

Grace Notes



August 2017

Issue 215

Like A Seagull



Oh to fly wherever I please, sweeping over the river, fish to sea,
or soaring tall condos with greatest ease.

How delightful rising in the sky, up and up so very high;
suddenly to turn and descend gliding lower, lower,
and then swiftly climb back up again.

Like a seagull, I'd like to be in the sky flying effortlessly.

~Susan , Alice's daughter

Monthly Events

<u>AUG 1</u>	<u>CHENANIAH GOSPEL HOUR</u>	<u>2:30 P.M.</u>
<u>AUG 3</u>	<u>COTTAGE CARRY-IN</u>	<u>5:30 P.M.</u>
<u>AUG 10</u>	<u>DIABETIC SUPPORT GROUP</u>	<u>1:00 P.M.</u>
<u>AUG 12</u>	<u>ENGLEWOOD FESTIVAL PARADE</u>	<u>8:00 A.M.</u>
<u>AUG 21</u>	<u>WATERMELON BUST & ENTERTAINMENT</u>	<u>6:30 P.M.</u>
	<u>BY JOHN WILDENHAUS</u>	<u>7:00 P.M.</u>
<u>AUG 23</u>	<u>WRIGHT PATT AIR FORCE BASE TOUR &</u>	<u>11:00 A.M.</u>
	<u>OUT TO EAT AT DEBBIE'S RESTAURANT</u>	

Weekly Events

Monday	9:00 A.M. Community Grocery Shopping
	5:00 P.M. Wii Bowling Practice
Tuesday	10:00 A.M. Hymn Sing & Out to Lunch (Blood Pressure Checks with Theo)
Wednesday	4:00 P.M. Wii Bowling Practice
Friday	9:30 A.M. Move it with Marilyn!
	4:00 P.M. Wii Bowling Practice
Sunday	2:30 P.M. Chapel—Community Room

ENGLEWOOD FESTIVAL PARADE

It's parade time again! The Englewood Festival Parade is scheduled for the morning of Saturday, August 12th. We are looking for "riders" to join us on the bus. This is an easy outing and shows support for GBV! The bus will leave from the back parking lot @ 8:00 A.M. We should be home by 10:00 A.M. Please call the Business Office to RSVP beginning August 1st. We will "tailgate" again this year with doughnut holes and orange juice!

AUGUST OUTING

On Wednesday, August 23rd, we will head for the Wright Patterson Air Force Base. We will be taking a tour of a new building that just opened last year. The admission is free. Prior to the tour, we will be eating at Debbie's Restaurant in Dayton. You will need lunch money. The bus will leave @ 11:00 A.M.. Please call the Business Office beginning August 1st, to RSVP.



RESIDENT PROFILES

Don't forget! Forms for resident profiles are always available at the Business Office. If you would like to be featured in the newsletter, please let us know! You may also contact Joann if you like. It's fun to hear where our cottage friends come from and what they enjoy doing! You don't have to be a new cottage resident to fill out a profile!



AUGUST 16	BETTY
AUGUST 19	GLORIA
AUGUST 20	IRENE
AUGUST 29	EVELYN

HAPPY ANNIVERSARY

AUGUST 31 DICK & PAT



I am sure that we have all heard it before, but it is so true: "Age is nothing but a state of mind. It is what you do with this 'State of Mind' that determines how old you feel." We can never turn back the clock on our actual physical aging but we sure can on how we feel about it. In a very long article by Jan Bold-er entitled 'Rewind Time and Feel Young Again,' she went on and on like an academic professor would in an academic journal. Instead of reprinting her whole article, below are just some of the highlights of this very long article for your pleasure and information. In addition to cutting down her article, I added in some personal notes from time to time.

Here are a few ideas to help turn back the clock a little and help us feel like our younger selves again.

Cook a New Dish/Item: When you are in the habit of eating the same stuff all the time, trying something new is a must. This breaks up the 'same-old, same-old' and adds some variety to our lives. Like they say, "Variety is the spice of life." I tried escargot for the first time about a month ago. I hated it but at least I can now say that I tried those nasty snails. Like me, you may or may not be terribly impressed with what you ordered, but being adventurous is a trait that we tend to lose as we age and this is just one way to get it back.

2. Pick Up a Hobby: As we age into seniors, we gain time. Use this extra time to learn something you always put off before. Whether it's photography, knitting, painting, visiting museums, going places, hiking or a new language. By learning a new skill or hobby, you're keeping your mind fresh.

3. Join a Team: There's a club or organization for just about any interest out there. By sharing interests with others, you give

a structure to your passions and skill. You also get the benefit of social stimulation. Also, by being on a team, one can get those young competitive juices going again. Being competitive (in the fun and friendly way of course), can help make you feel young again. Our Wii Bowling Team is a perfect example of this.

4. Do Something Out of Character: Whatever your idea of fun and relaxation is, step out of your comfort zone and do something wild and different. Do you favor quiet weekends at home? Take a day trip to an amusement park. Prefer to listen to records (CD's now, of course)? Take in a live music performance instead. And while it may not be a home run (like me eating escargots wasn't), it could be.

5. Sing and Dance: Turn the music up loud and let go of your inhibitions. If you're not a natural singer or dancer, all the better, as you're stretching yourself in new ways. Plus, research is starting to definitely show the relationship between singing and health: your breathing, speech and posture improve, circulation gets better, and your immunity can become more defensible. But PLEASE do this in the privacy of your own home and with the blinds down. Your neighbors will appreciate this as will I because I will not have to field any complaint calls about your singing and dancing moves.

6. Play with Balloons: Balloons aren't restricted to just children, as there are so many ways you can have fun with them. Twist them into animals, see how long you can keep it in the air before touching the ground or fill it with helium and just let them float loose in the sky with a note on them to see how far it went. There's no shortage of ways to keep feeling young again. There is only your imagination to limit you.

~Cont'd on pg. 4

A couple of quick Notes:

Our new front sign is finally here and up. Like many of you, I like the sign in general but not 100% happy with it. I wish it was higher and I wish the letters were larger (i.e. like the old sign). Unfortunately, both of these issues cannot be changed because it is the new zoning code for signs that we are forced to obey. Because of these issues, we have applied to the City of Englewood for a variance so that we can have our sign a couple of feet higher. This process may take a few months to work its way through the City Government before we have some type of answer. In the meantime, even though I am not 100% happy with it; have you seen it at night when it is all lit up? Like Julie Lesley said, "It is a great beacon of light."

Because of the weather, I still do not have a date when the North Drive (road past single digit cottages and to staff parking for the nursing home) and the Front Parking of the Nursing Home will be repaved. It should be done in early August. As soon as we are aware of when this will take place, Eddie Coudell or myself (I will be on vacation week of July 24th), will let everyone know, especially those that will be immediately effected.



As I am sure you have heard, GBV had a PERFECT Survey from the Dept. of Health this year. This makes GBV's 6th deficiency-free survey in 9 years; an Ohio Record!!! This great feat is only possible by the Greatest Staff in Long Term Care. To honor the staff, we provided Pizzas one day, subs on another and Dairy Queen Blizzards on a third day. In addition to these small gestures of appreciation, our Board of Directors also wanted to express their appreciation to this great staff. They approved a monetary gift for every employee along with the attached letter of appreciation that I am attaching to share with you. It is great when our staff's hard work is noticed, recognized and appreciated from this very special organization.

~Mike



One of my daughters, Susan Bernstein, lives in Fort Myers, Florida. She rents an apartment from the Protestant Church which is located along the banks of the great big Caloosahatchee River.

Susan lives with her pretty pet cat, Sophia, in a fifth floor apartment with a large picture window. This gives them a wonderful view in which to watch the many seagulls and other birds that play on the river.

Susan bought a comfortable bench where Sophia sits and watches the seagulls while Susan works at a nearby rest home.



Some of the seagulls to be seen on the Caloosahatchee River are the small and medium size. Gulls are the acrobats of the sky. They can float motionless in midair by catching wind currents with perfect timing. Gulls like to feed in flocks and dive under the water's surface to catch small fish.

Their nests are made of bits of grass, sedge, and twigs. The female lays 2 or 3 eggs and sits to incubate them for two weeks.

When baby gulls hatch, both parents feed and care for them.

Sophia likes to hear the “meow” seagull which makes a cat-like call. They are the only gulls to build nests in conifer trees.

So. . . If you happen to vacation in Florida and are near the big Caloosahatchee River, stop by and watch the seagulls!

~Alice

Right the First Time

The first time you open the refrigerator when you meant to open the cupboard, you laugh and tell a friend. But when you realize you've stored the ice cream in the oven, you're not laughing. . . and not telling. In fact, you pray no one else will notice the telltale drips.

Hey, you were right the first time. Laugh . . . and tell. It will make you feel better, and your friends, too. It'll encourage them to tell you about the time they put the ice cream in the dryer . . . and turned it on.

He that is of a merry heart hath a continual feast.

Proverbs 15:15

You know you are getting older when:
Everything hurts, and what doesn't hurt, doesn't work.
The gleam in your eyes is from the sun hitting your bifocals.
You feel like the morning after. . . and you haven't been anywhere.
Your little black book contains only names ending in M.D.
Your knees buckle, and your belt won't.
You get winded playing cards.
Your children begin to look middle-aged.
You join a health club and don't go.
You decide to procrastinate, but never get around to it.
Your mind makes contracts that your body can't meet.
You know all the answers but nobody asks you the questions.
You look forward to a dull evening at home.
You're turning out the lights for economic rather than romantic reasons.
Your favorite part of the newspaper is "twenty-five years ago today."
You sit in a rocking chair and can't get it going.
You're 17" around the neck, 43" around the waist, and 106 around the golf course.
Your pacemaker makes the garage door go up when you see a pretty girl.
The best part of your day is over when the alarm goes off.
Your back goes out more than you do.
The fortune-teller offers to read your face.
The little gray-haired lady you help across the street is your wife.
You got too much room in the house and not enough room in the medicine cabinet.
You sink your teeth into a steak. . . and they stay there.



Does this sound familiar?

~Chaplain Dick

**1010 Taywood Road Office- 836-4011
Englewood, Ohio 45322 Nurses Station- 836-8140
www.gbvillage.com Fax- 836-7230**

MONTHLY REMINDER
TEST YOUR EMERGENCY PHONE.
PRESS BUTTON ON PENDANT THE
SAME DAY EACH MONTH, SUCH
AS YOUR
BIRTHDAY DATE

MONDAY VAN SERVICES
MONDAY MORNINGS 10:00 A.M. GBV VAN TAKES
COTTAGE RESIDENTS TO GROCERY
AND OTHER ERRANDS
CALL JOHN
TO LEAVE A MESSAGE IF YOU REQUIRE
TRANSPORTATION ON MONDAYS
Please call him on Friday, prior to the Monday

**GBV's Hooked on
Books Club**



**Our books have been moved into the
Exercise Room, off of the Community
Room. The books will always be
available to you. Enjoy!**

**When you're feeling stressed,
remember:
Moses started out as a basket case,
and the Lord made something of him
anyway!**

Cottage Move-ins

#303	Doris -any day now!
#2	Henry & Doris -move in July 21
#102	Ed & Roberta -move in Sept. 7

BUS GARAGE
FUND
\$13,334.10

Diabetes Support Group

**This support group meets on the
2nd Thursday of each month.
The next meeting is scheduled for
Thursday, August 10th @ 1:00 P.M.
We plan to go out for lunch
after the meeting**

**Any questions about the group?
Call Jim**