

June 2021

# YOUR HOME AWAY FROM HOME

Mrs. Bush's Personal Care Homes | 610-381-3713 | [www.mrsbushcares.com](http://www.mrsbushcares.com)

## This Month's Important Dates

**June 4-** National Donut Day

**June 10-** National Ice Tea Day

**June 12-** Happy Birthday,  
Chuck.

**June 12-** Accordion Music with  
Volunteer Maxine in Courtyard  
at 1:15pm (*weather permitting*)

**June 14-** Flag Day

**June 15-** Happy Birthday,  
Mary S.

**June 18-** Piano Music with  
Volunteer Professional Pianist  
Harvey Feldman in Courtyard at  
1:15pm (*weather permitting*)

**June 20-** Father's Day

**June 21-** First Day of Summer

**June 23-** National Hydration  
Day

**June 24- Summer Kick Off  
Party-** Entertainment by Rob  
Ballonoff, Special Summer  
Strawberry Dessert and Water  
Fun in the Courtyard at 1:15pm  
(*weather permitting*)

## Visitation Guideline Reminders

- Visiting hours are daily from 9:30am-11:30am and 2:00pm-4:00pm. Additional evening visits are available from 6:00pm-8:00pm on Tuesdays and Thursdays. *No appointments or scheduling are need for visitations.*
- Visitors must enter and exit through the Main Entrance. They must stop at the table to self-screen for signs and symptoms of illness prior to visitations.
- Visits are to be conducted outside. If weather is not favorable, visits can be conducted in the residents' room as long as there is no roommate. If you have a roommate, indoor visits will be conducted in designated area determined by facility. Visits cannot be conducted in common areas of the building.
- All visitors will need to wear masks covering their nose and mouth at all times.
- A maximum of 2 visitors per a resident are allowed for indoor visitations.
- All visitors must remain 6 ft from all staff and other residents.
- If you (resident) is fully vaccinated you may choose to have a close contact visit as long as masks and proper handwashing occurs.

Our full policy and procedures on visitations was sent to each family via email. Any questions regarding visitations, please contact Carrie.

## May's P.R.I.D.E. Employee Professional- Respect- Integrity- Dedication-Enthusiastic



Congratulations to **Jillian E.** for being May's P.R.I.D.E. Employee of the month.

Jillian works mainly in the activity dept where her talented craft skills and creativity shine, but

she also helps out when needed as a personal care aid (PCA).

Jillian has worked at Mrs. Bush's for over 5 years and she is very deserving to be this month's winner.

Outside of work, Jillian is a mother to 2 daughters (Paige, 19yr and Audrey, 14yr) and is a waitress at Olive Garden. Jillian loves adventures, going hiking or on walks with her family. She enjoys all foods but especially loves shrimp scampi.

Jillian is very creative; she has her own little craft business. Some of her work can be found in the Mrs. Bush's Country Store.

Jillian is also an avid reader and a collector (or an obsession) of jewelry, clothes and shoes! She loves to go to the beach or anywhere there is water. She hopes to be able to travel more in the future.

When you see Jillian, please congratulate her on being this month's P.R.I.D.E. employee!

*Don't forget to nominate your favorite staff member by submitting a nomination card located in the café.*

## Voter Registration

If you are currently not registered in Monroe County and you wish to vote in upcoming election (November 2, 2021), please see Carrie in the Activity Dept.

In a hope to be proactive, we would like to complete all voter registrations well before the registration deadline of October 18<sup>th</sup>.

If you are currently registered, ballot requests for the November election will begin the first week of October.

All residents wishing to vote, must vote absentee ballot or family must transport resident to polls. *We do not transport residents to polls to vote.*

## What Makes A Dad?

God took the strength of a mountain,  
The majesty of a tree,  
The warmth of a summer sun,  
The calm of a quiet sea,  
The generous soul of nature,  
The comforting arm of night,  
The wisdom of the ages,  
The power of the eagle's flight,  
The joy of a morning in spring,  
The faith of a mustard seed,  
The patience of eternity,  
The depth of a family need,  
Then God combined these qualities,  
When there was nothing more to add,  
He knew His masterpiece was complete,  
And so, He called it ... **Dad**

## Get To Know: Mary Sue



Mary Sue has been a resident at Mrs. Bush's for over 5 years. She was born and raised in Trenton, NJ before spending a majority of her adult life in Effort, PA and some time in Clearwater, FL.

Mary Sue has 1 very special daughter, 2 granddaughters, 2 great grandsons and 1 great granddaughter.

Mary Sue was a liquid embroidery demonstrator as well as a greeting card wholesaler. Later she and her husband opened Mary and Ott's Dutch Gift Shop in Effort, PA. Mary Sue loved owning her own shop because she loved being in sales and she loved meeting and chatting with her customers.

Mary Sue is a collector of Hummel's figurines and carousels. She invites you to stop in her room sometime to see her collection and tell you why she collects them.

Mary Sue loves the beach and spent many summers at the Jersey shore with her grandparents. She also loves pierogies and she can often be found petting Grady as she loves dogs! In her free time, Mary Sue enjoys working on word searches and making crafts.

We hope you enjoyed getting to know Mary Sue! Check back next month for our randomly picked spotlighted resident!

## Monthly ART CLASS

New to the Mrs. Bush's activity calendar, we will be offering a monthly art class.

These classes are great for all levels of talent.

Art classes are different from our typical craft classes. The art classes allow for more expression and individuality with minimum direction.

Each month we will enjoy a themed art project. For June, our art project will tell the story of our hands. Our hands have done many things; they've washed dishes, repaired cars, changed a baby, prayed and so much. Through our art work we will tell a story of our hands.

July's theme: Patriotic Landscape

## RELIGIOUS SERVICES

### Catholic Services:

Communion- Sundays at 9:30am

Rosary- Wednesdays at 4pm

Mass- June 10<sup>th</sup> and 24<sup>th</sup> at 10am

**St. Matthew's UCC Service-** 1<sup>st</sup> Wednesday at 2:30pm

**Middlecreek Christian Church-** 3<sup>rd</sup> Wednesday at 2:30pm

*Please note we are actively looking for Protestant services for the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month. If you know of a church that would be willing to commit to a once a month service, please see Carrie.*

## The Importance of Hydration

At any age, staying hydrated is important to stay healthy and feel your best. But it is increasingly crucial in the older years.

Dehydration carries a significant risk of negative outcomes, including disability, morbidity and even mortality in older adults, who are among the most likely to be dehydrated, according to 2015 research published in the Journal of Gerontology Nursing. Between 20% and 30% of older adults are chronically dehydrated. Why?

Well, the first, and perhaps most perplexing, cause of dehydration in older adults is a lack of thirst. During the aging process, thirst sensation naturally decreases and because of this decreased thirst sensation, many adults do not drink as much as they did in their younger days.

Plus, throughout the aging process, the kidneys naturally lose some of their ability to conserve water and concentrate urine, leading to greater fluid losses through urination.

Age-related health conditions like diabetes and dementia can further predispose older adults to dehydration.

Many of the earliest signs of dehydration, including fatigue, dizziness, confusion and muscle cramps, can often be attributed to the natural aging process, other health conditions or medications.

Those are all reasons why it is important to drink more water on a daily basis especially as we approach these warm summer months.

At Mrs. Bush's we have 2 water stations (one in the café, one in the west community room) set up with fresh cold water daily. We encourage you to help yourself to a glass each time you walk by!

On June 23<sup>rd</sup> we will be celebrating National Hydration Day with lots of tasty ways to stay hydrated!

## UPCOMING EVENTS TO LOOK FORWARD TO

### To begin in July-

- Men's Club: Join us for a men's only get together.

- Qigong Exercise Class: This stretching and breathing class will be held weekly with our instructor Kiki Peppard.

- In House Diner Clubs: Weekly special take out or themed specialty meals.

- Ice Cream Tour: Join us as we travel around Monroe and Carbon County on our bus to a new ice cream parlor each week. Help us give a review and enjoy a sundae too!

### August-

- The West End Fair will be at the end of August. Start gathering your crafts to put in the exhibit area. More info to come soon.



Left: Resident Jean participated in a beautiful wreath making craft project. Be sure to check out our fun craft projects! We love for you to join us!

Right: Resident Betty enjoyed her strawberry shortcake! We are pleased to work with local farmer's to provide fresh produce. These strawberries were from Heckman's Orchard.

