

Health Center Newsletter

July 2021

McLean



Dear Health Center Families,

After an almost 16-month hiatus in publishing this format of our newsletter, we are delighted to re-start! We are finding newfound joy in simple things, and we hope you enjoy reading this issue as much as we have enjoyed creating it. Please have patience with us as we discover the best possible methods of communicating with you, our families.

We find ourselves still in “COVID mode” here at McLean, although our practices are different than they were a year ago. Masks are still worn by all staff and all residents at all times. Dining is back in our dining rooms, yet takes place socially distant. There are parameters around family and friends visiting, but we are thrilled to welcome guests again. Our testing requirements have lessened, and we are very pleased with our resident and staff vaccination rates. The latest COVID updates are always available on our web site, www.McLeanCare.org.

We hope you have been able to see first hand many of the changes we have made in the Health Center during the past year! New carpeting, new furniture and fresh paint have truly brightened up the area.

As we adjust to groups being allowed to gather, you will see activities increase in our monthly calendar. This too will continue to evolve over the months ahead.

“It was the best of times, it was the worst of times”, said Charles Dickens in 1859. Looking back over the past year, we have often felt that way. Our hearts were broken by the impact COVID-19 had on our community, our residents, our staff, our worlds. Yet we were inspired and moved by the love, care and kindness that persevered at McLean.

Please know our doors are always open to you at any time.

Most sincerely,

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July 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Happening Every Week		2:00	Money Bingo (AGR)	10:30	Men's Group (KR)			10:30	Adventures with Allison (AT)	1:00	Music with Martha (AT)	1:30	Bingo (KR)
				1:30	Bingo (CC)			10:30	Faith and Friends®	1:45	Ceramics (CR)		
								11:00	Exercise with Kim (AGR)	2:00	Music with Martha (KR)		
Location Key: AB = Abernethy AGR = Abernethy Great Room C = Chapel CC = Chapel Crossing CR = Craft Room MC = Sorenson Media Center		ST = Skyview Terrace STP = Skyview Terrace Patio AT = Atwater EW = Evergreen Way KR = Koopman Room LR = Living Room		PDR = Pfirmen Dining Room WL = Watson Library GH = Greenhouse CY = Courtyard * = Noteworthy Events		Special Events for July		10:15 Stretchy Bands (KR) I 10:30 Tongue Twisters (CC) 10:30 Adventures with Allison (AT) 11:00 Exercise with Kim (AGR) 11:00 Red, White and Blue quiz (KR) 11:00 Joke Day Word Search (CC) 1:00 Fancy Fingers Manicures (AB/SV) 1:00 Patriotic Parfaits (KR) 2:00 Can You Picture This? (AGR) 1:30 Patriotic Fingers Manicures (AT) 1:30 Afternoon Drive 1:45 Comedy Hour (CC) 2:30 Patriotic Sing-a-Long (AT) 3:00 Movie: Born on the Fourth of July (AGR)		10:00 This Day in History Visits (CC) 2 10:30 Badminton on the Terrace (ST) 11:00 Patriotic/Summertime Songs (ST) 10:45 Ball Drumming Fun (CC) 1:00 Music with Martha (AT) 1:45 Ceramics (CR) 2:00 Music with Martha (KR) 2:00 Fun Sponge Fireworks (AB) 3:00 Travelogue (AGR)		10:30 USA Quiz (CC) 3 11:00 Fourth of July Traditions (CC) 1:30 Bingo (KR)	
Happy Fourth of July 4 10:30 Hometown 4th of July Parade (AGR) 1:30 Celebrate the 4th of July: Military Patriotic Band Concert (AGR, AT) 2:00 Boston Pops 4th of July Concert (KR) 2:15 Boston Pops 4th of July Concert (CC, AGR)		Patriotic Week 5 10-4 "Patriotic" Photo Booth (LR) 10:00 Exercises: Flag Parade (AT) 10:30 Musical Balls (AGR) 10:30 Make a Red/White and Blue Jello Cake (AT) 11:00 Trivia on the Terrace (SVT) 1:30 Patriotic Sing-a-long with Martha (CY) 2:00 Money Bingo (AGR) 2:30 Happy News (AT) 3:30 Arm Chair Travel: Netherlands (AGR)		10-4 "Patriotic" Photo Booth (LR) 6 10:30 Men's Group with Sebastian (KR) 10:30 Cardio Drumming (AGR) 11:00 Puzzles and Ponderings (AGR) 11:00 Morning Strolls (CC) 1:30 Bingo (CC) 1:30 Flip Cards and Dice Game (AT) 2:00 Easy Yahtzee (ST) 2:30 Patriotic Popsicle Cart (all neighborhoods) 3:00 Movie: "A Few Good Men" (ABR) 3:30 American Flag Coloring Project (AT) 5:30 Movie: "Superman" (AT) 6:00 Bingo (KR)		10-4 "Patriotic" Photo Booth (LR) 7 10:00 Exercise: Have a Ball (AT) 10:30 Scenic America (CC) 10:30 Armchair Travel: National Parks (AT) 11:00 Where in the World? (AGR) 12:00 Chapel Crossing Cookout (CY) 1:00 All About Hawaiian Day (AGR) 1:15 Bird Knowledge (KR) 1:45 Travel Documentary: "South Dakota/Mount Rushmore" (KR) 2:00 Fancy Nails (CC) 2:30 Cup Challenge (KR) 3:00 25 Best National Parks in the USA (AGR) 4:00 Quirkle (AT) 4:45 Dinner and Conversations (AT) 5:30 Movie (AT)		10-4 "Patriotic" Photo Booth (LR) 8 10:15 Have a Ball! (KR) 10:30 Daily Chronical Visits (CC) 10:30 Faith and Friends (Chapel) 10:30 Adventures with Allison (AT) 11:00 Exercise with Kim (AGR) 11:00 Finish the Word (KR) 1:00 Fancy Nails (SV) 1:00 Fancy Nails (ST) 1:00 Summer Memories (KR) 1:30 Exercise: Stretchy Bands (AT) 1:45 Finishing Lines Trivia (CC) 2:30 Popsicles and Conversation (AGR) 2:30 Sing the Next Line (AT)		10:30 Bubble Fun (CY) 9 1:00 Music with Martha (AT) 2:00 Music with Martha (KR)		11:00 Word Fun ! (SVT) 10 1:00 Afternoon on the Terrace (SVT) 1:30 Bingo (KR)	
10:30 Animal Bingo (AGR) 11 1:30 Music by Tom Callinan (Skyview/Abernethy/ Evergreen Way (LR)) 2:45 Music by Tom Callinan (Robinson/Atwater/Chapel Crossing) (LR)		10:30 Courtyard Fun (CY) 12 1:00 Music with Martha (AT) 1:30 Virtual Communion Blessings (CC) 1:30 Fancy Fingers Manicures (AT) 2:00 Money Bingo (AGR) 2:00 Music with Martha (KR) 2:30 Music Games (CC) 3:30 Movie: Apollo 13 (AGR)		10:30 Men's Group with Sebastian (KR) 13 10:30 Badminton on the Terrace (SVT) 11:00 Summertime Reminiscing (SVT) 11:00 Morning Stretches and Ball Toss (CC) 1:00 "You Be the Judge" (AGR) 1:30 Baking Bingo (AT) 1:45 Bingo (CC) 3:00 Movie: "National Lampoon's Vacation" (AGR) 3:00 Cupcake Decorating and Snacking (AT) 3:00 Courtyard Strolls (CC) 4:00 Color Dominoes (AT) 5:30 Movie: "Private Benjamin" (AT) 6:00 Bingo (KR)		9:00 Communion (SV) 14 10:30 Croissants and Conversation (CC) 10:30 Virtual Communion Blessings (Rob/AT) 11:00 Reminiscing with the Senses (AGR) 12:00 Robinson Cookout (CY) 1:15 Boggle (KR) 1:45 Travel Documentary: France 2:00 Mystery Bingo (AB) 2:30 Mollkey (KR) 3:30 Movie: "Driving Miss Daisy (AGR) 3:00 History of Bastille Day (CC) 4:00 Card Game (AT)		10:00 Exercise Like a Baker (AT) 15 10:15 Exercise – Weights and Plates (KR) 10:30 Poems and Pictures (CC) 10:30 Adventures with Allison (AT) 11:00 Song Birds (CC) 11:00 Giant Crossword (KR) 11:00 Exercise with Kim (AGR) 1:00 Discussion: Never Have I Ever (KR) 1:30 3 Minute Fudge (AT) 1:30 Enjoy a Beverage and Snack as We Visit the Barkhamstead Reservoir (Pam) 2:30 Afternoon Sing-a-Long (AT)		1:00 Music with Martha (AT) 16 1:45 Ceramics (CR) 2:00 Music with Martha (KR)		10:00 Exercise: Tai Chi (KR) 17 10:30 Morning Hand Massages (AT) 1:30 Bingo (KR) 2:30 Afternoon Movie: "Cool Runnings" (AT) 3:00 Movie: "Showboat" (AGR)	
10:00 Good Morning Sunshine Prayers and Warm Thoughts (KR) 18 10:30 Sunday Morning Donut Drive (AT) 1:00 Courtyard Game Fun (CY)		Celebrate the "Island's" Week 19 10-4 "Island's" Photo Booth (LR) 10:00 Exercise: Summer Color Scarves (AT) 10:30 Summer Tissue Paper Flowers (AT) 10:45 Puzzle Time (CC) 1:00 Music with Martha (AT) 1:30 Virtual Communion Blessings (CC) 1:30 Fancy Fingers Manicures (AT) 2:00 Music with Martha (KR) 2:30 Summer Movie Fun: "Blue Hawaii" (AT)		10-4 "Island's" Photo Booth (LR) 20 10:30 Men's Group with Sebastian (CY) 11:00 Caribbean Travel Memories (CC) 1:30 Bingo (CC) 1:30 Summertime Bingo (AT) 2:30 Tiki Bar Cart (all neighborhoods) 3:30 Beach Ball Fun (AT) 5:30 Movie: Beach Blanket Bingo" (AT) 6:00 Bingo (KR)		10-4 "Island's" Photo Booth (LR) 21 9:00 Communion (SV) 10:00 Exercise: Tai Chi Beach Edition (AT) 10:30 Virtual Communion (Rob/AT) 10:30 Armchair Travel: "Hawaii" 10:45 Music from the Islands (CC) 12:00 Atwater Cookout (CY) 1:15 Citizenship Test: Part 2 (KR) 1:45 Travel Documentary: Caribbean Islands (CC,AGR) 2:30 Drum Fun (KR) 4:00 Jingo (AT)		10-4 "Island's" Photo Booth (LR) 22 10:15 Exercise – Stretch and Balance (KR) 10:30 Faith and Friends (Chapel) 10:30 Adventures with Allison (AT) 10:45 Slide Show of St. Lucia (CC) 11:00 Famous Olympians and Athletes (KR) 1:30 Summer Reading Reminisce Writing (AT) 1:45 Fruits from the Islands (CC) 2:00 Popsicle Party (AT) 6:00 50th Anniversary Evening Concert Series: Celebrate the Islands with Music by "Airborne" (CY)		10:30 Courtyard Fun (CY) 23 1:00 Music with Martha (AT) 1:45 Ceramics (CR) 2:00 Music with Martha (KR)		10:00 Exercises (KR) 24 11:00 Morning Visits and Puzzles (AT) 1:30 Bingo (KR)	
10:00 Morning Chat (KR) 25 11:00 Courtyard Walks (AT) 1:30 Jumbo Crossword Puzzle (AT)		Celebrate the "Olympics" Week 26 10:00 Exercise: Land Swim (AT) 10:30 Courtyard Fun (CY) 10:30 Tai Chi (AGR) 10:45 Olympic Word Games (CC) 10:30 Be Fit Exercise: Strength and Balance 11:00 What's in the Bag (AGR) 1:00 Music with Martha (AT) 1:30 Armchair Travel: "Olympic Locations" (AT) 1:30 Virtual Communion Blessings (CC) 2:00 Music with Martha (KR) 2:00 Money Bingo (AGR) 2:30 Olympics Manicures (AT) 3:00 Courtyard Strolls (CC)		10:30 Men's Group with Sebastian (CY) 27 10:30 Hula Hoop Ball Toss (AGR) 11:00 What's in the News (AGR) 1:30 Sports Bingo (AT) 2:00 Conversation and Popsicles on the Terrace (SVT) 2:30 Exercise: Track and Field (AT) 2:30 Corn Hole (SVT) 3:00 Historical Trivia (SVT) 3:30 Olympic Crown Craft (AT) 5:30 Olympic Movie: "Miracle" (AT) 6:00 Bingo (KR)		9:00 Communion (AB/SV) 28 10:00 Exercise: Gymnastics (AT) 10:30 Virtual Communion Blessings (Rob/AT) 10:30 Olympic Ring Painting (AT) 10:45 Reminiscing: Olympic Highlights (CC) 12:00 Abernethy Cookout (CY) 1:15 Make a Discus! (KR) 1:45 Travel Documentary: "Japan" (CC, AGR, AT) 2:00 String Art (AB) 2:30 Olympic Like Games (KR) 3:00 Discuss and Recall (SVT) 3:30 Travel Documentary: "Japan" (KR) 4:00 Quirkle Colors (AT)		McLean Summer Olympics 29 10:00 Olympics Sensory Sensations (AT) 10:15 Stretch and Balance (KR) 10:45 Preparing for the Olympics (CC) 11:00 Exercise with Kim (GR) 11:00 World of Words (KR) 1:30 Olympic Games (CY) 2:00 Paper Plate Frisbee (AB) 3:00 Movie: "Funny Girl"		10:30 Courtyard Fun (CY) 30 10:30 Ball Drumming (AGR) 11:00 This Day in History (AGR) 1:00 Music with Martha (AT) 2:00 Music with Martha (KR) 2:00 Courtyard Strolls (SVT)		10:00 Morning Visits and Happy News (CC) 31 10:45 Music Ball Game (CC) 1:30 Bingo (KR)	

Health Center Dining News

Thursday, July 1 • National Ginger Snap Day

Monday, July 5 • Apple Turnover Day

Thursday, July 8 • Breakfast Waffle Station

Sunday, July 11 • Blueberry Muffin Day

Tuesday, July 13 • French Fry Day

Thursday, July 22 • The Carving Board
Pfirman Dining Room

Tuesday, July 27 • Social Hour with Lisa Czech
Pfirman Dining Room

Thursday, July 29 • International Day • Flavors of Germany

