



## ADMINISTRATOR'S NOTES

It's June, and we're halfway through 2018 already! June marks the beginning of Summer, and our Summer Solstice will be on June 21 at 5:07 am. The stated time made me wonder, so I did a little research and found out that the Summer Solstice occurs at the same time all over the world. It is the exact instant of time when the sun is directly over the Tropic of Cancer. It is the longest day of the year in terms of daylight.

This month, we're celebrating Father's Day with a special lunch on the 17th, and guests are welcome. Guests should RSVP with Rachel, and the cost will be \$5.00 per person. Also, make sure to mark your calendar for our annual Luau on the 29th. We also have some special activities such as Music Exercise, Mommy & Me, and our monthly Red Hat/Men's Luncheon. Resident's council is

on the 13th, and we welcome you to join us for updates and to offer your suggestions and/or share concerns. There's lots going on this month, so please check the calendar for times and dates. If you have any questions about any of the activities or outings, please check with Rachel.

We are excited to introduce our new Health Services Director, Michael Masci. Michael will be joining us this month. Michael served in the Marine Corps and has experience as a licensed vocational nurse in assisted living, memory care and skilled nursing. We are also adding several new staff members this month on various shifts and in the kitchen. Please help us welcome everyone to our team and make them all feel welcome.

Our staff is here to help you, so please let us know how we can

assist you. We wish everyone a safe and happy summer!

– *Nita Collins*



### *Happy Birthday*

#### RESIDENT

Bob	June 02
Stan	June 14
Troy	June 28

#### 1 YEAR ANNIVERSARY

Sandy	June 05
Troy	June 23

# UPCOMING EVENTS

**June 6th, 10:00am:**

Music and exercise is our new exercise class. We hope to see you there!

**June 13th, 11:00am:**

Come and meet Tonya and her kids for our new Mommy and Me program.

**June 14th-21st:**

This week we show our appreciation to our resident assistants.

**June 17th, 12:00pm:**

Join us for lunch on Father's Day.

**June 29th, 3:00pm:**

Celebrate the summer with us for our annual Luau party!

**To R.S.V.P. or to request more information please contact Rachel.**

## JIW MOMENT

In May we went through a lot of changes. With gaining a new resident and having change in staffing it has kept us all on our toes. We could not have asked for a better staff to see it through. Both management and care givers worked tirelessly to make the transition as smooth as possible. So, on behalf of FMAL we would like to thank all the staff for all their hard work.

# ACTIVITY SPOTLIGHTS

We would like to share with you two new programs that we have started as of May.

**MUSIC EXERCISE** Once a month our residents will be treated to a new exercise program. Music exercise is developed by a multi-talented mother and daughter duo. They combine music, dance and sign language to give a fun hour of exercise. We held our first class in May and it was a big hit. With lots of laughter our residents danced and moved to the beat of the music. Some even joined in with the music by playing on instruments for added fun. Music exercise we be held the first Wednesday of the month at 10 am. We encourage all of you to come and join in the fun.



**MOMMY AND ME** Who doesn't love interacting with kids? Once a month Tonya and her two children will join our residents for an hour of fun. During their visits each resident gets to help with a craft or a game with Tonya and her children. I hope that this program will be long lasting. Our first Mommy and Me hour was in May and we painted new bird houses for our community. Please join us June 13 at 11:00 am for our next Mommy and Me program.





# ACTIVITY HIGHLIGHTS



Cinco de Mayo Celebration



Kim and Joe on Family Night



Brunch Outing



Oren and Helen on Family Night



Helen and Joe on Family Night



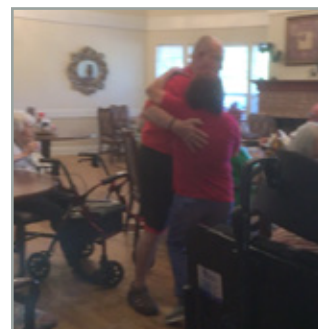
Ric and Kaye on Family Night



Reading time

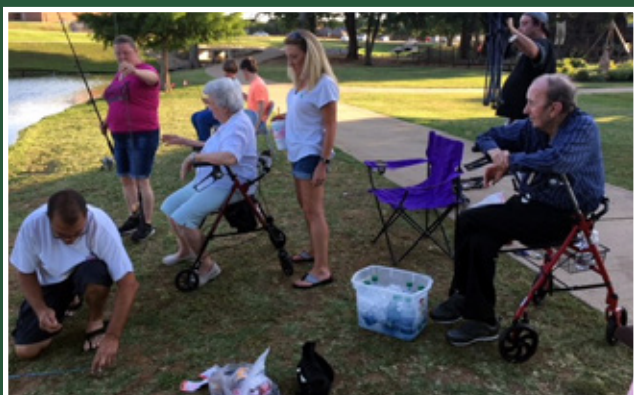


Family Night Fun



CC and Ric on Family Night

## Fishing Trip



# FLOWER MOUND ASSISTED LIVING

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ID#000398 

## OUR STAFF

### ADMINISTRATOR

Nita Collins

### MARKETING DIRECTOR

Sandy Rasberry

### DIRECTOR OF HEALTH SERVICES

Michael Masci

### MAINTENANCE DIRECTOR

Nicco Rios

### DIETARY MANAGER

Mark Derichsweiler

### ACTIVITY DIRECTOR

Rachel Layne



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## JUNE – WORD SEARCH

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

BBQ  
CATARACT  
CNA  
FATHER  
FLAG

GRILL  
HYDRATION  
MEN  
NURSE  
SAFETY

SKIN  
SUMMER  
SUNSHINE  
WALKING  
WATER