

Pioneer Ridge

Gracious Retirement Living

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

AUGUST 2019

PIONEER RIDGE STAFF

Managers.....DORA & JOE SUMMERS
Assistant Managers PAM HART &
DAVE WERKLEY
Executive ChefSCOTT AMATO
Activity CoordinatorAPREL MELDER
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

Employee of the Month For August Is June Amato

Congratulations go out to our August Employee of the month, June Amato.

June will be an employee here for three years in October. June's hobbies include taking care of her wonderful grandson.

When I interviewed June for EOM, I asked her what was her inspiration for being so good at her job? Her reply? "The residents make it easy to love my job! They bring me joy and inspire me to do my very best in everything I do!"

June is loved by all her peers and appreciated for everything she does. Help me congratulate June on a job well done! Way to go, June.

Laughter, The Best Medicine

Looking Good

My face in the mirror isn't wrinkled or drawn.
My house isn't dirty. The cobwebs are gone.
My garden looks lovely and so does my lawn.
I think I might never put my glasses back on!



Say what?



Summertime News

As we approach the middle of July, hot dogs and good friends celebrating each other's company at Pioneer Ridge are in abundance.

We look forward to barbecue and picnics in which we share good times with family and friends.

Pioneer Ridge now has a vegetable garden started by residents. Andy Anderson and Andrea (former Activity Coordinator) came up with an idea to plant seeds to grow tomatoes, cabbage, beans, lettuce, cucumbers, squash and peas. The garden is watered frequently and very well maintained by the residents here.

On July 4th, we celebrated the nation's independence. Each of the men and women who are recognized on our Wall of Veterans sacrificed themselves to insure our country's freedom. We should be forever grateful to each one of them.

In sports news this summer, our Cowboys embark on training camp here in Frisco in search of another notorious season in their storied history. Whether you and I are fans of the Dallas Cowboys or not, many of us await the new season with great expectation.

Finally, each resident must remember to stay indoors this summer season and remain hydrated when venturing outside in the heat.

Have a great and safe summer!

—Written by Resident Brad Nenninger

Summer Trivia From the 1940s

Can you answer these trivia questions?

1. What year did Marvel Comics' Captain America get introduced?
2. How much was a gallon of gas in the 1940s?
3. What was the most popular dog breed in the '40s?
4. When did the popular TV show "Meet the Press" first debut?
5. Who was the first President to serve a third term in the 1940s?
6. What was the most read children's book published in 1947, and is still widely read today?
7. When was the NBA founded?
8. What Orson Welles masterpiece premiered in 1941?

Can you answer all eight questions correctly? If so, see April for Funny Bucks.

Why Our Bodies Need Water

It's important to stay hydrated during warm weather, as well as throughout the year. Water is essential for many of the body's organs and functions.

Heart: Staying hydrated promotes proper circulation by allowing the heart to more easily pump blood, which carries oxygen throughout the body. Drinking water is one way to maintain a healthy weight and regulate blood pressure, reducing stress on the heart.

Brain: Multiple studies show that even mild dehydration can impair memory and concentration. Drinking enough water can improve cognition, focus and mood, and help prevent fatigue and headaches.

Digestion: Water helps break down food so that the body can absorb nutrients, making it crucial to a healthy digestive system.

Kidneys: Your kidneys have the important job of cleansing toxins from your body, but they need water to work properly. Frequent dehydration also increases the risk of kidney stones.

Muscles and joints: Water lubricates the joints, so staying hydrated can reduce pain and stiffness. The same goes for your muscles, especially during and after exercise.



Remembering Woodstock

In August 1969, thousands of people crowded into a hayfield in rural New York for Woodstock, a music festival that became a cultural phenomenon.

Four young men organized the August 15th-17th event to raise money to build a recording studio and retreat for musicians. Billed as “An Aquarian Exposition: Three Days of Peace and Music,” the festival was planned to be held in Woodstock, New York, but problems forced a change in location to a farmer’s field 50 miles away in Bethel, New York, in the Catskill Mountains.

About 50,000 attendees were expected. When crowds began arriving two days early before ticket booths were set up, organizers decided to make the concert free, and nearly half a million people swarmed to the venue.

Some of the biggest names in music performed at Woodstock. Among the 32 acts were the Grateful Dead, Janis Joplin, Arlo Guthrie, Sly and the Family Stone, Joan Baez, Ravi Shankar, Santana, and The Who. Rain delays pushed the festival into a fourth day, and Jimi Hendrix closed it out, playing an iconic version of “The Star-Spangled Banner” on his electric guitar.

Woodstock is often praised for its peaceful expression of the musical and cultural idealism of the 1960s. The festival site is now home to a museum and a music pavilion, where some of the original Woodstock performers have returned to play.

Grilling 101

Warm weather means it is time to get the grill out and get cooking! If you love to grill on an open flame, there are some grilling tips and tricks you need to know! These simple tricks can help your grill work better, last longer, stay cleaner, and can even help you cook some amazing meals.

Look at these seven grilling tips and tricks to try this summer and see how easy it can be to get grilling!



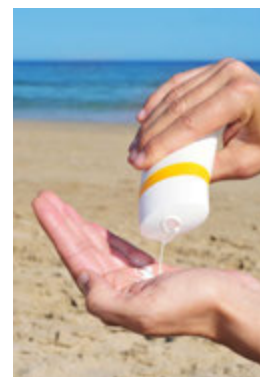
Perfect time to grill

1. Use a lemon to clean grill grates. Cut a lemon in half and rub it over the grates. The acid breaks down grease and grime.
2. Refill old propane tanks instead of buying new ones. A new propane tank costs twice as much as a refilled one.
3. Soak wooden skewers in water before grilling food items on them.
4. Buy highly marbled pieces of steak for best flavor.
5. Lining grates with foil is a great way to keep the grates clean and cook vegetables and even bread at the same time.
6. Get crispy chicken skin by using olive oil.
7. Keep a misting bottle by the grill. Why? Because this can help cool things down if the flames get too high.

That’s it! Keep it simple, be careful and enjoy!

Hot Summer Days

It’s that time of year again, with long, lazy, hot summer days. Remember, when going out in the sun and even on non-sunny days, to protect yourself with sunscreen. As we age, the sun takes a greater toll on our skin and we need to ensure we have protection. Sunscreen is a great way to do that. The SPF factor makes a difference based on how long you need protection from exposure. There are a multitude of SPFs available on the market. They range from 10 SPF to 60 SPF; the higher the number, the longer the protection. Apply it to your face, arms and legs, as well as other areas, if exposed to sunlight. My personal favorite is Banana Boat 50 SPF. It’s a tried and true brand that seems to work for my family. Also remember to apply a moisturizer on your skin daily to help lock in your skin’s moisture and prevent cracking skin.



Remember to protect yourself on sunny days.

AUGUST 2019

Birthdays
















Jack Cooper, 1st
 Fern Smith, 2nd
 Maggie Dickey, 2nd
 Dorothy Richardson, 6th
 Jerry Kay, 6th
 Daisy Norwood, 8th
 Liz Lindsey, 8th
 Bob Voigt, 8th
 Donna Meholin, 11th
 Tacoma Pitts, 13th (Employee)
 Jessica Choi, 20th (Employee)
 Chad Watts, 23rd
 Patti Paulk, 23rd
 Loretta Lessman, 24th
 June Amato, 24th (Employee)
 Ann Anderson, 28th
 Loretta Vann, 28th
 Don Marshall, 29th
 Dean Nail, 30th

Anniversaries

Michael & Louise Freeman, 8/21/1955
 Annela and Don Gasaway, 8/31/1953

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
						
				9:30 Strength Class, AR 9:30 Fill the Bus School Supply Drive, Lobby 10:00 Baking in the Bistro, AR 10:30 "Write Your Story" Writing Group, L 11:00 Manager/Resident Monthly Meeting, AR 12:00 Blood Pressure Checks: Legacy, AR 2:00 Faith Talk with Jack Greever: The Book of John, CH 3:00 Bingo: Dime a Game, AR 4:30 Singalong, DR 7:00 Penny Poker, DRA 	9:30 Stretch Class, AR 11:00 Drumming 2.0, AR 11:00 Crocheting, Needlework and Knitting, BR 11:30 Spot the Differences, AR 11:30 Line Dancing with Kristi, AR 12:15 Wear Red & Pledge, DR 2:00 Rummikub, AR 2:00 Friday Movie Matinee, MT 2:00 Hand & Foot, BR 4:00 Happy Hour, AR 	9:30 Exercise Class with Dick, AR 10:00 Donut Social, AR 2:00 Saturday Movie Matinee, MT 2:00 Open Game Time, AR
4 11:00 Church at the Ridge Service, CH 1:45 Movie Matinee, MT 3:00 Bingo: Dime a Game, AR	5 9:30 Strength Class, AR 10:00 Shopping, B 2:00 Hand & Foot, BR 2:00 Lamp & Light Bible Study, L 3:00 Chair Volleyball, AR 4:00 "Jeopardy!," AR	6 9:00 McKinney On-Site Hearing, AR 9:30 Stretch Class, AR 10:00 Catholic Communion Service, CH 10:00 "Ask a Nurse" with Texas Home Health, AR 11:30 Memory Fitness, AR 1:45 Wii Bowling, AR 2:00 Phase 10 or Mexican Train, BR 3:00 Bean Bag Baseball, AR 4:30 Gospel Singalong, DR 7:00 Penny Poker, DRA 	7 9:30 Wacky Wednesday Exercise Class, AR 2:00 Rummikub & Dominoes, AR 2:00 Wednesday Movie Matinee, MT 2:30 Aprel's Self-Defense Class, G 3:00 Nerds to Go Computer Service, AR	8 9:30 Strength Class, AR 10:00 Baking in the Bistro, AR 10:30 "Write Your Story" Writing Group, L 12:00 Blood Pressure Checks: Legacy, AR 2:00 Faith Talk with Jack Greever: The Book of John, CH 3:00 Bingo: Dime a Game, AR 4:30 Singalong, DR 7:00 Penny Poker, DRA 	9 9:30 Stretch Class, AR 11:00 Drumming 2.0, AR 11:00 Crocheting, Needlework and Knitting, BR 11:30 Spot the Differences, AR 12:15 Wear Red & Pledge, DR 2:00 Rummikub, AR 2:00 Friday Movie Matinee, MT 2:00 Hand & Foot, BR 4:00 Happy Hour with ANTS, AR	10 9:30 Exercise Class with Dick, AR 2:00 Saturday Movie Matinee, MT 2:00 Open Game Time, AR 2:30 Harris Jewelry Repair, AR
11 11:00 Church at the Ridge Service, CH 1:45 Movie Matinee, MT 3:00 Bingo: Dime a Game, AR 	12 9:30 Strength Class, AR 10:00 Shopping, B 2:00 Hand & Foot, BR 2:00 Lamp & Light Bible Study, L 3:00 Chair Volleyball, AR	13 9:30 Stretch Class, AR 10:00 Catholic Communion Service, CH 10:00 "Ask a Nurse" with Texas Home Health, AR 11:30 Memory Fitness, AR 1:45 Wii Bowling, AR 2:00 Phase 10 or Mexican Train, BR 3:00 Bean Bag Baseball, AR 4:30 Gospel Singalong, DR 5:00 Fill the Bus School Supply Drive Ends, Lobby 7:00 Penny Poker, DRA 	14 9:30 Wacky Wednesday Exercise Class, AR 2:00 Rummikub & Dominoes, AR 2:00 Wednesday Movie Matinee, MT	15 9:30 Strength Class, AR 10:00 Baking in the Bistro, AR 10:30 "Write Your Story" Writing Group, L 11:00 Chef/Resident Meeting, AR 12:00 Blood Pressure Checks: Legacy, AR 2:00 Faith Talk with Jack Greever: The Book of John, CH 3:00 Bingo: Dime a Game, AR 4:30 Singalong, DR 7:00 Penny Poker, DRA	16 9:30 Stretch Class, AR 11:00 Drumming 2.0, AR 11:00 Crocheting, Needlework and Knitting, BR 11:30 Spot the Differences, AR 11:30 Line Dancing with Kristi, AR 12:15 Wear Red & Pledge, DR 2:00 Rummikub, AR 2:00 Friday Movie Matinee, MT 2:00 Hand & Foot, BR 4:00 Happy Hour with TX Home Health, AR	17 9:30 Exercise Class with Dick, AR 10:00 Donut Social, AR 12:00 Luau, DR 2:00 Saturday Movie Matinee, MT 2:00 Open Game Time, AR
18 11:00 Church at the Ridge Service, CH 1:45 Movie Matinee, MT 3:00 Bingo: Dime a Game, AR	19 9:30 Strength Class, AR 10:00 Shopping, B 1:45 Eyeglass Cleaning & Adjustment, AR 2:00 Hand & Foot, BR 2:00 Lamp & Light Bible Study, L 3:00 Chair Volleyball, AR 4:00 "Jeopardy!," AR	20 9:30 Stretch Class, AR 10:00 Catholic Communion Service, CH 10:00 "Ask a Nurse" with Texas Home Health, AR 10:30 Famous Brand Clothing, Lobby 11:30 Memory Fitness, AR 1:45 Wii Bowling, AR 2:00 Phase 10 or Mexican Train, BR 3:00 Bean Bag Baseball, AR 4:30 Gospel Singalong, DR 7:00 Penny Poker, DRA 	21 9:30 Wacky Wednesday Exercise Class, AR 10:15 Men's Group: Bagels & Coffee, AR 2:00 Rummikub & Dominoes, AR 2:00 Wednesday Movie Matinee, MT 3:00 Nerds to Go Computer Service, AR 	22 9:30 Strength Class, AR 10:00 Baking in the Bistro, AR 10:30 "Write Your Story" Writing Group, L 12:00 Blood Pressure Checks: Legacy, AR 2:00 Faith Talk with Jack Greever: The Book of John, CH 3:00 Bingo: Dime a Game, AR 4:30 Singalong, DR 7:00 Penny Poker, DRA	23 9:30 Stretch Class, AR 11:00 Drumming 2.0, AR 11:00 Crocheting, Needlework and Knitting, BR 11:30 Spot the Differences, AR 12:15 Wear Red & Pledge, DR 2:00 Rummikub, AR 2:00 Friday Movie Matinee, MT 2:00 Hand & Foot, BR 4:00 Happy Hour, AR 	24 9:30 Exercise Class with Dick, AR 2:00 Saturday Movie Matinee, MT 2:00 Open Game Time, AR 
25 11:00 Church at the Ridge Service, CH 1:45 Movie Matinee, MT 3:00 Bingo: Dime a Game, AR	26 9:30 Strength Class, AR 10:00 Shopping, B 2:00 Hand & Foot, BR 2:00 Lamp & Light Bible Study, L 3:00 Chair Volleyball, AR 3:00 Ice Cream Social with Legacy, AR	27 9:30 Stretch Class, AR 10:00 Catholic Communion Service, CH 10:00 "Ask a Nurse" with Texas Home Health, AR 11:00 Toney Walsh Entertains, DR 11:30 Memory Fitness, AR 1:45 Wii Bowling, AR 2:00 Phase 10 or Mexican Train, BR 3:00 Bean Bag Baseball, AR 4:30 Gospel Singalong, DR 7:00 Penny Poker, DRA	28 9:30 Wacky Wednesday Exercise Class, AR 2:00 Rummikub & Dominoes, AR 2:00 Wednesday Movie Matinee, MT 3:00 Skip-Bo, AR 	29 9:30 Strength Class, AR 10:00 Baking in the Bistro, AR 10:30 "Write Your Story" Writing Group, L 12:00 Blood Pressure Checks: Legacy, AR 1:30 August Resident Birthday Celebration, DR 2:00 Faith Talk with Jack Greever: The Book of John, CH 3:00 Bingo: Dime a Game, AR 4:30 Singalong, DR 7:00 Penny Poker, DRA 	30 9:30 Stretch Class, AR 11:00 Drumming 2.0, AR 11:00 Crocheting, Needlework and Knitting, BR 11:30 Spot the Differences, AR 12:15 Wear Red & Pledge, DR 2:00 Rummikub, AR 2:00 Friday Movie Matinee, MT 2:00 Hand & Foot, BR 	31 9:30 Exercise Class with Dick, AR 2:00 Saturday Movie Matinee, MT 2:00 Open Game Time, AR 



The Key to Healthy Golden Years

Why is it important to work out for seniors? There is a general image of seniors being frail and sickly, which backs the stereotype of senior citizens that are not as active as they used to be in their younger years. Those who were not physically active in their youth are often worried to start exercising in case they may hurt themselves. We regularly hear from older people who are afraid that exercise will cause too much strain and cause more harm than good.



Be active, be safe and have fun working out!

- Is avoiding activity the key to longevity? As much as many would love this to be true, there's nothing more misinformed! Physical activity is an absolute must for us all, young or old!
- Is lack of exercise killing you? Studies show it's beneficial to be fit, especially to those with high blood pressure, balance problems and walking issues.
- What if I can't physically perform the exercises? There are a lot of exercises that anyone can perform. See an Activity Coordinator to help with devising an exercise regimen geared to your abilities.

Bottom line? There's no reason why anyone can't exercise in this day and age, even if it's walking a short distance. The key is to get moving, drink plenty of water and watch what you eat. Portion control and staying away from junk food, sodas and non-healthy foods will add to having a healthy life. So, what are you waiting for — get off that couch, and get moving!

Welcoming Changes

It is now that time of year again,
I call it preparation time.
Sleepy summer will soon be over,
Time for beginnings, plans to prime.

Excitement fills the air, looking forward to
New experiences, that keep us alive.
For life has many chapters, and we live
To face the unknown then abide.

We have time to prepare before fall begins
And make ready for starting anew.
Let us welcome the changes as bright stars,
Shining on new challenges to pursue.

God brings new special people in our lives,
For us to enjoy and broaden our scope.
We soon become friends and feel so blessed
To know that with change there is hope.

*—By Marie Hunt
July 9, 2019*

Tropical Treat

They're golden, tropical and oh-so-sweet. Pineapples have long been prized for their refreshing taste and regal image.

Pineapples originated in South America and were brought to the Caribbean islands, where Christopher Columbus encountered the strange-looking fruit on one of his voyages. He introduced the pineapple to Europe, and it became a status symbol among royalty.

During Colonial times, only the wealthy could afford the few pineapples that were shipped to America. Dinner parties in affluent homes showcased the exotic fruit as a decoration in elaborate food displays. The pineapple grew into a symbol of hospitality and was often depicted in home décor, art and architecture.

Around the turn of the 20th century, Massachusetts native James Dole moved to the island of Oahu, Hawaii, and started a pineapple plantation and canning operation, which later became Dole Food Co. Ad campaigns and recipes promoting canned pineapple led to booming sales, and the fruit became more widely available and an affordable treat.

Hawaii is the only U.S. state that grows pineapples.



Pineapple Lemonade

Ingredients:

- 1 cup Countrytime Lemonade mix
- 3 cups cold water
- 1 can of chilled pineapple juice
- 2 cans of Sprite

Directions:

Mix well all ingredients in a large pitcher or punch bowl. Serve over ice and garnish with a slice of pineapple on the rim.

This is a wonderful summer afternoon drink. Enjoy!



Get your pineapple fix.

August Birth Flower, Gladiolus

The Gladiolus symbolizes remembrance, strength of character, dedication and devotion towards family. If your birth flower is Gladiolus, you are an intellectual person. People love you for your enthusiasm and charming nature. You constantly try to succeed in whatever you do. You desire to occupy a leadership position.

Get to Know Graceland

Elvis Presley's sprawling Graceland estate in Memphis, Tennessee, opened to the public in 1982. Get all shook up with these facts about the King of Rock 'n' Roll's home.

- The original owners named the property Graceland, after a female relative.
- In 1957, at age 22, Presley bought the home and surrounding land for \$102,500, which would be about \$920,000 today.
- The mansion's legendary music-themed iron gates were installed soon after the home's purchase. The singer often signed autographs for fans gathered outside the gates.
- The Jungle Room was a favorite hangout for Presley, who wanted the room to remind him of Hawaii. The tropical décor includes an indoor waterfall and green shag carpet on the floor and ceiling.
- A painting of an 18th-century game room inspired the King to cover the walls and ceiling of his billiards room with more than 300 yards of pleated fabric.
- Presley's beloved pink Cadillac, the red MG convertible he drove in the film "Blue Hawaii" and a John Deere tractor are among his many showcased vehicles.
- Two custom-designed private jets are on display: the Lisa Marie, named after his daughter, and the Hound Dog II.
- Drawing more than 600,000 visitors each year, Graceland is the second most-visited home in the U.S., after the White House.
- Graceland was added to the National Register of Historic Places in 1991.

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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.

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