



## Happy Birthday

- James Burke .....6-4
- Taylor Thompsen.....6-5
- Pat Rowe .....6-11
- Olivia Kellison.....6-14
- Jackie Delawder.....6-18
- Marge Fox.....6-21
- John Andrews.....6-22
- Peggy Knight .....6-22
- Rick Huyck.....6-22
- Doreen Davison .....6-25
- Carol Bentley.....6-27
- Amanda Santmyers.....6-27
- Dale Coleman.....6-27
- Deborah Ramey.....6-28
- Aron Davison.....6-29

**June Birthstone:**  
Moonstone, Alexandrite, Pearl

**June Flower:**  
Rose

### Greetings from Daryl, Vicki, and Aron,

With **Father's Day** in just a couple of weeks, many adult children may be wondering what to get their dad who resides in an assisted living community. Their basic needs are taken care of by the staff; enrichment activities keep them busy and engaged; and they have limited space in their apartment for new things. All these things combined make gift giving more challenging. To help give you some ideas, **Hidden Springs Senior Living** put together a few suggestions your dad might enjoy.

A tablet device like an iPad will likely be appreciated. The touch screen and easy internet access will allow dad to check his email, send messages, join a conversation on Facebook, read the latest novel, and even Skype with grandchildren. Bird watching is a favorite pastime. Dads enjoy bird houses or bird feeders outside their window. You might want to consider purchasing a book that could help identify what kinds of birds are visiting. Put together a gift basket of games and puzzles. Large print crossword puzzles, dominoes, playing cards, puzzles with bigger pieces, and even a non-breakable magnifying lens can help dad enjoy a game on his own or with a few friends. Gifts from the heart will always be welcomed by dad. You can create a family scrapbook, a calendar with family photos, or a family video set to his favorite music.

Finally, do not overlook the gift of your time. As we grow older, spending time with dad is more meaningful than ever. You can make the day special even if your dad suffers from dementia and may not understand what the holiday is or why a celebration is happening. All it really takes is love and attention. As our dads advance in age, oftentimes they repeat their stories and as we age, we may find these stories more interesting. Their stories of serving in the military, pursuing relationships, beginning careers, and raising families are precious. If your dad can no longer tell you these stories, tell him about how you remember him as a dad. Remark on the fun things you did together and the important lessons he taught you. With a little creativity and a lot of love, Father's Day can be a wonderful time.

Plan to celebrate **Father's Day** at your dad's senior living community. **Hidden Springs Senior Living** and our staff understand how important time with family is for our dads and are planning a special Father's Day for all the men. The gift of caring will most certainly provide you with memories that you will cherish long after the day is done.

*"Offering Something DIFFERENT In Senior Living!"*

## Activity Corner

This summer we have some old favorite activities returning. The S.A.R. Col. James Wood II Chapter will be leading us with a special message celebrating the anniversary of D-Day, followed by a Flag Day ceremony. Dale Corey, a Chapter Officer, will be returning with biweekly Veterans luncheons. We are planning a special Father's Day when the men can look forward to learning local history, seeing Revolutionary War demonstrations, and dining on smoked barbeque.

The weekly scenic drives find us visiting ice cream stands and parks with picnic areas. For the outdoor enthusiast, there are walking paths at HSSL and opportunities in the greater community. For the foodies, we will bake Monkey Bread (yum!), cheesecake, and stir up homemade ice-cream and lemonade. Last but not least, clergy guests share messages of faith and encouragement during worship services and Bible studies.

## Nurses' Advice

**Alzheimer's** disease is a progressive neurologic disorder that causes the brain to shrink (atrophy) and causes brain cells to deteriorate. It is the most common cause of dementia and the sixth leading cause of death in the United States. The early signs of this disease includes forgetting recent events or conversations. As the disease progresses, a person with **Alzheimer's** will develop severe memory impairment and lose the ability to carry out everyday tasks. Medications may temporarily improve or slow progression of symptoms. These treatments can sometimes help people with **Alzheimer's** disease maximize function and maintain independence for a time. There is no treatment that cures **Alzheimer's** or alters the disease process in the brain. In advanced stages of the disease, complications from severe loss of brain function such as dehydration, malnutrition or infection result in death.

A number of conditions, including treatable conditions, can result in memory loss or other dementia symptoms. If you are concerned about your memory or other thinking skills, talk to your doctor for a thorough assessment and diagnosis. If you are concerned about thinking skills you observe in a family member or friend, talk about your concerns and ask about going together to a doctor's appointment.



### Welcome New Residents of 2021!

We are pleased to welcome and look forward to getting to know:

*Patricia Armstrong*

*Linda Janes*

*Harvey Snapp*

*LaRea Carter*

*Chester Reynolds*

*James and Peggy Burke*

*Dorothy Powell*

*Ashby Crowder*

*Orivel and Lois Baker*

*Linda Noland*

We hope they will feel at home and enjoy their new community!

## *Resident Snapshots*



**Franklin Strickler**— Enjoying an in-person visit with his family



**Sharon Webb** — Coloring a beautiful basket of flowers



**Pastor Chris Page**— of Dry Run Christian Church in Fort Valley playing his viola



**Dotsy Barber**— Gardening is great for the mind and soul



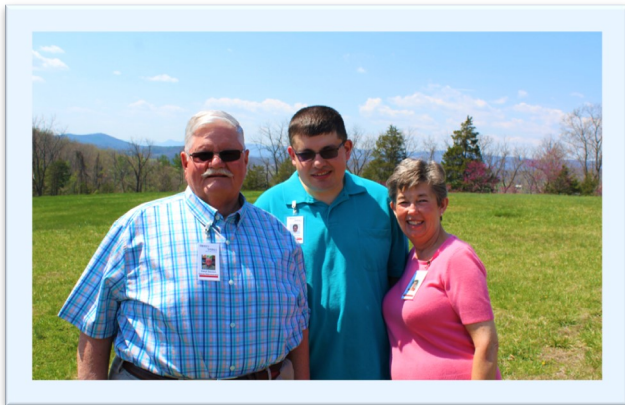
**Naomi Anderson**—Taking a swing at the piñata for Cinco de Mayo



**Ashby Crowder and Orivel Baker**— New friends playing an old game, Carrom



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## *Chef's Table*

### Fresh Fruit Ice Cream

#### Directions:

1. Combine half and half, sweetened condensed milk and vanilla in large bowl
2. Stir in 1 cup pureed fruit.
3. Fold in heavy cream.
4. Pour into 9- x 5-inch loaf pan or a 2-quart freezer container; cover.
5. Freeze 6 hours or until firm.



#### **Ingredients:**

- 3 cups (1 1/2 pts.) half-and-half
- 1 (14 oz.) can Eagle Brand® Sweetened Condensed Milk
- 1 tablespoon vanilla extract
- 1 pint heavy cream
- 1 cup pureed or mashed fresh fruit, such as peaches, strawberries, bananas and raspberries

## *Musings from Mazie*



**Veggies are growing. Now to wait for what comes next! — Mazie**