/patients.
- Sending “Get Well Soon” wishes to our staff members that are out sick. We wish you a speedy recovery back to good health.
- We welcome all new employees to our Fairview Team, and wish you a long professional journey with us.

See you on the units and have a great month!

Warm Regards,

Nadene Lewis-McCook, RN, MSN.

Director of Nursing

Your #1 Fan

When you're a nurse you know that every day you will touch a life or a life will touch yours.



Holden Mathieson RN

Assistant Director of Nursing

Hello everyone,

My name is Holden Mathieson and I am the Assistant Director of Nursing. I have recently joined the Fairview team and as a member of the nursing team our focus is to provide our residents the care needed to attain, maintain, or recover optimal health and quality of life.

You may have observed me making rounds on the units and I have been mistaken for a doctor. My career as a nurse started 10 years ago and I have experience working in various positions in a hospital as well as in skilled nursing facilities. I love working with people and it gives me great satisfaction in being able to make a positive contribution in someone else's life.

My office is located in the nursing office on the main floor. I can be contacted at extension 238 or at hmathieson@fairviewrehab.com. If you have a question or a concern please feel free to ask me at any time.

Sincerely,

Holden Mathieson RN

MDS

Nurses

Advocating, Leading, Caring



Svetlana Iskiyayeva

Hello Friends! I'm Svetlana. I have been working for Fairview Nursing Care Center for almost four months. I appreciate the warm and friendly environment and seeing the residents smile every day. My role here as part of the MDS department is to complete assessments for each resident that will help track their progress in our facility from the time of admission until discharge. These assessments are transmitted to Medicare, Medicaid and the insurance companies as a means of billing.

Our interdisciplinary team works hand-in-hand to plan a safe discharge to the community after completion of therapy and once the resident has reached the maximum level of ability to perform activities of daily living. Our team also assists residents in completing the appeal process by sending proper medical records with medically necessary documentation to the department of health and managed care companies.

If you have any questions about MDS feel free to visit our office on the second floor. I speak Russian, Farsi, Uzbek & English. Hope it comes in handy!

All the Best,
Svetlana



The Fairview MDS Team

FUTURE NURSE



I'm not telling you it's going to be easy. I'm telling you it's going to be worth it.



— Art Williams



Zoya Williams, Future Nurse

“Nursing is an art: and if it is to be made an art it requires an exclusive devotion as hard a preparation as any painter's or sculptor's work.” -Florence Nightingale.

Nursing is more than a profession of integrity and compassion. It is a privilege to improve a patient's quality of life on a day to day basis. There are several reasons why I want to pursue a career in nursing. I am a caring and responsible person, characteristics that nurses must have in order to be a prudent. When I become a nurse, my role will be to provide quality health care to individuals, families, communities; and make a significant difference in their lives. I will strive to provide services that are designed to promote health, prevent illnesses, and recovery from health problems.

My summer vacation to the United States afforded me the opportunity to volunteer my services here at Fairview Nursing Care Center, where my aunt (Nadene Lewis-McCook) is the Director of Nursing. I have been exposed to various exciting components of the Nursing profession here at Fairview, all of which makes me eager to become a nurse.

I would like to take this opportunity to thank Mr. Klein and Ms. Bein for allowing me to volunteer with my aunt and learning so much more about the nursing profession.





PROJECT

Hygiene



Good personal hygiene is one of the most effective ways to protect ourselves and others from many illnesses, such as gastroenteritis. It is important to wash your hands regularly, especially before preparing or eating food and after going to the toilet.

One of the most effective ways we have to protect ourselves and others from illness is good personal hygiene. This means washing your hands, especially, but also your body. It means being careful not to cough or sneeze on others, cleaning things that you touch if you are unwell, putting items such as tissues (that may have germs) into a bin, and using protection (like gloves) when you might be at risk of catching an infection.

Personal hygiene, such as bathing, is very much dependent on the culture in which you live. In some cultures, it is expected that you will wash your body at least every day and use deodorants to stop body smells. Other cultures have different expectations.

Hand washing

Most infections, especially colds and gastroenteritis, are caught when we put our unwashed hands, which have germs on them, to our mouth. Some infections are caught when other people's dirty hands touch the food we eat. Hands and wrists should be washed with clean soap and water, using a brush if your fingernails are dirty. Dry your hands with something clean, such as paper towels or hot air dryers.

Travelling hygiene

When travelling overseas, take special care if you're not sure whether the water is safe. Suggestions include:

- Drink only bottled water.
- Don't use tap water to clean your teeth.
- When you wash your hands, make sure they are totally dry before you touch any food.
- Don't wash fruit or vegetables in unsafe water.
- If you have no other water source, make sure the water is boiled before you drink it by holding it at a rolling boil for one minute.
- Make sure any dishes, cups or other utensils are totally dry after they are washed.

Stop Germs! Stay Healthy! Wash Your Hands

10



**WASH
YOUR
HANDS!**

WHEN?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

HOW?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** hands well under clean, running water.
- **Dry** hands using a clean towel or air

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy



For more details on handwashing, visit CDC's Handwashing Website at www.cdc.gov/handwashing



LEARN TO BREAK BAD HABITS

Top 10 Ways to Break Bad Habits

We all have a bad habit or two we could stand to lose, but habits are hard to break. Whether your bad habit is procrastinating, overspending, swearing, or any other one you want to change, here are ten tips to break free of negative behavior patterns.



Avi Pleshtiyev, LMSW
Director of
Psychotherapy &
Communications

1. **Train Yourself to Think Differently About Your Bad Habits**

Even if we hate a habit we're doing, like smoking or biting our nails, we tend to continue doing them because they provide us with some sort of satisfaction or psychological reward. Catch yourself thinking any positive thoughts or feelings about your bad habits and reframe them to remind you of the negative aspects. In other words, in this case it's good to think like a hater.

2. **Create an If-Then Plan**

Habits are loops that we repeat automatically. A cue triggers our routine, we get the reward from it, and then repeat. An If-Then plan can help you disrupt this cue-routine-reward system and replace bad habits with good ones. Just remember to keep your plan as simple as possible. This flowchart can help you reboot your habit and create the If-Then plan.

3. **Do a Review When You Have a Bad Habit Relapse**

Chances are you're going to have bad days. Setbacks are normal and we should expect them. Have a plan to get back on track and use the relapse as a way to understand what happened and how you can avoid it next time.

4. **Coach Yourself Out of Bad Habits**

Lifhacker alum Adam Dachis used a webcam to break his bad habits, recording why he wanted to break them every day and effectively coaching himself to stop nail biting and doing other bad habits. It might seem a little strange at first, but it could work for you too.

5. **Change Your Environment**

Over time, if you do the same behaviors in the same place, your surroundings can become a trigger —sometimes very subtle to notice. If you go on smoke breaks in your office's parking lot, the parking lot itself can become a cue to smoke. Switch up your surrounds in even the smallest way. The 20-Second Rule can help too: Make bad habits take 20 seconds longer to start. For example, move junk food to the back of the pantry.



~~Problem~~

Solution



6. Remind Your Future Self About Avoiding Bad Habits

Even with the best intentions, we fall into bad habits when our willpower fades. You might promise only to have two drinks when going out with friends, for example, but forget that promise completely as soon as you step into the bar. Try setting up reminders in your calendar for yourself for your weakest moments. Future, less hungover self will thank you.

7. Spend a Month Thinking About Your Habit Before Taking Action

You might be itching to get rid of that habit right now, but as mentioned above, it takes time. Before you start trying to change a habit, consider thinking about it thoroughly for a month first, listing every reason you want to stop, recording every time you catch yourself doing it, and so on. You could be better prepared to conquer the habit after this preparation.

8. Go Slow and Make Tiny Changes

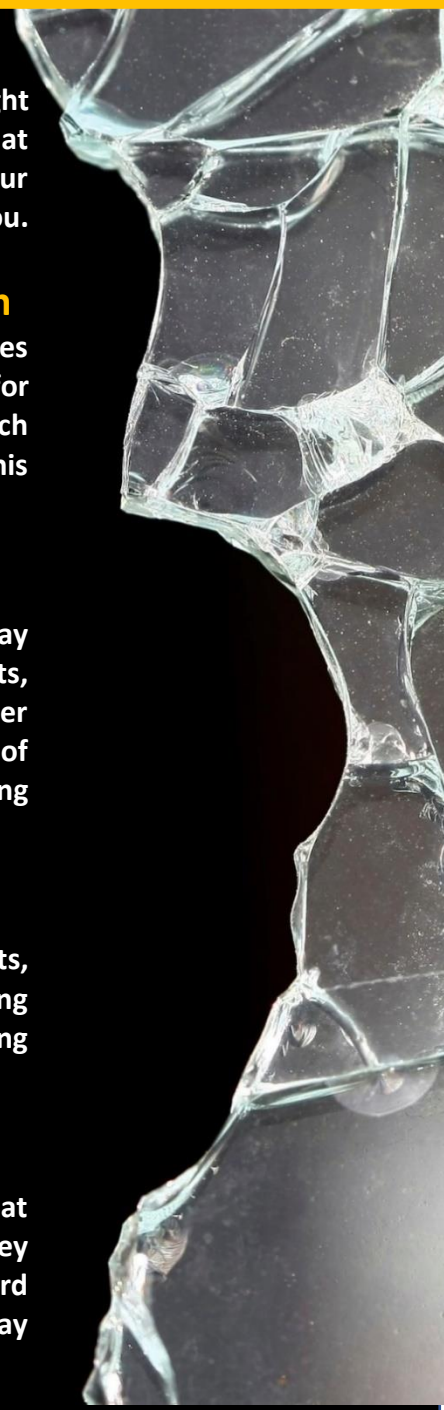
Forming better new habits takes time and effort, but breaking established bad habits may be even harder. So be patient with yourself and instead of making dramatic adjustments, try focusing on one habit and the smallest steps you can take to "trick your inner caveman." With food and dieting, for example, small changes like reducing one pack of sugar or switch cream in your coffee to low-fat milk can make a big difference in the long run.

9. Understand What Triggers Your Bad Habits

Understanding how we make decisions is the key to conquering all kinds of bad habits, including money ones. Often, we repeat bad habits without even realize we're doing them. There are five cues that usually contribute to every bad habit, though, and being aware of them can help us learn what's behind those behaviors.

10. Fine Yourself for Each Offense

Make a bad habit a little more painful and you might ditch it for good. Money is a great motivator, so you can use the "swear jar" method or pay your friends \$1 each time they catch you doing that thing you want to stop doing. It works the other way too: Reward yourself for beating your habit every day. 21Habitrewards or penalizes you a dollar a day for 21 days of committing to a habit.



NUTRITION FROM THE GROUND UP



Food & Nutrition

Chief Clinical Registered Dietitian
- Nella Shaulov



Nella Shaulov,
Chief Clinical RD

What Are Healthy Simple Carbohydrates?

Fresh fruits provide healthy simple carbs as well as other vitamins and antioxidants. Simple carbohydrates are a major source of energy for the body and are found in many nutrient-dense foods, including fruit, fruit juice and dairy products. All of these foods also contain a substantial amount of vitamins, minerals and phytochemicals and should be consumed as part of a healthy and well-balanced diet.

What is a Carbohydrate?

Carbohydrates, the main source of fuel for the human body, provide 4 calories of energy per gram. Carbohydrates are primarily found in plant-based foods, such as grains, fruits and vegetables, which contain many nutrients. However, carbohydrates can also be found in other foods containing added sugars and sweeteners, and these foods have minimal nutritional value.

What is a Simple Carbohydrate?

There are two main types of digestible carbohydrates: complex carbs and simple carbs. A complex carbohydrate is a long chain of three or more carbon rings, while a simple carb only consists of one or two carbon rings. Because of their small size and short length, simple carbs digest very quickly and rapidly increase blood sugar. These carbs only take a few minutes to fuel the body and are good for people who need a quick burst of energy as well as increasing glucose levels when blood glucose levels are low.

Examples of Simple Carbohydrate Foods

Because simple carbohydrates exhibit a sweet flavor, most sweet-tasting foods contain simple carbohydrates. Fruits, such as bananas, mangoes and raisins, 100 percent fruit juice and honey are all high in simple carbohydrates. Because lactose is also classified as a simple carbohydrate, milk and yogurt are also good sources of simple carbs. Sucrose, the chemical name for sugar, is also a simple carb, thus any food or dessert containing sugar, sugar cane or cane juice is a source of simple carbs.

Nutritional Value of Foods with Simple Carbohydrates

Foods containing simple carbohydrates vary in their nutritional value. Fruits that are high in simple carbohydrates contain a significant amount of vitamins and phytochemicals. For example, pomegranate and pomegranate juice contain simple carbohydrates as well as vitamin A, vitamin C and other antioxidants. Milk, which contains about 12 grams of simple carbohydrates per 8-ounce serving, also has 8 grams of protein and about 300 milligrams of calcium. However, refined and processed foods that are high in added sugars, like cookies, cakes and candies, do not contain as many nutrients as the other sources of simple carbohydrates.



**Sonya Shamalov
Dietitian Assistant**

Hello Fairview residents! I would like to take the opportunity to introduce myself. My name is Sonya Shamalov and I am the Dietitian Assistant.

I volunteered at this facility a few years ago, and I fell in love with the friendly atmosphere. I always hoped I could come back and work here myself. Now that dream has become a reality, for I was fortunate enough to be added to the dietary staff this past June. During my short time here, I have met many of the residents regarding their food preferences or concerns. I really enjoy spending the time speaking with the residents and learning about their lives and what certain foods mean to them; for food has a way of curing many ailments and transport an individual to happier, healthier times.

We, at the dietary department, hope to provide good nutritious foods that every resident will enjoy. If you have any questions/concerns about the food or your diets, please feel free to contact me. I may be reached at 718-263-4600 ext. 234. I look forward to meeting each one of you soon. Thank you!

Best,
Sonya Shamalov



7 Surprising Ways Music Affects and Benefits Our Brains

1. Happy/Sad music affects how we see neutral faces:

We can usually pick if a piece of music is particularly happy or sad, but this isn't just a subjective idea that comes from how it makes us feel. In fact, our brains actually respond differently to happy and sad music. Even short pieces of happy or sad music can affect us. One study showed that after hearing a short piece of music, participants were more likely to interpret a neutral expression as happy or sad, to match the tone of the music they heard. Something else that's really interesting about how our emotions are affected by music is that there are two kinds of emotions related to music: perceived emotions and felt emotions. This means that sometimes we can understand the emotions of a piece of music without actually feeling them, which explains why some of us find listening to sad music enjoyable, rather than depressing. Unlike in real life situations, we don't feel any real threat or danger when listening to music, so we can perceive the related emotions without truly feeling them—almost like vicarious emotions.

2. Ambient noise can improve creativity

We all like to pump up the tunes when we're powering through our to-do lists, right? But when it comes to creative work, loud music may not be the best option. It turns out that a moderate noise level is the sweet spot for creativity. Even more than low noise levels, ambient noise apparently gets our creative juices flowing, and doesn't put us off the way high levels of noise do. The way this works is that moderate noise levels increase processing difficulty which promotes abstract processing, leading to higher creativity. In other words, when we struggle (just enough) to process things as we normally would, we resort to more creative approaches. In high noise levels, however, our creative thinking is impaired because we're overwhelmed and struggle to process information efficiently.

3. Our music choices can predict our personality

Take this one with a grain of salt, because it's only been tested on young adults but it's still really interesting. To break it down, here is the connection they have found: Blues fans have high self-esteem, are creative, outgoing, gentle and at ease. Jazz fans have high self-esteem, are creative, outgoing and at ease. Classical music fans have high self-esteem, are creative, introvert and at ease. Rap fans have high self-esteem and are outgoing. Opera fans have high self-esteem, are creative and gentle. Country and western fans are hardworking and outgoing. Reggae fans have high self-esteem, are creative, not hardworking, outgoing, gentle and at ease. Dance fans are creative and outgoing but not gentle. Indie fans have low self-esteem, are creative, not hard working, and not gentle. Bollywood fans are creative and outgoing. Rock/heavy metal fans have low self-esteem, are creative, not hard-working, not outgoing, gentle, and at ease. Chart pop fans have high self-esteem, are hardworking, outgoing and gentle, but are not creative and not at ease. Soul fans have high self-esteem, are creative, outgoing, gentle, and at ease. Of course, generalizing based on this study is very hard. However, looking at the science of introverts and extroverts, there is some clear overlap.

4. Music training can significantly improve our motor and reasoning skills

We generally assume that learning a musical instrument can be beneficial for kids, but it's actually useful in more ways than we might expect. One study showed that children who had three years or more musical instrument training performed better than those who didn't learn an instrument in auditory discrimination abilities and fine motor skills. They also tested better on vocabulary and nonverbal reasoning skills, which involve understanding and analyzing visual information, such as identifying relationships, similarities and differences between shapes and patterns. These two areas in particular are quite removed from musical training as we imagine it, so it's fascinating to see how learning to play an instrument can help kids develop such a wide variety of important skills.



5. **Classical Music Can Improve Visual Attention**

It's not just kids that can benefit from musical training or exposure. Stroke patients in one small study showed improved visual attention while listening to classical music. The study also tried white noise and silence to compare the results, and found that, like the driving study mentioned earlier, silence resulted in the worst scores. Because this study was so small, the conclusions need to be explored further for validation, but it is really interesting how music and noise can affect our other senses and abilities—in this case, vision.

6. **Noise Rather Than Music**

One-sided phone calls are more distracting than normal conversations. Another study focused on noise, rather than music, showed that when it comes to being distracted by the conversations of others, phone calls where we can only hear one side of the conversation are the worst offenders. After a survey showed that up to 82% of people find overhearing cellphone conversations annoying, Veronica Galván, a cognitive psychologist at the University of San Diego, decided to study why these are such a pain.

In the study, participants completed word puzzles while one half of them overheard one side of a mundane phone conversation in the background. The other half of the volunteers heard the entire conversation as it took place between two people in the room. Those who heard the one-sided phone conversation found it more distracting than those who heard both people speaking. They also remembered more of the conversation, showing that it had grabbed their attention more than those who heard both sides and didn't remember as much of the discussion. The unpredictability of a one-sided conversation seems to be the cause of it grabbing our attention more. Hearing both sides of a conversation, on the other hand, gives us more context which makes it easier to tune out the distraction.

7. **Music Helps Us Exercise**

Research on the effects of music during exercise has been done for years. In 1911, an American researcher, Leonard Ayres, found that cyclists pedaled faster while listening to music than they did in silence.

This happens because listening to music can drown out our brain's cries of fatigue. As our body realizes we're tired and wants to stop exercising, it sends signals to the brain to stop for a break. Listening to music competes for our brain's attention, and can help us to override those signals of fatigue, though this is mostly beneficial for low- and moderate-intensity exercise. During high-intensity exercise, music isn't as powerful at pulling our brain's attention away from the pain of the workout.

Not only can we push through the pain to exercise longer and harder when we listen to music, but it can actually help us to use our energy more efficiently. A 2012 study showed that cyclists who listened to music required 7% less oxygen to do the same work as those who cycled in silence.

Some recent research has shown that there's a ceiling effect on music at around 145 bpm, where anything higher doesn't seem to add much motivation, so keep that in mind when choosing your workout playlist.



Happy 2nd Birthday Sophie



Petting you is our number one therapy. It makes our day brighter and it soothes our weariness away.

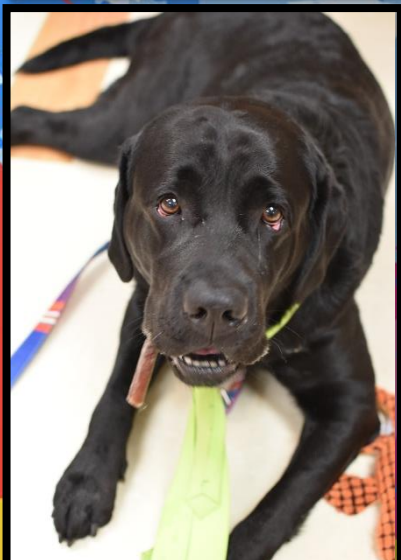
Thank you for always being there, Sophie. Enjoy your Special day.

Best Birthday Wishes To You.

We Love You!

HAPPY 2nd BIRTHDAY

- The Fairview Family





SOME THINGS
JUST FILL YOUR
HEART WITHOUT
TRYING.





Cat Therapy

Feline First Aid To
Lift The Spirits



The Fairview Therapy Cat

A message from Tiki & Kelly



Kelly D'Auria, RN
Pet Therapy Handler

Hi again, this is Tiki!

Happy September everyone! Sometimes I sit on the porch with Kelly enjoying the summer days but I can't wait for the leaves to start falling... they look like they would be fun to chase & to jump in!

I have a buddy at home named Tao and wow am I learning a lot from him. He's a lot older than me so he has been teaching me lots of cool stuff, like how to open cabinets and steal treats when no one is around. Tao and I make a great team, we also figured out how to get extra food from our automatic feeders (but don't tell Kelly about that one!).

Even though I know Tao misses me when I'm not home, I love visiting everyone here and look forward to the days I get to come in with Kelly. It's so much fun seeing everyone again and meeting new friends. I'll see you soon!

XOXO,
Tiki

A little about Tiki...

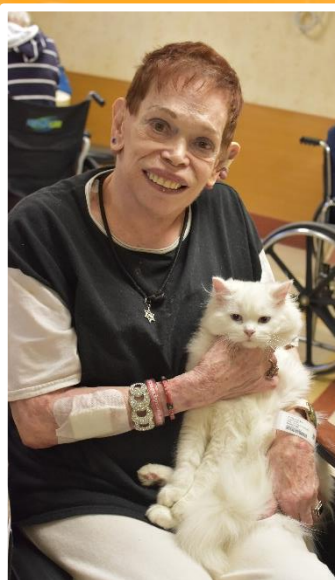
Tiki is a breed of cat called a Ragdoll. She was born on February 2, 2017 so she just turned 6 months old in August. She shares her home with an 8 year old Siamese cat named Tao. Just like any younger sibling, Tiki likes to drive Tao crazy, chasing him around the house and jumping all over him.

Ragdolls are large cats, with some getting as big as 20 - 25 pounds. They come in many colors and patterns but all have long hair and blue eyes. The breed was named "Ragdoll" because of their tendency to go limp and relax when picked up and held. The breed is frequently known as "puppy like cats" due to behaviors such as following people around, learning to sit and fetch as well as their lack of aggression. They generally have a lifespan of 18 to 25 years.





*Sandpaper kisses
On a cheek or a chin
That is the way
for our day to begin!
Sandpaper kisses
A cuddle and a purr.
We all love Tiki
And her beautiful
White fur!*



A Visit from Katrina Wahl & Molly

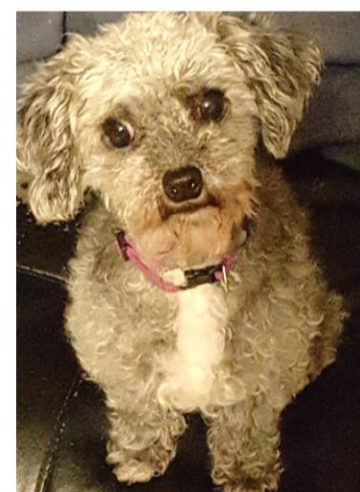


Katrina Wahl
Pet Therapy Handler

My name is Katrina Wahl. My mom, Stacy Wahl, is the administrative assistant at Fairview Nursing Care Center. I have been visiting Fairview for the past month.

Sometimes I bring my dog named Molly. Molly is a toy poodle Chihuahua mix. The residents enjoy when I visit with molly because she is able to sit on their lap. Molly enjoys her visits as well. She loves all the attention and affection she receives.

On days when Molly does not come to Fairview with me, I enjoy helping out in the recreation department. Recently I helped paint several resident's nails. When I am helping the residents, I enjoy talking with them. I am fascinated by some of their life stories.



Molly Wahl
Pet Therapy Dog





The Day a Ukulele Playing Superstar Came to Fairview...



Hi, my name is Erica Kim Jarina, daughter of Merced Jarina who works at Fairview a Physical Therapist. I'm 13 years old, born in the Philippines and I came to the US in June. My hobbies are playing board games, video games, reading books and playing sports such as chess, badminton and swimming. But my most favorite of all is playing the Ukulele. I got into Ukulele when I was in 6th grade. I learn on my own by watching videos on YouTube and practicing chords as I watch them. I play in school for group activities, regular school days with friends and during family day.

The most exciting part was the day my mom came home and told me that I can play in one of the recreation activities at Fairview. I was nervous but excited at the time. And so, I played. It felt good because not only that I was able to share my talent but my audience gave me an opportunity to feel grateful for what I am and what I have. As I looked at them while playing the Ukelele, I realized how much joy I gave them. And for that I say thank you to my mom and thank you to Fairview Nursing Care Center.

Get ^{to be} ready inspired!

True Love

A Very Poor Man Lived with His Wife. One day, his wife, who had very long hair asked him to buy her a comb for her hair to grow well and to be well-groomed. The man felt very sorry and said no. He explained that he did not even have enough money to fix the strap of his watch he had just broken. She did not insist on her request. The man went to work and passed by a watch shop, sold his damaged watch at a low price and went to buy a comb for his wife. He came home in the evening with the comb in his hand ready to give to his wife. He was surprised when he saw his wife with a very short haircut. She had sold her hair and was holding a new watch band. Tears flowed simultaneously from their eyes, not for the futility of their actions, but for the reciprocity of their love.

MORAL: To love is nothing, to be loved is something but to love and to be loved by the one you love, that is **EVERYTHING**. Never take love for granted.



Thinking Out of the Box

In a small Italian town, hundreds of years ago, a small business owner owed a large sum of money to a loan-shark. The loan-shark was a very old, unattractive looking guy that just so happened to fancy the business owner's daughter. He decided to offer the businessman a deal that would completely wipe out the debt he owed him. However, the catch was that we would only wipe out the debt if he could marry the businessman's daughter. Needless to say, this proposal was met with a look of disgust.

The loan-shark said that he would place two pebbles into a bag, one white and one black. The daughter would then have to reach into the bag and pick out a pebble. If it was black, the debt would be wiped, but the loan-shark would then marry her. If it was white, the debt would also be wiped, but the daughter wouldn't have to marry the loan-shark. Standing on a pebble strewn path in the businessman's garden, the loan-shark bent over and picked up two pebbles. Whilst he was picking them up, the daughter noticed that he'd picked up two black pebbles and placed them both into the bag. He then asked the daughter to reach into the bag and pick one.

The daughter naturally had three choices as to what she could have done:

1. Refuse to pick a pebble from the bag.
2. Take both pebbles out of the bag and expose the loan-shark for cheating.
3. Pick a pebble from the bag fully well knowing it was black and sacrifice herself for her father's freedom. She drew out a pebble from the bag, and before looking at it 'accidentally' dropped it into the midst of the other pebbles. She said to the loan-shark; "Oh, how clumsy of me. Never mind, if you look into the bag for the one that is left, you will be able to tell which pebble I picked." The pebble left in the bag is obviously black, and seeing as the loan-shark didn't want to be exposed, he had to play along as if the pebble the daughter dropped was white, and clear her father's debt.

Moral of the story: It's always possible to overcome a tough situation through out of the box thinking, and not give in to the only options you think you have to pick from.



A Pound of Butter

There was a farmer who sold a pound of butter to a baker. One day the baker decided to weigh the butter to see if he was getting the right amount, which he wasn't. Angry about this, he took the farmer to court. The judge asked the farmer if he was using any measure to weight the butter. The farmer replied, "Honor, I am primitive. I don't have a proper measure, but I do have a scale."

The judge asked, "Then how do you weigh the butter?" The farmer replied; "Your Honor, long before the baker started buying butter from me, I have been buying a pound loaf of bread from him. Every day when the baker brings the bread, I put it on the scale and give him the same weight in butter. If anyone is to be blamed, it is the baker."

Moral of the story: In life, you get what you give. Don't try and cheat others.

The Obstacle In Our Path

In ancient times, a King had a boulder placed on a roadway. He then hid himself and watched to see if anyone would move the boulder out of the way. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many people loudly blamed the King for not keeping the roads clear, but none of them did anything about getting the stone out of the way. A peasant then came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to push the stone out of the road. After much pushing and straining, he finally succeeded. After the peasant went back to pick up his vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King explaining that the gold was for the person who removed the boulder from the roadway.

Moral of the story: Every obstacle we come across in life gives us an opportunity to improve our circumstances, and whilst the lazy complain, the others are creating opportunities through their kind hearts, generosity and willingness to get things done.



The Fairview Baking Club





THE **BEST** *Grilled Salmon* YOU'VE EVER TASTED

Ingredients:

- 1 1/2 lbs. salmon fillets
- lemon pepper to taste
- garlic powder to taste
- salt to taste
- 1/3 cup soy sauce
- 1/3 cup brown sugar
- 1/3 cup water
- 1/4 cup vegetable oil

Directions:

1. Season salmon fillets with lemon pepper, garlic powder, and salt.
2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
3. Preheat grill for medium heat.
4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

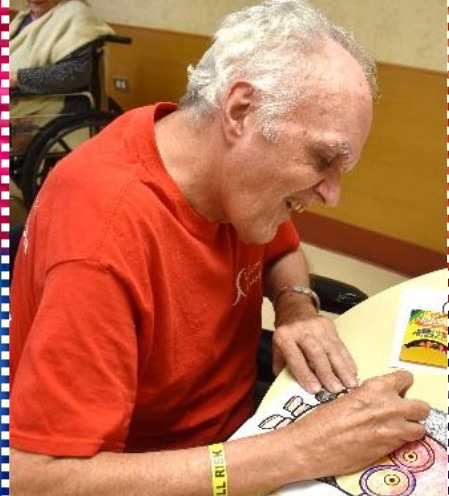


Preparation Time
15 minutes

Cooking Time
12-16 minutes

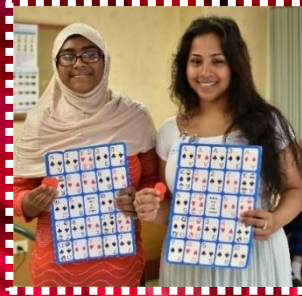
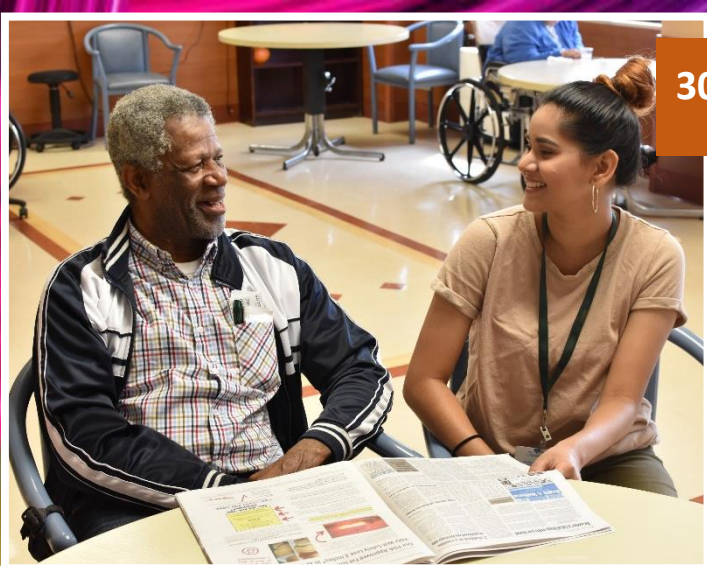
Ready In
2 1/2 hours

Tip
Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.



Recreation Therapy





Interactive Activities



Sensory Serenity

polished
for perfection...

Beauty is not in the face;
is a light in the heart.



LET'S CONNECT
Connectors
With
Coffee
OVER COFFEE
COFFEE CLUTCH



PROMISE Therapy



“A Day at the Beach with Promise Therapy”

On Monday August 14, 2017, the beach came to Fairview’s summer ready occupants. Palm trees, sand, seashells, and star fish were all present as the residence enjoyed an hour of sensory overload filled with relaxation and reminiscence about old beach memories. The smell of salt water and sun block filled the air. The sounds of beach music from the 50’s 60’s and present day danced off the walls as the residence laughed and smiled enjoying getting their hands dirty and searching for sea shells. Residence used special tools to excavate their own personal sand boxes and uncover seas shells and a hidden star fish. They tossed the beach ball around as they spoke of fun times on Rockaway, Coney Island and Jones Beach. For a moment in time we all traveled far and forgot where we were. We lost ourselves in the beach using creativity, imagination and memories to lead us into our happiest times. Participants left the group with their own personally created beach habitat which held the aroma of a day at the beach. Getting to the fun, sand, and the beach might be difficult for others, but for Fairview residence with a little magic from Promise Therapy we brought the beach to them. The group was led by Gen and Patrick from Promise Therapy who used the beach as a form of therapeutic inspiration to stimulate the minds and spirits of all who were in attendance. Thanks to Avi and Lisa, dedicated staff at Fairview for their support and helping hands in assisting Promise Therapy with this wonderful activity.



Promise Therapy is a human service agency providing individualized in home Therapeutic Activities and Support services to the elderly, disabled, and anyone in need of using meaningful/creative activities to encourage overall wellness. Promise Therapy also offers its therapeutic activities in group settings throughout the community including to hospitals, and nursing facilities. It is Promise's unique use of creative and therapeutic activities that motivates and drives its participants. Promise Therapy uses a variety of techniques including arts and crafts, painting, meditation and stretching, writing, brain enrichment games, photography, table top gardening, current events, cooking, baking, chair exercise, sensory stimulation, gross and fine motor activities, themed events, dance, movement, music, and community/outdoor experiences, to aid the physical, mental, and emotional well-being of our clients. Our efforts help individuals reduce depression, stress, and anxiety; recover basic motor functioning and reasoning abilities; improve memory; improve cognitive abilities; build confidence; establish community integration; prevent social isolation; and socialize effectively so that they can enjoy greater independence and quality of life. Our therapy based activities are designed to encourage positive experiences, improve a person's level of functioning and involvement in life activities, to develop coping abilities through the use of strength based/diversion activities, to provide education on adaptive activities, to promote health and wellness as well as decrease or remove the activity limitations and restrictions caused by an illness or disabling condition.

Promise Therapy further offers support services which include wellness checks and visit, referrals, and family monitoring. At Promise Therapy, we offer a system of support along with a circle of friendship and happiness.

If you would like to learn more about Promise Therapy and how it can help you or someone you know, please visit www.promisetherapy.org or call us at (516)309-6345.





I Can Hide In The Dark!
What About You?





THE DAY THE FAIRVIEW FAMILY



BECAME INCOGNITO



JUST CLOWNING AROUND



HAPPY BIRTHDAY!



VIRGO

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.



LIBRA

Born **September 23 – October 22.**

People born under the sign of Libra are peaceful and fair, and they hate being alone. Partnership is very important for Libra -born, and with their victorious mentality and cooperation, they cannot stand to be alone. The Libra is an Air sign, with expressed intellect and a keen mind.

Fairview Nursing Care Center Wishes a Happy Birthday to:

Nursing Supervisor "Mr.G"

Giordano, Stephen

Quan, Dorothy

Jagpaul, Gaitree

Demejia, Efigenia

Pope, Elouise

Rivera, Jose

Calise, Vincenza

Dichoza, Cresencia

Isaacson, Janet

Stratiotis, Argyri

Occhiuto, Joseph

Kelly, Richard

Classi, Margherita

Badalov, Mikhail



MEN'S

— CORNER —

A Beginner's Guide to Making an Epic BBQ

Are you new to grilling or afraid to light a grill for a BBQ? Well, have no fear. It's not as complicated as it looks. If you're thinking about buying a barbecue, we'll break down the pros and cons of charcoal and gas grills. For those just finding their way around a grill, we'll follow up with some of the first steps to throwing some food on the grill.

Which Barbeque to Use? Charcoal or Gas?

Despite what some fervent grillers say, one isn't necessarily superior to the other. There are pros and cons to both grilling methods, so it's really your call! Here's a rundown of some of the pros and cons:

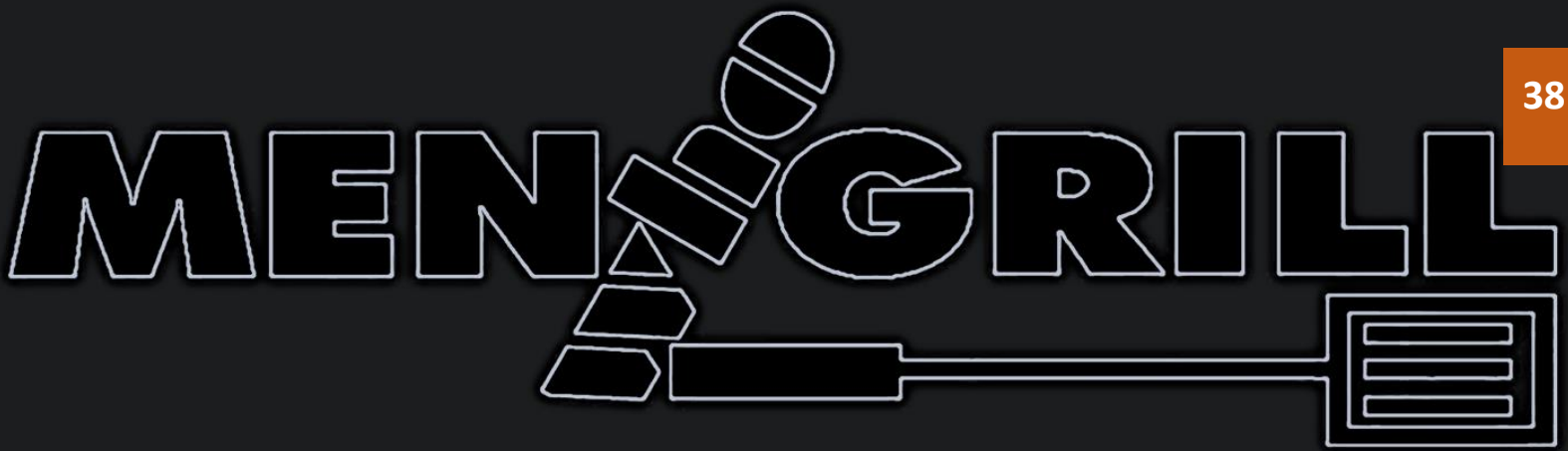
Charcoal Barbeque

- There's a full range of prices: inexpensive grills are easy to find, and upscale models are available too
- Gets very hot
- Needs to be manually lit and preheated for a minimum of 20 minutes (usually much longer)
- Cleaning is more complicated due to ashes
- Smoky flavor every time you grill
- Tough to keep a constant temperature
- You get to play with real fire

Gas Barbeque

- Typically pricier than charcoal, though inexpensive models are available
- A more complicated grill means more parts that can break
- Easy to clean
- Has the option of smoky flavor or not, with use of wood chips in a smoker box
- Convenient

MENINGRILL



Get Your Grill On! (How to Use your Barbecue)

- If you're using a charcoal grill, empty the ashes from your last grilling session.
- Both types of grills need to be pre-heated before you start cooking. Gas grills turn on easily (make sure the lid is open while you're lighting the grill!). Light your charcoal grill, you'll need a chimney starter. Please don't light your charcoal with lighter fluid! It seems like a quick fix, but it can make your food taste "chemical." Let the gas grill heat up for at least 10 minutes, and your charcoal grill for at least 20.
- After your grill is preheated, use a brass-wire brush to scrape the charred goo and gunk off of the grate. You'll need to give it a good scrape at the beginning of grilling season. Then, during grilling season, a quick brush before and after grilling should do. After you grill your last meal for the summer or fall, leave the grease on the grate to prevent rusting over the winter. (If you don't have one of those brushes, you can use some aluminum foil to do the trick!)
- Once your grill is clean, oil the grate by grabbing an oiled paper towel with some long tongs, and wiping it over the bars. You'll need to use an oil with a high smoking temperature, like canola oil.
- Now that your grill is hot and the grate is clean, your food won't stick to it as much, and you're likely to get those classic grill lines!

What to grill

Sure, everyone knows steaks and burgers can go on the grill, but did you know that it's also great for sandwiches and pizza? Here's a list of recipe ideas to get you started.

- Vegetables are easy to grill, just pick your favorite vegetable and give it a try!
- Truly GRILLED grilled cheese
- Corn on the cob Or try vegetable kabobs if you prefer yours on a stick.
- Grill sweet onions wrapped in any thin sliced meat would make a great appetizer or party food.
- Grilled pizza doesn't have to be complicated!
- Beef tenderloin sandwiches with a garlic mayonnaise topper sound like a great lunch for a lazy summer day.
- Salmon is a firm fish with a naturally high fat content – perfect for grilling. Leaving the skin on during grilling protects the flesh from overcooking and falling apart.

Barbecue Tips and Tricks

- To avoid losing juices during turning, always flip your meat or vegetables using tongs or a spatula, rather than a fork.
- Try to limit the flips. Ideally, you should flip each item once during the grilling process.
- Whatever you do, don't press down on burgers or chicken (or anything) with a spatula while they're grilling! This squeezes out the juices and once they're gone ... they're gone! If you're bored and need something to do with your hands, learn to juggle (but not too close to the grill, please!).
- For great smoky flavor, soak some wood chips (hickory, oak, or other hardwoods but not treated lumber!) in water for a while, then throw them onto your charcoal and cover the grill, or if you're using gas, put them into your smoker box following the manufacturer's instructions.
- To infuse grilled foods with herb essence, toss herbs directly onto the charcoal while you're grilling. Or, if you're using a gas grill, soak the herbs in water, and place them on the grate before putting your food on top of them.
- If you want to baste your meat or vegetables, save this step for last. That way the sugars in, your marinade or sauce won't have time to caramelize or burn.
- If this all sounds too complicated, or if it's raining or cold outdoors, you can grill indoors with a contact grill or use a grill pan.



The Women's Corner

Simple & Creative Ways to Declutter Your Home

The idea of living a simplified, uncluttered life with less stuff sounds attractive to many. They have considered the benefits of owning fewer possessions: less to clean, less debt, less to organize, less stress, more money and energy for their greatest passions. They are ready to declutter but some get quickly tripped up by the very next question... where in the world do I begin?

Many begin to feel overwhelmed, anxious, and defeated around the idea of decluttering their homes. That's too bad. The decluttering journey doesn't need to be as painful as some make it out to be. In fact, there are a variety of people who have come up with some pretty fun, creative ways to get started.

Consider this list of 10 creative ways to declutter your home:

1. **Give yourself 5 solid minutes.** Without taking a break, work hard for 5 minutes. You will be surprised how much you can accomplish during that time.
2. **Give away one item each day.** 365 Less Things. Try to give 1 item away a day. You will experience a transformation simply reducing your stuff one day at a time.
3. **Fill one trash bag.** One of the best decluttering techniques is to grab a large trash bag and see how quickly you could fill it. While much of what you collect will be trash, this could also be a good time to fill a bag for Goodwill.
4. **Try the Oprah Winfrey Closet Hanger Experiment.** While this idea didn't originate with Oprah, she was the one to help give it notoriety. To identify wardrobe pieces to clear out, hang all your clothes with the hangers in the reverse direction. After you wear an item, return it to the closet with the hanger facing the correct direction. After six months, you'll have a clear picture of which clothes you can easily discard. This experiment could also be applied to a number of clutter areas in your home (cleaners, toys, linens, tools, hobbies and craft items).

declutter *life*

make room for what's important

5. Make a list. Create a list of places/areas in your home to declutter beginning with the easies. When you're done with one area, STOP. This list could be made as easy or difficult as you desire based upon what areas of your home make up the list (drawers/closets/rooms).

6. Take the 12-12-12 Challenge. A simple task of locating 12 items to throw away, 12 items to donate, and 12 items to be returned to their proper home can be a really fun and exciting way to quickly organize 36 things in your house.

7. Experiment with numbers. For example, Courtney Carver invented **Project 333** to challenge people to wear only 33 articles of clothing for 3 months. If 33 articles of clothing seems too little, adjust the rules as you need by picking a new number. The important thing is to challenge yourself to live with less and see what you learn from the experiment.

8. Use your imagination. Psychology Today recommends using your imagination to help declutter objects that may seem difficult to remove. Try asking yourself unique questions like, "If I was just buying this now, how much would I pay?" These creative techniques may prove to be very helpful for some with difficulties removing unneeded clutter.

9. The Four-Box Method. As you set out to declutter an area, create four boxes: trash, give away, keep, or relocate. Each item in every room should be placed into one of the four categories. No item should be passed over. Each should be considered individually. Some rooms can take an hour or less to complete... other rooms can take days or weeks. But the technique and principles remained the same.

10 Remember to Have Fun & Enjoy your Life Free of Clutter. No matter what you choose to help you get started – whether it be one of these ten or one of countless others – the goal is to take your first step with excitement behind it. There is a beautiful world of freedom and fresh breath hiding behind that clutter. How you remove it is up to you.

“People rarely succeed unless they have fun in what they are doing.”

—Dale Carnegie

Hi Friends,
I'm Waldo.
Try To Find Me



I'm so board.
I really wish
something fun
wood come along.



WHAT DO YOU CALL A
BEAR WITH NO TEETH?



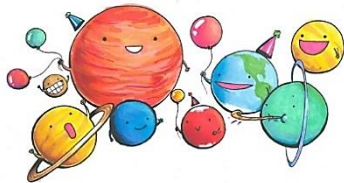
A GUMMY BEAR.

WHAT JOB DID THE FROG HAVE
AT THE HOTEL?



BELLHOP.

HOW DO YOU ORGANIZE
A SPACE PARTY?



YOU PLANET.

WHAT DO YOU CALL AN OWL
THAT DOES MAGIC TRICKS?



HOODINI

HOW DO YOU PUT
A BABY ALIEN TO SLEEP?



YOU ROCKET

WHAT DO YOU CALL A
THIEVING ALLIGATOR?



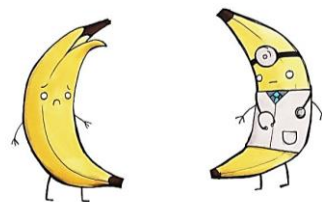
A CROOKODILE

WHAT DO YOU CALL
A LAZY KANGAROO?



A POUCH POTATO.

WHY DID THE BANANA
GO TO THE DOCTOR?



IT WASN'T PEELING WELL

WHAT KIND OF SHORTS
DO CLOUDS WEAR?



THUNDERWEAR

WHAT DO YOU GET WHEN
YOU CROSS A SNOWMAN
AND A VAMPIRE?



FROSTBITE

WHAT DO YOU CALL AN
ALLIGATOR IN A VEST?



AN INVESTIGATOR.

WHAT DO YOU CALL A PIG
THAT DOES KARATE?



PORK CHOP

LITTLE RIDDLE



LABOR DAY

Labor Day in the United States is a public holiday celebrated on the first Monday in September. It honors the American labor movement and the contributions that workers have made to the strength, prosperity, laws and well-being of the country. It is the Monday of the long weekend known as Labor Day Weekend and it is considered the unofficial end of summer in the United States. The holiday is also a federal holiday.

Beginning in the late 19th century, as the trade union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In 1887, Oregon was the first state of the United States to make it an official public holiday. By the time it became an official federal holiday in 1894, thirty U.S. states officially celebrated Labor Day.

Canada's Labor Day is also celebrated on the first Monday of September. More than 80 countries celebrate International Workers' Day on May 1 – the ancient European holiday of May Day – and several countries have chosen their own dates for Labor Day.

Labor Day sales

To take advantage of large numbers of potential customers with time to shop, Labor Day has become an important weekend for discounts and allowances by many retailers in the United States, especially for back-to-school sales. Some retailers claim it is one of the largest sale dates of the year, second only to the Christmas season and Black Friday.



Word Search

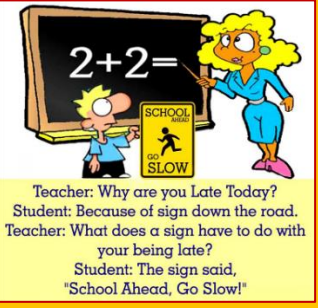
W	U	U	O	H	N	S	Y	A	D	I	L	O	H	Z
S	I	J	I	L	Y	P	P	H	S	O	C	T	L	X
D	E	M	W	E	E	K	E	N	D	U	G	E	I	S
E	T	P	S	I	J	I	L	S	Y	A	D	N	O	M
C	V	K	T	R	M	W	U	U	O	H	N	S	Y	G
F	Q	L	E	E	N	S	I	M	I	L	Y	P	U	H
N	A	O	C	V	M	D	R	M	W	U	U	O	N	S
A	Z	I	F	Q	L	B	T	E	S	I	A	I	A	R
T	X	U	K	R	O	W	E	R	D	Y	D	W	C	E
I	S	Y	M	Z	I	F	Q	R	E	T	A	S	I	R
O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

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

45 Cell phone
(noun)

A device used for looking less alone while in public places by yourself.

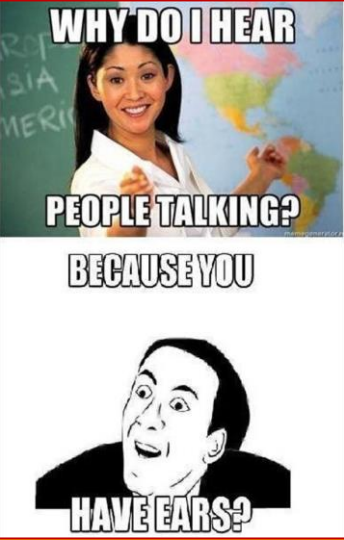


Breaking News
common sense is now an endangered species. stupidity has taken over the world and unfortunately there is no known cure.




Wife: Look at that drunk guy. Husband; who is he?
Wife: 10 yrs back he proposed to me & I rejected him.
Husband: Oh My God He's still celebrating...

KNOCK, KNOCK
WHO'S THERE?
A BROKEN PENCIL
A BROKEN PENCIL WHO?



YESTERDAY IS **HISTORY**, TOMORROW IS A **MYSTERY** BUT TODAY IS A **GIFT**. THAT'S WHY WE CALL IT THE **PRESENT**.



Knock Knock!
Who's There?
Cows go
Cows go who?
No, cows go moo,
owls go who!

Knock Knock!
Who's There?
Justin
Justin who?
Just in time for dinner!

Knock Knock!
Who's there?
Howard
Howard who?
Howard you like a big kiss?

Knock Knock!
Who's there?
Tank!
Tank who?
You're welcome!

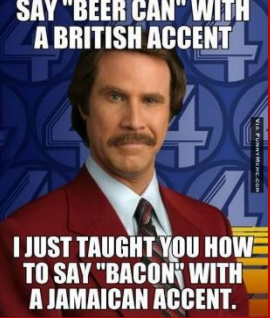
Knock Knock!
Who's There?
Cargo
Cargo who?
Cargo Beep Beep!

Knock Knock!
Who's there?
Little old lady
Little old lady who?
I didn't know you could yodel!

Knock Knock!
Who's There?
Pasture
Pasture who?
Pasture bedtime,
isn't it?

Knock Knock!
Who's There?
Beets
Beets who?
Beets me!

Knock Knock!
Who's there?
Radio.
Radio who?
Radi-o not, here I come!



Two blondes fell down a hole. one said, "It's dark in here isn't it?" The other replied, "I don't know; I can't see."




Live Love Laugh
I could give up shopping but I am not a quitter.

- SCHOOL LIFE**
- Most Irritating Moments - Morning Alarm
 - Most Difficult Task - To find Socks
 - Most Dreadful Journey - Way to Class
 - Most Lovely Time - Meeting Friends
 - Most Tragic Moments - Surprise Test in 1st Period
 - Most Wonderful News - TEACHER IS ABSENT



Two blondes were driving to Disneyland. The sign said: Disneyland Left.. So they started crying and headed home.




calories
(noun)
Tiny creatures that live in your closet and sew your clothes a little bit tighter every night.

Parent: What did you learn today?
Student: Apparently not enough. We have to go back tomorrow.



Yeah, I am **WEIRD**:
(W)onderful, **(E)**xciting, **(I)**nteresting, **(R)**eal, **(D)**ifferent





BE THE
CHANGE
YOU
WISH
TO SEE
IN THE
WORLD

—MAHATMA GANDHI—

SEPTEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																					
 <p>3 Art Day EUCCHARISTIC VISITS 10am- Arts & Crafts 2FL Wii Bowling RR 2pm- Guitar w/ Bob 4FL MOVIE CH. 37 FLS 6pm- PIANO w/ BELLA 3rd.</p>	 <p>4 Labor Day 10am- Horsenancing 2FL Cat Tiki Pet Therapy 5FL Bible Class 4FL 2pm- Music w/ Silvers 1FL MOVIE CH. 37 FLS 6pm- Discussion Group 2FL</p>	 <p>5 Day of Charity 10am- Coffee Clotch 2FL Beauty Culture 4FL 2pm- Aerobic Exercise 3FL MOVIE CH. 37 FLS Therapy Dog Sophie 1FL 6pm- Musical Concert with Lana RR</p>	<p>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</p> <p>6 Read a Book Day 10am- Jean Music Stroll FLS Prayer Service RR Cat Tiki Pet Therapy 3FL Sudoku W/ Search Games 2FL 2pm- Reading Book Club RR MOVIE CH. 37 FLS 3pm- Center One Therapy RR 6pm- Dominos Game 1FL</p>	<p>WORD KEY RR= RECREATION ROOM FLS= ALL FLOORS ML= MAIN LOBBY 9:30AM-DAILY ROOM VISITS, NEWSPAPER, MAIL & PACKAGE DELIVERY</p> <p>7 National Salami Day 10am- BAKING CLUB RR (Chocolate Brownies) Card Games 4FL Therapy Dog Sophie 2FL 2pm- Chess/ Checkers Game 3FL MOVIE CH. 37 FLS POKENO 2FL</p>	<p>1 National Cherry Day 10am- Wii Bowling RR Cat Tiki Pet Therapy 1FL 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games 1FL</p>	<p>2 International Meat Day 10am- Current Events & Trivia 1FL 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- CARD GAME 2FL</p>	<p>10 Grandparents Day EUCCHARISTIC VISITS 10am- Horsenancing 4FL Discussion Group 2FL 2pm- Arts & Crafts 3FL MOVIE CH. 37 FLS 6pm- PIANO w/ BELLA 3rd.</p>	<p>11 911 Remembrance 10am- Board of Elections Voting Time!!! RR Bible Class 4FL Cat Tiki Pet Therapy 1FL 2pm- Music w/ Silvers 5FL MOVIE CH. 37 FLS 6pm- Card Game 3FL</p>	<p>12 Chocolate Day 10am- Coffee Clotch 2FL Beauty Culture 4FL Therapy Dog Sophie RR 2pm- Heal with Drumming Robert Freedman 3FL MOVIE CH. 37 FLS 6pm- BINGO - 1FL</p>	<p>13 Play-Doh Day 10am- BAKING CLUB RR (Peanut Butter Cookies) Play-Doh Sculpting 3FL 2pm- Wii Bowling RR MOVIE CH. 37 FLS 3pm- Center One Therapy RR 6:30pm- Music w/ Isack 4FL</p>	<p>14 CASINO TRIP DAY 11am- Trip to Aqueduct CASINO  2pm- MOVIE CH. 37 FLS 6pm- Chess/ Checkers Game 2FL</p>	<p>15 Make a Hat Day 10am- Arts & Crafts 3FL Strolling Music w/ Jean FLS Valerie Accessories Sale ML Cat Tiki Pet Therapy 3FL 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games 1FL</p>	<p>16 Mexican Independence Day 10am- Mexican Culture Discussion Group 3FL 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- POKENO 4FL</p>	<p>17 Women's Friendship Day EUCCHARISTIC VISITS 10am- Horsenancing 4FL Wii Bowling RR 2pm- Protestant Service RR Guitar w/ Bob 2FL MOVIE CH. 37 FLS 6pm- PIANO w/ BELLA 3rd.</p>	<p>18 National Burger Day 10am- Arts & Crafts 1FL Bible Class 4FL 2pm- Promise Therapy RR Music w/ Silvers 3FL MOVIE CH. 37 FLS 6pm- DICE GAME 2FL</p>	<p>19 National Pudding Day 10am- Coffee Clotch - 1FL Beauty Culture 2FL 2pm- Alex on the Sax 4FL MOVIE CH. 37 FLS 3pm- Center One Therapy RR Therapy Dog Sophie RR 6pm- BINGO 3FL</p>	<p>20 Rosh Hashana 10am- Card Games 4FL MOVIE CH. 37 FLS 2pm- JEWISH SERVICE RR Horsenancing 2FL 6pm- BINGO 1FL</p>	<p>21 Rosh Hashana 10am- Card Games 4FL MOVIE CH. 37 FLS 2pm- JEWISH SERVICE RR Horsenancing 2FL 6pm- BINGO 1FL</p>	<p>22 Rosh Hashana FIRST DAY OF FALL 10am- Dominos Game 1FL Cat Tiki Pet Therapy 4FL 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games 1FL</p>	<p>23 Checkers Day 10am- Current Events & Trivia 4FL 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- CARD GAME 3FL</p>	<p>24 Applesauce Day EUCCHARISTIC VISITS 10am- Horsenancing 1FL 2pm- Discussion Group 2FL MOVIE CH. 37 FLS 3pm- Trinhaitia Bijoux RR 6pm- PIANO w/ BELLA 3rd.</p>	<p>25 Comic Book Day 10am- Comic Book Club 1FL Cat Tiki Pet Therapy 3FL Bible Class 4FL 2pm- Music w/ Silvers 2FL Wii Bowling RR MOVIE CH. 37 FLS 6pm- Bunco 3FL</p>	<p>26 Birthday Party Event 10am- Coffee Clotch - 2FL Beauty Culture 1FL 12pm- Birthday Party  Pizza Celebration RR With Prianga & Eranga 2pm- YOGA CLASS 3FL 6pm- DICE GAME 4FL</p>	<p>27 Johnny Applesed Day 10am- Dominos Game 1FL MASS RR Cat Tiki Pet Therapy 2FL 2pm- Resident Council MOVIE CH. 37 FLS 3pm- Center One Therapy RR 6pm- Chess/ Checkers Game 1FL</p>	<p>28 Fortune Cookie Day 10am- BAKING CLUB RR (Banana Bread) Card Games 4FL 2pm- Victor on Violin 1FL MOVIE CH. 37 FLS Therapy Dog Sophie RR 5pm- Candle Light Dinner with Alex on the Sax</p>	<p>29 Yom Kippur Eve 10am- Drumming w/ Jodie Painting 3FL Cat Tiki Pet Therapy 5FL 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- Table Games 1FL</p>	<p>30 Yom Kippur 10am- Current Events & Trivia 2FL 2pm- JEWISH SERVICE RR MOVIE CH. 37 FLS 6pm- BINGO - 1FL</p>
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