



Scholl Canyon Estates

Gracious Retirement Living

1551 East Chevy Chase Drive • Glendale, CA 91206 • Phone (818) 951-3830 • www.seniorlivinginstyle.com

JULY 2020

SCHOLL CANYON STAFF

Managers..... WILLIAM & RENEE RAUSCHER

Assistant Managers CLIFFORD &
JANET HANNEMANN

Executive Chef ALESSANDRA "ALEX" MCBRIDE

Sous ChefJOSUE LUNA

Activity CoordinatorMARYBETH
MALONEY THICKE

MaintenancePAUL GONZALES

Bus DriverJUAN PARRA

CLASSY LADIES AND GENTS SALON

Mary Ellen, Owner

Tuesday-Friday, by appointment only

Hair, Nails, Facials

First Floor, Scholl Canyon Estates

818-551-1949



HAWTHORN
SENIOR LIVING

The "Dog Days" of Summer

Many of us have often wondered why people say, "The Dog Days of Summer." Perhaps it's because our dogs pant on hot summer days? Actually, according to the Old Farmer's Almanac, summer days once coincided with the year's heliacal (at sunrise) rising of the Dog Star, Sirius. The rising of Sirius doesn't affect the weather. For the ancient Egyptians, Sirius appeared just before the Nile River's flood season. It is said that they used Sirius as a watchdog for that event.

The Old Farmer's Almanac records the Dog Days of Summer as the 40 days beginning on July 3rd and ending on August 11th, which coincides with the dawn rising of Sirius the Dog Star. This is soon after the summer solstice which is also known for the time the heat kicks in.

Here's a little more information on Sirius. It is the brightest star in the sky, not counting the sun, of course. It can even be seen in the daytime in the right conditions. Sirius is one star in a group of stars that form the constellation Canis Major meaning Greater Dog. It makes sense that the nickname of this big bold star is Dog Star.

In ancient Egypt, the Nile River flooded each year in late June. People called it the Inundation since the floodwaters brought rich soil needed to grow crops in the desert. Egyptians noticed that the water would rise on the days when Sirius began to rise before the sun. They called Sirius "Sothis." Inundation and Sothis became so important for their survival that they began their new year with the new moon that followed the star's first appearance on the eastern horizon.



Fourth of July Festivities

Summer wouldn't be the same without a good 'ole fashioned Fourth of July celebration with hamburgers, hot dogs, apple pie and fun music. So join us on Saturday July 4th, at 11:30 a.m. and 1 p.m. for a birthday celebration for our fine country.

Later in the day, we will be playing a patriot movie. Here's a list of a few good ones that honor our country.

"Yankee Doodle Dandy" (1942) – This biographical musical stars James Cagney as Broadway entertainer George M. Cohan, who composed the celebrated tunes "You're a Grand Old Flag" and the World War I anthem "Over There."

"The Longest Day" (1962) – With an all-star international cast that includes John Wayne, Richard Burton and Sean Connery, this drama follows the 1944 D-Day invasion from multiple points of view.

"Glory" (1989) – Denzel Washington and Morgan Freeman star in this Civil War drama about one of the first African American regiments in the Union Army.

"Independence Day" (1996) – An invasion by space aliens, a Fourth of July mission, and a rousing speech about saving mankind make this action movie a favorite decades after it premiered.

"Miracle" (2004) – This feel-good film is the inspiring true story of the U.S. men's hockey team win over the Soviet Union at the 1980 Winter Olympics. Kurt Russell plays U.S. coach Herb Brooks.

"Hidden Figures" (2016) – Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race.



Asia and Gaby celebrating the Fourth

Carl's Corner

Until further notice, the days of the week are now called thisday, thatday, otherday, someday, yesterday, today, and nextday.

I just asked a 6-year-old if he understands why there is no school. He said yes, because they are out of toilet paper.

If you thought toilet paper was crazy, just wait until 300 million people want a haircut appointment.

2020 is a unique Leap Year. It has 29 days in February, 300 days in March and 5 years in April.

Wearing a mask inside your home is now highly recommended – not so much to prevent COVID-19 but to stop eating.

If you keep a glass of wine in each hand, you can't accidentally touch your face.

I'm kinda starting to understand why pets try to run out of the house when the door opens.

My mom always told me I wouldn't accomplish anything by lying in bed all day, but look at me now. I'm saving the world!



Cool Facts About Popsicles

Popsicles have a pretty interesting history! Believe it or not, they were invented by a kid! Below are 10 cool facts about this summertime favorite.

1. Originally invented by an 11-year-old boy named Frank Epperson in 1905. Epperson accidentally left a cup of homemade soda on the porch overnight. When he woke up the next morning, the soda was frozen around the stirring stick. He realized it was a neat treat and called it the Epsicle.
2. In 1923, Epperson renamed his treat the Popsicle and patented his product. Some stories claim he chose the new name because his kids were always asking him to make them “Pop’s Sicles.” Other stories claim it was to let consumers know that the treat was made from soda pop.
3. Popsicles were originally marketed as frozen drinks on a stick.
4. The dual Popsicle featuring two sticks and one Popsicle that could be split in half was introduced during the Great Depression as a way to split the treat across two children for the same cost.
5. More than two billion Popsicles are sold each year.
6. Since “Popsicle” is a registered brand name, generic brands and international versions are forced to brand their product by another name. You’ll find ice pops in the aisles of most American grocery stores, but in the British Isles you might hear ice lollies, and in Australia and New Zealand they’re known as icy poles.
7. Popsicles are famous for their awful jokes! The often pun-filled cheesy jokes on Popsicle sticks have become an Internet sensation with websites dedicated to sharing these groaners.
8. The number one Popsicle flavor is cherry.
9. Popsicles were chosen as a symbol of American Life by the Eighth Air Force Unit in World War II.
10. Originally, there were seven flavors of Popsicles available. Today, you will find a wide variety of flavors — everything from avocado to chili chocolate!

During these summer months, it is especially important to keep hydrated. Your body depends on water to survive. Every cell, tissue and organ in your body needs water to work properly. For example, your body uses water to maintain its temperature, remove waste, and lubricate your joints. For seniors, it is especially important to keep

from becoming dehydrated. As we age, it becomes harder for our bodies to retain water. Seniors have on average 10% less fluid in their bodies compared to younger adults. The most important way to prevent dehydration is to make sure everyone is drinking enough liquids. While it is hard to beat a chilled glass of H₂O to chase away a fierce thirst, it’s also fun to shake things up and think outside the faucet!

Popsicles — one cool way to beat the heat and rehydrate.

Popsicles not only induce nostalgia for the carefree summer days of your childhood, they also refill your fluids! These sweet summer treats are a great way to keep hydrated during these warmer days. Keep your eyes out for a Popsicle cart coming down your floor and arriving at your door.

Besides the refreshing taste, the best part about Popsicles are the jokes you find on the sticks! Below are 9 classic Popsicle stick jokes for a good laugh today!

1. What do you do when your fish sings flat?
A: Tune-a-fish.
2. What did the tailor say about her job?
A: It’s sew-sew.
3. What did the zookeeper use to unlock the cage?
A: Ayyyyyeeee Mately!
4. What can you catch, but not throw?
A: Your breath.
5. What does a tree do when it’s ready to go home?
A: It leaves.
6. Why couldn’t the elephant use the computer?
A: He was afraid of the mouse.
7. Where do snowmen dance?
A: At the snowball.
8. What did the beach say as the tide came in?
A: Long time no sea.
9. Why did the cookie go to the doctor?
A: It felt crummy.

JULY 2020

Birthdays

Mary Ellen Debolt, 4th
 Gilda Giancalone, 12th
 Thelma Stanley, 13th
 Don Traina, 16th
 Merrie Quast, 30th

Transportation

Monday, 9:30 a.m.

1st, 3rd, and 5th —
 Ralphs and Post Office
2nd and 4th — Vons
 and Rite Aid

Monday, 11 a.m.

1st, 3rd and 5th —
 Vons and Rite Aid
2nd and 4th — Ralphs
 and Post Office

Monday, 2 p.m.

CVS Pharmacy

Tuesday & Thursday
By Appointment Only

Doctors and Medical
 Appointments

Friday, 10:15 a.m.

1st — 99 Cent Store

2nd — Big Lots

3rd and 5th — Trader
 Joe's/Walgreens

4th — Walmart

Friday, 2 p.m.

1st — Trader Joe's/
 Walgreens

2nd — Target and Macy's

3rd — Dollar King

4th — T.J. Maxx, Ross,
 Nordstrom Rack

**“Be bold, be
 brave enough
 to be your
 true self.”**

—Queen Latifah

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30 Yoga 10:30 Knitting/ Crocheting Social 2:15 Bingo by Pattern 3:15 Bible Study with Idell 6:45 Movie & Popcorn	2 9:30 Exercise with Weights 2:15 Game of Taboo 3:15 Name That Tune 6:45 Cards	3 Shopping Day 9:30 Balance & Fit 10:45 Adult Coloring 2:15 Bingo 3:15 Meditation	4 INDEPENDENCE DAY 11:30 4th of July Celebration 2:15 Bingo with Clifford 3:15 Bible Study with Juan 
5 10:30 Darts/Pool Game Rm 2:15 Movie & Popcorn 6:45 Cards	6 Shopping Day 9:30 Balance & Fit with Marybeth 10:30 Brain Train Trivia 2:15 Game of Taboo 3:15 Arts & Crafts	7 9:30 Exercise with Weights 3:15 Balloon Volleyball	8 9:30 Yoga 10:30 Knitting/ Crocheting Social 2:15 Bingo by Pattern 3:15 Bible Study with Idell 6:45 Movie & Popcorn	9 9:30 Exercise with Weights 2:15 Game of Taboo 3:15 Name That Tune 6:45 Cards	10 Shopping Day 9:30 Balance & Fit 10:45 Adult Coloring 2:15 Bingo 3:15 Meditation 7:00 Story Time & S'mores Firepit	11 11:00 Managers/ Residents Meeting 2:15 Bingo with Clifford 3:15 Bible Study with Juan
12 10:30 Darts/Pool Game Rm 2:15 Movie & Popcorn 6:45 Cards	13 Shopping Day 9:30 Balance & Fit with Marybeth 10:30 Brain Train Trivia 2:15 Game of Taboo 2:30 Chef/Resident Meeting 3:00 Painting Class with Hazel 	14 9:30 Exercise with Weights 11:00 Managers/ Residents Meeting 12:45 Managers/ Residents Meeting 3:30 Adventures with Doug	15 9:30 Yoga 10:30 Knitting/ Crocheting Social 12:30 Monthly Birthday Celebration with Entertainment 2:15 Bingo by Pattern 3:15 Bible Study with Idell 6:45 Movie & Popcorn	16 9:30 Exercise with Weights 2:15 Game of Taboo 3:15 Name That Tune 6:45 Cards 	17 Shopping Day 9:30 Balance & Fit 10:45 Adult Coloring 2:15 Bingo 3:15 Meditation	18 9:30 Exercise 2:15 Bingo with Clifford 3:15 Bible Study with Juan
19 10:30 Darts/Pool Game Rm 2:15 Movie & Popcorn 6:45 Cards	20 Shopping Day 9:30 Balance & Fit with Marybeth 10:30 Brain Train Trivia 2:15 Game of Taboo 3:15 Arts & Crafts	21 9:30 Exercise with Weights 3:15 Balloon Volleyball	22 9:30 Yoga 10:30 Knitting/ Crocheting Social 2:15 Bingo by Pattern 3:15 Bible Study with Idell 6:45 Movie & Popcorn	23 9:30 Exercise with Weights 2:15 Game of Taboo 3:15 Name That Tune 6:45 Cards	24 Shopping Day 9:30 Balance & Fit 10:45 Adult Coloring 2:15 Bingo 3:15 Meditation 7:00 Story Time & S'mores Firepit	25 9:30 Exercise 2:15 Bingo with Clifford 3:15 Bible Study with Juan
26 10:30 Darts/Pool Game Rm 2:15 Movie & Popcorn 6:45 Cards	27 Shopping Day 9:30 Balance & Fit with Marybeth 10:30 Brain Train Trivia 2:15 Game of Taboo 3:00 Painting Class with Hazel	28 9:30 Exercise with Weights 3:15 Balloon Volleyball	29 9:30 Yoga 10:30 Knitting/ Crocheting Social 2:15 Bingo by Pattern 3:15 Bible Study with Idell 6:45 Movie & Popcorn	30 9:30 Exercise with Weights 1:00 Resident Raffle Prizes 2:15 Game of Taboo 3:15 Name That Tune 6:45 Cards 	31 Shopping Day 9:30 Balance & Fit 10:45 Adult Coloring 2:15 Bingo 3:15 Meditation	



Adventures With Doug

Adventure Up Mt. Timpanogos

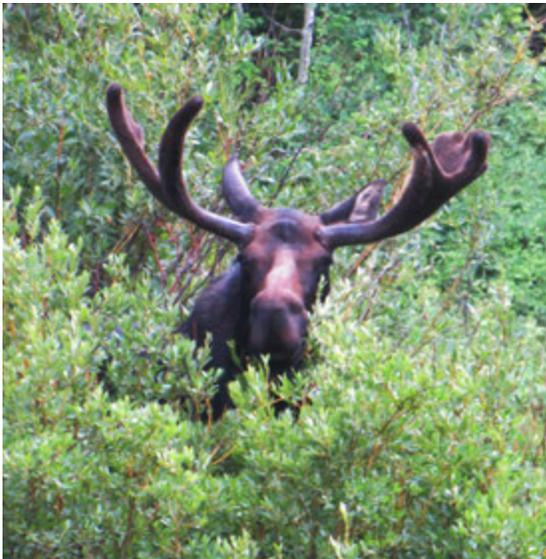
July 14, 2020

3:30 p.m.

Activity Room

Named by the indigenous people in the area, Timpanogos roughly translates to “water on rock.” That translation makes perfect sense once you are on the magnificent giant mountain 11,752.

Nowadays, the mountain is affectionately referred to as “Mt. Timp,” beloved for its vistas, spectacular wildflowers and cascades of tumbling water. Join us for our slideshow as we share fascinating facts, amazing images and stories as we climb Utah’s most popular peaks.



Mt. Timpanogos

Home Remedies for Repelling Summer Bugs

We all love that summer is here but keeping the mosquitoes away can be annoying and frustrating. Who wants to wear long sleeves and pants on a long walk in the evening, picnic in the park and just sitting around in a lawn chair on your balcony? We can't blame all mosquitoes for biting us. According to The Old Farmer's Almanac, only the females bite so that they may nourish their developing eggs with our protein rich blood. Have you ever noticed where you get bitten? Female mosquitoes prefer to bite ankles and wrists where blood vessels are nearer to the skin's surface.

When a mosquito bites you, it injects a small amount of saliva into the wound to stop your blood from clotting. Our bodies react to this and produces a protein called histamine. The histamine triggers inflammation around the bites as well as the itching.

Interesting fact: A higher body temperature and more sweat makes you more likely to be bitten. A first step is to wash off any sweat and keep your body temperature down.

Here are some ideas for topical mosquito repellents:

- You might remember hearing about people rubbing apple cider vinegar on their skin to help rebel insects. The odor of the vinegar is said to rebel mosquitos and even black flies. Also, you can put it on your food and the odor will get into your body. One great way to refresh yourself during the hot summer months is to make a drink called switchel, which is also made from apple cider vinegar.
- Lemon eucalyptus oil is recommended by the CDC for bugs.
- Some people swear that garlic works to ward away those nasty summer pests. Others take garlic tablets or rub garlic juice directly on their skin. If that fails to keep the mosquitoes away, you most certainly won't have to worry about vampires coming to visit you in the night.
- If you are going to use a DEET repellent, it is recommended that you don't use one with more than 25 percent DEET. Higher doses of that ingredient can be harmful to your health.

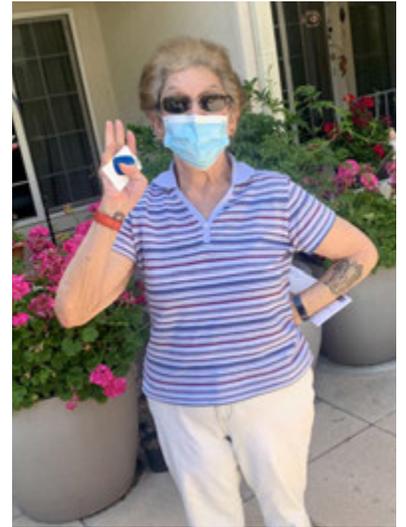


If you happen to get bitten, here are a few suggestions for relief from The Old Farmer's Almanac:

- It helps to ice the area of the bite to constrict the capillaries near the skin's surface and reduce swelling.
- If you are going to use a topical cream, stay away from caladryl and calamine lotions for mosquito bites. It is better just to be patient and apply hydrocortisone.
- Remember not to scratch the bite; this will make it worse. For itchy bites, rub on meat tenderizer or lemon juice. A paste of mashed garlic can also help to make bug bites stop itching.
- White vinegar is another way to relieve the bites. Apply full strength with a cotton ball or a tissue. Don't use vinegar if the area is raw.
- A paste of baking soda and water can provide much needed relief to bug bites.
- Oatmeal can also help relieve itching from bug bites or dry skin.
- Some people have had luck with vitamin B taking 100 milligrams, two or three times a day. However, this tip doesn't work for everyone.
- If you get a bad reaction from any bites, consult your doctor.

Happy Happenings at Scholl Canyon

We are all excited to be able to be together, 6ft. apart with our masks on, in the common areas. We are also going out on small outings on Wednesdays. Please look for the daily schedule in the Activity Room and elevators for the most up-to-date schedule of events. Before we had to go on Level 3, a group of five residents, along with Clifford and Janet, went on a scenic bus ride through Griffith Park and had lunch at Glenoaks Park. After the lockdown was lifted, we celebrated with an ice cream social on the 2nd floor terrace. We are looking forward to more 6ft. apart social events and small day trips during this month, so stay tuned.



Martha joined our ice cream social on the terrace and was happy to see her fellow residents.



Maria and Thelma soak up the sunshine at the park.



Gordon getting some good Vitamin D at the park



Mary Ellen and her daughter, Cathy, enjoying the pretty terrace flowers and the warm sunshine together.



May visiting with a therapy dog

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When the world
is staying apart,
we are coming
together.

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