

July 2021

YOUR HOME AWAY FROM HOME

Mrs. Bush's Personal Care Homes | 610-381-3713 | www.mrsbushcares.com



This Month's Important Dates

July 1-Patriotic Party w/ Live Entertainer, Shep

July 4-Independence Day

July 5-Offices and Government buildings closed in observance of 7/4

July 8-Shopping Trip- Dollar Tree

July 13-Happy Birthday, Richard C.

July 14-Happy Birthday, Jim M.

July 15-Live Entertainment: James and Lorri

July 19-Happy Birthday, Gunther R.

July 19-23-Christmas in July Week

July 20-Happy Birthday, Barb C.

July 22-Happy Birthday, Norma W.

July 23-August 8: OLYMPICS

July 24-Happy Birthday, Ethel Y.

July 24-Happy Birthday, Vinny G.

July 26-30- Mrs. Bush's Olympics

July 29-Diner's Club Outing

COVID-19 UPDATES

Effective Thursday, July 1, 2021

Please review the following adjustments to our COVID precautions. We've taken into consideration the county positivity rate, vaccination rate and overall COVID recommendations.

VISITATION

- Visiting hours are 9am-8pm daily. Please avoid visiting during mealtimes.
- Visitors will access main front entrance only to enter and exit.
- At entry, please review posting on front door regarding signs/symptoms of illness. If any apply, please refrain from visiting. This is in lieu of the screening process inside the lobby.
- Upon entry, all visitors must sanitize hands.
- Limit 2 visitors at a time unless visiting outside.
- Proceed to resident room for visits (unless resident is in a shared room) or escort resident outside for visit. Residents in shared room situations can and should utilize common lounges for visits.
- There will not be guest dining in-house at this time.
- If you plan to take a resident off-site on the weekend, please provide 24-hour notice if possible so staff have time to prepare medications needed for outing.

MASKING

- Will be left to the discretion of the visitor. Mandatory masking will not be required regardless of vaccination status. Again, if you had a possible exposure or have any symptoms please do not visit.

CONTINUED ON NEXT PG

COVID-19 UPDATES CONTINUED

Mr. Bush invites our men to the Men's Club

Our men's club is back up and running this month. We invite all men to join us on **July 14th at 2:30pm** in the courtyard (weather permitting).

The men will be enjoying ice cold brews, conversations, and a game of cornhole.

RESIDENT DINING

- Communal dining with up to 4 residents/table and 1 mealtime seating will *resume on Tuesday, July 6th*.
- All residents are required to sanitize hands upon entry to dining room.
- Residents with symptoms of illness will be required to dine in his/her room.
- Mealtimes are listed below. Times may change until we get back into a routine.

LUNCH-

-Seating at Noon

-Meal Served at 12:15pm

SUPPER-

-Seating at 4:45pm

-Meal Served at 5pm

RESIDENT ACTIVITIES

- Group activities will resume with >1 resident per table.
- Off-site trips will resume.
- Entertainment will resume both inside and outside.
- In-house volunteer programs will resume.



You're Never Too Old to Have Fun.

Residents Gloria and Pat enjoyed live entertainment out in the courtyard during our kick off to summer event!

CHRISTMAS IN JULY

Because we spent our 2020 Christmas in quarantine, we have decided to celebrate Christmas twice this year. So, we will be celebrating Christmas the week of July 19th-July 23rd.

Join us for all of the fun Christmas traditions like tree decorating, Christmas cookies, crafts and more.

There may also be a special visit stopping by!



Resident Mary S. has been enjoying the sweet corn on the cobs and our summer picnic meals!

ACTIVITIES ARE NOW OFFERED

7 DAYS A WEEK!

We hope you join in on the fun!

June's P.R.I.D.E. Employee Professional-Respect-Integrity- Dedication-Enthusiastic



Congratulations to **Corinna K.** for being June's P.R.I.D.E. Employee of the month.

Corinna works mainly in the activity dept, but can also be seen helping as a personal care aid (PCA).

Corinna has worked at

Mrs. Bush's for almost 3 years and she is very deserving to be this month's winner.

Corinna started at Mrs. Bush's as a volunteer, completing her graduation project with us. She loved being here, so when she graduated from Pleasant Valley in 2019, it only made sense to bring her on as an employee. Corinna has grown both personally and professionally over the last 3 years. A few things that have remained the same are her dedication to the residents, her kind heart, and her commitment to being a team player.

Outside of work, Corinna loves to read and tend to her chickens. She loves being outdoors and enjoys collecting rocks and stones. She has been a vegetarian for 5 years and she loves to clean.

Corinna has such a positive outlook on life and that truly shines through when she interacts with her co-workers and residents. She often says "I love what I do." And that statement reflects in her everyday actions at Mrs. Bush's.

When you see Corinna, please congratulate her on being June's P.R.I.D.E. employee!

Don't forget to nominate your favorite staff member by submitting a nomination card located in the café.

Get To Know: Dottie

If you know this lovely lady, you probably call her Dottie, but did know that is her nickname? Her first name is LaRue!

Dottie has been a resident at Mrs. Bush's for 2.5 years. She was born and raised in Bowmanstown, PA and spent most of her life in the Lehigh area.

Dottie has 2 sons as well as grandchildren and great grandchildren.

Dottie worked in local sewing mills. She loves to socialize and play games of all kinds, especially cards!



Dottie is probably known as one of the most positive residents at Mrs. Bush's! She always has a smile on her face and a kind comment to share.

We hope you enjoyed getting to know Dottie! Check back next month for our randomly picked spotlighted resident!

West End Fair Craft Entries

The West End Fair will be held at the end of August. We will once again be submitting entries into the fair. We will need to pre-register by July 23rd, therefore, we will be around room to room over the next 2 weeks to collect fair submissions. Any craft you completed in the last year, can be submitted!

In years past, residents have won ribbons and money!!!

Outings

We are excited to be able to get the bus back on the road after over a year of no trips. I am anticipating a high volume of residents wishing to take trips over the next couple of months. Therefore, we will be doing sign ups a little differently.

You will receive a form that you must complete and return to the activity dept. Once you've completed your signup sheet, you may place it in an activity folder. Activity folders are now located on the activity office door in the West Annex, the South hallway bulletin board, and the main café bulletin board. These folders will be checked Mon-Fri.

Signups will be closed 2 days prior to the outing. For example, if an outing is scheduled for a Thursday, all signup sheets must be handed in by Tuesday.

If we have more people sign up than seats on the bus (more than 12), then we will put everyone's name in a hat to draw who goes on the outing. If there are enough people to make a second outing of the same trip, we will then alert those people of their date and time.

If it is a repeated outing, like our Monday Ice Cream trips, we will alternate who goes which week at random until everyone has had a chance to go.

Please note, we have many things to take into consideration when going on an outing. While we try our best to accommodate everyone and their physical or cognitive needs, there may be times where we must adjust schedules.

If you have any questions regarding outings, please see Carrie.

SUMMER OLYMPICS

The Tokyo Olympics and Paralympics are set to begin in July after being postponed from last summer due to the coronavirus pandemic.

The 2021 Summer Olympics, scheduled for July 23 – August 8 in Tokyo, Japan, were originally supposed to take place back in the summer of 2020, in keeping with the century-old tradition of holding the Games every four years. However, the event was delayed a year due to the COVID-19 pandemic, marking the first time since 1940, when the Olympics were canceled due to World War II, that the Olympiad was not held on schedule.

We will be keeping track of Team USA and cheering them on throughout the Olympic Games. You can view the Olympic coverage on Channel 48.

We will also conduct the Mrs. Bush's Summer Olympics starting July 26th- July 30th. We hope you join in on games like the Javelin Toss, Discus Throw, Golf, Target Shooting, as well as the award ceremony!

QiGong Every Wednesday at 10:45am

If there is one thing we want as we age, it is energy. Thanks to research in neuroscience, there is evidence that suggests that we can regulate and balance the brain's networks and generate energy through mindful relaxation, mindful awareness and mindful movement. As a result, we can potentially preserve and sustain our energy as we get older, to bring about not only longevity but also a good quality of life. Qigong (*pronounced chee gong*), a Chinese system of physical exercises and breathing training, is one type of mindfulness practice that can help in achieving these goals. For these reasons, Qigong for seniors may be considered an ideal mindfulness practice for this population.

Qigong offers seated slow meditative movements. Qigong involves "the purposeful regulation of both breath and mind coordinated with the regulation of the body."