



# Peace of Mind

The newsletter for the families and friends  
of Delaware Run Healthcare Center Residents

July 2010

Greetings Family and Friends!

Summer is truly off to a wonderful start here as we watch our tomato plants grow and dream of fresh salsa in August! *Fun with Food Fridays* will have whole new twists then!

We have been very active, both with chair exercise and with our pond walks. Those who cannot make it all the way around the pond join us out on the restaurant terrace that overlooks the pond to visit, play trivia games, and feed the fish!

Our wood shop is still a highlight of the week, as is water color class on Thursdays. We will continue with some nature-type crafts this month as we hear about the National Parks and get inspired by nature at its best!

Eight people submitted water colors and earned participation ribbons in AOPHA's annual art and writing competition a couple weeks ago. One of our memory care residents earned a 4<sup>th</sup> place standing in the fine arts category! It was fun to be involved and everyone enjoyed the experience.

This month we will begin our virtual tour of some of the great national parks out west. I am looking for a few good men and women who would want to play the part of a National Park Ranger! This would involve learning all about a park and then coming in to present that park's unique facts. If you like drama or if you have any hats that look like park ranger hats please contact me!

*Things to look forward to this month:*

- July 3 Patriotic band in the Summit Room at 10:30am
- July 7 Alum Creek Bus Tour (boarding at 9:30)
- July 9 Bruce's songs and jokes 1pm in the memory care activity room

- July 10 Daniel's dog therapy beginning at 10am in the assisted living activity room and traveling throughout the healthcare center
- July 14 *Stretching Toward Better Balance* clinic 10am (second floor therapy room)
- July 15 Family Fun Night and Ice Cream Social (throughout the healthcare center)
- July 20 Del Chimer's concert in the Summit Room, 1:30pm
- July 26 Dominotes for Dinner! Ice cream social
- July 30 National Park Trivia Game at 10am in Café 100

Check your activities calendar for a more complete listing of everything going on here in Willow Brook at Delaware Run's healthcare center.

### *Volunteers Needed!*

Along with park ranger volunteers I am also looking for more volunteers to lead games, current event discussions, play music, do crosswords, and so much more. If you have time to spare once a month, once a week or even just every once in a while, would you consider coming and being involved in one of these ways? Please email me or call and we can think up a creative activity you feel comfortable leading. One-to-ones are just as vital, and with staff working very hard on everyone's physical needs, we welcome volunteers to visit, read, play a two-person game, toss balls, read the news, and so much more!

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It is our joy and pleasure to serve your family in this very important way, and we want to know all we can about what brings the most satisfaction to your loved one during the day. Please make suggestions; your ideas are valuable.

Sincerely,



Kelly Frentsos

Director of Activities

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