

Pioneer Ridge

Gracious Retirement Living

7210 Linkside Point Drive • McKinney, TX 75071 • Phone (972) 547-6800 • www.seniorlivinginstyle.com

JUNE 2019

PIONEER RIDGE STAFF

Managers.....DORA & JOE SUMMERS
Executive Chef.....SCOTT AMATO
Activity Coordinator..... ANDREA WYATT
MaintenanceSENA SENAWEERA
Bus Driver JOE PAGORIA

TRANSPORTATION

Monday, 10 a.m. and 1:45 p.m.: Shopping

Tuesday, 9 a.m.-3 p.m.: Appointments

Wednesday, TBD: Outings

Thursday, 9 a.m.-3 p.m.: Appointments

HAWTHORN
SENIOR LIVING

Honoring Our Fathers

June 16th is a day to honor our fathers and all that they have done and mean to us.

What I know most about my dad is how good of a man he is. Growing up, he would recite the Lord's Prayer

with me each evening, and when I did not make the Junior Varsity basketball team, my dad made sure there was a place for me on the squad. He has always provided me with whatever I needed. My dad always aided and supported me in my college academics and my career. In summary, my dad is the best man I know.

This Father's Day, be sure to let all those fathers know how much you love them and how grateful you are to have them in your life.

Written by resident Brad Nenninger





Kenny Ward, Resident of the Month



Young Kenny



Church Bulletin photo

Virginia and Morris Ward welcomed their third son on June 17, 1958. Unlike Terry and Dwayne, who were born in Corsicana, Texas, Kenneth “Kenny” was born in Port Arthur, Texas. At the time, Virginia was a stay-at-home mom and Morris was employed by Texas Instruments. Shortly after Kenny was born, the family moved back to Corsicana. At the age of one, Virginia knew something was different about Terry. It wasn’t until the age of six when Virginia took him again to the doctor with Kenny in tow. Kenny was about six months old. At that appointment, both boys were diagnosed with Phenylketonuria, also called PKU, a rare inherited disorder that causes an amino acid called phenylalanine to build up in the body. Without the enzyme necessary to process phenylalanine, a dangerous buildup can develop when a person with PKU eats foods that contain protein or eats aspartame, an artificial sweetener. This can eventually lead to serious health problems. Newborns with PKU initially don’t have any symptoms. However, without treatment, babies usually develop signs of PKU within a few months. For a child to inherit PKU, both the mother and father must have and pass on the defective gene, but they usually don’t know it. After this discovery, both boys went on a special diet right away. It is very rare to have two children born with the disease. Due to the age at which Virginia and Morris found this information out, Terry’s condition was much worse.

When the family moved to Oak Cliff, both Virginia and Morris worked for Texas Instruments. Morris was in charge of handling precious metals, while Virginia worked nights in the quality control department; that way she was home with the boys during the day. From a very young age, Kenny has loved sports. He played baseball, basketball and was on a bowling team. As a fifth grader, Kenny remembers his teacher Mrs. Davis. She made learning math fun, and he liked homework. Kenny had a lot of friends who would come over to the house to play baseball. He also loved to ride his bicycle. From Oak Cliff, they moved to Garland, Texas. While in Garland, Kenny attended Lakeview Centennial High School. Even though he didn’t play football, they still had a great team. He also dated Donna. After graduating in 1978, Kenny had three different jobs. He worked at a hotel, a restaurant and at Texas Instruments. Kenny states, “I liked working at the hotel the best.” He worked in the kitchens of all three.

In 1989, the family moved to the farm in Athens, Texas. It was the family homestead since the 1880s. There were 160 acres of which they owned 60 acres. On the farm, Kenny loved all the animals. He had a border collie and there were chickens and cows. Started by his great-great-grandfather, the family reunion is held there every year during Labor Day weekend. At times, there can be up to 200 people attending. Even now, Kenny can’t wait to go to the next reunion. When Kenny wasn’t playing



Kenny with family at Christmas



Kenny with Virginia and Morris

sports or working around the farm, he was singing in the church choir. Virginia, Morris and Kenny spent a lot of time at the Assembly of God church.

In 2011, Virginia was diagnosed with a rare disease. Over the next two years, she had to go back and forth to MD Anderson in Houston, Texas. After those two years, she quit treatment, went on hospice and they made the move to Pioneer Ridge. At this point, Kenny had to move in with his brother, Dwayne, and sister-in-law, Sharon, whom live close to Pioneer Ridge. In August 2015 after Virginia took a fall, Kenny moved in with his parents to help out. Not even a year later, both Virginia and Morris needed more assistance so they moved out, but Kenny stayed. When asked what he likes most about living at Pioneer Ridge, Kenny states, "exercise class, going on all the outings, the people and having his own apartment." Everyone loves Kenny at Pioneer Ridge. He greets everyone with a smile and hello every day.

Some of Kenny's Favorites:

Sports: Hockey and Football

Band: KISS

Foods: Hot Dogs & Hamburgers

Movie: Any horror movie

Thrill: Rollercoasters



Andrea and Kenny

JUNE 2019

Birthdays

Vicki Wester, 2nd
Bobbie Dugger, 3rd
Geraldine McFarland, 3rd
Michael Freeman, 3rd
Sandra Palutis, 5th
Wendell Kennedy, 7th
Melba Warren, 9th
Beverly Goheen, 9th
Gene Harvey, 10th
Sena Senaweera, 11th (Employee)
Billie May, 12th
Kenny Ward, 17th
Eileen McCoy, 18th
Larry Stensaas, 19th
John Haddock, 24th
Nora Bullock, 25th
Will Davidson, 26th
Joan Conley, 28th
Miriam Marlar, 29th

Anniversaries

Eileen and Daniel McCoy, 6/21/1958
Bennie & Bobbie Duggar, 6/22/1951
Dana and Tommy Watkins, 6/29/1957

Locations

Activity Room, AR
Billiards Room, BR
Bus, B
Chapel, CH
Computer Center, CC
Dining Room, DR
DR Alcove, DRA
Front Lobby, Lobby
Gym, G
Library, L
Movie Theater, MT
Patio, P
TV Room, TV

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>1</div> <div>9:30 Exercise Class with Dick, AR</div> <div>10:00 Donut Social, AR</div> <div>2:00 Saturday Movie Matinee, MT</div> <div>2:00 Open Game Time, AR</div>
<div>2</div> <div>11:00 Church at the Ridge Service, CH</div> <div>1:45 Movie Matinee, MT</div> <div>3:00 Bingo: Dime a Game, AR</div> <div></div>	<div>3</div> <div>9:30 Strength Class, AR</div> <div>10:00 Shopping, B</div> <div>2:00 Hand & Foot, BR</div> <div>2:00 Lamp & Light Bible Study, L</div> <div>3:00 Chair Volleyball, AR</div> <div>4:00 “Jeopardy!,” AR</div> <div></div>	<div>4</div> <div>9:00 McKinney On-Site Hearing, AR</div> <div>9:30 Stretch Class, AR</div> <div>10:00 Catholic Communion Service, CH</div> <div>10:00 “Ask a Nurse” with Texas Home Health, AR</div> <div>11:30 Memory Fitness, AR</div> <div>1:45 Wii Bowling, AR</div> <div>2:00 Phase 10 or Mexican Train, BR</div> <div>3:00 Bean Bag Baseball, AR</div> <div>4:30 Gospel Singalong, DR</div> <div>7:00 Penny Poker, DRA</div>	<div>5</div> <div>9:30 Wacky Wednesday Exercise Class, AR</div> <div>2:00 Rummikub & Dominoes, AR</div> <div>2:00 Wednesday Movie Matinee, MT</div> <div></div>	<div>6</div> <div>9:30 Strength Class, AR</div> <div>10:00 Baking in the Bistro, AR</div> <div>10:30 “Write Your Story” Writing Group, DRA</div> <div>11:00 Manager/Resident Monthly Meeting, AR</div> <div>12:00 Blood Pressure Checks: Legacy, AR</div> <div>2:00 Faith Talk with Jack Greever: The Book of John, CH</div> <div>3:00 Bingo: Dime a Game, AR</div> <div>4:30 Singalong, DR</div> <div>7:00 Penny Poker, DRA</div>	<div>7</div> <div>9:30 Stretch Class, AR</div> <div>11:00 Drumming 2.0, AR</div> <div>11:00 Crocheting, Needlework and Knitting, DRA</div> <div>11:30 Spot the Differences, AR</div> <div>11:30 Line Dancing with Kristi, AR</div> <div>12:15 Wear Red & Pledge, DR</div> <div>2:00 Rummikub, AR</div> <div>2:00 Friday Movie Matinee, MT</div> <div>2:00 Hand & Foot, BR</div> <div>4:00 Happy Hour, AR</div> <div></div>	
<div>9</div> <div>11:00 Church at the Ridge Service, CH</div> <div>1:45 Movie Matinee, MT</div> <div>3:00 Bingo: Dime a Game, AR</div> <div></div>	<div>10</div> <div>9:30 Strength Class, AR</div> <div>10:00 Shopping, B</div> <div>2:00 Hand & Foot, BR</div> <div>2:00 Lamp & Light Bible Study, L</div> <div>3:00 Chair Volleyball, AR</div> <div></div>	<div>11</div> <div>9:30 Stretch Class, AR</div> <div>10:00 Catholic Communion Service, CH</div> <div>10:00 “Ask a Nurse” with Texas Home Health, AR</div> <div>11:30 Memory Fitness, AR</div> <div>1:45 Marty Ruiz Entertains, AR</div> <div>1:45 Wii Bowling, AR</div> <div>2:00 Phase 10 or Mexican Train, BR</div> <div>3:00 Bean Bag Baseball, AR</div> <div>4:30 Gospel Singalong, DR</div> <div>7:00 Penny Poker, DRA</div> <div></div>	<div>12</div> <div>9:30 Wacky Wednesday Exercise Class, AR</div> <div>2:00 Rummikub & Dominoes, AR</div> <div>2:00 Wednesday Movie Matinee, MT</div> <div></div>	<div>13</div> <div>9:30 Strength Class, AR</div> <div>10:00 Baking in the Bistro, AR</div> <div>10:30 “Write Your Story” Writing Group, DRA</div> <div>12:00 Blood Pressure Checks: Legacy, AR</div> <div>2:00 Faith Talk with Jack Greever: The Book of John, CH</div> <div>3:00 Bingo: Dime a Game, AR</div> <div>4:30 Singalong, DR</div> <div>7:00 Penny Poker, DRA</div>	<div>14</div> <div>FLAG DAY</div> <div>9:30 Stretch Class, AR</div> <div>11:00 Drumming 2.0, AR</div> <div>11:00 Crocheting, Needlework and Knitting, DRA</div> <div>11:30 Spot the Differences, AR</div> <div>12:15 Wear Red & Pledge, DR</div> <div>2:00 Rummikub, AR</div> <div>2:00 Friday Movie Matinee, MT</div> <div>2:00 Hand & Foot, BR</div> <div>4:00 Happy Hour with ANTS, AR</div>	<div>15</div> <div>9:30 Exercise Class with Dick, AR</div> <div>10:00 Donut Social, AR</div> <div>2:00 Saturday Movie Matinee, MT</div> <div>2:00 Open Game Time, AR</div>
<div>16</div> <div>FATHER’S DAY</div> <div>11:00 Church at the Ridge Service, CH</div> <div>12:30 Father’s Day Cookout, DR</div> <div>1:45 Movie Matinee, MT</div> <div>3:00 Bingo: Dime a Game, AR</div>	<div>17</div> <div>9:30 Strength Class, AR</div> <div>10:00 Shopping, B</div> <div>1:45 Eyeglass Cleaning & Adjustment, AR</div> <div>2:00 Hand & Foot, BR</div> <div>2:00 Lamp & Light Bible Study, L</div> <div>3:00 Chair Volleyball, AR</div> <div>3:00 Bluebell Sundaes with Legacy, AR</div> <div>4:00 “Jeopardy!,” AR</div> <div></div>	<div>18</div> <div>9:30 Stretch Class, AR</div> <div>10:00 Catholic Communion Service, CH</div> <div>10:00 “Ask a Nurse” with Texas Home Health, AR</div> <div>10:30 Famous Brand Clothing Sale, Lobby</div> <div>11:30 Memory Fitness, AR</div> <div>1:45 Wii Bowling, AR</div> <div>2:00 Phase 10 or Mexican Train, BR</div> <div>2:00 Kat Eye Optical, AR</div> <div>3:00 Bean Bag Baseball, AR</div> <div>4:30 Gospel Singalong, DR</div> <div>7:00 Penny Poker, DRA</div> <div></div>	<div>19</div> <div>9:30 Wacky Wednesday Exercise Class, AR</div> <div>10:15 Men’s Group: Bagels & Coffee, AR</div> <div>2:00 Rummikub & Dominoes, AR</div> <div>2:00 Wednesday Movie Matinee, MT</div> <div></div>	<div>20</div> <div>9:30 Strength Class, AR</div> <div>10:00 Baking in the Bistro, AR</div> <div>10:30 “Write Your Story” Writing Group, DRA</div> <div>11:00 Chef/Resident Meeting, AR</div> <div>12:00 Blood Pressure Checks: Legacy, AR</div> <div>2:00 Faith Talk with Jack Greever: The Book of John, CH</div> <div>3:00 Bingo: Dime a Game, AR</div> <div>4:30 Singalong, DR</div> <div>7:00 Penny Poker, DRA</div>	<div>21</div> <div>SUMMER BEGINS</div> <div>9:30 Stretch Class, AR</div> <div>11:00 Drumming 2.0, AR</div> <div>11:00 Crocheting, Needlework and Knitting, DRA</div> <div>11:30 Spot the Differences, AR</div> <div>11:30 Line Dancing with Kristi, AR</div> <div>12:15 Wear Red & Pledge, DR</div> <div>2:00 Rummikub, AR</div> <div>2:00 Friday Movie Matinee, MT</div> <div>2:00 Hand & Foot, BR</div> <div>4:00 Happy Hour with TX Home Health, AR</div> <div></div>	<div>22</div> <div>9:30 Exercise Class with Dick, AR</div> <div>2:00 Saturday Movie Matinee, MT</div> <div>2:00 Open Game Time, AR</div> <div></div>
<div>23</div> <div>11:00 Church at the Ridge Service, CH</div> <div>1:45 Movie Matinee, MT</div> <div>3:00 Bingo: Dime a Game, AR</div>	<div>24</div> <div>9:30 Strength Class, AR</div> <div>10:00 Shopping, B</div> <div>2:00 Hand & Foot, BR</div> <div>2:00 Lamp & Light Bible Study, L</div> <div>3:00 Chair Volleyball, AR</div> <div></div>	<div>25</div> <div>9:30 Stretch Class, AR</div> <div>10:00 Catholic Communion Service, CH</div> <div>10:00 “Ask a Nurse” with Texas Home Health, AR</div> <div>11:00 Toney Walsh Entertains, DR</div> <div>11:30 Memory Fitness, AR</div> <div>1:45 Wii Bowling, AR</div> <div>2:00 Phase 10 or Mexican Train, BR</div> <div>3:00 Bean Bag Baseball, AR</div> <div>4:30 Gospel Singalong, DR</div> <div>7:00 Penny Poker, DRA</div> <div></div>	<div>26</div> <div>9:30 Wacky Wednesday Exercise Class, AR</div> <div>2:00 Rummikub & Dominoes, AR</div> <div>2:00 Wednesday Movie Matinee, MT</div> <div></div>	<div>27</div> <div>9:00 Advanced Foot & Ankle Here</div> <div>9:30 Strength Class, AR</div> <div>10:00 Baking in the Bistro, AR</div> <div>10:30 “Write Your Story” Writing Group, DRA</div> <div>12:00 Blood Pressure Checks: Legacy, AR</div> <div>1:30 June Birthday Celebration, DR</div> <div>2:00 Faith Talk with Jack Greever: The Book of John, CH</div> <div>3:00 Bingo: Dime a Game, AR</div> <div>4:30 Singalong, DR</div> <div>7:00 Penny Poker, DRA</div>	<div>28</div> <div>9:30 Stretch Class, AR</div> <div>11:00 Drumming 2.0, AR</div> <div>11:00 Crocheting, Needlework and Knitting, DRA</div> <div>11:30 Spot the Differences, AR</div> <div>12:15 Wear Red & Pledge, DR</div> <div>2:00 Rummikub, AR</div> <div>2:00 Friday Movie Matinee, MT</div> <div>2:00 Hand & Foot, BR</div> <div>4:00 Happy Hour with Five Star, AR</div> <div></div>	<div>29</div> <div>9:30 Exercise Class with Dick, AR</div> <div>2:00 Saturday Movie Matinee, MT</div> <div>2:00 Open Game Time, AR</div> <div></div>
<div>30</div> <div>11:00 Church at the Ridge Service, CH</div> <div>1:45 Movie Matinee, MT</div> <div>3:00 Bingo: Dime a Game, AR</div>						



The US Senior Open

Each summer, some of the world's best golfers tee off at the U.S. Senior Open, considered the most prestigious tournament for senior players.

Established by the U.S. Golf Association in 1980 as a result of the rise in older golfers, the first competition was open to men age 55 and older. Roberto De Vincenzo of Argentina, at age 57, won the top prize. The minimum age was lowered to 50 the following year, and 51-year-old Arnold Palmer was the champion.

Golf clubs across the country take turns hosting the event, which takes place annually in late June or early July. Out of the more than 2,000 hopeful professional and amateur golfers from around the globe who enter to play, only 156 qualify to compete in the tournament.

Among the game's greats who have won the Senior Open are Lee Trevino, Jack Nicklaus, Fred Funk and Hale Irwin.

This year, the 40th U.S. Senior Open takes place June 27th-30th in Indiana, at the University of Notre Dame's Warren Golf Course. It marks the first time the event has been held on a college campus.

Honey: Culinary Education Series

15 Fast Facts about Bees & Honey

1. Honey bees must gather nectar from two million flowers to make one pound of honey.
2. Honey bees communicate with one another by dancing.
3. Honey never spoils. It is one of the rare food commodities with an eternal shelf life. In fact, there have been reports of finding edible honey in ancient Egyptian tombs.
4. The bees' buzz is the sound made by their wings which beat 11,400 times per minute.
5. Honey's ability to attract and retain moisture means that it has long been used as a beauty treatment. It was part of Cleopatra's daily beauty ritual.
6. There are three types of bees in every hive: a queen, worker bees and drones.
7. The darker the honey, the greater amount of antioxidant properties it has.
8. In the United States, more than 300 different kinds of honey are produced every year. The variety in color and flavor is determined by the types of flowers from which the bees collect nectar.
9. If the queen bee dies, workers will create a new queen by selecting a young larva (the newly hatched baby insects) and feeding it a special food called "royal jelly." This enables the larva to develop into a fertile queen.
10. The queen can live up to five years. She is busiest in the summer months, when she can lay up to 2,500 eggs a day!
11. Sadly, over the past 15 years, colonies of bees have been disappearing, and the reason remains unknown. Referred to as "colony collapse disorder," billions of Honey bees across the world are leaving their hives, never to return. In some regions, up to 90 percent of bees have disappeared!
12. Bees are responsible for 80 percent of pollination worldwide.
13. Out of 20,000 species of bees, only four make honey.
14. Honey is the only food that contains all the substances necessary to sustain life, including water.
15. Honeybees never sleep. They just go motionless at night waiting for their next work day.





Andrea

Andrea, our most able activities coordinator
Will be leaving us at the end
of May.

We are very saddened by her
departure
And wish wholeheartedly she
would stay.

She leaves a void that no one
can fill

Because her personality is
so strong.

However, we are so blessed
she came,

Even, if not to stay for long.

Her appearance is all we need to
make us smile,

There is an aura when
she appears.

She deserves so much for what
she has given,

We must wish her the best
through tears.

We love her too much to make
her sad,

Her happiness is our top concern.
To embark on her new chapter
in life,

She must be free to explore
and learn.

Since we are family, she will surely

Stay in touch, that we may know;

That like the star she is, she
will soar

To share her brightest happy glow.

So, she goes with our blessings, a
sweet angel,

That won our hearts so true;

Leaving a million smiles
permeating our walls

For us to share for years —
for sure!

*Written for and out of respect
and love for Andrea Wyatt, our
Activities Coordinator of Pioneer
Ridge from 2015 to 2019.
Resident Marie Hunt*



Rockin' Around





7210 Linkside Point Drive
McKinney, TX 75071



Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.



972-547-6800

