

Sterling Heights

Gracious Retirement Living

3500 Fairview Street • Bethlehem, PA 18017 • Phone (610) 868-4600 • www.seniorlivinginstyle.com

JULY 2020

STERLING HEIGHTS STAFF

Managers.....JOE & KIM DAWSON
Community SalesLAURIE BREY
Activity CoordinatorLOUISE SARKO
MaintenanceCHRISTOPHER BOYER
TransportationSHIRLEY PEREZ

TRANSPORTATION

**Monday, 9:30 a.m.-Noon and
2-3 p.m.:** Shopping/Errands

Tuesday, 9 a.m.-2 p.m.: Medical Appointments

Wednesday, 11 a.m.-4 p.m.: Outings

Thursday, 9 a.m.-2 p.m.:
Medical Appointments

**Friday, 9:30 a.m.-Noon and
2-3 p.m.:** Shopping/Errands

Sunday, 9:55-11:30 a.m.: Church Services

HAWTHORN
SENIOR LIVING

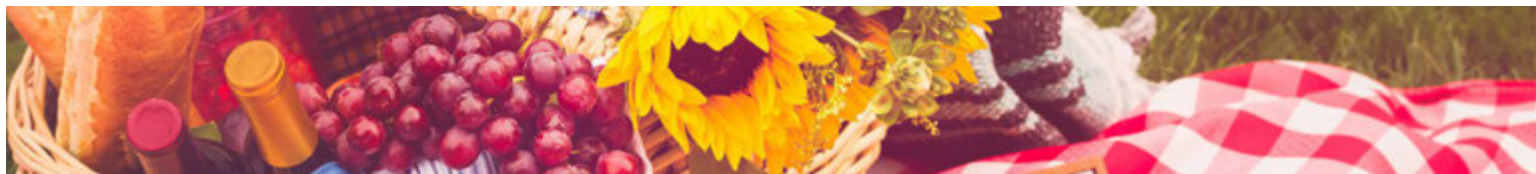
Independence Day

When we think about the birth
of this great nation,
Congress declared July the 4th
1776
and issued a proclamation.
With this decree, the thirteen
colonies
are now free.
We will no longer live
under England's Monarchy.
Five great men were given the task
to draw up papers
for freedom at last.
Thomas Jefferson,
we can remember.
A founding father,
Patriot and a Continental member.
Together these men
drafted the amendments.
Franklin, Livingstone, Sherman

and Adams,
united they authored the
Declarations of Independence.
Battles were fought,
and blood was shed.
Life was lost,
and men were dead.
"Freedom" came with
A heavy price.
War is not pretty,
nor is it nice.
We can thank the Lord above.
He gave us these United States,
a country we can love.
Men fought for our freedom,
and with their lives they did pay.
That's why we celebrate
Independence Day.

By Debra L. Brown





Observing Memorial Day

On the last Monday in May 2020, Sterling Heights residents observed Memorial Day during Covid-19. This year was certainly quite different than any other, but all in all, it was a day where residents felt grateful. Grateful that we were healthy, had a nice place to live, food on our plates and freedom.

Under the stay-at-home ordinance, our residents were uplifted on Memorial Day as we received a special visit from the Whitehall Fife and Drum Corps. They played patriotic songs like “Yankee Doodle Dandy” and “Battle Hymn of the Republic” while social distancing outside. After honoring our fallen soldiers, we ate traditional picnic fare and enjoyed the warm weather while eating ice cream on the patio.



Elle, Mary and Ruth looked very patriotic.



A proud salute from Shirley



Whitehall Fife and Drum Corps



The fifer played a patriotic song.

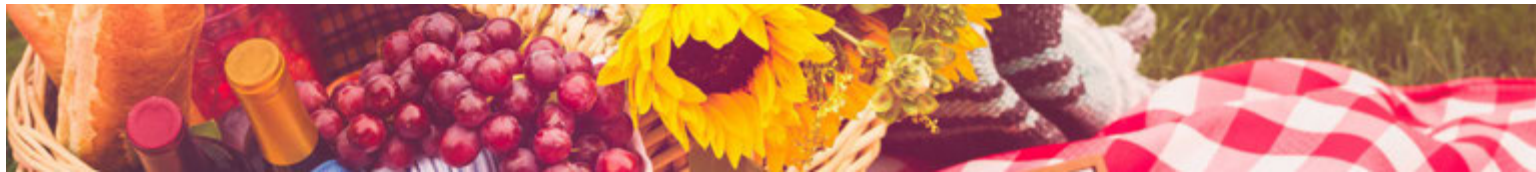


Tillie enjoyed eating her ice cream bar!

July's Birthstone — Ruby

The word ruby comes from the Latin word rubens, meaning “red.” Rubies can range in color from light raspberry to dark purple. The Mogok rubies from Myanmar, formerly Burma, are the most valuable and sought-after rubies because of their color, described as pigeon-blood red. Large rubies of good quality are very rare and very expensive. In fact, the ruby is the highest-priced colored gemstone.





July Is National Blueberry Month

Blueberries are one of the most popular summertime fruits of all time. They are sweet, easy to eat and full of nutrients. Blueberries are also known as the antioxidant super fruit due to their high concentration of antioxidants (a substance that may possibly reduce the risks of cancer). Because they have a great nutritional value, the benefit of eating 2 cups of blueberries every day far exceeds the benefits of all other types of berries combined!

Fresh blueberries only contain 84 calories per cup, 0 grams of cholesterol, 1.1 gram of protein, 0.49 grams of fat, 21 grams of carbohydrates, and 3.6 grams of dietary fiber.

Here are some of the health benefits associated with blueberries.

1. **Blueberries and Eyesight:** Along with carrots, blueberries provide an excellent source of vitamin A. They are also known to prevent vision loss due to aging.
2. **Maintaining Healthy Bones:** The iron, phosphorous, calcium, vitamin K and zinc in blueberries are all minerals and vitamins that contribute to building and maintaining bone structure and strength. The iron and zinc especially help bones and joints to remain elastic while vitamin K is associated with preventing bones from fracturing. These are very important supplements especially for aging adults.
3. **Lowering Blood Pressure:** Since maintaining a low sodium intake is essential in lowering blood pressure, it is important to know that blueberries are naturally free of sodium; this has been found to decrease blood pressure naturally.
4. **Warding Off Heart Disease:** Fiber, found in blueberries, helps lower the total amount of cholesterol in the blood and decreases the risk of heart disease.
5. **Preventing Cancer:** Blueberries contain several antioxidants and anthocyanins (the red or purple color found in plants) that help prevent the growth of cancer cells. Studies indicate that blueberries aid in preventing prostate and colon cancer.
6. **Healthy Digestion:** Because of their high fiber content, blueberries help to prevent constipation and promote regularity for a healthy digestive tract.

Fresh Blueberry Smoothies

Ingredients:

- 1 cup fresh blueberries
- 1 (8 oz.) container plain yogurt
- 3/4 cup 2 percent reduced-fat milk
- 2 tablespoons white sugar
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon ground nutmeg

Method:

Blend the blueberries, yogurt, milk, sugar, vanilla, and nutmeg in a blender until frothy, scraping down the sides of the blender with a spatula occasionally. Top with additional berries and serve immediately. Enjoy! (Recipe yields 2 servings.)

Sample this refreshing smoothie on Thursday, July 9th, for snack time at 3:15 p.m. in the Activity Center.



JULY 2020

Birthdays

Pauline Kashi, 5th
Mona Hudock, 7th
Irma Best, 9th
Anne Morrow, 13th
Chet Wargaski, 13th
Dorothy Alfano, 17th
Don Waddon, 19th
Edna Spevak, 27th

Anniversaries

Bert and Veronica
Kempees, 7/20/1986

Locations

Activity Room, AC
Atrium, AT
Chapel, CH
Cost For Activity, \$
Dining Room
Fireplace, DR-FP
Exercise Room, ER
Game Room, GR
Library, LB
Theater, TH
TV Lounge, TV

Breakfast: 8-9 a.m.
Dinner: 12:30-1:30 p.m.
Supper: 5:30-6:30 p.m.

Home Helpers is available
to meet with individuals
with specific concerns.
Please call to schedule
an appointment:
610-838-7494.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div>1</div> <div>10:00 Seated Tai Chi/ Meditation, AC 11:00 Scenic Ride, AT 11:00 Crossword Fun with Louise, AC 2:00 Scenic Ride, AC 3:00 You Be the Judge, AC</div>	<div>2</div> <div>10:00 Cardio Drumming, AC 11:00 Exercise Your Mind, AC 2:00 Bean Bag Baseball, AT 3:00 Matinee, TH</div>	<div>3</div> <div>10:00 Balance Exercise, AC 11:00 Bingo, AC 2:00 Matinee, TH 2:00 Resident Store 3:00 Bingo, AC</div>	<div>INDEPENDENCE DAY</div> <div>4</div>
<div>5</div>	<div>6</div> <div>10:00 Stretch & Strength Exercise, AC 11:00 Getting Good Sleep with Legacy, AC 2:00 Resident Store 2:30 Exercise Your Mind, AC</div> <div></div>	<div>7</div> <div>10:00 Dance by Design, AC 11:00 Bingo, AC 1:45 Bingo, AC 3:00 Strawberry Sundaes!, AC</div> <div></div>	<div>8</div> <div>10:00 Seated Tai Chi/ Meditation, AC 11:00 Scenic Ride, AT 11:00 Hot Seat Game, AC 2:00 Scenic Ride, AC 3:00 30-Second Mysteries, AC</div>	<div>9</div> <div>10:00 Cardio Drumming, AC 11:00 Exercise Your Mind, AC 2:00 Bean Bag Baseball, AT 3:15 Blueberry Smoothies, AC</div> <div></div>	<div>10</div> <div>10:00 Balance Exercise, AC 11:00 Bingo, AC 2:00 Resident Store 2:00 Whiteboard Word Quiz, AC 3:00 Bingo, AC</div>	<div>11</div>
<div>12</div>	<div>13</div> <div>10:00 Stretch & Strength Exercise, AC 11:00 Drawing 101, AC 1:45 Crossword Fun, AC 2:00 Resident Store 2:30 Senior Walk & Popsicles, AT</div> <div></div>	<div>14</div> <div>10:00 Dance by Design, AC 11:00 Bingo, AC 2:00 Cranium Crunches, AC 3:00 Bingo, AC</div>	<div>15</div> <div>10:00 Seated Tai Chi/ Meditation, AC 11:00 Scenic Ride, AT 11:00 Trivia, AC 2:00 Scenic Ride, AC 3:00 Crafts with Louise, AC</div>	<div>16</div> <div>10:00 Cardio Drumming, AC 11:00 Exercise Your Mind, AC 2:00 Bean Bag Baseball, AT 3:00 Matinee, TH</div>	<div>17</div> <div>10:00 Balance Exercise, AC 11:00 Bingo, AC 2:00 Resident Store 2:00 Seated Tai Chi/ Meditation, AC 3:00 Bingo, AC</div> <div></div>	<div>18</div>
<div>19</div> <div></div>	<div>20</div> <div>10:00 Stretch & Strength Exercise, AC 11:00 Drawing Step- By-Step, AC 2:00 Resident Store 2:30 Seated Tai Chi/ Meditation, AC</div> <div></div>	<div>21</div> <div>9:00 On-Site Dermatology 10:00 Dance by Design, AC 11:00 Bingo, AC 2:00 Educational: Rail Travel, TH 3:00 Bingo, AC</div>	<div>22</div> <div>10:00 Seated Tai Chi/ Meditation, AC 11:00 Scenic Ride, AT 11:00 Hangman, AC 2:00 Scenic Ride, AC 2:00 Whiteboard Word Quiz, AC</div>	<div>23</div> <div>10:00 Cardio Drumming, AC 11:00 Exercise Your Mind, AC 2:00 Bean Bag Baseball, AT 3:00 On the Go Ice Cream Cones, AC</div>	<div>24</div> <div>10:00 Balance Exercise, AC 11:00 Bingo, AC 1:45 Bingo, AC 2:00 Resident Store 3:00 Trivia & Coffee Milkshakes, AC</div>	<div>25</div>
<div>26</div>	<div>27</div> <div>10:00 Stretch & Strength Exercise, AC 11:00 Ping-Pong Challenge, AT 12:30 Lunch with Louise, AC 2:00 Resident Store 3:00 Seated Tai Chi/ Meditation, AC</div> <div></div>	<div>28</div> <div>10:00 Dance by Design, AC 11:00 Bingo, AC 2:00 Crafts, AC 3:00 Bingo, AC</div>	<div>29</div> <div>10:00 Seated Tai Chi/ Meditation, AC 11:00 Scenic Ride, AT 11:00 Crossword Fun with Louise, AC 2:00 Scenic Ride, AC 2:00 You Be the Judge, AC</div>	<div>30</div> <div>10:00 Cardio Drumming, AC 11:00 Exercise Your Mind, AC 2:00 Bean Bag Baseball, AT 3:00 Matinee, TH</div>	<div>31</div> <div>10:00 Balance Exercise, AC 11:00 Bingo, AC 2:00 Resident Store 3:00 Bingo, AC</div>	



Health and Wellness: Sleep

Do you get good sleep every night? Half of all seniors report some type of sleep complaint. Getting adequate sleep is essential to our physical and cognitive functioning. Sleep deprivation can affect us in all kinds of ways. There are many risk factors for sleep deprivation, including poor sleep habits, neurological conditions, medications, pain, sleep apnea, restless leg syndrome, and cardiovascular conditions, just to name a few.

Legacy therapists can help to help you experience better sleep. We can offer you intervention as well as provide you with education on how to prevent sleep disorders. Areas our skilled therapists are trained to assess include: an individual's sleep routines, appropriate level of exercise and activity to promote restful sleep, and environmental modifications that can help promote sleep.

Please join us at our Health Talk on Good Sleep Habits on Monday, July 6th at 11 a.m. in the Activity Room.

Vitamin D

Vitamin D is an important vitamin our body needs for protecting health and overall well-being, yet up to 80 percent of Americans are vitamin D deficient. Called the "sunshine vitamin," vitamin D is produced when sunlight touches your skin. Some symptoms of low vitamin levels are: high blood pressure, depression, fatigue and weakness, rickets (the softening of bones, mostly in children), bone pain or muscle cramps.

Here are some reasons levels are low when it comes to this crucial vitamin. In our world today, we work and play mostly indoors and when we do get outside, we wear sunscreen. Even a weak sunscreen, such as SPF 8, can inhibit vitamin D production by up to 95 percent. Those who live farther from the equator get less sun exposure and therefore have a greater risk of having insufficient levels of this vitamin than those who live near it.

The older you are, the more D you need because your body becomes less able to convert it to a form it can use. People with darker skin have more protection the sun's rays and are more susceptible to lower levels. People who are overweight or have had gastric bypass surgery, with a BMI (Body Mass Index) greater than or equal to 30, typically have a low plasma concentrate of 25 (OH)D or 25-hydroxyvitamin D, vitamin D.

Why does this matter? Recent research studies show that vitamin D offers many important benefits including: supporting healthy heart function, immune health cell development, along with supporting colon, breast and prostate health, and maintaining strong bones and teeth by increasing calcium absorption. This is why children and adolescents need this vitamin as they grow.

Obtaining enough vitamin D from your diet alone is difficult. It is present in certain fish such as salmon, trout, mackerel, herring and sardines among a few others, as well as fortified foods such as cow's milk, orange juice and breakfast cereals. Depending on where you live, 10 minutes of daily summer sunshine may be enough to help your body produce the amount of D it needs; but those of us in the northern climates won't be helped much through the winter months.

Getting outside and enjoying our Community not only promotes friendships and bonding, but as you have previously read, it can also be extremely beneficial to your overall health.





A Sweet Way to Keep Hydrated

During the summer months it is especially important to keep hydrated. Our bodies depend 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. However, as we age, it becomes harder for our bodies to retain water. Seniors have on average, 10 percent less fluid in their bodies compared to younger adults. The most important way to prevent dehydration is to make sure you are drinking enough liquids. While it is hard to beat a chilled glass of water when thirsty, here are a few ways to shake things up and think outside the faucet!

Popsicles — Not only do Popsicles induce nostalgia for the carefree summer days of childhood, they also refill your fluids! These sweet summer treats are a great way to keep hydrated during these warmer days.

Enjoy a refreshingly sweet Popsicle with Louise after our Senior Walk on Monday, July 13th. Meet for our walk at 2:30 p.m. in the Atrium. Popsicles will be served for snacks at 3 p.m. on the back patio. Let's stay hydrated!



10 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. The Popsicle was 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, at the age of 29, 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 between 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. Pun-filled cheesy jokes on Popsicle sticks have become an internet sensation with websites dedicated to sharing these commonplace jokes.
8. The No. 1 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!

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

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