

# Woodside Assisted Senior Living

## The Memory Care Monthly Gazette June / July 2021



### Animal of the Month – Turtle

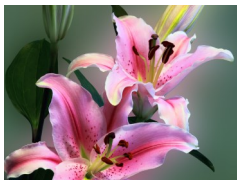
Turtles are reptiles that have a bony shell protecting their bodies. They live on every continent except Antarctica and are divided into land, aquatic, and marine turtles. Turtles are an ancient type of reptile, older than snakes or crocodiles. They live on land, but different types can swim in salt or fresh water. While turtles are cold-blooded, they are usually able to keep their bodies well above the temperature of their environment due to their high metabolic rate. Sea turtles can weigh up to 2,000 pounds, while the smallest turtle weighs in between 100 and 165 grams and is just a few inches long. Turtles aren't loud, but they can make noises, including clucks or barks. Baby turtles are called hatchlings. Red-eared sliders are one of the most popular turtles to have as a pet, as they are quite sociable and active. In many cultures, turtles symbolize longevity, endurance, wisdom, patience, and inno-



### Flower of the Month

#### Flower – Rose

The rose, the flower for the month of June, represents beauty and perfection. Its name comes from the Latin word rose, which means "red." It's one of the earliest flowers known to man. Nebuchadnezzar, the king of Babylonia around 560



BC, used roses to decorate his home. In Persia, these fragrant flowers were grown for perfume oil, while the Greeks associated the red rose with the blood of Aphrodite's beloved Adonis, the deity of plants and re-birth. Red roses symbolize love.

**June** is the month with the longest daylight hours of the year in the northern hemisphere and the shortest daylight hours of the year in the southern hemisphere. It is the first month of winter in the southern hemisphere and the first month of summer in the northern hemisphere. It's said that June is named for Juno, the Roman goddess of marriage and a protector of all things female, so some consider it good luck to be married during this month. June is the sixth month of the year in the Julian and Gregorian calendars.



*June is a special  
month for  
Pearl  
Isaac*

#### June Zodiacs

**Gemini (The Twins) June 1-20**

**Cancer (The Crab) June 21-30**

**Special Days Best  
Friends Day June 8**

**Flag Day (U.S.) June 14**

**Juneteenth June 19**

**Father's Day & First Day  
of Summer in the North-  
ern Hemisphere  
June 20**

**Full Moon  
(Strawberry Moon)  
June 24**

### Birthstone—Pearl

The pearl is the birthstone for the month of June, although it isn't really a stone. Pearls are made from an organic substance called nacre (pronounced NAYker) that is created by mollusks such as clams and oysters. A pearl's color is determined by the type of mollusk and the water where the mollusk lives. Pearls are often lustrous white but can be tinged with pink, peach, green, lavender, and gold. Some

If you're a family member providing [dementia](#) care for a loved one, you know the challenges it can involve. For all of the difficult moments, here are our favourite inspirational quotes to help you keep moving through your days with compassion, patience and love for your family member with dementia.

- "Caregiving often calls us to lean into love we didn't know possible." -Tia Walker
- "We remember their love when they can no longer remember."
- "Persons living with dementia are usually capable of more than we can imagine." -Bob DeMarco
- "Remember, the dementia patient is not giving you a hard time. The dementia patient is having a hard time."
- "A good laugh and a long sleep are the two best cures for anything." -Irish Proverb
- "Those with dementia are still people and they still have stories and they still have character and they're all individuals and they're all unique. And they just need to be interacted with on a human level." -Carey Mulligan
- "One person caring about another represents life's greatest value." -Jim Rohn
- "If there's one thing I've learned in my years on this planet, it's that the happiest and most fulfilled people are those who devoted themselves to something bigger and more profound than merely their own self-interest." - John Glenn
- "Sometimes it takes more courage to ask for help than to act alone." -Ken Petti
- "Some days there won't be a song in your heart. Sing anyway." -Emory Austin
- "There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver." — Rosalyn Carter
- "It is not the load that breaks you down. It's the way you carry it." — Lena Horne, singer
  - "It is not how much you do, but how much love you put in the doing." — Mother Teresa

***Kindness can transform  
someone's dark moment  
with a blaze of light.  
You'll never know how  
much your caring  
matters. Make a  
difference for another  
today.***

Amy Leigh Mercree



**4th of July Parade  
and Memory Care Craft sale  
On July 1, 2021 1:30pm—2:30pm**

We are having our annual 4th of July Parade, the Mayor of Bedford will be there as well as the Fire Department and many others. Various departments will be in the parade also. If you would like to decorate your family members walkers or wheelchairs we invite you to come early and join us, The Memory Care

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*I Going forward into the year 2021, we have set up the following **Skype and phone days**: Skype will be used for out of town family members. Please contact me if you wish to be on the list.*

*Skype: Every Wednesday between 11 am and 2 pm*

*Every Other Sunday between 11am and 2pm*

*Phone calls: Every Wednesday between 11 am and 2 pm*

*Every Other Sunday between 11am and 2pm*

*There are times when it will be difficult to get them to the phone, we will leave a message for you going forward. Please contact me if you need a different time to speak with them. All visitations should be scheduled with Linnette at 216-288-1353*

*If you would like to take your loved one for a haircut, nail appointments, or Doctors visits you can call the main number 440-439-8666, to schedule it.*

*Thank you , Linnette Ellison , Activities Assistant*

## *"Caring for Ohio's Seniors with Integrity"*

### What's Lucky in May?

Lucky Color: Teal

Lucky Animal: Dolphin

Lucky Letter: N

Lucky Day: Sunday

Lucky Plant: Hydrangea

May Day Fun May Day is celebrated on May 1. This secular holiday goes back to ancient times and is a yearly ritual to celebrate the bounty of spring. Typical festivities include flowers, dancing, and maypoles, which are tall poles decorated with ribbons and flowers erected for revelers to dance around. Traditionally, wreaths of posies adorn heads and bouquets are quietly left on the doorsteps of neighbors and friends as gestures of friendship.

Family members feel free to submit letters, poems and pictures that you would like added to our newsletter.

Email: [danlin324@gmail.com](mailto:danlin324@gmail.com)