

Mercy McMahon Terrace
3865 J Street
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3865 J Street (916) 733-6510 www.mercymcmahonterrace.org



Celebrations

Independence Day

July 4

Parent's Day

July 28

Left Handers' Day

August 13

Feast of the Assumption

August 15

Labor Day

September 2

Grandparent's Day

September 8

Patriot Day

September 11

Autumn Begins

September 23

Fun Facts About Independence Day

- Congress made Independence Day an official unpaid holiday for federal employees in 1870. In 1938, Congress changed Independence Day to a paid federal holiday.
- Only John Hancock actually signed the Declaration of Independence on July 4, 1776. All the others signed later.
- Benjamin Franklin proposed the turkey as the national bird but was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.
- Every 4th of July the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.
- Each year American light about 200 million pound of fireworks! And most of them are imported from China - \$247,1000,000 worth.
- The favorite food for the 4th of July is the Hot Dog. America consumes about 150 million hot dogs on this date.

Message from the Chief Executive Officer

Summer has arrived and Fall will be upon us before we know it, so now is the time to enjoy the beauty around us before the flowers go into winter hiding. I am celebrating the improvements we have made to our community over the past several months and truly hope you are all enjoying them too. Fresh paint, new carpet, and of course our gorgeous center courtyard have given Mercy McMahon a new look. Underneath, we are still the same wonderful place as always.

I am especially excited to see people enjoy the new outdoor space. Walking, lounging, reading and even barbequing on Father's Day are all being enjoyed in our new "yard". Please respect that this is a community courtyard and personal garden items such as statues or plants may not be added to our outdoor environment. If you would like to plant, there is a resident gardening box outside the craft room. We would love your green thumb efforts in this space.

I hope you all agree that Mercy McMahon is truly a wonder place to call home. We are so happy to have all of you as part of the family.



Mary Erickson

Birthdays

We honor all those who were born in the months of July, August, and September!

July

Irma Schmidt	7 6
Lola Ouska	7 7
Father Brady	7 12
Mike Viames	7 12
Myrle Kern	7 13
Violet Ramirez	7 18
Shelia Kerins	7 22
Bernadette Keltgen	7 23
Rose Guerra	7 25
Nellie Williams	7 29



August

Marge Albouze	8 1
Father Hall	8 1
Carol Bennett	8 2
Kathy Griffin	8 4
Carolyn Perry	8 7
Eugene Ersfeldt	8 8
Dr. James Reece	8 12
Father Myles	8 13
Yolanda Panattoni	8 17
Harriet Coster	8 19
Jane Donaldson	8 21
Iona Woody	8 27
Fina Boyd	8 28
Barbara Harding	8 29

September

Tom Harding	9 7
Chuck Conway	9 10
Joan Kenkel	9 10
Billie McCarty	9 11
Gayle Gregory	9 15
Eleanor Moore	9 20
Joann Garner	9 20
Ruth Huesgen	9 24
Arlene Fuller	9 28
Renee Bennett	9 28
Elizabeth Thompson	9 29
Kay Honda	9 29

June's Place

Redirecting Someone With Dementia

Redirecting is closely related to distraction. Sometimes changing the subject isn't totally effective, so many caregivers redirect their loved one's attention to a different activity that they can focus on. The point is to provide an alternative option that will break the loop and keep an elder fully engaged.

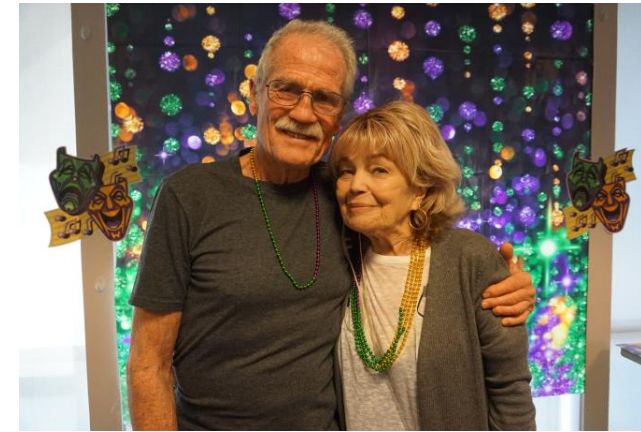
Crafts, chores, watching movies or recordings of old TV shows, and listening to CDs of their favorite music are especially effective. Old photo albums are excellent for redirection as well. Just try to use an album that contains photos from the distant past rather than more recent pictures.

A dementia patient's short-term memory is usually very weak and sometimes presenting them with documentation of recent events they do not remember can be upsetting. Long-term memory stays intact longer, so older photographs tend to be a safer bet. Point out people in the pictures and ask your loved one to explain who they were. The chances are very good that they will remember the photos and may even entertain you with a related story. The Life Story (a document that families complete about their loved one) is also a good tool. Staff can use this information about their history and background to redirect.

Coming soon to June's Place: Music & Memory Program. As we get closer to deciding a roll out date, we will be in contact with you via email.

Belinda Prunty

Mardi Gras



Sweetheart Luncheon



Selections from Sister Juliana

Joy!



There is always space in my heart for joy.

Joy is everywhere present, even during the darkest moments in life. But happiness never forces its way into my heart. To experience its gifts, I have to be willing to choose joy and welcome it.

I consider how I might make room in my life for more gladness and aliveness. Perhaps it is time to finally release certain resentment. I might be ready to gently transition out of a period of deep grief and loss. Maybe I have been berating myself or taking life too seriously

Joy is my natural state. When I choose to make space for it, spontaneity and playfulness emerge. I set aside my to-do list and eagerly compose a gratitude list. As I open myself to joy, I am grateful for how it changes my outlook.

And your hearts will rejoice, and no one will take your joy from you. – John 16:22

From Unity Ministries.

“Remember the word I spoke to you”

Words, a human voice, sympathy, hands to serve. These are the conspicuous means Christ used – these and, judging by that last netful of silver fish for Peter the pope, a literally adorable humor!

He used these means to bring peace, to comfort, to give courage, to restore self-respect, to change fear to love, shame to joy. Look at the five recorded instances one by one to see the genius of his use of just our limited means.

To the stricken world in the person of Magdalene, compassion: *Why are you weeping: for whom are you seeking?*

To the Apostles, his first word, *Peace!*

To the disciples who mourned him as lost, communion with him.

The only condition for finding and recognizing the Risen Christ today is that we love him: not power, chance, or virtue, but only love.

He showed himself first of all to Mary Magdalene, the woman out of whom he had cast seven devils.

On the first Easter morning, that woman kept the faith of all the faithful, for all the faithful, and no one would believe that she had seen the crucified Lord alive: *to their minds the story seemed madness, and they could not believe it.*

May we, most of all when it seems madness, keep our faith in the Risen Christ unshaken in our hearts.

Caryll Houselander

Caryll Houselander (†1954) was a British mystic, poet, and spiritual teacher.

Petting Zoo

With The Sacred Heart 2nd Graders



With summer fast approaching, but not quite here, it is a great time to enjoy some fresh air and gentle sunlight.

Exposure to sunlight, specifically the UVB rays of the sun, allows your body to create Vitamin D. Vitamin D is called the "Sunshine Vitamin" because it is very difficult to get enough Vitamin D.

Good Sources Of Vitamin D Include:

- Cod Liver Oil
- Swordfish
- Salmon
- Canned Tuna
- Beef Liver
- Egg Yolks
- Sardines



While I love me some fish, I would need to eat these nearly every day to get enough Vitamin D.

Vitamin D allows the body to absorb the calcium and phosphorous necessary to keep bones strong and healthy. Low levels of Vitamin D can lead to osteoporosis, depression, muscle weakness and even some forms of cancer. Studies have shown that 13 minutes of sunlight at noon, three times a week can sustain adequate Vitamin D levels. Even for those of you who are not redheads, it is important to limit your time of sun exposure to avoid sunburn or wear sunscreen.

Also, the sun's UVB rays cannot penetrate glass; so sitting near a sunny window may be enjoyable, but won't help you make some D. Once summer officially arrives, and it's hotter than a blister bug on a pepper sprout, it is too late to take the opportunity to make some Vitamin D.

Go out there and get some sun!



Kristina Wardlow