

COUNTRY COURT CAPERS



A newsletter for the residents, friends and family at Country Court.

August 2015

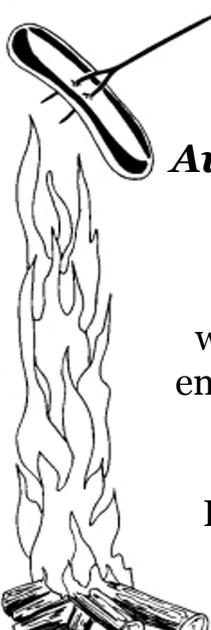
Happy Birthday

RESIDENTS BIRTHDAYS

8-09 *Lester Miller*
8-09 *Joan Algire*
8-25 *Mary Lukens*

EMPLOYEE BIRTHDAYS

8-08 *Stephanie Woodring,*
Dietary Manager
8-08 *Marissa Yashnyk, STNA*
8-13 *Erma Llewellyn, STNA*
8-19 *Rosanna Eutin, STNA*
8-19 *Tiffany Stevens, LPN*
8-23 *Lora Reynolds, RN*
8-27 *Alisha Cross, LPN*
8-27 *Derek Moran, STNA*



**ANNUAL
CAMPFIRE NIGHT**
August 27TH ~ 7-8 p.m.

Hot dog roasting,
and s'mores
while enjoying good
entertainment around
the campfire.

Please come and enjoy this
fun filled night with your
family member.

SUMMER TIPS

Fire Up the Grill

If grilling, toss veggie kabobs or Portobello burgers on the grill for a healthy and colorful alternative. And when grilling meat, remember to take a few precautions to reduce your risk of food poisoning:

- Don't allow frozen meat to thaw in the sun. Defrosting in a refrigerator or microwave are the only safe options.
- Keep ready-to-eat foods separate from raw meat and poultry by using separate plates and utensils.
- Use a food thermometer to ensure meat has reached a safe minimum internal temperature (beef 160°F; chicken 165°F).

For a full listing of safe cooking temperatures and other tips, visit HomeFoodSafety.org.

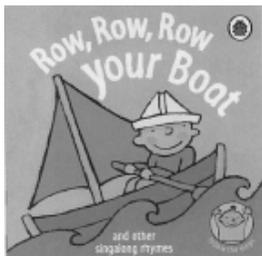


Hydrate Right

- Drink plenty of water throughout the day. For a flavorful, fresh twist, add strawberries and lemon or blueberries and lime to iced water.

Singing in Circles

August 1 is Round Resounding Day, so gather your friends and raise your voices in this repetitive singing tradition. In rounds, two or more voices sing the same melody, but begin at different times. As the song continues, each new voice joins the rest in beautiful harmony. The most famous round may be the modern-day children's tune "Row, Row, Row Your Boat," but this musical form began more than 700 years ago.



Rounds gained popularity in England in the 17th century when gentlemen would gather in clubs and sing these songs as they drank and discussed the business of the day. The more the men drank, the bawdier the songs became, and the louder they sang. The oldest song round is "Sumer Is Icumen In," or, when translated into modern English, "Summer Is A Coming In." It dates from the year 1260 and was composed for six voices. Here are the modern lyrics:

Summer is a-coming in, loudly sing, Cuckoo!
 The seed grows and the meadow blooms
 And the wood springs anew,
 Sing, Cuckoo!
 The ewe bleats after the lamb
 The cow lows after the calf.
 The bullock stirs, the buck-goat turns,
 Merrily sing, Cuckoo!
 Cuckoo, cuckoo, well you sing, cuckoo;
 Don't you ever stop now,
 Sing Cuckoo. Sing Cuckoo now!

This is a song celebrating the return of spring after the long, dark winter. Far simpler rounds from olden times are still sung today. "Three Blind Mice" first appears in England in 1609. The French round "Frere Jacques" was first published in Paris in 1869.

As in olden days, these unique songs, when sung on August 1, will bring people together in friendship and revelry. As the Mother Goose Society explained, "As rounds re-sound and resound, all the world's joined in a circle of harmony."

Music & Memory Program

Alzheimer's disease, dementia and neurological impairments are challenging conditions that people live with day to day. These diseases can take away not only the memory of those suffering, but it robs them of their identity as well. For many of these patients, music could hold the key to recover some of those lost memories, to stimulate some recognition, and to enhance the quality of their lives. The Educational Foundation of the Ohio Health Care Association, (OHCA), awarded a scholarship to Country Court Skilled Nursing and Rehabilitation Center to offer the Music & Memory Program to the patients in need at Country Court, a Levering Management Senior Living Center.

The Music & Memory Program is a non-profit organization that was started in New York by Dan Cohen in 2006,



www.musicandmemory.org. Cohen started the program by bringing iPods into a nursing facility to give the gift of music to the residents. There was such an improvement to those residents, that the Music & Memory program was born. The organization has proven this program to be successful in assisting with bring speech, laughter, happiness and music in to the lives of those in need. The program works with the cooperation of the resident, family, and staff at Country Court to create personalized play lists of music to each resident in the program.

August Heat

In August, when the days are hot,
 I like to find a shady spot,
 And hardly move a single bit—
 And sit—
 And sit—
 And sit—
 And sit!

Ancillary Services

Country Court offers a mobile ancillary services. This allows your resident to be seen by the dentist, optometrist and auditory specialist right here at Country Court. They take all insurance types. To have your resident enrolled in one or more of these services, please see Heather Thomas.



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A Levering Management Senior Living Residence

Summer Squash: Stuff It, Bake It, Grill It

When it comes to summer squash, such as zucchini, patty pans and yellow crooknecks, you've got options. You can stuff it, bake it, steam it or grill it. The many creative ways you can cook this vegetable make it a fun one to prepare with kids. It also has health benefits. Summer squash is low in calories (20 calories in ½ cup) and a good source of vitamin C (½ cup provides 15 percent of the daily recommended amount). It's also a source of vitamin A, dietary fiber and potassium.



Since different varieties of squash are similar in texture, they can be swapped out for one another in recipes. Here are a few ideas about how to incorporate summer squash into your menu:

- ⦿ **Grate it and bake with it.** Summer squash can be used in pancakes, muffins, breads and cakes.
- ⦿ **Stuff it.** Summer squash can be stuffed with meat or used as a boat for any baked side dish.
- ⦿ **Grill it.** Cut into length-wise strips and place directly on the grill or cook smaller pieces in tin foil.

When selecting summer squash, keep in mind that young, smaller squash tend to have more flavor. Summer squash can be stored in a plastic bag in the refrigerator for up to one week.

"There shall be eternal summer in the grateful heart."

- Celia Thaxter

