Castle Senior Living
Forest Hills

The Castle Gazette

108 25 Horace Harding Expressway • Forest Hills, NY 11368 • (718) 760-4600

June 2021

Celebrating Dads Everywhere!

Father's Day, the third Sunday each June, is a holiday that got its start in the U.S. back in the 1900s. Today, about 160 countries have a day set aside to honor dads.

Father's Day Summertime Snicker

A man asked his son, "Did you get the job at the sunscreen factory?" The son says, "No, but I'll reapply."

Department Heads

Executive Director	Sam Orzel
Patient Health Director	Martine Eveillard
ALP Director/Case Mgr.	Fara Rahman
Dir. Resident Service/Case Mgr.	Fareeda Mohammed
Business Office Manager	Galina Sorrentino
Administrative Assistant	Ella Yakubova
Building Services Director	Hernando Bravo
Comm. Relations Director	Valina Oswald
Director of Recreation	Cynthia L Huggins
Serenity Garden Coordinator	Jamila Grant
Food Service Supervisor	Nora Antonucci
Health Service Admin. Asst.	Marlene Talip
ALP Nurse	Angela Baruch

Castle Senior Living
Forest Hills

June 2021

JR Jewel Room
YR Your Room
1F 1st Floor Snack Cart
DR Diamond Dining Room
■ Resident Council Meeting
☕ Food Committee Meeting
★ "Yearn to Learn"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	WELCOME TO OUR CASTLE FAMILY — Elizabeth T, Harry M, William D, & welcome back home Luz B. — We are happy that you have chosen Castle as your home.	1 10:00 JR Exercise Session 10:30 JR Weekly Article: This Was The Year...1968 2:00 JR Bingo 4:00 C Building 1st Fl. Recreation Visit	2 9:45 JR Exercise Session 1:45 YR Virtual Pet Therapy w/ Amy 4:00 2nd & 3rd Fl. B Building Recreation Visit	3 10:00 JR Exercise Session 1:30 YR Virtual Afternoon Prayer & Devotion w/ Chaplain Toles 4:15 4th & 5th Fl. B Building Recreation Visit	4 10:00 JR Exercise Session 10:30 JR Beyond Belief: "Fact or Fiction" You Be the Judge 2:00 JR Bingo 3:00 JR Wacky Wordies or Bamboozables Review 4:00 YR 6th & 7th Fl. Recreation Visit	5 10:00 JR Exercise Session 2:00 JR Saturday Afternoon - A Prize Winning Bingo
6 9:00 YR & 10:00 Joel Osteen (Televised) 10:00 JR Exercise Session 10:30 JR Virtual Christian Service w/ Lemuel Haynes United Congregational Church 4:00 Activity Packet 51 with Answers to Packet 50 Will Be Given Out	7 10:00 JR Exercise Sessions 1:15 "Castle Nails" (By Appointment Only) 4:00 A 1st Fl. & C 2nd Fl. Rec Visit	8 10:00 JR Exercise Session 11:00 FOOD COMMITTEE MEETING (Limited Seating) Minutes of Meeting will be posted ☕ 2:00 JR Bingo 4:00 C Building 1st Fl. Recreation Visit	9 9:45 JR Exercise Session 4:00 2nd & 3rd Fl. B Building Recreation Visit	10 10:00 JR Exercise Session 1:30 YR Virtual Afternoon Prayer & Devotion w/ Chaplain Toles 4:15 4th & 5th Fl. B Building Recreation Visit	11 10:00 JR Exercise Session 11:00 JR Coffee & Tea w/ ED (Sam)★ 2:00 JR Bingo 3:00 JR Wacky Wordies or Bamboozables Review 4:00 YR 6th & 7th Fl. Recreation Visit	12 10:00 JR Exercise Session 2:00 JR Saturday Afternoon - A Prize Winning Bingo
13 9:00 YR & 10:00 Joel Osteen (Televised) 10:00 JR Exercise Session 10:30 JR Virtual Christian Service w/ Lemuel Haynes United Congregational Church 4:00 Activity Packet 52 with Answers to Packet 51 Will Be Given Out	Flag Day 14 10:00 JR Exercise Sessions 2:00 1F A Red, White, & Blue Patriotic Bite 2:30 JR Bingo 4:00 A 1st Fl. & C 2nd Fl. Rec Visit	15 10:00 JR Exercise Session 10:30 JR Weekly Article: Juneteenth Discussion 2:00 JR Bingo 4:00 C Building 1st Fl. Recreation Visit	16 9:45 JR Exercise Session 1:45 YR Virtual Pet Therapy w/ Amy 4:00 2nd & 3rd Fl. B Building Recreation Visit	17 10:00 JR Exercise Session 1:30 YR Virtual Afternoon Prayer & Devotion w/ Chaplain Toles 4:15 4th & 5th Fl. B Building Recreation Visit	18 10:00 JR Exercise Session 10:30 JR Beyond Belief: "Fact or Fiction" You Be the Judge 2:00 JR Bingo 3:00 JR Wacky Wordies or Bamboozables Review 4:00 YR 6th & 7th Fl. Recreation Visit	19 10:00 JR Exercise Session 2:00 JR Saturday Afternoon - A Prize Winning Bingo
Father's Day - 1st Day of Summer 20 9:00 YR & 10:00 Joel Osteen (Televised) 10:00 JR Exercise Session 10:30 JR Virtual Christian Service w/ Lemuel Haynes United Congregational Church 11:30 DR 12:45 Seating Father's Day Serenade Luncheon 4:00 Activity Packet 53 with Answers to Packet 52 Will Be Given Out	21 10:00 JR Exercise Sessions 1:15 "Castle Nails" (By Appointment Only) 4:00 A 1st Fl. & C 2nd Fl. Rec Visit	22 10:00 JR Exercise Session 10:30 JR "Reminiscing Corner"/Trivia 2:00 JR Bingo 4:00 C Building 1st Fl. Recreation Visit	23 9:45 JR Exercise Session 4:00 2nd & 3rd Fl. B Building Recreation Visit	24 10:00 JR Exercise Session 1:30 YR Virtual Afternoon Prayer & Devotion w/ Chaplain Toles 4:15 4th & 5th Fl. B Building Recreation Visit	25 10:00 JR Exercise Session 10:30 JR Biography of Dean Martin born June 7, 1917★ 2:00 JR Bingo 3:00 JR Wacky Wordies or Bamboozables Review 4:00 YR 6th & 7th Fl. Recreation Visit	26 10:00 JR Exercise Session 2:00 JR Saturday Afternoon - A Prize Winning Bingo
27 9:00 YR & 10:00 Joel Osteen (Televised) 10:00 JR Exercise Session 10:30 JR Virtual Christian Service w/ Lemuel Haynes United Congregational Church 4:00 Activity Packet 54 with Answers to Packet 53 Will Be Given Out	Happy Birthday, All June Babies! 28 10:00 JR Exercise Sessions 10:30 JR News & Views 3:00 YR "Cake Cutting" (for All Residents with June Birthdays) 4:00 A 1st Fl. & C 2nd Fl. Rec Visit	29 10:00 JR Exercise Session 10:30 JR Weekly Article: June in History Discussion 2:00 JR Bingo 4:00 C Building 1st Fl. Recreation Visit	30 9:45 JR Exercise Session 2:00 RESIDENT COUNCIL MEETING (Limited Seating) Minutes of Meeting will be available & posted■ 4:00 2nd & 3rd Fl. B Building Recreation Visit		**HAPPY BIRTHDAY** — Frank B. 6/02 Burt R. 6/03 Ines L. 6/05 Zyama A. 6/05 Ann C. 6/05 Ivy H. 6/05 Barbara S. 6/11 Martin C. 6/18 Nick S. 6/18 Zhijie 6/19 Dorothy P. 6/20 Cono G. 6/21 Joan S. 6/22 Jose I. 6/22 Martin M. 6/27 Greta K. 6/30	**STAFF** Recreation Assistants Amina, Rachel, Bill Recreation Director Cynthia Huggins 718-760-4600 x2340 — **OFFICE BANKING HOURS Mon.–Fri.** 10:00am–12:00pm & 2:00pm–4:00pm

Please be advised, all activities will have restrictions (Mask, Limited Seating, Safe Distancing, some require Sign Up) and Subject to Change. Thank you!

A little help from your friends: Everyone goes through bouts of loneliness and isolation, but older adults are most vulnerable. Decline in mobility can keep seniors more socially isolated. Prolonged loneliness and isolation can have serious effects on your health. It can increase bouts of depression and sadness, disrupt sleep, elevate blood pressure, and raise levels of the stress hormone cortisol. How to avoid this? Engaging with more people on a regular basis is the simplest way, but it is not always so easy. Join in an activity. Sometimes through interacting with others friendships are cultivated. A great discussion, reminiscing, or brain storming ideas can lower those stress hormones. No one has to be alone. Come join in the activities. Have an activity idea? Come talk to recreation. We are here for you!

Remember the Three "L"s: The sunshine will soon be at its full force. To avoid overheating, health experts say to remember the three "L"s when it comes to clothing: Keep it lightweight, loose-fitting and light-colored.

Take a Bubble Break: The simple summertime activity of blowing soap bubbles can actually be an exercise in mindfulness! Controlling your breathing as you inhale and exhale helps relieve tension. Focusing on watching the bubbles float away can clear your mind of worries and bring back happy, nostalgic memories.

***A Figure of Speech - Phrase*:** Tie the knot. ***Meaning*:** Get married.

***Origin*:** This phrase has been associated with marriage since at least the 13th century. Since a knot symbolizes a strong, lasting bond, the literal act of tying a knot is a custom in some wedding ceremonies.

Spice Up Your Water: It's important to drink enough water to stay hydrated in the summer heat. To help increase your intake, add flavor to your water with some slices of fresh fruit.

A SHINING STAR

Virginia H. was the only child born to her parents in Mt. Vernon, NY. Her K-12 years of schooling took place in Brooklyn. She especially loved the fact that she found employment in Brooklyn, working for a life insurance company. After work hours Virginia was a leader for the Girl Scouts and attended Hunter College, taking some science courses in anatomy and physiology (the structure and function of the human body). Hunter College was easy to get to after work. Her travels have taken her to Europe, England, Dublin, Alaska, and the Grand Canyon. Virginia generally listens to the radio and the opera. She enjoys Jeopardy and definitely loves watching old movies. Her first Broadway show was starring Ray Bolger in "Where's Charlie?" and she also saw "The King and I" with Yul Brynner. After an early retirement with a good package, she volunteered once a week for 20 years at the Bronx Zoo, and twice a week at the Lighthouse reading to the blind. Virginia joined our Castle family in January 2020. She is a gentle and kind-natured woman. She enjoys the music events and activity packets. Virginia says, "I feel that with the COVID pandemic, Castle is doing as best it can to protect all residents from contracting the virus. Much detail is paid to sanitation and related items." Thank you, Virginia, for your warm smile and choosing Castle as your home!

Front Page Pics - The women of Castle were elated to have live entertainment on their special day. Music, dancing, beautiful flowers and good food. They especially enjoyed the choice of chocolate or strawberry ice cream sundaes. On Earth Day the residents recycled water bottles. They crafted lovely vases and planted their hand-made flowers. The ladies showing off their "Castle Nails". Residents look forward to their morning exercise every day. The April birthday babies were happy to have their cake cutting day.

Illustratus
www.illustratus.com
UHLIG Copyright © 2021 by Uhlig LLC